

SHEILA KENNEDY

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# THE GALACTIC LIGHT WARRIOR



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## The Galactic Light Warrior

The Galactic Light Warrior has a very special history, and I would like to share it with you as we begin:

Once upon a time way back in 2015 I connected with an amazing woman on social media; the rest is the 'history'. Amanda Robins had posted an invitation to her unique program called The Super Confidence Factor. Amanda's program literally changed my life.

Oct 12, 2015



I interviewed Amanda on my Welcome to the 1% radio program on Revolution Radio. Tonight an extra special guest; Multi Amazon Bestseller Amanda Robins Aka Brainstorm who is the go-to Intuitive Creative Director for kick ass coaches, consultants, small business owners, entrepreneurs and speakers who think outside the box, and are looking to create an epic business presence full of personality and oomph and stand out from the crowd! She's an idea genie on a mission to help you discover your superpowers, conquer your fears, unlock your confidence, smash through obstacles and leap your way to success. Creator of the newly released The Super Confidence Factor and the Superhero Confidence Challenge “

Two of the exciting parts of The Super Confidence Factor was becoming an Amazon Best Seller, and of being connected with Amanda and the members of the Superfy Alliance!

# SUPERHERO CONFIDENCE



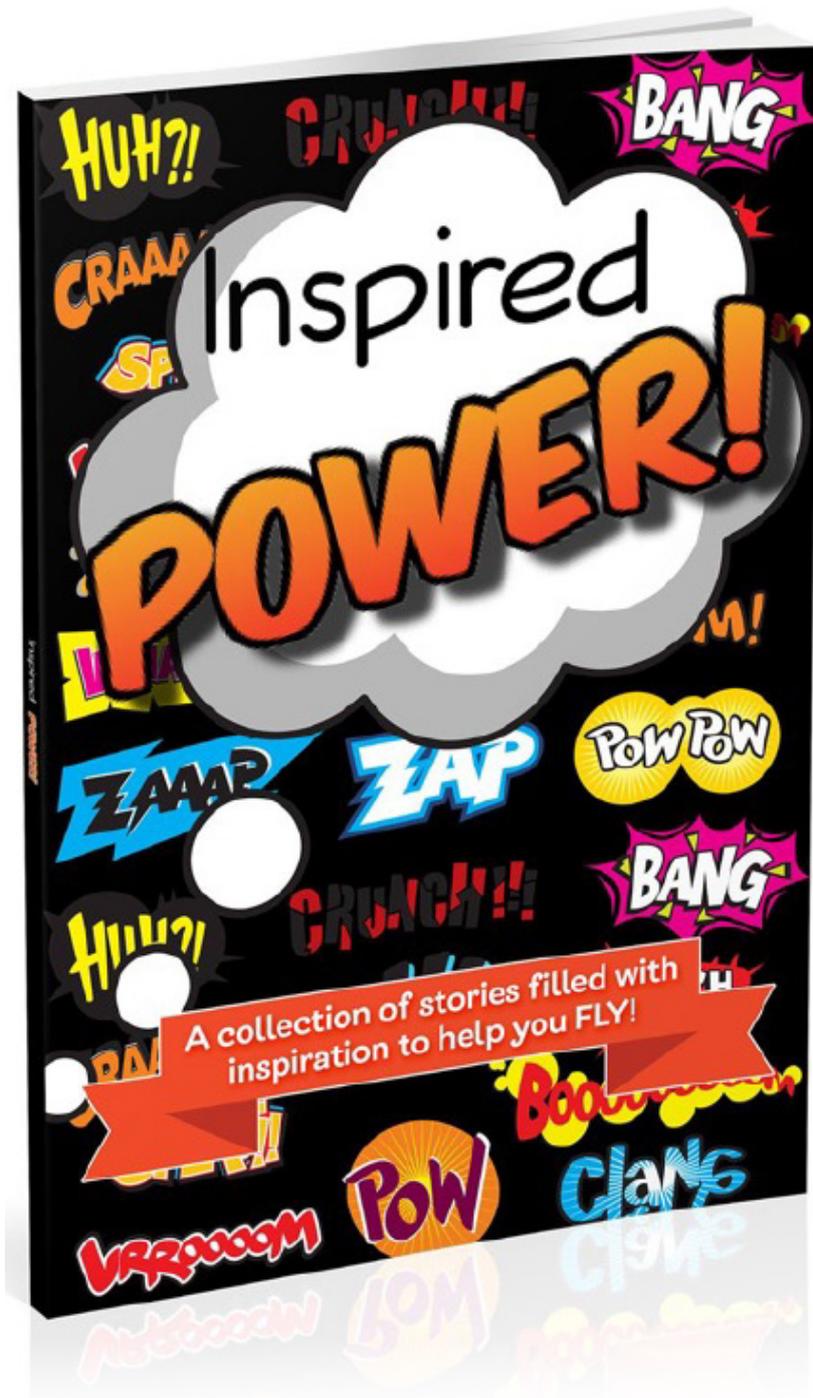
The 5 Step Formula To Go From Self Doubt  
To Strapping On Your Cape To FLY  
As The Expert You Truly Are!

## Amanda ROBINS

And the second part was Amanda denoting me 'The Galactic Light Warrior' and sending me the image below that she had ordered as a gift for me!



The Super Confidence Factor was followed by Inspired Power



### Another Amazon Bestseller

The amazing Amanda Robins continues to this day now 2020 to be an integral part of my journey and I am blessed to call her friend guide and mentor.

In the few days since I began talking about putting this 'book / pdf/ information together I am once again blessed by Amanda who gifted me new versions of The Galactic Light Warrior.



## The Galactic Light Warrior

### 'Man is a Multidimensional Being in a Multi-Dimensional World'

*The comment above is one that was shared with me many years ago (around the early 2000's) by a good friend and teacher, Steve Richards of Holographic Kinetics.*

It has been a phrase I have used since as an explanation for those people who contact me looking for answers or assistance.

***Have you looked everywhere for help, felt misunderstood, brushed aside or scoffed at; then help is at hand.***

Known as the Galactic Light Warrior Sheila Kennedy is an intuitive crusader on a unique mission to create balance and harmony in the world. With a lifetime connection to the higher spiritual realms Sheila has devoted much of her adult life to 'working with energies' A connection with the body of consciousness she recognizes as Sounds from Source in 2004 led to the co-creation of the family of Sounds from Source vibrational sound programs and more recently of combining vibrational sounds with energetic frequencies.

Many people still mistakenly believe that we are all that there is, that Earth is the only 'inhabited' bastion in space, and that all revolves around what happens on our planet.

Sorry people, time to wake up and smell the roses, we are and can be affected by the movements of other planets and star systems, and we can be affected by imprints (my explanation) from other times and places and from the 'thoughtforms' of others.

Working with those who are open to the fact that there is another way, Sheila works with cellular memory and the deeper and often unspoken levels of life to guide and assist people to change their past for a better future.

The unique vibrational sound programs that Sheila creates span the multiverses and beyond addressing issues from energetic controls and programming, spells, curses, voodoo, black magic, energetic enslavement, dimensional cosmic and galactic contracts and vows and more. Sheila works with the 1% of the population who are open to the fact that there is another way, as she works with cellular memory and the deeper and often unspoken levels of life to guide and assist people to change their past for a better future.

Sheila also assists those who are on their Soul Journey and require assistance to move forward.

## **The Galactic Light Warrior**



**\*Please note that this PDF is FREE, it is not available for anywhere for sale, and it is intended to share information with you that may be of benefit to you. It contains 'MY' understandings and explanations. Please take what is of benefit to you and discard anything which does not resonate with you.**

***Sheila***

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## About Sheila Kennedy

Metaphysical facilitator, teacher, medium, author, poet and great-grandmother, Reverend Sheila Kennedy is a protagonist for social change: from the deep recesses of cellular memory to the vast expanses of the universe. A woman of Celtic and Spanish Gypsy ancestry, Sheila grew up in East Africa and the Australian outback. Sheila's work, like her background, is an eclectic and innovative blend of indigenous and contemporary healing modalities.

True to her Romany background she was born with the ability to 'see'. This ability caused her considerable problems with her parents as a child, including being sent to her room on many occasions for having an over-active imagination. She was admonished on a regular basis by her mother and told 'Not to eat biscuits before you go to bed if you are going to have nightmares.'. A disappointment as a daughter, not a son, Sheila was a challenge to her very Western Medical parents

The one saving grace for her as a small girl in all of this was her paternal grandmother Jessie Carran (nee Gretton), a wonderful Welsh woman, who not only always had a lap and a hug for a small, very shy granddaughter, but who also understood that the people she 'saw' those who had passed away were as real to her as the physical people with whom she came into daily contact

Despite her parent's medical backgrounds Sheila suffered from ill health all of her life, from being given a year to live at age three, and a great deal of difficulty with her mobility during her growing years, eventually diagnosed with a bone disease in her legs once the family had moved to East Africa in the late 1950's, which kept her isolated at home when other children her age attended boarding school. Continuing ill health as an adult and the health needs of her children gave the impetus for her to explore other health options.

Sheila's journey into holistic healing practices began more than 40 years ago, traversing a range of modalities including: Vibrational Kinesiology (The Dawson Program), Reiki/Seichem, Spiritual/ Aura Healing, Chakra Balancing, Self-Empowerment and Regression Therapies, Holographic Kinetics, Hypnosis, The Children's Learning Program and Vibrational Sound Therapy.

In 2004 Sheila co-created The Sounds from Source programs. 'The Sounds' are a synergistic blend of channeled information, the sound and vibration of tingshaw bells and, the power of intent. The sounds facilitate the release of cellular memory and assist in restoring the body to health and harmony. In more recent times, the sounds have evolved to facilitate planetary and universal healing. Similarly, Sheila's energy has evolved to support the healing of Mother Earth and broader expanses.

Sheila is currently completing a PhD in Metaphysics. She is the founder of many vibrational sound programs including The Absolute Health and Wellness Programs, The Children's Learning Program, The Sounds from Source Practitioner Programs, Energetic Balance and Harmony Programs, Vibrational Sound programs, The High Order Energetic Clearance Program (HOEC) The Best Workout for You / Athletes Sports Bag Membership Program, The A New Younger You Programs, The Your Energetic Business Programs as well as the Sounds from Source Academy, and The Athletes Sports Bag Academy.

A radio presenter for a number of years with Welcome to the 1% through Revolution Radio and host of the Soul Spirit Radio 'podcast' series releasing shortly.

She is a Member of The International Institute of Specialized Kinesiologists, The Sound Healers Association, and an accredited Trainer through the International Institute of Complementary

Therapists.

Sheila's courses and programs are known around the world and have been taught in Australia, Brunei, and the USA and are currently being offered online to a wider, worldwide market.

### **Welcome to my world**

Hello, I am Sheila, and I welcome You to my world.

This is a world that may differ from the one you personally know, it may seem odd, strange, or even far-fetched to you, yet to me it is the world in which I live on a daily basis.

A world full of spirits and other energy forms that many people will never understand or even in many instances even be aware of.

When I wrote a small book called 'Meetings with Spirit' in 2005 I was working as a practising Psychic Medium (Psychic is not a word I have ever been fond of), and the original book was basically a 'give away' to support a "Crossing Over" program or communicating with those who have passed on that I did in conjunction with a colleague who 'talked' to Angels. The original book was written in five days, published over the next two, as my colleague was also a publisher, and was printed as a short run and although it has a registered ISBN it never went on sale to the general public.

So if you happen to have an original Meetings with Spirit, you are doing better than I am as I do not own one, having given many of them to clients along the way as an explanation of what happens when we pass away or 'die', and why sometimes their home felt better after I had been and done an 'energy clearing' on it. Basically, it was a book of 'Ghost Stories'.

When I decided to write a sequel to the original book in 2010, I gave some serious thought as to how much information I should actually put in it. Should it be another innocuous rendering of true stories of 'Ghosts' or Earthbound Energies as I call them, or should I tell it 'Warts and All'?

Well ladies and gentlemen Warts and All won out hands down!! And although it took me many months to actually sit at the keyboard and commit it to paper, the stories themselves, all true by the way have been coming through thick and fast demanding to be remembered and shared. Some ten years later in 2020 this new book still remains unpublished. Why? life as we know it gets in the way and many other projects took precedence; however, I later realised that I was attempting to combine two books into one and it was simply 'Not Meant to Be'.

Now in September 2020 I am separating the two very different areas of House Clearings and 'Ghost Busting' from the 'Warts and All' section and creating an explanation of the areas of life that I personally find fascinating, and which have led me down many paths and journeys into the 'unknown'. These facts may shock or surprise you, and yet again, they may even answer the questions you have always had and perhaps didn't know how to ask.

I hope you will enjoy your glimpse into my world as much as I enjoy living in it.

Peace Love and Light

Sheila



**Sheila**  
Psychic - Clairvoyant

- **Aura readings**
- **Psychic Counselling** - Find causes and solutions
- **Crossovers** - messages from loved ones who have passed over
- **Home visits** - House clearings, removing negative energies for peace at last
- **Convenient Phone readings** - (pay by credit card)
- Readers available for **Entertainment and Parties**

2004

### **Why would you listen to me?**

I have spent more than sixty years being aware of 'energies' some good, some bad and some indifferent. This led me to search for many years, forty five to be exact to find someone who would understand what I was saying; that I 'knew' that there was 'something' that controlled my life, and had since age three and although I had stopped talking about it at age twelve when a Psychiatrist informed my very Western Medically trained parents that there was 'nothing wrong with me other than an over active imagination, I spent years actively searching for answers and a way to 'remove' this energetic control.

I was forty-eight before I found the lady who literally 'saved my life' and my grateful thanks go to Rosemary Cheyney and her amazing teachings.

The Galactic Light Warrior website follows on from an earlier and now unavailable website linked to Sounds from Source.com called Energetic Balance and Harmony.com.

I will share some information on the 'HOEC' or High Order Energetic Clearance programs and the Energetic Balance and Harmony programs that have both been taught to interested and aware practitioners over the years through the [www.soundsfromsourceacademy.com](http://www.soundsfromsourceacademy.com) as we go along.

### **Introduction**

Since time immemorial there have been souls among us able to communicate with those who have passed from this earthly plane. These (very often) ordinary everyday people have been known by many names- mediums, clairvoyants, soothsayers, and channeler's to name but a few. They have been found in many places: on mountain tops, in sacred grottoes, in almost- inaccessible caves, at séances, or sharing a neighbourly cup of tea.

Now you can find them at spiritual churches, psychic and alternative expos, and appearing on stage

and /or television.

Messages from loved ones have become 'big business' in many parts of the world, often with large sums of money being involved.

I would like to share with you my perception of how our loved ones who have passed over communicate with us from the other side and debunk some of the popular theories about what are seen as 'ghosts'.

I will explain death to you in the same way that I explain it to my clients. Consider 'death' as a step sideways in time...the soul leaves the physical body or 'vehicle' it has inhabited for its journey here on earth, and 'goes home', where it is reunited with other members of its 'Soul Group'.

It is a joyous time, a time of celebration, a time of rejoicing that the one who had been gone has returned to the fold.

It is my belief that the journey we undertake to a life on earth is to 'experience emotion, rather than learn lessons'. 'Home' for the soul is whatever you as an individual see as being after 'here', for example: Heaven, Soul Consciousness, the I Am, the All that there is, Nirvana.

A 'Soul Group' is exactly that: a group of souls who have shared many lives and experiences in this current or many previous incarnations. Some may have been close or extended family; others may have been associates or friends.

Much love is sent to the earthly family and friends who are grieving the one they see as lost or departed. In many instances there will be 'visits' from previously departed family members in an attempt to console or lessen the burden of grief.

These visits are quite different to what we as humans often describe as ghosts, or apparitions, and may vary from a feeling [a strong presence' of a loved one, or of not being alone] to more physical signs such as the smell of perfume or tobacco. Each will differ according to the needs and requirements of the person grieving.

Many grieving relatives and friends are so tied up in the grief of the occasion that they fail to recognise these 'visits' for what they are, simply believing that their mind is playing tricks, or they are hallucinating due to their grief state. On many occasions grieving relatives are simply in an altered state of consciousness as a result of having been prescribed a tranquilliser by their doctor.

These visits may occur for a number of days, often a period of three or more days, and is one of the reasons why many religions require a three-day time limit to elapse before the physical body of the deceased can be interred.

This has been due to the belief that the soul or spirit remained earth bound for three days after death and allowed time for it to depart to the higher realms.

### **Ghosts or Earthbound Energies, what are they and why do they occur?**

Many people have spoken over the years of seeing or sensing a ghost (or ghosts) especially in and around old dwellings, places of trauma such as prisons and accident sites, and many stories abound of doors opening, cupboards being disarrayed etc all on their own. Some very famous ghost stories include headless horsemen, monks who supposedly haunt ancient buildings, distraught young women etc.

I have seen and communicated with what are popularly known as 'ghosts' for more than fifty years, and in all that time I have only twice come across anything that intended or created harm to me or another person.

The majority of accidents reported as being caused by a 'ghost' are injuries people have sustained in attempting to leave a 'ghost' affected area in a hurry.

My common or market garden version of a 'ghost' can be explained like this: If a person dies suddenly, violently or unexpectedly, or does not believe that there is anything after the 'now', there can be a jerk in the energy field as the soul leaves the body.

As a stone thrown into a pond creates a ripple effect, so the physical or 'earth' energy of this person may be shocked and be trapped in the energy fields which surround the earth. It is this trapped energy which is often described as a 'ghost'.

This energy can remain trapped in the energy of the earth planes until recognised and released. Remember the soul itself has returned home, all that is trapped on the earth plane is the human energy and memories of the person who is deceased.

The trapped earth energy of the deceased soul may travel many kilometres back to a place in which it feels comfortable, e.g. its home or a surrounding area, or it may remain at the geographic point of passing.

It may also connect itself to a living person via the aura or energy fields which surround the human body. If this occurs, the person to whom the earthbound energy has become attached may experience thoughts, feelings and emotions which are not theirs, for example the desire to smoke a cigarette when they have never smoked before.

In my instance it was the compulsion to buy and eat a Kit Kat chocolate bar when I went grocery shopping – not something I would normally buy or enjoy!

In my studies and in my clinical practise of Vibrational Kinesiology, a holistic modality which recognises and works with the electrical energy fields of the body, I have become aware of some very interesting facts...

- *The earth-bound energy of a deceased person, male or female, can affect the electrical energy fields of living persons, and create a warping or distortion of the meridian structure [the fourteen pairs of electrical wires in the body which form the human structure at conception]. These fourteen pairs of 'electrical wires' in our body create our structure: how tall and how broad we are, what shape our features are etc.*
- *When one or more of these electrical wires short circuit they shorten, causing a distortion in the physical body, for example one shoulder will be pulled down and the hip up on the other side, giving the person an appearance of one shoulder being higher than the other when they are standing straight. This distortion can then be seen in physical examination as a hip rotation, or twist in the pelvis causing a misalignment of the hips, one being further back than the other, and this can cause a shortening of a leg and a lengthening of the arm on one side- generally right for a male and left for a female.*
- *Clinical trial measurements show that the range of energy of the earth bound can have an effect up to 10.85 kilometres from point of death.*

- As a 'generalisation' A male earthbound energy will affect other males in an area; a female earthbound energy will affect other females in an area. See more below
- One or two steps out of the energy range will allow the hip rotation to correct itself. A step or two inside that energy field will always misalign the hips again. See more below
- In removing or sending on the trapped earth energy, the physical condition is corrected. See more below

### **\*My see more below**

- My 'See more below' comments above relate to an 'earthbound energy being 'resident' in a specific area and having that '*Clinical trial measurements show that the range of energy of the earth bound can have an effect up to 10.85 kilometres from point of death*'.
- People living in the area would be affected, as a 'generalisation' A male earthbound energy will affect other males in an area; a female earthbound energy will affect other females in an area. An 'earthbound energy 'attaching' to a physical body is a totally different situation and we will go further into that.

In many cases the earth-bound energies of deceased persons are not aware that they have passed over and will be quite surprised when I communicate with or talk to them and explain that it is time for them to move on.

On occasions I have needed to play detective or ask for assistance from previously deceased family members to come and take the earthbound energy home.

A number of cases over the years have been of people who have died through no fault or choice of their own, e.g. accident, murder, and although they are aware of their deceased state have no wish to leave until they have passed on messages to their families or shown me who has taken their life. Once I have agreed to work with this information they will quite happily leave.

In the case of suicide, I have at times been shown by the earthbound that they did not actually commit the act themselves, but rather they were persuaded or had assistance from something outside of themselves to take their lives. In these instances, there are often messages for family and friends, and expressions of remorse.

### **Earthbound Energies and Human Attachment**

Earthbound Energies is the term I use for the energies which may be left behind after a deceased person has passed over, or to use a common phrase 'Died'.

This 'earthbound or trapped energy may also connect itself to a living person via the aura or energy fields which surround the human body. If this occurs, the person to whom the earthbound energy has become attached may experience thoughts, feelings and emotions which are not theirs, for example the desire to smoke a cigarette when they have never smoked before.

An earthbound energy will in many instances be attracted to the 'light' a person emits; it is a common statement '*that when we die/ pass over, we go to the light*'. It is very common to pick up an 'earthbound energy' walking through the park or going to the supermarket; one does not need to be

visiting cemeteries or haunted houses for example.

It has been my experience that babies in prams/ strollers will attract them more easily than anyone else as they are 'shining a lot of light'.

I said previously *in my studies and in my clinical practise of Vibrational Kinesiology, a holistic modality which recognises and works with the electrical energy fields of the body, I have become aware of some very interesting facts...*

- *The earth-bound energy of a deceased person, male or female, can affect the electrical energy fields of living persons, and create a warping or distortion of the meridian structure [the fourteen pairs of electrical wires in the body which form the human structure at conception]. These fourteen pairs of 'electrical wires' in our body create our structure: how tall and how broad we are, what shape our features are etc.*
- *When one or more of these electrical wires short circuit they shorten, causing a distortion in the physical body, for example one shoulder will be pulled down and the hip up on the other side, giving the person an appearance of one shoulder being higher than the other when they are standing straight. This distortion can then be seen in physical examination as a hip rotation, or twist in the pelvis causing a misalignment of the hips, one being further back than the other, and this can cause a shortening of a leg and a lengthening of the arm on one side- generally right for a male and left for a female.*

If we put this into 'layman's terms or a more simple explanation' as a physical being (human) we are in my explanation constructed like a house. We have a physical 'framework', a series of 'electrical wires' that create our 'shape' basically at conception and where our eyes, ears, nose etc are going to be. A bank of 'fuses or electrical switches and 'electricity from the 'power company'

These 'energetic fields' can be affected by a number of issues, conception, birth, trauma or accident, thought forms from another person and the 'hitchhiker effects' of the attachment of an earthbound energy (it is possible to have more than one earthbound attach and for the individual 'earth bound's' not to be aware of one another as they occupy different spaces in your 'energy fields'.

### **Psychic Attack - When is a Psychic Attack not a Psychic Attack?**

I have asked the same types of questions over the years on other subjects i.e. when is a Psychic not a Psychic? When they are a Clairvoyant, for example.

Please remember that in many instances 'New Age' jargon has created big business for a lot of people, 'the average' if there is such a thing person who once upon a time would recognise that they were a bit under the weather as they were 'coming down with something, e.g. a cold a virus etc often in this day and age runs for the phone to make an appointment to have an 'energy clearing' or is reaching in the cupboard for the 'remedies' that they have bought to protect their energy, clear their Aura, or cleanse them spiritually.

I do not personally have anything against such issues, they are the choices that people make in their everyday lives, and we all reach for the panacea that is going to make us feel 'better' in or about ourselves. Many years ago the recommendation would have been to have a 'nice cup of tea and a lie

down'.

I will often refuse an appointment to someone who does not 'need' one who is just looking for a 'fix it for me' solution to their problems. I will make suggestions to them as to what they can do to help themselves, and yes, I have specific 'self-help programs for sale', however handing over your power to another person is not necessarily the best option for you. It creates in many instances a co-dependency between you and that person and a need, want or desire to be 'propped up' rather than taking responsibility for yourself.

Am I harsh? In some instances, yes. I could fill my day with people who say 'Oh I'll go and see Sheila because she always makes me feel better; Or I can work with the people who genuinely need help.

My repeat clients when I have such a thing are ones who come back a year later to 'touch base' or people on a Spiritual search into themselves to clear past issues and move forward, and their visits are to suit themselves. I do not stand pen poised in hand over an appointment book and ask 'Now when would you like to come back'?

So we have looked at attachments in the levels of an earthbound or an energy attaching, and I will go on and discuss the more in-depth levels of attachments shortly, however I would like to touch on some of the self-help or 'the be aware of yourself' issues first.

So, let's have a look at a mental check list, I will list some possible symptoms and you can check them off for yourself

- Your feeling tired all the time, not much energy, heavy drained or depleted
- You seem to have lost your spark or enthusiasm
- Its difficult to make choices as you really do not know what you want to do
- Feeling as though you are standing on the outside looking in on someone else's life.
- Feeling as though someone is looking over your shoulder all the time
- Personality changes, are you aware of these or has some said you have 'changed'
- Feeling helpless, powerless or not in control
- Feeling as though you are having someone else's thoughts or feelings

Ok so if you have ticked three or more of the boxes above you may well have 'picked up' something that is not yours. THAT DOES NOT MEAN THAT YOU HAVE AN ATTACHMENT HOWEVER.

You may well have sat on the bus or train seat that the person before you 'dumped' how they were feeling in or lay on a massage table having a treatment and 'picked up' the energetic vibrations of the person before. It's a lot like using someone else's bath water.

Shopping centres to me are the worst places for picking up other people's 'stuff'.

Remember that your Aura extends in most people some six feet out from your body, so that person you just brushed against in getting out of the lift may be in the middle of a messy divorce, you just

combined your aura with theirs, is it any wonder your thoughts are suddenly 'all over the place'.

So, use your own power and 'ASK' Is it yours? You will generally get a physical or mental response, remember 'this is your body' you are the Pilot or the driver. If it is not yours or you are not sure, use the following

IF THIS IS NOT MINE, PLEASE TAKE IT AWAY!

**\*\* Now if you remove something, you must replace it, Nature abhors a vacuum, and will fill the empty space with whatever is available. So, what can you replace it with. Light, Colours, Love, whatever resonates for YOU.**

I personally imagine standing under a waterfall of rainbow coloured light which cleanses and re-energises me It takes seconds, its free and 'it is me using my power to help myself'. Clapping your hand loudly once is another good way to create an 'energy change'.

Now let's look at the areas that many people identify or call a Psychic attack

### **Symptoms of a Psychic Attack**

Again these can be many and varied, not all of them mean that you are being attacked or are under attack, think about the old sayings, 'my ears were burning someone must have been talking about me' etc

- A sudden energy drain like someone pulled the plug out of the bath
- Or feeling like you are going 'downhill in life
- Unexplained illness; this can also be your own energy fields being misaligned and may not be picked up by conventional medicine
- Fatigue beware of the Chronic Fatigue bandwagon and look deeper; these symptoms may well be a lowering of your energetic fields and the body subsequently 'giving you a virus' to slow you down.
- Feeling of invasion of your space or of your 'personal' being
- Feeling of being watched or observed, you may find yourself looking over your shoulder, or seeing 'shadows' from the corner of your eye.

Body discomfort and pain, they may be quick and sharp like a needle or a knife, or a continuous dull ache that does not appear to have a physical cause.

Remember pain is a warning that there is something wrong in the body, just like your fuel gage light flashing when you are running low on petrol

Incessant negative thoughts or feelings which are not 'yours', or thoughts of another person.

- Nightmares or dreams focussing on a specific theme or recurrent event
- Fear of being alone or fear of being with people

I usually explain to people that when something is 'sent' towards you then you have three options.

You can say thank you I will have that and take it on board

You can say thank you that looks ok, and I will 'bank it' for later use

You can say Thank you however I do not want/ need/ require this and SEND IT BACK.

I have always said to people over the years that when you point your finger at someone then you have three fingers pointing back at you!

Imagine as a child and making an imaginary gun with your hand. The finger and thumb are pointing away from you, there are three fingers pointed back at you. So, if the person you are 'sending to' decides to send it back you are going to get it back threefold or x 3

So, one should be really careful as to what they send, that they are prepared to receive it back again if the receiver chooses to return it,

Now this goes for all of the people running around sending love and healing as well. DID the person you are sending it to ask to have it sent? Or are YOU infringing on the rights of another or of the Planet by sending what you think they or it needs.' In these instances 'It is called TRESSPASS'.

In 1998 when I did my original Reiki Training many people ran around sending 'Healing', to people and areas, whether they asked for it or not. We could ask 'Is that person's illness a part of their Soul Journey in this incarnation'? Are you making life worse for them by putting your wants needs and desires to 'heal and be of assistance first'?

If you do not have permission for whatever it is you are 'sending' be sure that you are prepared to receive it back again, and three-fold if the person or area receiving it is not prepared to accept it.

What you may have been feeling may well be someone sending you 'Love or Healing' – from 'their perspective' and not necessarily a Psychic attack and you have felt it as a discomfort, as we all vibrate on different energy levels, so someone who's vibration is 'lesser' than yours will effectively 'lower or bring your energy down'.

Is the practitioner who 'tells' you that they are a 'Master' actually operating on your level or higher?

Are you doing yourself a disservice by allowing them to work on you? Just because someone is right for your 'best friend' does not mean that they are right for you!

I have spent years explaining to student practitioners that a piece of paper does not actually mean that someone can do what they 'say' they can.

I personally allow very few people to work on me, I am extremely 'selective' and I retain the right to refuse anything which is not for my highest good.

I have been at Mind Body Spirit festivals and seen people working that I personally wouldn't touch with a forty-foot barge pole, and yet people queue for their services and rave about them. It is often the same 'people' that have been to someone for a 'healing' that I put back together again later. Discernment comes with maturity and knowledge, and I have been fooled by some very shrewd operators in the past as well.

Please remember that just like the levels of schools and learnings of 'grades' 1,2,3,4,5,6,7 etc or of Nursery / Kindergarten, Primary or Junior, High or Middle School etc that so too are the levels of energies and knowledge that individual people / souls are attuned to.

YES, there are or can be psychic attacks however, and I will not tell you that there are not, I have personally experienced a number of them myself over the years and some as recently as this week when I was writing the origins of this book, (now 2020) so that one was ten years ago, there have been more since.

Why? Are you shining a lot of light? Do other people / practitioners 'see you as a threat? Are there levels of 'Client Ownership' attached to someone that you may be working with?

Some 'psychic' attacks will come directly towards you; the telephone and the internet seem to be good medium of travel for them also. I have had attacks via email, and from opening other people's web sites, as well as levels of control and programming from what I have read on the web in some instances.

\*Look for a link at the end for a vibrational sound program that will assist with clearing negative energies that you may have picked up via the telephone or internet.

I have used some of these as examples for my senior students in the past e.g. We will be having a tele-seminar on xx/yy/zz/ at 8pm. Please Go in and check site www. Zzz xxx 222 and MAKE SURE YOU PROTECT YOUR SELF FIRST.

Questions will be asked!

And YES, I am a hard taskmaster.

So, what can you do if you believe that you have been psychically attacked, again ask

IF THIS IS NOT MINE, PLEASE TAKE IT AWAY!

Follow on with,

I RETURN IT TO ITS SENDER WITH LOVE.

Some people will tell you that sending love to a situation may well fuel the fire and that the love can be used as a weapon in return, yes it can, however I believe it is a minor rather than a major occurrence.

Follow your normal process of cleansing your energy and remember that intention is everything, it can be as simple as closing your eyes and saying 'My intention is that my energy fields be cleansed, NOW.

*I was working on the paragraph above when I came across a quote again too good not to share 'Everything is Energy and that's all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.'- Albert Einstein.*

I have for many years described using a 'Waterfall' of Rainbow Coloured' light to cleanse your energetic fields.

I began using and sharing information with clients many years ago about energy clearing. Many is the person who had left an appointment with me with 'Sheila's' scribbled instructions on a piece of paper.

These comprised imagining your daily shower being white light and 'washing' your 'aura' to cleanse away any negativity.

Imagine placing a 'bubble' like an easter egg around your aura, and then coating the outside of the bubble with pink then silver then gold to create a positive surrounding.

This 'energetic' surround will assist with allowing positive in, positive out and 'blocking' negativity directed towards you.

Why would someone be sending negativity your way?

We are having a 'human' experience; and as 'humans' we are constantly bombarded with thoughts, feelings and emotions, our own, other people's, from the music we listen to or the shows that we watch. We are basically human 'vacuum cleaners' and we draw in some much from around ourselves as well as the detritus of the thoughts feelings and emotions of 'other people'.

## **More Information**

I will deal with the deeper levels of Entity attachment and possession in a separate section, and I will continue on here with some fallacies that are very common, and some basic facts.

I will also add some useful information for the people who like to use Crystals and Essences for protection in the technical notes

## **Fallacies**

You cannot pick up an earthbound or an attachment if your aura and your soul are whole!

Things can only attach to you if your aura and your soul are damaged'

If part of your soul has left the body, you are more likely to 'pick up stuff'.

You must have bad energy if you are being attacked/ attracting 'dark stuff' to you

It must be your karma to experience such things, and so on.....

## **Facts**

A new foetus can pick up an earthbound or an entity, more about that shortly.

The more light you shine the more bugs you attract. Look at moths to a light, Earth- bounds are attracted to the 'light', and what are we told 'happens' when we die or pass over – 'we go to the light' Many people of higher vibrations are working as a launching pad or jumping off point to assist these stuck spirits.

We all have an energy imprint or etheric signature; we leave it all over the place and other people may pick it up or be sensitive to it.

Earth- bounds and entities are not any different and may well leave an energetic signature with you when they have been 'sent on'.

Jealousy, fear and what I call the Tall Poppy Syndrome are some of the things that tend to create having 'stuff' sent towards you, it can be as simple as 'I want what he / she have got'

Negative energy is just that, Negative energy, it is not bad or 'evil' it just is.

As above so below, we need to have a balance of positive and negative OR light and shadow, see \*Technical Notes for more information.

Many of the 'spiritual meditations and ascension processes available today actually 'open doorways' and allow 'stuff' in, as do some of the 'Obtain Mastery in a Weekend' courses on offer, as they open people to Universal energies and either do not give them the tools or the knowledge to deal with them or close the 'doors' that have been activated or opened.

There is NOTHING NEW, it is just what we already know being shown to us as or when we are ready for it. I am given information as I am able to assimilate it, it is not 'new', it has been available for hundreds of thousands of years. I simply haven't been ready.

Just because' I 'or anyone else says so does NOT make it right! Be discerning and use your own judgement as to what resonates for you!

Ok so we have looked at the 'simple stuff so now we will go on to the deeper levels

## **A Psychic Attack**

`Occurs when someone sends a concentrated thought pattern towards you, and this may be consciously or unconsciously, and is composed of thought and intent and may also contain spite, hatred or an ill-will towards you.

These concentrated thoughts It are not sent without reason, and they are intended to do you harm in some way, and these can individually or combined be physically, mentally, spiritually or emotionally.

The intention of the thought is enough to send out an attack on someone. If this intention of the thought is deliberately focused or concentrated it will make its way through all but the strongest of psychic protections.

Psychic attacks are often sent unwittingly because the person does not realise the power that thought has!

Psychic attacks are most common when a relationship breaks up, or after arguments and upsets as the person 'thinks of all the things they 'could have said and done. They often come into play when one person goes into another relationship or moves on with their life, and as such can have an effect at a psychic level (consciously or otherwise).

Such attacks can weaken the physical and mental bodies of the recipient and also affect the aura and the immune system of the recipient.

I have personally been the recipient of a number of such attacks some years ago and they are not

pleasant. Having suffered a number of heart attacks previously, if I had not been aware of 'what it was that was affecting me' and mentally and etherically removed the knife out of my back I would have been calling for an ambulance to go to the hospital.

In two separate incidents, one person had requested my permission to 'send me some healing' and I had agreed, and in the other the person had been physically present in my home and had 'left' behind an energetic doorway to allow the attack in.

These are just two examples; in another I still had in my possession a set of jewellery which had been a gift from an ex-partner and a photo of the two of us with me wearing that jewellery, another yet different doorway.

I have often been asked 'if I am using 'psychic protection' how can someone affect me'?

Remember that we are all different, all individual and all working from our own levels and belief systems. Some people are at the kindergarten stage of spells and incantations, others use mental thought patterns, threats, and in some instances physical replicas of people to increase the efficacy of what they are sending with the intention of being able to wreak havoc on another person OR situation.

I have been told over the years 'that if you expect to be attacked psychically then you will be, like attracts like etc and that we teach what we most need to learn and so on'. Many people talk themselves into a fear of some kind and in focusing on this so much they make it the main point of their life.

A good many cultures around the world rely on various forms of protection such as the Jewish hand with 2 thumbs, the Greek evil eye protection, garlic, small bags of 'sacred objects', talismans, crucifixes, medallions of saints and the like. More modern-day protection appears to be wearing a Black Tourmaline crystal around your neck or carrying specific semi precious stones in your pocket as well as drops and potions.

The difference between 'psychic attack and possession'.

Now psychic attack and possession are two totally different subjects; psychic attack is something that is directed towards you deliberately either as I have said consciously or unconsciously. 'Possession' is an invasion of your energetic space.

When someone has an attachment or an outside possession of their energy it is generally referred to as an 'Entity'. I am going to discuss Entities here beginning with my story and go on into some other stories of possession for you.

### **Sheila's story.**

As I shared with you earlier true to my Romany background, I was born with the ability to 'see'. This ability caused me numerous as a child, especially with my mother who had a huge 'fear' of the unknown and especially of my paternal grandmother Jessie Carran (nee Gretton), a wonderful Welsh woman, who not only read the 'tea leaves' she would regularly take me with her on Saturday nights to the spiritual church with a 'We won't be telling your Mam now' comment on our way home. I was blessed to have weekends with my paternal grandparents who we had lived next door to until I was 2. Nan also understood that the people I 'saw', those who had passed away were as real to me as the physical people I came into contact within my daily life.

At age 3 I was diagnosed with Hodgkin's Lymphoma and given a year to live. Also called Hodgkin's disease this is a cancer of a part of the immune system called the lymphatic system. As the cancer progresses, it limits the body's ability to fight infection. Lymph nodes in the neck, armpits or groin may swell. Fatigue, fever and chills are some symptoms. Currently 2020 treatments include chemotherapy, radiation and in rare cases, stem-cell transplant.

As both my mother's brother who had passed away before I was born, and my paternal grandfather had Hodgkin's disease and would pass away when I was 7 the 'both sides of the family' added to the dire diagnosis.

In 1953 much less was known about the disease and 'bed rest' at home and 'within reason give her whatever she wants as she won't be around for long' were the recommendations.

As my father had commenced studying at London University and my mother and I lived some 200 miles away in the Wirral district I spent a good deal of time 'lying' on a couch / settee under the window in the living room alone when my mother needed to 'go shopping' to one of the 2 small towns some distance from us.

It was during these times that I first made the acquaintance of the 'man on the ladder who cleaned the windows!

I have shared with you previously that my ability to see had caused me considerable problems with my parents as a child, and especially with my 'mother' including being sent to my room on many occasions for having an over-active imagination. Having been admonished on a regular basis by my mother and told 'Not to eat biscuits before you go to bed if you are going to have nightmares. This had created in me at quite an early age the 'understanding' that sharing or telling my mother anything was not a good idea.

Telling about or mentioning the 'man on the ladder who cleaned the windows' in my mind wasn't something that I should do, and so this 'nice man' who said 'I will look after you, I will be your friend' was something I kept to myself at the time.

For a while 'my friend' was nice. And then gradually things began to change to the extent that I told my parents that 'there was something inside of me and that I wanted them to make it go away'! A series of doctors' visits over a period of probably 8 years ensued as I brought the subject up on a number of occasions and eventually a visit to a psychiatrist when I was 12 who informed my aunt who I was living with to attend school in the United Kingdom that I had an overactive imagination and that there wasn't anything wrong with me and I learnt to 'shut up'!

Well before this stage my previously caring 'friend' had taken over my life; I have often described it over the years as 'feeling as if I was sitting in the back seat of a motor vehicle and that someone else was driving, and that we never went the way I wanted to go. If I thought or planned right, we would be turning left.

Although I had learnt to 'shut up' I never stopped looking for answers

I was forty-eight before I found the lady who literally 'saved my life' and my grateful thanks go to Rosemary Cheyney and her amazing teachings. Rosemary was my introduction to Metaphysics in a formal setting and she was one of those 'meant to be' meetings. I had been very interested in studying with a different woman in Melbourne, however my living some hours away in country Victoria and having recently graduated from a wheelchair to a set of elbow crutches and learning

to drive again after a number of years, the thought of needing to 'drive across Melbourne city' to the outer south eastern suburbs after a 4 hour drive to the outskirts of the western side of Melbourne put that in the too hard/ maybe another time basket.

My dear friend June who has been in my life for 45 years mentioned seeing an advertisement for 'some of that stuff that you are interested in' and in the Western suburbs of Melbourne which was 'do-able' for me at the time.

I travelled to Melbourne and met Rosemary and signed up for a 6-weekend course called Certificate of Intuitive Mastery and arranged to spend my 'study' weekends with my eldest son who lived in Melbourne.

The Sunday afternoon of the first weekend Rosemary was talking about 'negative energy' and my immediate thought was 'she is talking about me!' As the class was leaving, I spoke to Rosemary privately and said, 'I think I need to make an appointment to see you as a client' Rosemary replied, 'I know you do and how about tomorrow afternoon?'

I spent 1.5 hours with Rosemary as she worked to remove the negative 'energy' that had been with me for 45 years; at that stage I was 48.

I drove to my son's home and decided to have a 'rest'. I slept for an hour (unusual for me) and woke up feeling and looking 10 years younger.

It is something that I have noticed since over the years of working with clients, that people's persona or outer energy fields reflects the changes that have been made and I have often described it as being like 'switching a light on in someone's face'.

Both studying and working with Rosemary gave me a passion to assist people who were experiencing the issues that I had spent so many years having control my life and has been the foundation for so much of what I have been able to create since.

## **The Small Boy**

The small boy whose story I am going to share with you now is the son of a close family member and was the first time I had 'seen a child with an entity' and especially with what would generally be described as 'possession'.

Here I am going back to well before I met Rosemary in fact more than 10 years prior.

This small boy had been an issue in his parents' life from basically the time he began walking; he did not exhibit fear or pain in any instance and would frequently 'escape' from the car when it stopped at traffic lights by undoing his seat belt, winding down the window and escaping over the roof of the car.

On a weekend visit to my home when he was around 3 years of age, I observed him climbing onto a chair alongside a glass China or crystal cabinet as they were known. Being concerned about him hurting himself if he fell onto the glass, I went towards him to get him down from the chair.

I spoke his name as I went towards him and he turned and raised his arm and hand in a 'threatening' manner, what was more of a surprise though was I was not looking at a blonde blue-eyed cute child,

the eyes that were glaring at me from his face were dark and his face was twisted into something resembling a Halloween mask. The negativity emanating from him not only had me pause, I also took a step back away from him and had an overwhelming feel of dread.

My first reaction was to 'clap my hands' and the 'entity' disappeared leaving the familiar blonde cherub in its wake. He smiled and climbed down off the chair and ran off leaving me shaking. However not surprised.

At that time / stage I did not know what I know now, and yet it activated or sparked an inner knowing that I 'needed' to know.

## **Another Fallacy**

Many people mistakenly believe that possession of any sort involves the addition of 'hearing voices'. Mental health professionals may refer to hearing voices as an 'auditory hallucination'. A hallucination is where you might see, hear, taste, smell or feel something that exists only in your mind. It is believed that around 1 in 10 of us hear voices that other people do not hear.

Often terms such as schizophrenia or bipolar disorder may be used to describe someone complaining of 'not being themselves' or of 'having thoughts and feelings that are not their own'. I have said for many years that the childhood 'imaginary friend' may well be much more than imaginary, and I considered many of these areas in creating a series of vibrational sound programs for sensitive children. I will share some information about two of these programs and then go on to tell you about a small girl.

## **The Sensitive Child programs**

The Sensitive Child programs were created a number of years ago on the Sounds from Source platform and are a series of 7 individual vibrational sound programs. I am going to talk about two important ones here

**Sound no 659 Sleep.** Sleep can be a trying time for many Sensitive children. The issues of 'getting to sleep' or having a restful sleep. Played just before or at bedtime the Sensitive child sleep sounds can be very beneficial. Many special or sensitive children may 'invite or attract in' other energies especially of a night. That cry for help and the 'monster in the room' in a child may be very real, and for the sensitive adult disturbed sleep patterns and vivid dreams can be related to the 'astral' state.

**Sound no 660 Acknowledgement.** The Acknowledgment sounds. Allowing and assisting your child to acknowledge that they may be different or more sensitive than others around them, and that is OK, and that you have the tools to assist them on their life journey.

## **The Boy in the Wardrobe**

The boy in the wardrobe is the story of a small girl who's 'imaginary' friend peopled her life with a whole series of 'new friends' from a pop-up story book; these 'new friends' lived in the bottom of her wardrobe and would come out to play when everyone else had gone to bed.

The leader of her 'new friends' was the small boy from the book, who encouraged her to roam

through the house of a night and to take or borrow items belonging to other family members, car keys, expensive jewellery and more.

A 'Please Help from the mother of this small girl a long-time client and friend led to an in-depth exploration of what was happening and a considerable amount of work to reverse the 'story book' situation, before being able to deal with the situation of the 'imaginary friend'.

As I said in the information on the Sensitive or Special Children programs 'many special or sensitive children may 'invite or attract in' other energies especially of a night'.

This imaginary friend was quite unwilling to leave; this is not unusual and at times I need to be 'creative' in my thinking to persuade a negative energy or 'entity' to leave.

The interesting situation with this entity and it not being satisfied with being attached to the small girl was that it had energetically opened a 'doorway' to allow the 'story book' figures through into this dimensional reality.

This was not only unusual it also led to a great many questions about the 'type' of doorway that had been opened. In general, the types of energetic doorways one would ordinarily come across deal with what are called Vents and Portals although there are many other instances of 'doorways' that have presented themselves over the years.

I will go on and discuss Vents and Portals below.

## **Vents and Portals**

### **I have been using this saying since I heard it in the very early 2000's 'Man is a multi-dimensional being in a multi-dimensional world'**

So what does that mean?

We are as humans made of a series of visible and invisible parts that work together very well when they are in 'sync' with one another. It is my belief that ill health may well relate to an imbalance in the interaction of these visible and invisible parts.

These visible and invisible classifications can also be related to energetic 'doorways' or openings.

## **Vents**

Having looked at much of the basically 'explainable' for want of a better word, that happens and occurs around us on a daily basis, I would like to move on to the less known and in many instances often difficult to explain or comprehend areas.

One of these is the existence of Vents and Portals. I am going to address them together even though they are quite different, and not only occur and operate differently, and often at different times. However, they can be, and I believe are interconnected.

So, what is a vent? I am not thinking about the nice plastic or plaster shapes that are put into walls to assist houses to 'breathe and cut down on mould and mildew', or the pieces that are also known

as 'gussets' sometimes put into clothing to let it out or give us more range of movement, although they have similar purposes.

To me the easiest description of a 'Vent' is the bubbling mud geysers for which New Zealand is so renowned or the 'gushing geysers' of Yellowstone National Park in the USA.

What the bubbling mud geysers or mineral springs are doing is releasing energy from the earth's core and 'venting' it away into the atmosphere. Many of these vents have a mineral or gaseous odour such as sulphur to them.

A volcano may be seen as a much larger 'Vent' as the earth 'throws off' its pressure cooker steam with an explosive force and with it the molten lava which is produced as a by-product.

The vents I wish to explore with you are similar in many ways, and yet can be less obvious, and often go unnoticed, or may even be concealed or 'deliberately placed' for a purpose.

You may live near or over a vent and never be aware of it unless it happens to either have an effect on you or come to your notice for some reason.

I am going to share some stories of Vents with you and then move on to Portals.

## **Turkey Dam**

During a visit to me in Bulleen in Melbourne some years ago around 2005 when I was working a good deal from a room set up at home, visiting clients John and his wife Mary and I had a friendly chat about how life was going 'down on the farm' where they live on and run cattle on what was originally John's family's property.

Although I have never been there it is not any more difficult for me to 'tune into' an area than it is a person, the process is a little different that's all, so I mentally connected with the area around the farm and became aware of a 'Vent'. I described what a vent was to John and Mary, and the type of effect that I thought it might be having on the area and went on to look at the size of it.

Now the size, radius, circumference etc are all important when looking at and dealing with a vent, for one if you are going to do something about it you need to know as much about it as possible, and the other is where it is situated and how close you are to the centre or 'midpoint' of it as in a distance from your home or property, if it is away from you or how far it extends if it is localised in a specific area as in a house.

When I said to John, 'If you were standing at your front door looking out what is xx by yy kilometres from you and is a body of water. Now John being a farmer went into how many megalitres of water was I talking about and couldn't place anything at all.

Without being egotistical it is not often when I work that I am wrong, so I went with my 'gut feeling' and 'moved' the vent. Yes, I said 'Moved' NOT 'Closed'. The vent was there for a purpose and closing it may well have had a multi fold action / reaction which may have been more detrimental than leaving it alone in the first place.

So where did I 'move' it to?

If I am going to move something like a vent, I will scan the area and 'relocate' it to somewhere that it is not going to do any harm e.g. into the middle of a forest or out to sea. Remember that for every action there is an equal and opposite reaction.

Back to John and Mary, John called me when they arrived home and told me that I had been right, that there was a xyz megalitre Turkey Dam just where I had described it, and thank you, as driving into the property it had 'felt different'.

## **The Dining Room**

Much of my enjoyment in life has come from my work, I love what I do, and have often gone out of my way to travel and work with a situation firsthand than just sat on the couch at home and worked with it mentally.

It was one of these occasions that took me to the Endeavour Hills area of Melbourne one weekend in the early 2000's and the anticipated pleasure of seeing some wonderful people who were the parents of the young lady who's house I was going to do a clearing on.

Often as I work with client's I will see one family member after another as they refer one another on, and it is pleasure to 'catch up' with them along the way. One of Lisa's brothers is married to the sister of a wonderful colleague of mine.

Lisa had noticed something 'different' in her house she said when she called me, and it sounded like a vent to me. When I asked if she was going to be home on the weekend she said 'yes, as Dad is working on my front garden.' Her father is an avid gardener and a lovely gentle man who is a delight to talk to, her mother is just as delightful and has personally accompanied some of the people she has referred. A little bit of hand holding never goes astray if you are going to see a 'funny lady' for the first time.

The vent had appeared quite suddenly and was mainly in the dining area although it extended under a wall and into the kitchen as well. Lisa had commented on feeling strange when she stood at the sink and of odd things happening since she had noticed it.

The vent had only been in existence for about three days and was quite localised to Lisa's home, it extended about seven feet and was roughly circular. The energy field going out from it was not strong and extended so twenty feet only and dissipated and became weaker towards the outer edges.

An easy job, afternoon tea and some great company.

## **Boarding School**

Some years ago now I received a call from a dear friend overseas asking would I have a chat with the daughter of friends of hers who were also stationed overseas and who had a daughter who was at boarding school in Australia? Yes, of course I would.!

This young lady was about fifteen at that stage and had been having 'sight' experiences for some years. She felt that she had an attachment and was finding it difficult to communicate what she was seeing and feeling to other people. A very familiar story, I know it well.

We had a long chat on the phone and did some work together, it is always a pleasure to assist a fresh new mind to assimilate knowledge, and I promised to send her some Vibrational CD programs to work with. The fact that I have not created CDs in many years reminds me of how long ago this was.

One of the issues around her was a vent in the school grounds of her boarding school which I moved, and through which the girls were walking backwards and forwards on a regular daily basis. So as they moved in and out of the energy field which was generated by the vent and which was quite large, they would be subject to varying effects which would create mood swings and quite possibly some 'irrational behaviour'. The vent appeared to have been in place for quite some time, as in a period of years.

I will share one other small story from this young lady, as I hope one day she will 'tell' her own.

There is another story on vents out of the ones I have chosen to share however I am advised to deal with it and possibly another one in a different section. So why have 'guidance' if you do not listen to it? I will move on to Portals and come back to Created Vents at a future time. This is where on television they would have the dramatic music and the 'tune in for next week's exciting episode of 'THE VENTS'! Sorry I just can't help myself sometimes.

## **Portals**

Portals as I have said are I believe interconnected with Vents. The term Portal is Middle English in its origins, from Anglo-French, from Medieval Latin *portale* city gate, porch, from neuter of *portalis* of a gate, from Latin *porta* gate

### **A description of Portals**

I describe Portals when I teach about them in as simple a words as possible so I will do the same now. A Portal is basically a Doorway or may also be described as a Gateway, now if we consider doors, they can open in many ways depending on how they are hinged.

Some open outwards

Some open inwards

Some swing both ways

Some slide

Some are bifold e.g. fold back on themselves

Some are see through like glass

Some are heavy e.g. energetically dense as in wood

Some are metal, a different energetic composition

Some are lockable

Some should never be opened e.g. the lid of Pandora's box

So let's look at some of the Portals we may be aware of and for a NON-Television watcher I remember quite a few from my years of children and grandchildren.

Dr Who and the Tardis, I remember Jon Pertwee I think he was one of, if not the original 'Dr Who'.

Harry Potter, and the doorway to platform 13½

Narnia and the Wardrobe

And the more science fiction ones of Star Trek, Star Wars, Babylon 5 and so on  
So, do we really believe that 'someone dreamed up all of these doorways? or have they always been there and are we are shown, educated or become aware of them through 'believable movies'. I will admit to using a 'Portal' into a magical land in the book I am still 'currently' writing some 13 years later called The Wellvania Chronicles, and there is the symbology of the tree that first 'knowingly' allowed me to experience a portal.

So why did I say knowingly?

How many times do we step in and out of 'Portals' and 'dimensional doorways' unknowingly?

I have often said to clients that when we drive a car, watch television, read a book, daydream and so we are basically in Hypnosis, it is an altered 'state' of mind. I know I have got to the end of a journey, and I couldn't remember passing a particular landmark along the way, so is it 100% Hypnosis OR could some of it be other 'time zones'. In asking kinesiologically I get a 60 / 40 response to it being 'other time zones'

## **The Tree**

Chris was a lovely lady who spent six months with me at Yellilong a property I owned with my eldest son in the late 1990's/ early 2000's. Chris was very conversant with American Indian and Aboriginal spirituality, and we shared a great deal of 'learnings' between us.

Living some eight kilometre's out of town we 'made a lot of our own entertainment' as neither of us were television watchers and both read a lot and did varying forms of handwork when we weren't out in the paddocks working.

We also walked the local roads for extra exercise, and one day we meandered up the continuation of the road on which Yellilong is situated, and the other side of the crossroads as we referred to it as we were on a corner junction of two roads.

I had mentioned to Chris a nice bluestone house that had been built further on and we decided to go that way for our walk. Having admired the house on the way past we continued on and stopped at a for sale sign on a vacant block of land.

Chris jointly owned a block of land with another person and as it looked like being for sale, she was keen to find a smaller block of land for herself. So, we decided to have a look at this block while we were there.

The block was covered with a large number of young trees, mainly what is called scrub gums and it was not a particularly imposing piece of land, and probably some fifteen acres, however knowing that a seasonal creek ran along approximately where we thought the back boundary would be we decided to walk the length of it.

Meandering our way through the young gums we came upon an interesting tree, a totally different species from the scrub gums and what appeared to be two trees grown from the one root or two trees very close together. It was much taller than the saplings around it and some forty or so feet high.

Where the two trees joined at the base, they had made what looked like a small seat, that allowed

me to sit literally between the trunks yet supported by them at the same time. So, sit I did.

Chris wandered off to look at the other boundary and I closed my eyes, just for a few moments to savour the peace around me. Or so I thought. Chris had returned and being honouring of another's space had waited for me to cease meditating or to open my eyes. Having waited some time and becoming concerned she had gently roused me, and I opened my eyes and looked around me.

I wasn't in the block of land for sale, I was in a twilight world where everything appeared muted and dull, there was no clarity in anything around me nor in my mind as I tried to make sense of the feelings washing over me.

Chris being a wise lady realised I was in an 'altered or trance state' and walked me home, quite a slow journey I believe, and one I do not remember a lot about.

It was some hours before I came back to being 'me', and even longer before I was able to look at what had happened to me. Energetically I had 'entered a Portal'. through a dimensional 'doorway or gateway'.

I became more 'aware' of 'portals' as time went on and also the use of them by energetic beings through often manipulation or for nefarious purposes.

## **2014 and Portals with a difference**

### **I have used this fairly in-depth information below in working with High Order Practitioners**

Yesterday I did some work on a property for a friend, a house on 9 acres and some distance away so I did it in the absent.

This property is a fairly new purchase and although everyone living there had been affected by energies one bedroom seemed to be more 'toxic' to the level that walking into it was an uncomfortable situation for my friend who called me and was having quite profound effects on a young girl who lives in the house.

A quick scan of the property, and interestingly the information on this property had been sent to me when I was house hunting and when I mentioned it to my friend she knew of the house / land as a relative of hers was in the process of purchasing it as we spoke.

So a quick scan and I picked up 3 individual and yet connected portals, in the shape of an inverted triangle, with the bottom point of the triangle being below the bedroom of the young lady who was having so many issues.

Now please note that I said 'below' as often energetic portals will be 'above' or dimensional in composition. This one and the two connecting ones are all below the earth.

Why? It could be the area, as in being the southern area of the Mt Warning Caldera and some instances in this region of 'lava tubes' from the original volcano. Wikipedia provided the information below.

*Mount Warning is the central [volcanic remnant](#) of an ancient [shield volcano](#), the [Tweed Volcano](#), which would have been about 1,900 m (6,200 ft) above sea level or just under twice the height of the current mountain.<sup>[6][7]</sup> This volcano erupted around 23 million years ago.<sup>[8]</sup> As the mountain's central vent*

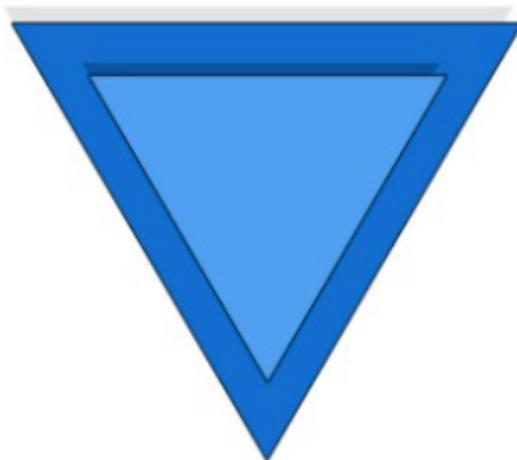
cooled it shrank, forming a depression at the top that has greatly eroded.[7]

Today the vast areas that were part of the volcano include many mountains and ranges at some distance from Mount Warning, and include the [Border Ranges](#), [Tambourine Mountain](#), the [McPherson Range](#) and both the [Lamington Plateau](#) and [Springbrook Plateaus](#). The erosion *caldera* formed since this eruption is easily visible around the summit and forms the rim of the [Tweed Valley](#).

During the last stages of eruption, different and more resistant forms of *lava* that were cooler than those flows that created the shield volcano remained to form the current peak. The whole central Mount Warning *massif* was also pushed up by forces that remained active after lava eruptions had stopped.[7]

Having identified the original triangle, I then found an additional or overlaid 'transparent' triangle some 50 feet or 15 metres larger than the original triangle on all sides

I will demonstrate as separate triangles for ease of viewing.



Original Triangle

Point A around 200 metres away

Point C Bedroom

Point B around 200 metres away

This 'triangle' appeared to be 'overlayed' by a slightly larger 'triangle' of the same shape which extended approximately 50 feet or 15 metres out from the original triangle and appeared to be opaque or somewhat 'see through' I have left the top of this 2nd triangle open ended as it appears to fluctuate with its distance from the top of the 1st triangle rather than remain stable like the other 2 sides.



Larger triangle extends out 15 metres from the first and sits 'over or above' the smaller triangle.

In closing the 3 Portals I made sure to close the smaller group of Portals first and then close the 2nd or larger group of Portals immediately afterwards.

Now I had said to you 'This property is a fairly new purchase and although everyone living there had been affected by energies one bedroom seemed to be more 'toxic' to the level that walking into it was an uncomfortable situation for my friend who called me and was having quite profound effects on a young girl who lives in the house'.

So, let's look at the situation more deeply, the young lady who was so badly affected has a 'disability' and reacts badly to any changes or emotional disturbances. As she has difficulty with communication this can result in screaming and other emotional upsets and behaviours.

The initial feedback was a profound change in her behaviour to being calmer and more relaxed and also being willing to sleep in her room after the 'clearing'.

A few days later her behaviour patterns deteriorated again although not as badly and I did a further check of the property which was fine, however I was drawn to check the young lady and discovered a 'portal' within her herself. This had not shown up when I was checking the property and I hadn't questioned for it at the time as the problems appeared to be the area itself. This portal appeared to be able to open and close at will so a 'now you see it now you do not' situation. Having 'seen' it I was able to lock in on it and use the correct sounds to remove it.

Please note I said remove it rather than close it as it was energetic rather than physical and I used Sounds from Source sounds 537 Doorways and Manipulation and 551 Energetic Vamp Doorways to do so.

In discussing the young lady with my friend / a carer we discovered that the 'personal' portal had been in place for some years since approximately aged 12 which fitted with behavioural changes in this now 18-year-old and a distinct pattern of inviting or allowing in negative 'friends' when she felt alone.

So, as I have said to students for many years:

- ask better questions and we get better answers.
- if in doubt keep looking

- be prepared to go the extra mile if required.
- trust your instincts if you feel that there is something more.

A follow up on the property and the client report all being well and the energies in the house considerably improved as also remarked on by visitors who had been there before the clearing and who have visited since.

## **What The Bleep**

I am going to tell you an interesting story about 'ME' and A 'Portal', as I have said before all of my stories are true, a good deal of this one is verifiable and even historic.

However first let me 'set the stage as it were'.

Everyone was talking about the movie 'What the Bleep' around 2004 and I hadn't seen it. Lee the male friend I was seeing arranged to take me on the last week it as it was playing at a small theatre complex in Melbourne, and so I booked myself an afternoon off work. A dual purpose in this time off was to go and see the 'What the Bleep', and after the movie, to go and to see my adopted sister Leonie off at the airport as she was flying back to New Zealand.

After working the morning, a quick trip home and a change of clothes, and a nice higher heeled pair of shoes (vain women) and off we went.

The theatre was close to Parliament house and in a multi-story block of hotel and offices, so it had ample paid parking underneath.

We were running late as Lee had missed a street, and we parked on the fifth floor down from memory of the Parking Garage and made our way to the lifts.

I hadn't been to this complex before and as I stepped into the lift I shuddered, as if cold. Lee mistakenly thinking it was the lift said, 'Its ok it's a glass lift it will all right once be moving' Well I knew differently however just kept quiet, and there will be people about now who will be laughing as imagining me not talking is difficult.

The lift stopped at the theatre and as we were late the movie was about to start, I went to pay for the tickets and Lee went to get us a drink. The girl taking my money for the tickets apologised as the computer appeared not to be working although it had been all right a few minutes ago she said, she took my money and said go straight in, we won't worry about a ticket. My first thought was the computer glitch may have been me as I can have an effect on some electrical equipment and have been known to shut down a whole government office down when I got mad one day.

So, into the small theatre we went and sat down. There were about twenty people in there only, and the trailers had just started. I got comfortable, took out my bottle of water and settled down to have an enjoyable time, having heard good things about the movie.

When What the Bleep began the initial scene of flying through space was a familiar one and I felt an anticipatory tingle of 'this should be good'. We got as far as the scene where the lady is playing ball with the young boy (maybe 20 minutes) when the floor moved under my feet. I presumed that it was an effect of the movie, and then a few moments later it happened again. Then the lights went out.!

Everyone in the theatre sat still for a few moments, possibly a minute or so and nothing happened, still no lights, and we were all sitting in the dark. A man spoke and said, 'I'll go and see what's happening', so we waited. When he opened the door to the foyer I could hear sirens in the distance, as in fire and ambulance as the theatre was so quiet without the movie playing and no one talking. I jumped when Lee said, 'Let's go and get a cup of coffee, they will restart it from the beginning when it comes back on'.

As we left the theatre other people stood also and followed us out, the foyer was in chaos with people being evacuated from the building and some of the other theatres it seemed everyone had forgotten about ours!

We left the darkened building, quite different to arriving there a half an hour earlier and it all lit up, and we walked down the short block to the next main street. As we were walking Lee said to me 'You did that didn't you Sheila?' 'ME', I objected, As if!! His response of 'I know you remember' didn't leave me with a lot of comeback. Yes, I know, me with nothing to say, and twice in half an hour!

At this stage it was around 1.30 pm, we went and found a coffee shop and had a coffee, then walked back to the movie theatre. Some blocks! and here was 'Me' in the high heeled shoes remember!

We were met by fire engines, firemen, policemen, pumps, smoke and noise including loud hailers calling people from different offices to their designated meeting places. Basically, organised chaos.

No; we were told we could not access our car, there was a fire on the fourth-floor parking garage, (the one above where we had parked) however everything was under control. So, we walked again. This time we went the in the other direction towards Parliament house. There were groups of people everywhere, the loud hailers were still going; people were clustered on phones talking loudly, others were calling out to one another. Seriously the steps of parliament house had more people on them than when I had protested there some twelve or so years earlier for Rights for the Disabled.

By this time my look good on, but not so comfortable walking in on city footpaths high heeled shoes were becoming distinctly uncomfortable. We went and had another coffee, just so as I could sit down and take the weight off my feet.

Some three hours later after lots of return trips to the movie complex we were told on the last one that we could access our car if we wanted to as the fire in a 'fourth floor car park electrical mains switchboard' had been put out, however we would need to walk down the ramp to collect it as the lifts were not working, so five ramps and still a lot of smoke later we found the car.

We just made it to the airport in time to farewell my beloved sister, and I gratefully took my shoes off when we got into the car to drive from the airport back to Bulleen.

Arriving at work at the Holistic Centre where I had my office in Doncaster the next morning our receptionist asked how the movie had been. 'What movie' I replied and gave her a brief run down on the events of the afternoon before, finishing up with a 'remind me not to take an afternoon off again will you' as I went to start work.

The Holistic clinic where I was working is owned by an amazing man, a talented Naturopath and much more, so when he asked me at lunch time what had happened having heard from Anne our receptionist about the non-event movie, and I explained, including Lee's comment of 'You did that didn't you Sheila' He laughed and said 'Of course you did, you stepped into a Portal in the lift, and because your energy is so strong you were too much for it, so it's taken the point of least resistance

to short circuit, in this instance the switchboard on the floor above. Laughing he left the room, reminding me as he did so 'to go and get my toes back as I had left them out there'.

So much for sympathy!

And to this day I have never seen the rest of 'What the Bleep'

Now for the curious I will put the name of the movie theatre right at the back of the book.

Now for those who have been waiting for the good stuff we are about to begin. I used the comment below at the beginning of the chapter on Vents and Portals and I will go on to explain why before I share with you some more interesting stories on a variety of things.

### **Man is a multi-dimensional being in a multi-dimensional world.**

We are much more than the human eye can see or in most instances the human brain can comprehend as we are programmed and indoctrinated from a very young age as to 'how things are'.

There are many invisible dimensions within a human being, as well as skin bones and blood we also have a whole electrical system that is amazing in its own right, we have 'systems' within the body that regulate how often your heart pumps and you breathe and swallow, and that is just the beginning.

The Old Testament commented thousands of years ago.

**'For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places'. (Eph 6.11)**

And that is never truer than today.

It continues,

**'Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all to stand' (Eph 6. 12-13)**

Now allowing that I am a Metaphysical Minister and not a Religious one, I am a practising Christian, however I do not affiliate myself with any particular Church or Religion except my own which is non-Denominational and based on Love, Peace, Freedom and the healing ability of the self. The Church of Universal Peace and Potential for those who wish to know.

Some time ago I was sent the following drawing which I liked, and I acknowledge the artist as it does not have any identifying signature. So, let's look at this Biblical reference from above:

'For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places'. (Eph 6.11)

For we wrestle not against flesh and blood, but against Principalities - Eph. 3: 10) One of St. Paul's contributions to our understanding of the powers of evil is to sum them up in the phrase

'principalities and powers'. For him they represent the sum-total of evil powers that threaten men both heavenly and earthly.

Against Powers- Just who or what has the power?

Against the rulers of darkness of this world- Biblically referred to as the Devil, Satan, Lucifer etc, and yet it is my belief that these names are a figurehead such as the Wicked Witch, the Bogey Man or the Aboriginal Mooki Man that I used to tease my indigenous nephews and nieces with.

Against spiritual wickedness in high places- well there seems to be a lot of that going on and for quite a while

It goes on to say:

**'Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all to stand '(Eph 6. 12-13)**

So, what do we do to withstand in the evil day ('evil' not a word I normally use, if you turn it round it says LIVE) .....WE LIVE, we live our lives, and to the best of our ability at any given moment. Remember you are here on Earth to have or are having a 'Human Experience'.

### **The whole armour of God**

Helmet of salvation – praying always- Pray, meditation, mantras, affirmations.

Breast plate of righteousness- What does the breast plate cover, the heart centre, coming from a space of unconditional love.

Belt of truth- Girding yourself with the belt of truth, speaking 'your' truth from a space of honesty and integrity.

Shield of faith- Whatever Your individual faith is, in man, in God, Allah, Buddha, Krishna, in a higher consciousness or power. I refer to it as Source.

Sword of the spirit the word of God- Sword of the spirit- we are from spirit and to spirit we return. The word of God, we use it every day, Go-od morning, Go-od evening, or if you prefer G-d., and in other languages Namaste, Insha Alla, Peace be with you, and also with you.

Shod with the gospel of peace- May every step you take bring you into peace within yourself and from there to Universal peace, for we need my friends much more than Peace on Earth, there is a



whole Multiverse out there that needs it too.!

\*The image above was shared with me many years ago, I do not know who the artist was and express gratitude for their work.

You may be wondering why I added in the previous section and the simple answer is I was told to; I have been 'guided' in every step of this book as to what to put in and what to leave out. My 'guidance' has been with me for many years and people who are close to me are aware at times that I am often 'somewhere else' when they are talking to me.

An email yesterday (10 years ago) from my friend Debbie in Melbourne explains it I believe better than I can. (You will meet and hear from Debbie later in the book)

Debbie's email said.

'On a more positive note you have clearly been doing some amazing channelling and working like the Sheila I used to know..... morning and night!!!!'

Funny how you may seem at times you are all alone, and clearly you are never alone....hahaha so to speak.

If some-one was to sit at your window they may think you are crazy.....not me.'

I will share with you later a 'channelling' (not a word I am fond of) or a 'downloaded' message in a section called Imprints and Overlays; this book is not about 'channelling', so I do not wish to fill it with it, this one however is very explicit in its information, and I believe important to the subject.

I will go on to talking more about Portals, these are all quite different as you will see, and just touch briefly I believe on the 'types' of Portals that we may come across.

## **The Pine Trees**

I had mentioned to a colleague about my not quite so pleasant experience with the Portal that I had entered when I had sat between the trunks of the Gum tree just up the road from where I was living at Yellilong. He said that he would introduce me to another 'pair' of trees and assured me that this time it would be a pleasant experience.

He lived some forty kilometres away, so I drove over and had lunch a few days later and then we went for a walk to a local park on the banks of a small creek. The Park itself was unprepossessing, it was at the side of the highway on the outskirts of the small town, it was just a simple grassed area with a few seats, a play area for children and a few scattered trees. It had a small wooden foot bridge to access the other side of the creek and that was it. There was not another person to be seen, and only the occasional car going past.

None of the trees were very big, nor very old, possibly ten years at most by the height and girth of them. He led me towards two slim pine trees about a metre apart and suggested that I stand between them with my back to the highway and when I was ready to close my eyes.

My initial thought was the smell of the pines, a clean resinous smell which appeared to become slightly stronger for a few seconds, and then a wave of 'peace' washed over me. I am not able to describe it in any other way, it was just as if all of the cares of the world had just dissolved, and I felt at one with the universe. I have had similar experiences in the past in some meditations, yet not with the almost instantaneous result that this brought.

It felt like a long time and yet I am aware that it was only about sixty seconds that I stood between the two pine trees, some inner clock said time to move, and I opened my eyes and stepped out from between them.

The world still looked the same as I looked around and yet I knew I wasn't, something had changed in me, I felt a sense of connectedness with nature and the planet that I had not been aware of before, and yet has remained with me since.

I went on to do a great deal of work with this colleague over the next two or so years, and it was a very steep learning curve in my life. It was he who introduced me to Steve Richards of Holographic Kinetics, firstly through his book and over the phone, and then in person when Steve came to Victoria for a visit sometime later. Like many people who I have learnt from he came into my life for a while and when I had gained the knowledge I needed he moved on.

## **Ben's Aura**

I met Ben through a newspaper advertisement, a long time ago around 2003 and for a short while after my return to Victoria from Tasmania I used to advertise in a local newspaper in Geelong where I was living and in a well-known Victorian Spiritual Monthly Free paper. Interestingly it was the small line advertisement and not the expensive photograph included coloured advertisement that brought me the most work.

Ben called me and asked did I repair Aura's, and I agreed that yes, I could and after a brief chat and making an appointment he hung up.

He came to see me the following day, a gentle quiet younger man (anyone younger than me is young) and with an interesting story.

From the age Ben being 2 his father had run a Funeral Parlour, and there was a connecting door from their lounge directly into the Funeral Parlour. Ben had been aware of spirits for a very long time, as he was around thirty-six when I met him.

As University lecturer, he was an intelligent man, and one who had done his own research, so I didn't need to spend a lot of time giving him explanations for what I planned on doing for him, and a lot of which didn't happen any way as once our session was underway my hands were 'guided' as I repaired the many holes and tears in his Aura.

Now although our Aura is an energetic 'bubble' around us it is still subject to 'wear and tear' such things as arguments, upsets, shocks, stress, tension and traumas can and will have a damaging effect on our Aura. As will in some instances earthbound energies, entities, drugs, and the negative thought patterns of ourselves and others.

Ben's Aura had taken a pounding over the years and took quite a bit of repairing, I appreciated the 'guidance' that took me in directions I may not have thought of and also introduced new ideas to me along the way.

When we had finished the session I suggested a rest period if he could for Ben when he returned home, as he had actually worked very hard even if he wasn't aware of it, and it was the word home that opened the floodgates for what came next.

I am going to treat this as a separate story, as it indeed stands alone in its own right so I will call it Ben's home.

## **Ben's home**

Ben's home was ten minutes by car from the unit where I was living, and in a slightly more affluent area, with large houses built on the side of a hill and in a quiet street. I parked my car on the street and walked up the short wide driveway to the bottom of a set of about 10 steps leading to the front deck and front entrance. I do not carry very much with me when I work, so just a small overnight size bag and my handbag.

By the time I got to the top of the steps I couldn't breathe, I leaned against the side of the front door as I rang the bell and was quite relieved to see Ben open the front door and invite me to come in and sit down.

I am quite fit, and the set of stairs was not what took my breath away, the energy in the street had been so heavy it was like trying to breathe underwater. The energy in the house was not a lot better but different.

Ben made me a coffee, and I tuned into the house. A cacophony of noise began in my head as the individual 'areas' of the house vied for attention in my mind. Shutting it all out I 'came back' to Ben and asked some questions based on the information he had given me the day before.

Ben's partner, a slightly older lady had bought the house some six or so months previously, within three months of moving into the house her seventeen-year-old son had been placed in a psychiatric hospital with acute paranoia and attempted suicide incidents. Three months prior to them moving into the house a seventeen-year-old boy in the house next door had committed suicide. There had also been a number of single car, single person accidents as in people being hit by cars in the short dead-end street, and of course the ongoing issues with the house itself.

I have been clearing the energies in homes and properties for many years, 'ghost busting' in some instances as I have said previously, and every home/ house / space will be individual and different.

I decided to begin with the hallway, in this instance it ran pretty much the length of the large home stretching from the front door to the entrance of a big room across the back. I would begin at the front door I informed Ben and work down one side and back up the other. Now I wouldn't necessarily have done it this way, however one goes with the guidance one is given and gets on with the job.

I had no sooner began working on the walls in the hallway when Ben who had offered to assist me touched me on the shoulder and pointed behind me. He said 'you are being watched, there are two of them a Black one and a Red one.' Yes, I replied 'I am aware of them, and I have been ignoring them'.

So, who or whom was watching me? Now if we were watching television, it would be 'tune in for next week's exciting episode, but we are not so I will keep going.

So, the two 'beings' in the hallway were an interesting sight, the 'Black' one was around five feet nine inches tall and very black, a shiny obsidian black, and appeared to be wearing a modern version of a suit of armour, overlapping moulded 'sections' the 'face' appeared as a blank which gave me a clue as to its origins.

The second or 'red' being was much smaller, scarcely my height, and around five feet tall. It appeared to be less 'human' in appearance and of a lesser importance as well as stature.

Ben informed me 'they are saying 'SHE' can't get rid of us', as I was hearing them as well there was quite a derogatory reference attached to the 'SHE' and this supercilious attitude is quite common when working with energetic beings from other dimensional realities. Now having worked in this field for a while there are some options, I could have challenged them and dealt with the issue immediately, and I am well aware that what appears large may well be a disguise for something quite mediocre underneath, as well on occasions being exactly as it is portrayed! One should not make snap judgements, and it is always better to be prepared.

I informed Ben that we would handle the situation later and continued working. Now this puzzled our two observers who had I believe been expecting a showdown, not quite 'light sabres' at the ready, but a show of strength from the 'humans'.

I continued down the hallway and back up the other side, closely attended by our 'comic relief' as I had mentally christened them who watched and mumbled to themselves along the way. Reaching the front door again I began on the main bedroom and was interested to note that 'they' stayed in the hallway, they did not make any attempt to enter the pretty feminine room. It was hard to imagine Ben in there either, a bit 'bull in a China shop' effect as he was quite a large well-built young man.

Moving on through the rooms the only bedroom they entered was the bedroom of the owner's son who was currently incarcerated in a Psychiatric hospital.

I left the previously mentioned large room across the back of the house and went back up the hallway to begin on the other side with the lounge. Now this was obviously 'their' side of the house and the mental noise levels rose to the extent that I had difficulty hearing Ben speak, he commented that they compete with the television when it is on and so on. Moving on into the dining area and kitchen I was aware of another door off the kitchen and towards the outside of the house and the neighbours whose son had committed suicide, so facing away from the street on my right-hand side. A glance at Ben who swung open the door and the noise levels raised dramatically. We all went in, Ben, myself and the two 'beings'. Once the door was closed behind us the noise levels dropped again dramatically.

We were in a medium sized room with comfortable chairs and a television set, there was a nice view out to the back patio area similar to the view from the kitchen window and a Portal.

I focused on a chair directly in line with the television and at the edge of the Portal, 'This is where the young man would sit' I commented, and Ben agreed. I began to trace the outside edge of the Portal to have a better understanding of what I was dealing with before I closed it down and our two visitor 'beings' began to become agitated. I am sure I wasn't supposed to have found their handy doorway. Some mental conversation and they both disappeared through it, and I closed it firmly behind them.

A Portal is basically a Doorway, as I have said earlier, and if we re look at that comment and consider doors and the fact that they can open in many ways depending on how they are hinged.

- Some open outwards
- Some open inwards
- Some swing both ways
- Some slide
- Some are bifold e.g. fold back on themselves
- Some are see through like glass
- Some are heavy e.g. energetically dense as in wood.
- Some are metal, a different energetic composition.
- Some are lockable.
- Some should never be opened e.g., the lid of Pandora's box

This particular 'doorway' has swung both ways, into and out of the 'Human world', and so needed to be closed and 'locked' on both sides. The Portal extended some feet out from the house and into the neighbour's property next door. Yes, the same one where the boy had committed suicide some time earlier and his room had been on this side of the house.

So, a thorough clearing of the room and job finished? I think not.!

We still have the large room across the back section of part of the house, the one I had deliberately left earlier when I cleared the hallway. Why? As the energy there was totally separate to the rest of the house and I wished to deal with it individually. As in keeping two cake mixes separate, a vanilla and a chocolate rather than mixing them together and creating a 'marble cake'.

One of the things I had noticed emanating from this room was an 'odour', not a normal household mustiness or footy socks in need of washing but a 'smell' all of its own. I have come across it before and was aware of what it was.

Ben was visibly getting tired, and a tired helper is not a good helper, so a gentle request for a coffee and I went off to work on the 'back' room Set up as a hobby /play area.

I cleared the room and dabbed some Frankincense oil at some strategic points. I use Frankincense occasionally for different purposes and in this instance for its high vibrational properties and to create a 'barrier' within the room itself drawing an invisible 'demarcation line' around the perimeter of the room.

Ben arrived to say the coffee was ready and we adjourned to the lounge at the front of the house to drink it.

We had a chat about what had been done and then I spoke to Ben about what I had found in the back room and suggested not opening the windows in there for a few days to allow the Frankincense oil to do its job.

Basically, the area the house was in and much of the surrounding area was sitting on a huge 'cesspit' much like an underground lake of foul smelling black 'gunk' The play / hobby room at the back of the house appeared to be a 'vent' for this noxious and to me toxic substance to seep into the atmosphere. Now we can question here, 'what do you do about such an issue'? I can walk away and leave it, knowing that I have 'closed the vent' or, I can go in and clear it, allowing that there may well be more 'vents' around the area, and that these could open into the homes of other people, who had NOT asked for my assistance.

Always being aware of Trespass, and of not infringing on the rights of another I discussed the situation with Ben, and we came to a decision.

From the perspective of the 'Highest good of all concerned', and considering the following':

Ben had contacted me to give assistance for something that he was aware of and was beyond his capabilities.

The immediate area had suffered innumerable deaths and griefs.

Unless cleared the toxic 'gunk' could continue to spread and be an issue, if it wasn't already in other areas.

Much of the area has a heavy and dark feeling anyway, which being aware of it I had been surprised that I had chosen to go and live there as it is not one of my favourite places. (Duh) I am often drawn or guided to areas or properties which need assistance and having 'dealt' with the issue I can move on.

Awareness brings with it responsibility, I could walk away and say I have done enough, and Ben might choose to see if he could deal with it himself, and the old adage of not putting an old head on young shoulders still stands. As does the words of warning which somehow, 'were for everyone else' and 'not me' that often occurs to people.

We arranged to deal with it the next day and I elicited the aid of a dear friend who lived just a few blocks up the hill and is well conversant with the metaphysical. When two people work together they create a third 'energetic 'entity' in its own right as the sum of their combined efforts, in this instance I felt three people working and the created 'entity' being the fourth was more beneficial.

Now I am not one to revisit the scene of a 'clearing' continually to see if I have done a good job, I do the work and leave. Today as I wrote this story, (now 10 years ago) sitting in Accra, Ghana on the

opposite side of the world I checked in on it for the first time since it was done, and I am happy to report that all is still well.

## **The Quarry**

In a previous story in the original first part of this book I mentioned a young friend and colleague of mine accompanying me to do a very interesting house clearing in a country area of Victoria, where the energy of each room in the house was different, and there was not the 'common denominator' of energy that one would expect to find in a family home.

Having finished the clearing of the home the youngest daughter of the house invited us to 'go and meet her pony as she was sure that her beloved pony would benefit from some 'healing' too!

Out at the stables I became aware of an interesting energy some distance away, still in line of site basically however at some distance from the house itself. I questioned what was in this specific area to the rear of the house we were informed that it was the 'back fence of the boundary and dropped away to a local quarry on the properties boundary. This quarry was very interesting indeed and is the basis for this story.

Now as much of the work I do is on a 'mental or sight' level it was not necessary for us actually go down into the quarry to inspect it. What in many instances may be called 'Remote Viewing' allows me to be somewhere else and still here physically.

My young friend as I have said previously is a great practitioner and a very talented young woman with it, so with two 'like minds' the situation was not difficult.

There have long been differing views on 'our earth' if we see it as belonging to us, and these range from the molten core of the earth as we know it from scientist's geologists and the like. Author Jules Verne born February 8, 1828, in Nantes, France is best known for his novel 'A Journey to the Centre of the Earth'.

The early Biblical references to Earth having come from somewhere else'. And the spiritual 'Rays of the Archangels' with Lucifer the red ray becoming the molten core of the earth, Gabriel the Green Ray the firmament, or the covering of the earth, and Mikael, the Blue ray the sky as we see it. I must admit that this last one is my favourite.

So, depending on however we personally 'see or believe' the earth is, other people may well have a differing viewpoint.

I have 'seen' on my sight journeys many passageways and strange sights, where one might not expect them to be, some not far from the surface of the earth, others deep within it. I have read of a reverse world where our world is duplicated the 'as above' so below theory in some instances and communicated with many beings.

This journey where we explored the quarry from a distance was unique unto itself, and yet had familiarities with other journeys at other times. We saw a race of people quite unlike any human, small pale skinned, and appearing sightless, yet with a keen awareness of mind and a strong energetic will that did not resonate with us as humans and indeed had the signature of the energies around the house we had cleared.

It does not take many people to create a change as there is a multiplying flow on effect of the

energies as can be seen with the Fibonacci Effect or sacred geometry. There were a large number of at least hundreds of these beings as we observed them, and their behaviour.

The land between the house and the quarry itself obviously contained a Portal, and a Portal of some importance if the numbers going in and out of it were anything to go by, they appeared to be carrying small rock samples, no bigger than a donut in our terminology and only one or two pieces each person, as if the rock was too heavy to carry more.

Tuning in to their awareness we were aware of their need for the minerals contained within these small rock samples and chose to shield the family above and the area from the effects of the energetic signatures rather than close the Portal itself down at that stage. I had placed in it a long term fail safe should it ever need to be closed and currently today in 2021 it remains open and operational. I am always aware that as Humans we are not the only inhabitants of the Multiverses, and one need always be aware of the cause and effect of one's actions on the lives and wellbeing of others.

Does one destroy an ecological species just because one can? Unfortunately, as Humans we have done so many times and continue to do so. However, I honour and respect each life form I come into contact with until given the need or the reason to do otherwise.

## **The Dome**

I shared the story of the Dome and the shopping centre in Sydney in the chapter on Aboriginal energies in the original book and I left that story with this one last comment, 'I would in all honesty ask, 'when is an Aboriginal energy NOT an Aboriginal energy'?

Many people claim to 'clear Aboriginal or Indigenous' energies and while there are some amazing practitioners around there are also those who take a broad outlook on things 'spiritual' and have a tendency to 'clump' 'things together under one heading. By 'clump' I am referring to putting a variety of things into one basket 'vegetables' for example, and not differentiating between the different 'types or species' of the vegetables.

The 'Dome' was a focal feature of a shopping centre in a Sydney suburb and was owned by a colleague of my now deceased ex-husband.

In the instance of this shopping centre which my then soon to be and now ex-husband had 'cleared the centre and the Dome' which was quite impressive and let a good deal of natural light into the area. Trevor had explained that the spirits, he believed Aboriginal 'spirits' had been clustered under the top of the dome itself, not just in the building. His explanation is one I have heard often of 'they were looking for the light', and in this instance they thought the dome was it.

We were invited to an opening of a new store within the shopping centre in early 2008 as it had been leased by a friend of Trevor's, and some work on the 'store' as it was opening is another story.

Trevor was quite keen to show me the central dome and to describe the 'work' that he had done with the 'Aboriginal spirits.

Now my belief was somewhat different, especially as the 'energies' where I believe were still present; and that where the dome was situated in the building allowed the Dome to work as a one-way Portal, allowing energies in and not out. This 'door' if you like only opens one way, it basically has a strip on the other side which stops it swinging back, or a one-way hinge.

What Trevor has recognised or identified as Aboriginal energies were to me of a different 'energetic signature', they may well have been some of the very early inhabitants of our planet and I believe had 'come through' the Portal a long time ago and had been in the 'area' for possibly aeons. The creation of the Dome may well have drawn them to the area, and it is possible that the origins of the Portal may have originally been two way and that it had transmuted itself over time.

I cleared the 'energy imprints' of these ancient beings quietly and reverently, and until I began the origins of this book, I had not discussed the situation with anyone.

## **The Crying Portal**

I am an emotional being, I cry. I cry when I am sad, when there is injustice and especially when I get mad; fire and water create steam!!

On my second trip to Africa in 2010 within a few weeks of each other I seemed to be crying all the time, and half the time I couldn't work out what I was crying for. One thing or another would set me off. Joseph who took such good care of me would say 'Please do not cry', and his wonderful sons who called me 'Mum' would hand me tissues and say 'Mum, why are you crying'?

Eventually it appeared to stop, and I began to be more of myself and less of a blubbering mess. Then a week later I was sitting talking to the boys and I said how nice it was NOT to be crying all the time when the tears streamed again.

This time I was ready for it and went into Practitioner mode, something the 'boys' as I refer to them though they were both young men, had not seen me do before.

Using some 'basic kinesiology' I included them in what I was doing as I had previously shown them how to 'muscle test'.

So, a series of questions followed, we were testing for negative or positive responses:

Is this emotion mine, Negative  
Is it something attached to me, Negative  
Is it a physical being? Negative  
Is it from the area we are in? Negative  
Is it connected to the area we are in? Positive

And on we went. We eventually identified an energy source running 'under' the country from another adjoining country, so it was literally some many hundreds of miles long and having its exit point some hundred or so kilometres out from the land and under the Atlantic Ocean.

What was it I questioned? A very old sense of grief and loss; as if the land in its mourning was pouring out its tears into the ocean through an enormously long tear duct, that began somewhere long ago before the continent was carved into individual countries.

As soon as I had identified it the tears stopped, it was indeed a one-way Portal as nothing returned along the 'channel or pipe' and although it may continue to flow, I have dissipated the energetic signature of it

## Created Vents

In my previous discussions on 'Vents' and my explanation on the 'earth venting off energies' one could be excused for believing that 'that is the way it is'; unfortunately not.

'Created Vents' occur with some 'outside assistance' shall we say or an 'energetic interference'. Although I had been aware of these types of vents for some time they were generally small and unobtrusive. In most instances they tested as being 'old' or of having been in the area for a long period of time.

I first came across this in a different format in 2007 in Sydney Australia in two very different formats.

The first one in August of 2007 was in a very built-up commercial area a short distance from the city centre and I had been asked to 'do a clearing' for a business that occupied a multi storey office block and to explore amongst other issues an area of 'Geopathic Stress'.

I arranged to present myself in the early evening as the 'office' would be fairly quiet with most people having left for the day and I was accompanied by my then soon to be husband who had referred the owner of the business (a client of his to me).

Having arrived in the area which he knew well we parked the car a short distance away and walked a few blocks towards the area the building was in,

I began to feel a pressure in my head as we approached the building, from about 2 city blocks away and it increased in severity the closer we came to the building. We were early and had decided to have a coffee in a cafe on the ground floor before we went for me to work. Being in the building itself although some floors below where I needed to go the pressure in my head continued.

Going up a number of floors in the lift the doors opened to an open plan area, a very large open space; literally a whole floor with a small section built in along one side. and was guarded by two well-armed security guards, this separate section was also under 'security', and we needed to produce identification and be 'buzzed' into the office area while the 'doors' were locked behind us.

The 'office' section we had been admitted to was comprised of a number of interconnecting rooms and a great deal of computer equipment.

In this instance as the 'owner' was not present I wrote a 'kinesiological' report on my findings and I will include sections of this in the information below.

Geopathic Stress Realignment on 14 August 2007  
At Level X, YYY B Street North Sydney 2060

Dear T,

I will endeavour to make this report as comprehensive as possible for you, please call me if there is any thing you do not understand or on which you require further clarification. As a "spiritual intuitive" my levels of perception are extremely sensitive or heightened and it is possible for me to 'pick up' on things which other people may not notice or may be beyond their sense of awareness.

Trevor and I arrived in your area about 5.40pm yesterday and walked to 'B' Street having parked

approximately 2 blocks away. Almost immediately we turned into 'B' Street I noticed a tightness and tension in my head especially around the area of my forehead and eyes, and this increased as we came closer to your building.

We had coffee at the café on the ground floor and the intensity of the discomfort in my head rose noticeably during those ten minutes. Once we stepped into the lift Trevor commented on a feeling of discomfort in the area of the back of his neck and the level of discomfort in my head rose yet again.

Arriving at the 5th floor, I walked over to the area where the columns are located to the right of the elevators, and which included the area of the chairs and whiteboard whilst Trevor phoned through to 'C' to announce our arrival. This allowed me to identify the outside edge of the energetic or Geopathic stress 'vent' we had discussed earlier when we spoke.

On entering your 'main office' area I ascertained that the 'centre' of the vent was located just past the area of 'C's desk and towards the rectangular space bordered by a window and occupied by a desk, I did not ascertain the name of the man seated at this desk.

The energy in the main office/work area created a sense of mental unease and physical discomfort in my body and I was aware of a sense of urgency to 'be away' from that particular area".

Walking around the room there were two other things that made a strong impact on me - one was the room at the end of the office area behind where 'B' sits, and this room has a dark burgundy wall on one side. I was unable to cross the threshold energetically and enter this room and I felt that the problem was from behind or within the burgundy wall.

The second area was the area of the partition at the end of J's desk. There is a column in this area and where the glass meets this column there is a speaker attached to the wall. This area proved to be extremely interesting as there was a strong sense of an electronic frequency directed into the room from that area.

My initial thought was an electronic 'surveillance' bug of some kind, however a 'scan' of the room negated that concept. By fine tuning into the energetic level of the 'beam' it created a physical misalignment in my body's electrical fields causing my leg to give way when I placed my weight on it while standing in that specific area.

I tested this situation by asking Trevor to also stand in the same place and place his weight on his right leg. Trevor's leg also 'gave way'.

A question of 'C' as to whether you operated any form of electronic devices other than the obvious ones of computers and the security system gave me a negative response.

My sense of urgency in needing to leave that particular area became stronger and was accompanied by a sense of light headedness and physical nausea.

Trevor and I then moved out into the open area near the columns and the area of the chairs and whiteboard.

I was unable to sit in any of the chairs in the seating area around the whiteboard due to both negative and heightened thoughts and feelings and emotions which had been left in the area by people occupying those chairs previously. The energetic influences were almost palpable in that area extending for approximately 4 x 6 metres.

Based on my belief that everything we touch we leave an energy imprint, this area and furnishings retained a number of strong emotions and I have graded the impact of these emotions out of 100% in this area

Fear 20%,  
Anxiety 30%  
Frustration 50%  
Excitement 60%  
Pressure 80%  
Nervousness 30%  
Resentment 20%

### Earthbound Energies

This is the name I personally give to the energies which may remain after a living person has passed over or died.

My general explanation of these energies is that if someone has died suddenly, violently or unexpectedly, or did not believe that there is anything after the here and now, at the point of death the soul goes 'home' (basically on its own piece of elastic) however the physical energy of this person may be shocked, and then like throwing a stone into a pond this creates a ripple effect and that physical energy remains trapped on the earthy plane. This creates what is popularly termed a 'ghost'.

\*See Meetings with Spirit book attached for further explanation.

Your 4 'resident' earthbound energies: -

Esme arrived in your office approximately 3 weeks and 3 days ago and was a spinster lady of some 82 plus years who passed away 78 years ago. A thoroughly unpleasant lady whose energies would have had a profound effect on female staff members in as far as physical issues of the body e.g. aches and pains. as well as more profound effects on the physical structures of staff, e.g. distortions in energy fields resulting in physical hip rotations and mental thought aberrations, habits patterns etc.

Esme came looking for Debby and Kim who identified themselves as 'Deboragh' and 'Kimson' both also deceased some 78 years ago and who were barmaids at the previous building which they described as a 'Hostelry'.

The other energies present were three male energies that had been attached to the area for some years and were: -

A man deceased (murdered) 78 years ago by person/s unknown, he identified himself as John Black known as 'Black Jack' a tall well-set man with dark hair and beard, there was a strong connection with a wharf and his body I believe was weighted and disposed of in nearby water. It is unlikely that this man was ever reported as missing. Cause of death was a blow to the back of the head with a blunt instrument e.g. a piece of wood, and he remained by choice to accuse his murderer. (a very common occurrence)

Jim a small man, of a jockey type build who spoke with a British accent, he passed over approximately 42/43 years ago. I described him to Trevor as having a 'Cockney' accent for which I was remonstrated with that his accent was from Lancashire and 'get it right Gurrrrly'.

His description of his passing was that 'he shook me', 'like a rat he did' which resulted in a broken neck. Again, he wanted someone to know what had happened to him.

Albert passed away some 31 years ago and was in his early 50's he described his passing as a 'set up' by a gang and his body was removed in a car after his passing. The influence here was of an SP Bookie or similar.

I have removed the energies of each of these 'deceased' persons and 'energetically cleared the 'influence' of them.

### Geopathic Stress Vent

I have written these two parts of the report on a separate page for reasons which will become obvious as I go along, you may prefer that this part of the report is a restricted 'eyes only' or not for general 'public knowledge' amongst your staff.

In the past, the majority of Geopathic stress vents I have closed are created by the earth releasing build ups of energy and occur in a similar fashion to the bubbling mud geysers which one associates with New Zealand and similar places. In most instances these are areas of minute cracks in the earth's crust which allow built up energies or gases to escape.

Under 'normal' circumstances I would "close" the vent in the affected area and reopen it in an inconspicuous area i.e. out to sea or in the middle of a forested area where it would do no harm. This is a technique I have used for many years with great results.

However, your 'vent' was quite different.

This was a 'man made' force field and was created by an electronic device of some sophistication. I conferred with Trevor for his acknowledgement of all aspects of this issue, due to in the main my wanting to clarify what I was picking up, and also to allow you to have an independent report from Trevor if you wished, on this issue.

The location of the source of this beam was some distance beneath the ground, and I questioned the possibility of sewers or tunnels in the area which Trevor confirmed. It had been in place some 2 years and 7 months prior to my visiting your building.

It appeared to have a Naval or submarine connection and was affecting an area of approximately 0.5 to 0.7 of a kilometre and the centre of this field was the corner of your office building as I described earlier.

I have negated the effects of this energetic force field and it is extremely unlikely to ever return.

The Electronic 'surveillance' issue which was located near J's desk appears to be an energy beam scanning and retrieving information. I believe that this emanated from a building slightly uphill from you and Trevor and I identified its source of origin.

This was of a much higher concern to me as its effects were many fold: - this beam appeared to be not only scanning and retrieving information but also had a direct link to the control of the higher levels of response from your staff, and may have created manipulated thought forms, as well as affecting their decision-making abilities. A polite term for this type of situation would be

'programming' Trevor feels that the 'Birthing Energy' of conception of ideas of all of your Principal Consultants at (-4) could be influenced by this device.

By using my ability to 'scan' I believe that this scan and retrieval beam is connected to much more than the 'Z' office; its implications were far reaching, and there is a more than probable connection of both the Australian and US governments and it is probably an alphabetical front-line cover for something bigger. I am not familiar with your company, its internal affairs or its role in the community; however, the information I received was of a connection to Z's involvement in world affairs and the current scheduled meeting in Australia of an important body.

The effects of this beam I believe could also have had physical effects on your staff as in misalignment of the cranial plates which can cause numerous behavioural aberrations e.g. difficulty seeing a future, difficulty seeing the consequence of actions, depression and in some instances mildly abnormal behavioural patterns. These issues if they have been occurring should dissipate themselves in a short space of time.

I worked recently in Melbourne with a similar though lesser situation of an energetic beam affecting an office building in St Kilda Road and it emanated from a well-known embassy.

I have also disconnected this beam and its effects on your office, and it also is extremely unlikely to ever surface again.

Trevor has completed an energy assessment this morning and the results are obvious and encouraging. (Hard copy enclosed)

Thank You for the opportunity of working for you.

Please do not hesitate to contact me if you have any questions.

Yours faithfully

Sheila Kennedy.

*I have 'removed' certain identifying passages and names to protect some 14 years later privacy issues and the information in its historical form is merely explanatory.*

### **More Vents**

Often, we are presented with things and without an apparent reason. Some ten years ago I had received an email from my son, and he had mentioned being unwell again. Some of this is the physical effects of years of ear problems and operations, the removal of a much reduced to the Doctors amazement Brain Tumour, and the repair for the third time of a perforated eardrum,

Something did not feel right to me; and having asked his permission to check him out, he gave me the thumbs up to do so. I wrote the majority of this as an email to one of my senior practitioners from a High Order course called Energetic Balance and Harmony which deals with some of the many areas in which I work as I wanted her to 'check' on my findings for me. All of the small handful of Energetic Balance and Harmony Practitioners have been 'handpicked' over the years and the course has not been open to the 'general practitioner community. At the time of receiving this email I was on the other side of the world some 15,000 kilometres away and needed to 'energetically tune in to the area and the situation.

I have written more from a practitioner point of view rather than as a story and gives you a deeper insight into how I work.

When I started to question and many of the issues came from without not within the body and specifically from the area he lives in, being my 'hometown' for a number of years, I did a mental questioning of the area starting with the main street where he has a video shop.

He lives 2 streets away, in 'A' Street and interestingly 4 of my children own houses or live in the one long street, as I previously have also owned two houses in that same street.

So mentally as I worked from the bottom of the street up to the top end of the street, and my son lives in the 2nd block up on the left. There was nothing energetically obvious below him, or in the block he lives in, so I kept going; following the street, past the primary school and the entrance road to the high school and I became aware of an energy that was coming from the right-hand side of that block of the street.

Eventually I discovered a vent 1 metre x 2 metres and a very interesting vent it was indeed as it only affected and appeared to be directed at my son alone. It was very Galactic in origin as in I would refer to it as a 'created vent' and not a naturally occurring geopathic stress vent.

I was looking to identify which part of the block specifically as in whose house etc when I realised it was directly opposite the house owned by another one of my sons and his family and sure enough there was a 2nd one! 2 Vents This one was totally different very subtle and invasive yet manic in its nature. Now NO surprise in that allowing for some behaviour traits of some of the occupants of the house in the past.

Now looking at it more closely it was not the same and quite different in its intention which was to cause havoc and was Cosmic rather than Galactic, 'A' St is a wide street so there 110 feet between them, opposite sides of the road etc in a direct line.

The second vent was much smaller size wise mere centimetres across but very deep.

So, I have shut both of them down. Now please note that I said I have shut both of them down rather than 'relocated' them as I would have done with a naturally occurring vent, as these were 'created' as it were for a specific purpose and not a natural occurrence.

I went on to pose questions as I am wont to do, sometimes it is just thinking out loud. When we come to the questions, do we need to look for a corresponding vent e.g. Galactic / Cosmic and vice versa when closing one down, Negative.

Do other vents have a corresponding equal or unequal opposite? They may do however it is unlikely. So why do we have these two in an area of 110 feet of one another?? And in a fairly remote country town, approximately ½ way between Melbourne and Adelaide?

And Bingo we have it.

One was specific to my younger son, the Galactic one and I would say had been there some 5 years and 9 months at a rough calculation. Why? Something to do with my direct ancestral line I believe. So why my ancestral line? I get the words control of future generations very strongly and it is still there but lesser than it was, it will negate rather than dissipate over a period of time, days I would

think as if it were folding back in on itself into nothingness. I am hearing the words 'From whence it came so shall it return' very strongly at present.

The Cosmic one and ½ way to Adelaide being the operative phrase, edge of the desert basically and very spaceship oriented, like a signal beam or a marker point on an outer perimeter. The town and the specific area being some 30 plus kms away, Do I need to do anything more other than be aware of it? NO. Yet it was to cause havoc!! So, was this to spread, Yes and to disrupt the locals who may begin 'Noticing' UFO activity? Very possibly yes!

So 64,000\$ question how many more of these created vents are there? Locally, and in the known world, Hundreds of thousands.

What do we do about them? Nothing! Just be aware, and be discerning should you need to close them down.

Interesting stuff all round.

I am told nothing more to do Debbie, however I would appreciate you having a look at it for me when you feel the time is right.

## **Moving forward**

11 years later I have 'rechecked' the same areas and the immediate and not so immediate surroundings and there was not anything to be concerned about.

## **Holographic Kinetics**

Aboriginal Dreamtime Healing Using Holographic Kinetics.

Holographic Kinetics is an advanced Aboriginal Healing Modality, and I had the pleasure of studying and working with Steve Richards in the early 2000's and have found Holographic Kinetics (HK) to be of immense benefit in working with clients.

Steve explains that Holographic Kinetics is an understanding of how universal laws work and how every action creates a counter-reaction. As there is an above, there is a below. As there is a forward, there is also a backward. And just as there is an external visible world, there is also an internal invisible world, and there is always the point Zero of the observer (man's conscious choice) that is positioned between the two. Basically, the law of cause and effect, it is set up in the invisible and transmutes through to the visible as effect.

Holographic Kinetics practitioners assist the client to access the cause of the created imbalances, so as they may bring them back into balance.

To fully understand Holographic Kinetics, one needs to step outside of the mainstream "way of thinking" and look at the body holistically, so that we can understand man as I have said earlier as a multidimensional being in a multidimensional world with invisible parts, such as Meridians, Chakras, Auric fields, Life Force, Spirit and Soul. As well as the visible parts such as the physical body and all of its organs.

All thoughts are invisible. Yet they, in turn, trap invisible energy and transform it into potential energy,

it is this potential energy which crystallizes into the stress points of the body in its own separate dimension of time. A powerful modality indeed.

It also has an understanding and process for the removal of other dimensional forces that can enter through drugs, alcohol, trauma and certain medication, which Holographic Kinetics research has found is the main reasons for most mental illness.

## **Entities and Aliens**

Working as a Holographic Kinetics practitioner as well as with my own modalities I am well aware of many of the 'other life forms' which abound in the Multiverses. It would have to be a very fearful or closed minded individual to really believe that we are 'all that there is'.

So, lets break this down into what is an Alien and what is an Entity.

What is an Alien?

I personally believe that the word Alien is often misused in many instances, and we will look at the reasons why.

If we look at my circumstances and the number of lives I have lived that I am able to calculate 3,232 at last count and then ask how many of these lives I have actually lived or resided on planet earth it is surprisingly very few of the sum total being just 302 earth lives

Does that then equal that many humans are indeed of alien or non-human origins as I myself do be? For remembering that Earth as we know it is quite young in the scheme of the overall universes. So that many of us have come from areas or places other than this 'space that we deem Earth.

Religion has convinced us that we are the 'chosen' and yet a photograph of a church built in the 1100's has a carving in stone in a frieze of a 'space man with a helmet and an airline.

Look at the Devil and the non-existence / existence of the same. Often a negative entity will refer itself back to itself as being the Devil, and when traced back were 'Time Lords' who used the term for the fear factor.

Tarot decks with the Devil and Hierophant (Pope) Religion used the Devil and Purgatory as a means of control / punishment.

'Aliens' as such from other Galaxies who are presently on this planet may present in many forms and guises e.g. shapes, size, and appearance of ears, eyes, hands and so on. I can usually pick one at not quite 100 paces. I have 'lived' with one in a two year plus relationship. New Age references to Indigo, Crystal, Star and Rainbow children are in many instances referring to people of differing genetic and archetypal patterning You will hear it said that Indigo children began appearing in the 1970's I would suggest you go back at least seventy years from that time frame, and I myself am an Indigo and was born in 1950.

Now what else is there besides an 'Alien' well let's try Entities, internally created and external, Reptilians, Gargoyles- the little ugly things seen spouting water off church roof's, Winged Serpents, ever wonder where the Dragon stories came from, and the list goes on, Time Lords, Travellers, Wanderers, Journeyer's, and Others.

I did promise you Warts and All remember!

I have personally worked with all of the above, I have been cursed, spat at, abused, had clients coming off the table wanting to kill me, in fact as one delightful friend of mine phrased it 'I just wanted to rip the flesh from your bones'. A wonderful colleague of mine tried to bite my hand off during a session one day, and seriously 'I love it'. Out of all the modalities I practise this is MY favourite field. I have had entities come through the person on the table and tell me 'I have heard of you, 'You're that nasty one', and yes I can be, as I do not take NO for an answer when I am working. I follow the strict guidelines of Universal Lore, and honour the rights of others, yet I am there to do a job, and to do it to the best of my ability and for my client.

I can also be the 'Nice one'. I work from a space of love and integrity and have often 'turned' an angry alien being from a snarling tiger to a pussycat simply by giving them love.

There are literally thousands of stories, and I have chosen just a few to share with you or I would be here typing for years, with my two-finger jab and peck method. As I have said before 'they are all true'.

## **The Baby**

A few years ago now I travelled to a country town with two colleagues and the three of us did a weekends work at the home of a mutual friend who had arranged a 'talk about what you do' and then people can make appointments with whichever one of you they choose.

Present at the 'talk' was a lady with a delightful baby boy about five months old. Now being somewhat fond of babies as I am I sat down to say hello to him, as well as having observed him from a distance and noticed a disturbing grey cloud around him. It turned out that the baby's mother and Grandmother had been referred to me by my dear friend Mary.

During the joint session of the mother and grandmother spoke about the baby and my concerns for the dark energy around him and asked would his mother object if I did some work on him. She was delighted to agree and told me how special he was in their lives as he was an IVF baby (In Vitro Fertilisation) and their only child.

Now I have had babies as clients with entities attached from conception, as well as ghosts or earth bound's but this one was something new entirely.

I believe that the entity 'transferred' from the IVF technician to the embryo at the point of fertilisation. Now you may remember my saying that we need agreement or acceptance for an entity to attach, and this is still the case. However you have a conceptual agreement on the part of two parents for the 'creation' of a new life form, in this instance a baby, and I believe that the 'general' agreement given was sufficient for the entity to attach. An entity will always look to its own survival.

For example. a child is abused and takes on an entity through the opening of the doorway of fear, drugs prescription and otherwise, alcohol, getting very upset or very excited can open doorways.

The child grows up and through the influence of the entity becomes a child molester, the entity moves from the adult to the child and guarantees its line of survival and basically its food chain for the future.

Now this does not say that every person who has been molested has an entity, NOR that they will become a molester in their turn It is merely quoting an example that I have seen many times.

The baby? I removed the entity easily and effortlessly and the dark grey cloud was gone.

## **16th Birthday**

Just before I moved from Melbourne to the Mallee in 2005 I received a call from a fellow practitioner who I had met briefly some time before to see if she could refer a client to me. Her brother in fact, as she felt she was too close to him to work with him.

A young man aged twenty-four came to see me at Glen Waverley one afternoon, a quiet and introspective person who looked at the floor as I spoke and did not make eye contact with me at all. This is a common occurrence with cases of entity 'possession', and you may often see someone different 'looking out' of the client's eyes if you do make eye contact. Sometimes it is so brief a glimpse as to be a 'did I see what I thought I saw other times the eyes may change shape or colour.

I kept the explanation short and began working.

The young man's spirit took me back to his being aged sixteen, some eight years prior. He had asked an older brother if he could have a drink for his birthday. His brother had told him 'You do not just have a drink, you get DRUNK' and helped him to do so with a large consumption of alcoholic spirits.

And in came the entity.

The young man had spent eight years in a controlled state, a totally different person, without a will of his own.

I spoke to and removed the entity with the agreement of all concerned and sent it on. There are specific laws which govern this process, and the 'entity' makes an agreement not to attach to another being in the future during the course of this agreement.

I went back and changed the event on the 'timeline' of the young man and returned his spirit to his body.

The young man sat up and swung his legs around on the massage table, he looked around the room, said 'Oh Wow', he stood up, gave me a hug and ran out of the door.

Now that is a happy client; he missed reception on his way so didn't pay, and that was all ok. Great job satisfaction.

His sister caught up with me a year later and said he was so overwhelmed that the curtain of blackness had been lifted that he literally just wanted to see the world with his own eyes and had been terribly embarrassed that he had later realised that he had not paid me.

Eight years gone of a young boy's life; and to get Drunk??

## The Fall

I have lived for the past six and a half years with the aftereffects of a second entity in my life, and we met for just a split second in passing, it did not attach to me and the only thing I know about it was that it was in a hurry.

I was living in Geelong, Victoria in 2003 and had an appointment to get my Australian citizen ship papers signed at a local government office. Although I came to Australia in 1964, I had already left home when the rest of my family became Australian Citizens many years earlier, and it was something that I had put into the 'do it later' basket. With my passport due for renewal I had decided that this is an opportune time for me to actually do something about it and filled out the paperwork for my application.

I parked the car and noticed an almost empty block, there were not any other parked cars and the only people in the vicinity were the opposite end of the block I was on and appeared to be a group of young people.

As I got my folder from the front passenger seat and closed the car door I noticed an interesting looking bookshop, and decided to call in there on my way back. It appeared almost Dickensian, and quite intriguing.

A took a few steps along the footpath and as I came level with the bookshop I went flying into the air.

Now I have had many hundreds of falls over the years and I have never experienced one like this before, I appeared to rise up into the air in a parallel fashion, not that my feet slipped out from underneath me, that I was suspended parallel to the footpath. Then I slammed down into the footpath with an almighty bang.

I lay there unable to move for some minutes, I had dropped my bag and my folder in the fall. Cars drove past me down the street as I lay there, and I may as well have been invisible to the group of young people at the other end of the block.

Eventually I picked myself up, gathered up my possessions and hobbled is a polite term for it off down the road.

I had been directed to the wrong office so a further walk very slowly up a hill took me to the correct place and a wait as the man to sign the papers had gone to morning tea. This gave me time to take stock of my injuries, and acknowledge the pain I was in.

Realising that I had hurt my left hand in the fall I called into a doctor's surgery as I went back to the car, papers duly signed, only to be told that they were short staffed and could take myself to outpatients at the hospital as I would need an Xray by the looks of things and that would mean a second appointment to look at the results as well.

We will draw a curtain over the remainder of the trip to the car, and the two blocks away car parking I eventually *managed* to find, and I arrived eventually at the hospital. After a five hour wait, (I did get a sling and an ice pack for my hand) I was seen by a doctor and then waited again for an Xray. Eventually with a left hand the size of a football in a sling on my right shoulder, and an extremely painful spine, especially the base of it where I was born with a bone deformity I was allowed to go home to my unit, where I lived alone with the dog.

So having given you a history of the fall, the after affects are to come. I arranged to go and see Glenn Absolom my Dawson Program colleague in Hawthorn a few days later as the hand was still like a balloon; it actually remained so for three weeks, so with no useable hand and seventy plus kilometres from work I had some time off, and spent a lot of time in easy wear pull on elasticated waist etc clothes

My son was getting married at the end of the month, so I took my outfit from the wardrobe to see how it looked. There was no way I was going to be able to wear it. I had gone from a size 10 dress to a size 18 in those four weeks Why? I only have one kidney, the other one having been accidentally tied off thirty years ago in 1980 during another operation and eventually removed after my original fall at work in 1989. The kidney it seemed had gone into reverse from the shock of the fall and my body had literally been filling with water. Wearing loose clothes I hadn't noticed it. My kidney actually stopped working altogether some hours before it was finally corrected by the now late Cameron Dawson. I had gone in my estimation from having a hourglass figure to looking like a Coke can on legs.

It has taken me all of this time since the kidney was corrected to get the body to 'slowly' dispose of the excess fluid, allowing that the one I have is working for two anyway.

The Entity, according to my colleague Glenn and I agree with him, 'Ran' straight through me, tearing my Aura along the way. The fall, basically two energetic objects moving at speed, as I walk quite quickly, and I had levitated off the ground with the force of the collision.

The Bookshop, I have never been back to have a look for it, I had never noticed it before and had no desire later to find it. Did it exist or was it a Portal?

My Left hand has a small scar on its outside edge below my little finger, and yet it was not 'cut' during the fall.

It took 8 years for the 20 kilograms of excess fluid to dissipate, and I had an 18-month period of being my original size before another fall repeated the fluid situation again.

## **The Cracked Bowl**

I had met a lovely lady in Tasmania while working at a festival there in 2005, and she had invited me back to do some work for her family and friends who needed help. We had some great results with her 'Autistic' Grandson who began speaking within hours of having worked with him, and she referred her friend David to see me with his family.

David was a likeable man with a lovely wife and child who accompanied him as I often do 'family appointments. They had moved to Tasmania from Sydney some time before and intended to make the Apple Isle their 'Home'.

David gave me a brief history of having been involved with a group in Sydney who were 'supposedly spiritual' however some of their practices didn't sit well with him, and he had packed up and left Sydney for Tasmania.

There were a number of 'patches' in his Aura and I was using a medium sized Tibetan bowl to clear them using the vibration of the sound with my intention to do so.

David was lying on his back on the massage table when he opened his eyes and looked up towards the ceiling. He commented to me 'Are you aware that you are being observed', 'Yes' I replied as I looked up 'and I will deal with the observer shortly', I had no sooner spoken the words when as I went to tap the bowl, quite gently with a small wooden stick it cracked with a sharp sound and a distorted claaaannging noise rather than its normal lovely sound.

It seemed that the 'observer' was not amused.

Now there are a number of ways to 'deal' with situations, and one should always be aware of the geography around one. It's a bit like doing 'hands on healing' practices such as Reiki, I have always told my students to 'be aware of the geography' so that you are not going to put your hands somewhere inappropriate.

The same issues applied. I had David's wife and small daughter in the room, and an entity will often use all means available to it to gain control of the situation. It felt it had the upper hand with damaging the bowl, something I treasured and used daily.

It's a lot like playing Cricket, I have a cricket bat, and I invite David in this instance to play cricket with me.

I create the game.

David becomes the co-creator,

The entity should we invite it to play would become the co-co creator,

Which means that I control the game! I can say at any time I do not want to play anymore and take my bat and go home.

Now the entity wanted to take control and had attempted to do so by damaging the bowl.

I withdrew myself from the game.

There was no game anymore.

I communicated to David to remain lying down and I went and put the Kettle on for a cup of tea. I offered one to his wife and a drink to his daughter, and I 'observed' the puzzlement of the entity, things were not going its way.

Then I re-created the game, I said quietly to David, 'with your permission I will deal with our friend' and proceeded to do so. Quietly and efficiently. His wife and daughter had no interaction in the situation which was what I wanted as I did not want any 'bystanders getting hurt'.

There was a great deal more could have been done for David as his time in Sydney with the group had opened a great many doors I believe; however, you can only do what a client will allow, and some people prefer to 'hold onto' something that makes them different or even unique.

David arranged another appointment without his family and did not turn up on the day.

The bowl was placed into the Murray River in the Mallee sometime later as I explained in the section on Aboriginal energies.

It was some years before I did another trip to Tasmania despite many requests to do so, visiting my friend Lesley in 2018.

## **Soul Stealing**

One of the saddest situations I have ever had to deal with some years ago was a fellow practitioner of another modality who worked on some mutual clients and friends. His modality and I will not name it, nor him, was based on 'dimensional levels of healing' and he would take his clients through the dimensions to a specific level to enhance their own healing and awareness etc. As it was not a modality I had ever been interested in or comfortable with I had refused a 'session' with him on several occasions.

When an associate approached me and asked for my assistance, I was happy to help, especially as they relayed that their symptoms had begun after a 'healing session' with our mutual colleague.

I had worked with this practitioner before and knew them to be honest, trustworthy and good to work with. We had shared some very interesting experiences together in the past, and I am sure will continue to do so in the future.

As the now client, she readily gave permission, and we began working.

To me this was the stuff horror stories are written of. She or her soul / spirit had been taken out a large number of dimensions and her 'soul essence' if you will 'sold off'. I in my own charming way 'Demanded it back'.

I was dealing with an ancient crone, it could have been either male or female, and it laughed, a chilling sound, as there were in its words 'so many' and 'how would it know which one I wanted'.

Well, nothing ventured, nothing gained, so I said I would take them all.

It scoffed at me, it was old, what could I offer or threaten it with that would be worth all it had collected over the aeons? I believe that everyone has a price or an Achilles heel, and you just need to find it.!

It gave in and gifted me all of the souls it had 'bought' for so many lifetimes.

Now I have them what do I do with them?

The universe has a way of taking care of its own, I accepted them with open arms, my body bent over backwards as I did so and willed them back to those they had been stolen from.

At one moment I felt something enter into my heart space and realised that at some time I had also been robbed of a portion of my soul.

It was an incredibly profound session and one which stayed with me for a long time. I had not intended sharing here at all, and yet found my fingers typing the words today, so it is one that is meant to be included, and who am I to disagree.

I disconnected my relationship with the by self-admission Alien practitioner and have neither seen nor spoken to them again.

There are so many stories that could be told in this section and as I have said previously, I could just keep typing, however you have a life too after this book.

I am going to give you some short examples of people who have either invited in entities deliberately or chose to be an open door to allow them in for their own reasons. Three of these people I have been personally involved with, yes, I know some people never learn and the information is definitely firsthand.

However, what a way to learn.

## **Other Learnings**

I mentioned earlier having spent some two plus years with someone who was definitely alien, and who had deliberately chosen to 'share' his physical being with other 'alien' entities. My first real awareness of this was being physically attacked one night by a stranger with a seemingly familiar face yet a voice and a strength that were out of this world. I fought back. Physically, and commanded the entity be gone. The reaction from my ex-partner was that 'the boys' as he referred to them are not happy with you. Well seriously, Bad Luck.

My friend Lee was a 'swinging door' No sooner had you cleared one entity and there would be another one. I was driving in my quite small sports car one day with him sitting in the passenger seat beside me, eyes fixed, head swinging from side to side and saying 'Kill, Kill' we were a few blocks from my home, so I put it 'on hold' until we arrived there.

One morning having stayed overnight at his unit I rolled over to say good morning and a strange voice said 'Hello Pwecious'. The reaction is 'here we go again'.

'Pwecious' was sent on with much blowing of kisses and it, informing me that 'we could have such a good time together'. I Think Not.

Trevor my now deceased ex-husband and in his words a 'Master Healer' would call out to me, and his life force would be dropping rapidly and his body closing down. I have lost count of the number of times I swung into action to keep him here on earth. Other people including my colleague Susan from Sounds from Source have experienced these situations with me firsthand.

So why do these things happen? Agreement obviously, or it can't happen. Part of my learning, very probably, sent to stop me, that's a good one and I will tell you about one of those shortly.

They had opened 'doorways' through some sort of 'spiritual practise or learning' I believe definitely, and in some instances knowingly chose to continue to do so. I am a believer in calling a spade a spade unless it is a shovel, to use an old expression and there is not any excuse for deliberate ignorance in my way of looking at things. If you have been reliably informed and are then 'aware' of a situation, why would you continue to keep doing it?

## **Suicides**

Many suicides are a fact of entity possession. The only way the 'entity' can leave is by either taking the human 'host' with it or finding another host to move into.

Many times, people who have 'suicided' stay around or come back so that I can 'tell their family 'That it wasn't them. That the voices in their head made them do it!

My cousin in law suicided some years ago and had long been a case of entity possession; a house mate of one of my son's made a 'noose' every night and placed it beside his bed and would respond to the 'see you in the morning 'with 'If I haven't hung myself'. And yes, he did, my son found the 'in the shed' note on his made bed one morning when he went to call him.

A favourite 'extra' son in law gassed himself in the car when his marriage broke down. Was there a common denominator in all of these? they didn't all use drugs, or drink, yet there was a common thread in them all, that of 'something' other than them was in control.

For many years I saw suicide as the 'cowards' way out' It left other people to deal with the mess that was left behind. In later years as my knowledge expanded, I rethought my ideas, and an old saying of my Nan's of 'more to be pitied than blamed' comes to mind. How easily we judge, yet we have not walking in the other persons shoes, nor lived with the voices in their head.

## **Massacres**

There has been a great deal in the news over the years of massacres, whole families as murder suicides, I remember one from the Wimmera Mallee many years ago. Port Arthur, Schools around the world, whole villages in times of war. All of these spirits either move on or remain stuck and add in an earthbound who has murdered or been murdered with an entity or two attaching and you may well have a very explosive cocktail. This explosive cocktail may well have an effect on someone who is sensitive and can affect a whole area as energy moves in ever widening circles.

However, if I can play Devil's Advocate here again, was there a level of programming in the person who 'supposedly' committed the massacre? Were they working under their own delusional thoughts, or had they been 'programmed' either energetically by an outside source, or by deliberate infiltration of their brain with drugs or auto suggestion procedures? And yes, it does happen on both levels.

I often say, 'Time to wake up people!' Just where do you think all of these Sci Fi movies get their story lines from? Some one's imagination? Well yes of course, and just how did that 'Imagination' get there?

If we look at a Sci Fi Television show that has been around since my well grown children were small, we can explore the concept of Time Lords.

## **Time Lords**

We often hear 'Dr Who' mentioned, and I believe from memory that he was a 'Time Lord'. I am going to speak about another type of Time Lord entirely here, a darker and more dangerous variety.

When you work with energy in its many forms, you soon become aware that just like school or a workplace that there is a 'Pecking Order" who is above who and so on.

In many instances the 'Reptilians' are seen as the top of the 'pecking order', they will inform you in a 'well move aside puny human 'voice and attitude, that they have 'the born rights. a lot of Lord of the Manor -ish, and the rights of the reigning lord to 'deflower' all available maidens. I believe that the saying for this droight de seignore or similar. It I am told from some sources that the Reptilian strain extends through the genetics of the royal lineages.

To me the 'Time Lords' are the rung above, a sneaky, conniving, treacherous bunch if ever I have met any. Now they may not always have been that bad, and some may well still be on the side of truth and honesty, and I sincerely apologise to them if they are. I have in the past been a Time Lord myself and would hope I was from the nicer side of the family. I use that piece of information to my advantage if required in dealing with them. A 'so what' I used to be one too!

Time Lords appear to be in general terms Male. I have often heard 'Oh your just one of those 'female' things, so what do you think YOU are going to do?' Well Guys, Wrong thing to say! This 'female' has been known to kick butt before today.

Now Time Lords to me are basically lazy. They are the ones who have all of their minions running around doing all their work for them, while they sit back and 'give orders'. Wouldn't want to get our hands dirty now, would we?

They often control hundreds and thousands if not millions of 'lesser beings' and it is these lesser beings who are the regular run of the mill entity who is doing a job because someone above them who heard it from someone above them and so on said so. They have no idea how or why they are doing what they are doing, they are just like a soldier in an army.

So I move on from the uniformed 'soldier' and to the top of the tree. Why deal with 'underlings' when you can go to the top'.

Based on my 'one out all out' rule, freedom for one freedom for all. With the rights according to Universal Law, not to be re captured or trapped back into the 'cricket game' of another.

Now sometimes I need to be somewhat persuasive and that's were my skills as a 'female' come in handy, we have ten thousand words a day, men only get four thousand. The 'gift of the gab' as my Nan would have called it comes into play.

Obviously, it has worked as I am here telling the tale, and a good many other people or energies have' mended their' ways'

I am going to share with you another ME story now as it much later on led back to a Time Lord, although I was not aware of that fact when it was happening.

## **The man on the boat**

My alien ex-partner and I had spent five months in Tasmania in a caravan, preparatory to a round Australia trip, and we made our way back to Victoria on the last sailing of the old Princess of Tasmania in the early 2000's.

We had the car and caravan on board and had booked a cabin for the night crossing. It was a calm night, and a peaceful crossing was anticipated.

We went downstairs to watch a movie, and as the second movie looked to be interesting decided to wait in the corridor outside the theatre until it began.

Now there is not a lot of room on a boat, so I stood to one end of the corridor furthest away from the door into the theatre and directly in front of the lifts, Wayne was with me and there were a few other

people who had decided to wait as well. We were talking quietly when I became aware of someone watching me, it was quite an uncomfortable feeling and could only have come from my left-hand side as Wayne was to my right and a wall directly in front of me.

Turning slightly I made face contact with a man standing with his back against the wall next to the door into the movie theatre, some twelve feet at most away. Now I did not make a mistake and type face contact instead of eye contact, it was deliberate.

The man who was looking at me was alone, he appeared to be an albino with white skin and white hair, and yet it wasn't the colour that caught my attention it was the stretched mask like appearance of his face and the eyes which were behind the mask and not in the face.

Not wanting to stare I glanced away and spoke to Wayne again, and still the uncomfortable almost a skin crawling feeling was with me. I glanced down the corridor again and he was still staring directly towards me, so I suggested to Wayne that I would like a drink before the movie started and he pressed the button for the lift.

We stepped into the lift and another couple followed and the doors began to close, I breathed a sigh of relief, however it was short lived as just before the doors met in the middle a pair of hands came through the opening and the man with the 'mask' as I thought of him stepped into the lift.

He stood between me and the control panel, so I stayed in the lift where I was despite feeling a strong 'I need to get out of it'.

He got out the floor below the one we wanted, and I again breathed a sigh of relief.

We went into the lounge bar and Wayne ordered me a cup of tea, and went to ask the lady playing the piano for a song, he pointed towards me, and when he came back to the table he said 'the lady asked if you were all right as you looked very pale, I told her it's your English skin' then he went on to ask was I all right as I did look pale.

I told him about the man in the corridor who had got into the lift, and he asked why I hadn't said something earlier, it had only been a few minutes or so it seemed, so there hadn't been time.

I drank my tea and decided to go back to the cabin rather than see the second movie, so I left Wayne in the lift when I got out at our deck. I had not been in the cabin more than five minutes when the pains in my chest and the vomiting started. I felt as if I had a large carving knife size blade coming from between my shoulder blades and out through my chest, the pain was excruciating, and the vomiting seemed endless.

Eventually I got into bed, and I couldn't lie down for the pain, I need to stay sitting up. I got up and was sick again so many times prior to Wayne coming in at the end of the movie and could hardly move I felt so weak. He suggested getting the ship's doctor to give me something thinking I was seasick, and I explained about the knife feeling and the vomiting.

He did some hypnosis for me to ease the discomfort, and I remained sitting up for the rest of the night. He had not noticed the man at all he said, despite my describing his distinctly odd appearance.

I was ill for weeks following this incident, it was about ten days before I could even keep a dry biscuit down, and I eventually went to a doctor who said I had a severe viral infection, and that there was nothing he could prescribe for it, it would run its own course.

Now I am aware that the needles and blades of some high-level attacks of this nature can carry a toxicity or poison which remains in the body despite removing the blade. A lot like the Bushmen of the Kalahari with their poison tipped arrows. Often in removing an entity it will leave a residual memory or toxicity in the body and I use the Vibrational sounds to clear those when I am working. At the time I was not that far advanced in my thinking or my knowledge unfortunately and suffered the consequences.

It was shortly after this that Wayne and I went our own separate ways, and I understood the depths of programming when he, having been told I was leaving him, clicked his fingers and 'released' me. It was seriously as if someone had just turned the lights on and I could see. A very steep learning curve that one and it explained why so many of my friends had been asking me for two years 'what was I doing with this man?'

And the Time Lord, although as I said earlier that I was not aware of that fact when it was happening. Some years later when I had a 'run in' with a particularly nasty Time Lord he referred to the incident on the boat and that unfortunately although it had been intended to stop me it hadn't worked.

## **The Ugly Ones**

The story I am going to share with you here is about a very special client and friend of mine who I have done a great deal of work with in the past. She is brilliant to work with, and a pleasure to be with. This was one of the most incredible experiences in my working career, and one that has seldom been shared.

Whenever Sue booked an appointment with me, I knew that we were in for an interesting time, she is someone who has chosen to 'be of service' in this life and does so extremely well.

When Sue arrived, she commented on feeling drained and as if she was not in control of her own body, as if someone or something else was 'using' her life force.

When we went in to have a look at the situation what came up was an extremely aggressive and cosmetically challenged (that's a better 'term' than ugly isn't it) being. The story it told me was of its whole race having been a genetic experiment of some early Time Lords that went wrong, leaving them with an appearance that only a mother could love and a great sense of despair.

They had connected with Sue's energy while 'scanning' other universes and recognising her inner as well as her exterior beauty had decided to 'connect to her' so as they could become like her.

Now unfortunately, this is where my sense of humour, inappropriate as it may be at times came to the fore and I laughed.

Wrong thing to do when you are dealing with something that is about the size of a rhinoceros, and that has skin like lead plated scales. The small lady on the table surrogating this being rose up like a snake about to strike and took a 'little gentle persuasion to get her to lie down again.

Well nothing ventured nothing gained, so to pour oil onto the trouble waters I suggested seeing if I could help the situation, after all if I can take a human back down their timeline and 'change the genetic memory of the event, why not another being?'

As I did so I placed my hands on Sue's head and asked through her that these beings so harshly treated in the past be allowed to release the mutated armour plating that they had been cursed with and to have what would be to them an acceptable body covering.

Now I talk a lot when I work, it's that women thing, and all of those words to use up in a day it's interesting to note that in seven days of solitude writing the original version of this I had achieved 70,000 words at last count, so there's my 10,000 words a day. Anyway, having digressed once again, back to the story.

As I was sending energy and talking, something amazing began to happen, Sue's hand came up and felt her face, and the gruff voice of the entity began to soften as it spoke, and Sue began to touch other areas of her body her arms, her hands and her neck, and all the while' it 'was telling me, it really is happening, my body is changing, its softening, I can be beautiful.

Well as well as laughing, sometimes I cry too, and this was one of those times.

This 'army' of warriors changed in many ways, they softened and became less warlike, the harshness of speech dissipated, and their energy became softer and more gentle, more loving and accepting.

I bid them Farewell, and with their grateful thanks still reverberating, brought Sue back into herself.

As a surrogate you step aside, and merely observe the action as it were, much as if you were standing in the corner watching the whole scenario. Sue had been very conscious of all that had gone on, and very much a part of the whole process.

## **The Icing on the Cake**

I wrote most of what you have read over a period of some seven (7) days during a time of enforced solitude in West Africa in early 2010, I had believed that this was the end of the story, the last chapter in the book if you will, however it was not to be, despite the comment I had written below.

'This is the last story for now, I hope you have enjoyed a glimpse into my world as much as I have enjoyed walking you through it.'

When I returned to Australia from West Africa, my poor long-suffering laptop decided to die the following day. Much anguish on my part as well-intentioned friends asked me 'had I backed up my work'?? Backed Up?? Isn't that what some people call reversing and you do it with a motor vehicle??

So, some weeks later and a copy of my writings on a memory stick, it appears that I have over the years learnt the odd thing electronically?

I had added some interesting information into the technical notes area, some poetry written by me, and just one 'channelling' from the beautiful being that I have communicated with all of my life, I know him as Mikael.

## **And that was supposed to be it.**

I had planned for this to be the end of the book! Well. the best laid plans of mice and men and all of

that and the universe often has other ideas. During the almost twelve months since I wrote the bulk part of this story a number of things have happened that need to be added to the book, and there have been a number of changes in my life.

So, not the last chapter at all and having been gifted more information to share with you, I began to look at what I had written as a 'Cake'.

What was to come next would be I believed the 'Icing on the Cake'!

Just before I left the Tweed Valley in 2010, I was asked to do an 'energetic clearing' on both the home and the business premises of a lady I had met a few times during my stay in the area. I happily agreed and we arranged that this lady would collect me as I did not have access to a motor vehicle.

We drove to the small town on the river where she and her husband owned a two-story house which they had not lived in for a while, and I left my handbag that I had carried with me upstairs before going downstairs with my 'tools of trade' to begin work on the bottom floor, which comprised a very large garage and a laundry. Why start down on the ground floor, because energy rises, so whatever was happening 'downstairs' would also be flowing through the upstairs areas.

There was not a lot to be done in the garage itself, other than energising the walls, however the laundry was a different situation entirely. As I stood near the wash tub / trough I was aware of tears and frustration. The person who had spent time in this room had not been happy. This appeared to be the previous owner of the house.

Having dealt with those energies we went back upstairs, and I worked my way from room to room, I often explain what I am 'picking up' or aware of as I work and especially if the owner is interested. The kitchen in this house although on the opposite side to the laundry also had some extremely negative areas, especially in front of the sink, stove and the area which contained a refrigerator. I demonstrated these by getting the owner to walk into and out of these energetic fields and to 'feel' the differences.

We worked through the rest of the house and other than some issues with an 'earthbound energy' and a linen cupboard in the hallway and the adjoining bathroom there was not a great deal to do.

That is until we came to the main bedroom.

I had stepped into the room and mentally asked where I needed to start, and it was indicated to me that I needed to begin on the opposite side of the built-in robes, a little unusual, however I go with the instructions in most instances. As I worked my way around the room following my left hand, I came to a large set of sliding doors, and as I always 'energise' both sides of a door I opened them to step outside onto a large deck. The energy was very strong and appeared to come on an angle from the left-hand side of the highway, the area away from the river. I questioned what a few kilometres was back towards town, and we decided to have a look on our return.

As I continued to work around the room, I came back to the timber door which led from the bedroom to the hallway, and I bent down to release the small wedge holding the door pen and pushed it closed. As I straightened up the door flew open with some force and a rush of air going past the side of my head almost unbalanced me. As I looked at the owner of the house, she turned white and asked, 'what was that'? Obviously, I wasn't the only one who had felt it!

A few judicious questions of the house and it appeared that the previous owner, male persuasion had been a violent man who had been abusive towards his wife. This gave further emphasis to the energies we had previously experienced in the laundry and kitchen areas.

I believed that this violence was exacerbated by the energies coming on an angle through the sliding door that we had identified earlier.

The house clearing completed we left for the drive back into town, and as the road curved at the specific kilometre mark, I had indicated across from us in a paddock was a free-standing hillock of some size, directly in line with the house we had just left.

Tuning into it I was aware of a very old energy and considerable violence from the past, the hillock or mound appeared to be honey combed with passageways which were long disused. The energy appeared to go in more than one direction, and I was interested to see where else it went. It didn't take us long to realise that it also ran straight through the shop in which my clients ran their business before continuing on to the river!

Different areas of the shop had different energies, and it was interesting to note how some areas allowed an easy flow of movement while others appeared to block and slow footsteps when moving through them.

It didn't take long to finish the clearing and a nice cup of coffee and some pats with a lovely dog made it a well worth while day.

The Hillock? Yes, I changed the energy of that too, it was old, stale and seriously unpleasant, and as such was having a disruptive effect on a whole area.

I left for Melbourne soon afterwards, courtesy of a colleague and friend who 'rescued' me from what I had come to call 'Ground Hog Day'. How such a pretty area can be so 'stuck' is a wonder, although the white man often ignored warnings from the previous indigenous inhabitants NOT to settle in some areas and I have come across a few of these areas of late.

## **The Trip to Melbourne**

I left Mt Warning and the Murwillumbah area at four thirty in the afternoon, not an ideal time to set off on a long journey I know, however circumstances outside of my control and so on.

As I drove over the hills the other side of Uki, I felt the strain and tension leaving my body, it was as if I had been wound up like a clock spring, that was suddenly unwinding down. Accompanied by the cat and the dog, my trusty 'travelling companions' we wound around winding roads, waited for road workers to wave us through and were soon enveloped by the night.

I enjoy driving, although I hadn't done any for quite some time, so it was quite a treat to be behind the wheel with an open road ahead of me. My friend Debbie had 'muttered' to me about staying in motels along the way and making sure I got enough rest and so on. She had hired the car for more than sufficient time for me to make the trip comfortably if I were to follow her instructions.

Well..... Pet friendly motels are few and far between and especially on the New England Highway, there is one I am aware of at Tamworth, having stayed there before.

We drove, stopped and had a rest, and drove some more.

We stopped at Scone in the Hunter Valley in time for breakfast the next morning and sitting looking out of the window at a MacDonald's restaurant having a coffee and some warm food I remembered back some nearly thirty years previously when John, my late husband and I had for a short while been in a café / take away food store just a few blocks up the road. At that time of the morning, I would have been making breakfast for other people.

As I drove through Scone and headed on towards Sydney, I passed many places that brought up old memories. Our shop, now a clothing store, the house we lived in when one of the dogs got run over, the school the children went to and so on.

It was a cathartic experience and I felt layers of the past peeling away from me as I drove.

As I neared the Sydney bypass, I went to take the left-hand exit when a strange thing happened. Suddenly the steering wheel had a life of its own and although I took the exit went further to the left and into a secondary road that would me through a housing area, some of which was being extended and I ended up on a one way one lane road with a T intersection in front of me.

Now I have 'used my fingers' for many years to ask questions and ascertain directions, so this time wasn't any different. Left or right I asked and received a positive response for the right. Nothing ventured nothing gained so I turned right. I had no idea where I was going, and it wasn't of any importance. I was on this road for a purpose, and presumably time would tell.

I drove down a country road, paddocks on either side, a river in the distance, and glorious sunshine, it was July, winter in this part of the world, and yet you would not have known it.

As I drove an eagle swooped overhead. It appeared to just skim the top of the car, and eagles have always been a source of strength and peace to me, my 'spirit messengers' if you will.

So what was the eagle telling me, it wasn't a warning, more of a 'be aware', so I took more notice of my surroundings as I drove. Then there it was, on the side of the road was a bird. A scruffy nondescript Magpie who had obviously had a hard life and may well have not been long for this world.

So what did that bird say to me? The word 'Discourteous' came instantly to mind, and I examined it closely. There had been an incident some eighteen months earlier involving another scruffy nondescript Magpie which had become something of a pet, and its unfortunate demise at the jaws of uninvited canine friend who belonged to a visitor at the time.

Everyone deals with death / passing in their own way, and some honour life lightly. I was made aware of the incident of the Magpie with a 'well your birds gone; the dog got it'. To say I had been dumbfounded at the time would be an understatement, and I wondered at the discourtesy of someone I saw as a spiritual being. Spirit is as spirit does, I am told.

Now eighteen months later the memory came flooding back. How often I asked myself had I allowed other people to be discourteous to me? Lots! Was this because I didn't honour myself, or because I put other people's wants needs and desires first. Could it be because I had spent many years following a deep-seated need to be needed within myself, in many instances to the detriment of myself.

These were the questions that flowed through my mind as I followed the road where it took me, eventually through Raymond Terrace and back onto the bypass that I had 'Bypassed'. Had I not been

on that road I would not have seen the eagle or the magpie, nor would I have had an enormous and cathartic cleansing of my memory banks and my cellular memory.

The rest of the trip continued in a similar fashion, memories arose and were dealt with. I overnighted at Tumut at the home of my second family and appreciated the warm fire I arrived to on a dark winter's night. It had been nearly thirty years since I had been in Tumut in the winter, and one can forget just how cold it can be. Minus temperatures when I started the car at 6 am the following morning to continue to Melbourne.

I had been away from Melbourne for three years. Roads had changed, there were houses that I hadn't seen before, and the energy was different. The hugs and the love I arrived to were familiar and welcoming. I still have my front door key for Debbie's house and an unconditional welcome.

It was during the time that I stayed with Debbie and her wonderful family that the following incidences happened.

## **Strong Women**

I wrote this next story as a blog post for my then [www.energeticbalanceandharmony.com](http://www.energeticbalanceandharmony.com) blog around the 12th of October 2010. An interesting date indeed, the anniversary of twenty-one years at that time since I fell down the stairs at work and the ensuing 'nightmare that my life became for many years, and the fortieth birthday of my second son, Simon. Was it really so long ago?

To go on with the story:

This is my second post for today, and I am writing two as I had meant to write this one a few days earlier and life, as it has a habit of, intervened and changed the 'status quo' as we might say.

I had been thinking about some of the strong women in my life a few days ago, and that I had 'lost' two of the closest ones to me in the past year. Interestingly I had not been aware of either of them passing over until in one instance a year after the event and in the other a period of some seven months.

Why? a number of reasons, I had been travelling, I had lost my phone with my contact numbers in it, and replaced it with a new number, and circumstances had not lent themselves to my being in contact with some of my favourite and evergreen friends. Evergreen friends to me are the ones that you may not see or hear from for extended periods of time, and yet the friendship is as fresh as if you had spoken yesterday.

These two women, one in her seventies and one in her fifties were exceptional, talented, loving, open minded and often inspirational and I will miss them dearly. I was blessed with being able to spend a day with the husband of my beloved friend Dora just last week, a few days after he had answered my telephone message with the news that Dora was not with us in the physical any longer. Dora made her presence felt very strongly to us, both at their home and later as we enjoyed a meal together at what had been a favourite restaurant of theirs.

Margaret had been a dear friend, a learned colleague, and in many ways a surrogate 'Mother', always having my room ready whenever I wished to visit, where I would be joined for the night by one of the cats, and she delights in preparing beautiful things to eat.

I shared some wonderful times over the years with her and her three elderly cats in her hilltop retreat, and we talked late into the night each visit, with so much to share and to talk about. I had moved to Sydney prior to the Victorian Bushfires, and although Margaret and I had spoken by phone I had not seen her since my last visit with her prior to my moving. I knew that she was very distraught over the fires, she had been evacuated from her home along with the cats, and although there had not been any damage to her house, her beautiful garden had been destroyed.

I knew Margaret had been unwell as we had spoken a number of times on the phone after her illness was diagnosed, and she had discussed a healing process with my then husband in some depth. She believed that the illness was related to her experiences with the fires and her close connection to the land.

As Margaret often went away and visited her family I had not been overly concerned when she wasn't answering her phone and I made myself a mental note to call her again. We often had long periods of time between calls and so it was a profound shock to receive a telephone call from a mutual friend in the later part of 2010 to tell me of her passing away in February, some seven months earlier.

Two beautiful women had gone from my life in a year.

Shortly afterwards there was another, and it was the passing of this special woman which gave rise to this blog.

Yesterday, I shared a cup of tea in the absent, with my beloved sister Leonie and her fiancé Renier as we mourned the passing of our mother, another wonderful strong and inspiring woman. Nana, as I knew her was Leonie's mother by birth, and my adopted mother for the last ten years. Leonie had called me as she and Ray sat beside Nana's peaceful earthly body, and we all had a 'last cup of tea' with her.

Tomorrow we will celebrate Nana's life and her reunion with Pa who passed a year ago. It will be their fifty seventh wedding anniversary, and one day short of a year of Pa's passing.

So why I have asked. have all of these strong and beautiful women departed my life in the last twelve months? Obviously, the universe has a bigger plan for them, and I know that I will be guided and uplifted by them daily. I am blessed for having individually known them, and for having their ongoing presence in my life.

To Margaret, Dora and Nana, thank you for the love, the support, the friendship, and the unquestioning faith you each individually had in me. May you walk with angels and continue to bless the world with your humour, your sage advice and your ready smiles.

I consider myself much blessed.

Peace Love and Light

## **The Diagnosis and Three Years**

The words three years kept echoing in my mind as I sat in the hospital bed with its starched white sheets. I attempted to focus on the Doctor's face and on the rest of the words he was saying. He wavered in and out of focus as my mind kept echoing 'three years'!

It was exactly three years to the day that I had married my now estranged husband, and according to the Doctor who had just done my biopsy it had been three years that the 'mass' that he called a rare cancer had been growing inside me.

Coincidence maybe, and yet maybe not! Had I not lived with a 'Master Healer' a man whose main claim to fame was 'curing cancer overnight', and I had lived with him for two and a half years prior to our separation just over a year earlier. During that two and a half years I had experienced numerous healings and 'energy activations' from him, as well as following his 55-day wellness challenge and the associated 'charts' that measured my 'lack of cancer cells' in my body which he measured by kinesiologically checking the levels of 'anti clockwise' blood cells.

So why then was the doctor telling me that they believed that this cancer/ tumour/ or as I have learnt to identify it as a mass had been growing in my body for three years? And that it was malignant and extremely large at 9.6 cm x 7.6cm x 7.3 cm.

It had been less than a week earlier that another doctor, staring at his computer screen as I sat alongside his desk had informed me that I should stop the antibiotics he had prescribed for me two days earlier and be ready to go into hospital the next day (Christmas Eve) as he was booking me in for a biopsy. The CT scan from the previous day had shown a huge mass in my pelvis and he believed that it was not only malignant it was also a stage four cancer.

The morning of Christmas Eve came quickly, and Jane dropped me at the hospital for the biopsy. Jane is a friend of many years standing, and I had arrived at her home in Grafton some thirteen days earlier with my travelling companions (my dog and cat) to take over the unit under her new home and assist her in some renovations. We, the animals and I planned on staying in one place for a while.

Having been unwell some weeks previously with a 'virus' according to a country GP in Victoria, which didn't get much better, I had booked into a local doctor after I had arrived in Grafton.

Some five hours of sitting on the side of a bed in outpatients, an uncomfortable examination and I was sent home to return the following Wednesday as although I was booked in for a biopsy on that day, unfortunately, the hospital just did not have a bed available for me.

It was a quiet Christmas. I had made a choice not to tell my family anything at all until the results of the biopsy were back, and I had decided 'why spoil their Christmas with the unknown'.

The following Wednesday came quickly, and Jane dropped me off at the hospital once again. The usual pre-operative procedures and then I awoke sometime later in the recovery ward. Taken to first floor I was put into bed to rest and wait for the doctor.

"The words three years kept echoing in my mind as I sat in the hospital bed with its starched white sheets as I attempted to focus on the Doctor's face and on the rest of the words he was saying. He wavered in and out of focus as my mind kept echoing 'three years'!

Yes, it was exactly three years to the day that I had married my now estranged husband, and according to the Doctor who had just done my biopsy he believed it had been three years that the 'mass' that he called a rare cancer had been growing inside me."

This doctor's part of the journey was done he informed me, I would be referred on to' Dr M' who

would arrange for a colonoscopy and advise me as to my options or the distinct lack of them from there. He wished me well and left me to my own thoughts.

Jane came sometime later and collected me for the short drive home, and to wait for the specialist's appointment on January 4th.

The universe had other ideas it seemed and the following day as I walked across the garage floor with my handbag in preparation to going out with Jane, I felt a huge pain in my low back. I stood frozen to the spot and unable to move, I knew exactly what this was and interestingly it had been exactly three years to the day since the last episode had put me into not one but two Sydney hospitals the day after my marriage.

Jane assisted me with great difficulty to a day bed in the garage and called an ambulance. The slightest movement was agony, and the ambulance drivers utilised a manoeuvre they called the 'Paddo Roll' to be able to put me on a stretcher.

The 'Paddo Roll' I am informed was so named as it was developed by ambulance officers as a means of picking up drunks from the well-known suburb of Paddington in Sydney, Australia. It worked; they manoeuvred me to the ambulance with a minimum of discomfort.

So once again I was in the outpatient's department of a hospital with a back issue for New Year's Eve, albeit three years apart. And once again the emergency department wanted to send me 'home' in this instance because my GP did not have admission rights to the hospital.

A great deal of hospital politics later and it was agreed that it was just possible that I was having a reaction to the surgery and anaesthetic from the Biopsy on the previous day, and that as I was booked in to see 'Dr M' on the fourth of January, he had agreed to admit me and see me earlier.

I had not as I said told any of my children what was happening, wanting to know exactly what the situation was before worrying them. However having spoken to one of my sons on New Year's eve when he called my mobile phone to tell me that two of my grandchildren were in a Melbourne hospital with Meningococcal disease and one of them was not expected to survive, I explained to him that I couldn't get to Melbourne immediately as I was in Grafton hospital having some 'tests, and that I would do what I could for the children from a distance'.

How could I add to his grief over his nephew and nieces' plight with the news that his mother had also been given a life-threatening diagnosis?

A few days later I felt numb as 'Dr M's' words flowed around me, chemotherapy, radiation, surgery, colostomy, my mind drifted back to Christmas Eve and the original pronouncement from the doctor. My first thought then had been 'How is Lone going to cope with this'. My beloved sister Leonie, a sister by choice and not birth circumstances and I had just buried our beloved mother a few short months before having also been through a misdiagnosis and then a radiation journey for a terminal cancer.

Having lost our father the year before, how was she going to cope with the news that she may well lose her only sister as well. The results from the two colonoscopies that they had just performed, and the biopsy results Dr M believed would confirm it. A malignant carcinoma requiring immediate attention, surgery and extensive treatment.

My survival mechanisms took over and I said 'No, I will not have chemotherapy and radiation; they go against everything I believe in'.

'Why not' asked Dr M, 'why would you refuse something that may prolong your life'? We talked about what I did as an Alternative therapist, and my belief that the body is a self-healing mechanism, as well as my work with Vibrational sounds and cellular memory.

Dr M asked me why I thought chemotherapy and radiation did not have a vibration, and I really had to look at his question. 'Ok I agreed, yes I can recognise that they do have a vibration. So I decided I can do this, despite my misgivings, and now, where do we go from here?'

The next week saw me still in hospital, four, yes four (4) colon cleanses and two colonoscopies in three days, on top of a biopsy gave me fairly constant bleeding from the bowel, as well as my back, (an old adversary) was still locked up and causing considerable pain. I have as I said had the same experience three, yes three years earlier to the day, the day after my wedding when I ended up in not one but two Sydney hospitals for the New Year period. So now we see why I questioned 'coincidence' earlier.

Things moved swiftly from this point, I was 'counselled' by professional staff at the hospital on what to expect from Chemotherapy and Radiation, given numerous books and pamphlets on Bowel and Rectal cancer, diseases / things that interestingly I did not and do not have, and warned that I would need support for the 'journey to come' as the nearest centre for treatment was some seventy (70) kilometres away, and I would need daily treatments of Chemotherapy and Radiation daily for at least six weeks.

Now allowing that I had moved to the area a scant two weeks, yes fourteen days previously on my journey back to the 'Sunshine State' and that I 'knew' one person, my old friend Jane who I had arrived to stay with for a while, life was looking somewhat uncertain and even scary.

A call to June, my friend and family of more than thirty-five years brought more tears, I had no sooner explained the situation to June than she said 'When do you get out of hospital? I am coming to get you!' My sister Leonie also made the same offer, I felt incredibly loved and cared for, blessed indeed. I still hadn't told my children and decided to do so in a simple format of putting it in a letter so that each of them had the same information and there would not be any discrepancies in what one 'heard' me say to what was 'heard' by another.

As a scribbler I often take refuge in putting words to paper, often not with any formal idea of what I am going to write, just allowing the flow to happen as it does, and being surprised with the results I have. Journalled much of this as I see it 'Non-Cancer' journey from an Alternative therapist's viewpoint, and it will become a book in the near future. Why a 'Non-Cancer'? Kinesiologically my body doesn't accept that I have a cancer, it will accept that I have a 'mass or malfunctioning cells' and it is this premise that I have been dealing with, and I have been blessed by the assistance of some amazing friends who are all practitioners in their own right.

## **The trip back from Grafton to Tumut**

June, or 'Mrs Mac' as I fondly refer to her as flew to Grafton just three weeks after I had left her home in Tumut NSW, where I had spent a few weeks visiting between leaving Victoria and heading to Grafton. She had come to drive Gertie the car, and the animals and I back to Tumut to stay with her while I began the 'Non-Cancer Journey'. I was having difficulty sitting and driving a thousand kilometres again was out of the question.

We had passengers as well as ourselves, Jack and Little Puss!

When I had returned to Victoria the previous year, Nana had gifted me Pa's car. An old white Ford sedan, which he had driven for many years. The first time I sat behind the steering wheel I was aware of Pa with me in the car. We had many a conversation as I drove, with Pa sitting on my lap, between me and the steering wheel. After Nana passed away a few months later she sat on the front seat in her usual place and looked after my handbag.

So I had a chat to Pa and explained to him that I wouldn't be driving, and that June would, and that she is a bigger built person than I am and there might not be room for him behind the steering wheel. That was not a problem he assured me, he would sit on the Console and supervise the trip from there. Nana? Well. he was sure that we could rig up a seat for her on the inside of the passenger side door, and I needed to remember to close it gently!

We did the trip over two days, and both June and I were very aware of Nana and Pa being with us all of the way.

They have both accompanied me to Tumut, Wagga Wagga and RPA Sydney hospitals, Pa was fascinated by the Radiotherapy department and the space age machines, they have been in Ambulances with me, a medivac plane, the department of nuclear medicine where the Doctors needed to repeat a scan. Pa? Well. I'm not sure on that one, it could have been, and many other places. I consider myself very loved and very blessed.

The trip with June was the beginning of my 'Healing' I believe, our long and firm friendship over now thirty-three years has seen us through the loss of husbands and grandchildren, of tears and much laughter, and cemented a deep understanding between us. As June drove and I admired the scenery I talked, about the past, about things long unspoken as flashes of memory surfaced as familiar scenery yet states apart passed us by.

We laughed on the trip, we included Nana and Pa in our conversations as well as Jack and Little Puss. The time passed quickly, and I felt surrounded by love. This was the first step on my journey back to health.

An odd and unusual mass

The 'Mass' as I identify it as is not mine! Now how can that be you might well ask. It is in my body, I am being treated for it, and it has been there according to the Doctors for some three plus years.

Wrong! It has been growing for some three plus years. I believe that it has actually been with me for around ten years, and that it is basically an implant and alien in nature. The specialists have never seen anything like it before.

It is:

- Not a Bowel Cancer
- Not a Rectal Cancer
- It is not 'IN' an organ.

Basically. it is sitting in my pelvis and has wrapped itself around the OUTSIDE of the Rectum like a parasitic vine, a lot like an octopus with tentacles, or as my friend described it from watching one of the scans, like a 'chicken wrap'.

It has:

- Not gone anywhere else e.g., into lymph glands or organs
- Had a life force and a consciousness of its own, which has been now removed. Yes, it communicated with me and 'wanted to be a part of me'.
- Baffled every professional who has dealt with it.
- Taken me on a totally different journey than the one I had envisaged.
- Reduced by 50% in six (6) months, thank you to my wonderful 'team' of helpers, and a further 50% in the next five months.

The 'mass journey' became a book titled Help Someone has moved my Plumbing, a light-hearted look at living with a Stoma.

## **My Reconnection with Susan**

If you visit the [www.soundsfromsource.com](http://www.soundsfromsource.com) website you will meet my esteemed colleague of many years, Susan Ormsby. Susan and I had worked together closely for many years, creating and launching what was originally The Healing Sounds program which later became Sounds from Source. In 2008 we were dealt a 'body blow' if you will. We were given very specific information which made it difficult for us to continue working together as we had in the past. This was devastating for us both and for some time we 'took a break'. Limiting both communication and contact.

My separation and the dissolving of my marriage allowed many things to change for me. One of these was reconnecting with Susan, both on a personal and a business level. We also looked at the information from three years ago with fresh eyes and newfound knowledge. From this as come huge understandings, a great deal of work, and the clearing of many many ancient energies.

Thank you, Susan.

## **Vlad the Impaler**

I am blessed in my life with some amazing friends and colleagues, who not only listen to me, but they also support me, brainstorm with me and more importantly believe in me.

A conversation with Susan who is also a dear friend began the journey back through time which precipitated this amazing ancestral clearing and a great deal of new information.

We had spoken on the telephone as we are wont to do about things many and varied, always a rich tapestry of thoughts ideas, and more importantly solutions to the issues at hand. As we journeyed back through time various situations presented themselves to be dealt with.

I had shared with my senior students a few weeks earlier an awareness of what I describe as 'Veils'. Veils to me are energetic force fields that appear between the person and the world. Almost as if they had a lace curtain or a wedding / confirmation veil between them and reality.

I had seen them in 'person' as it were, however in this particular incidence the veils were very prominent in a photograph, and I had used it as an example to explain in more detail what I had been saying.

In many instances where there is a veil or veils involved there will be a corresponding level of control or an 'energetic drain' from that person to another, or in some instances more than one 'other'.

So we have if you will Energy Vampires, and I am not talking about the friend who drops by and 'vacuums' off some of your energy to make themselves 'feel good', I am referring to the draining of the life force of another person, to their detriment and often leaving them as a dried husk. I have been heard to refer to them as the 'walking dead'.

My discussion with Susan as a learned colleague followed on from this awareness of veils, and of specific areas of the world where such issues appear to have been prevalent over the centuries.

We were looking at Genetic Ancestral Lines and I used my own as a starting point, with my ancestors on my fathers' line having been Romany, and what became Romania was the original Transylvania.

Yes, the same Transylvania as Bram Stoker I believe used in his stories, which gave rise to the myth's legends and the like of blood sucking Vampires.

I was taken back to the 13th. Century and the time of Vlad the Impaler as he had become known for his infamous deeds of barbaric cruelty, especially his well-known habits of impaling all and sundry who either offended, disagreed with or simply stood between him and what he wanted. According to literature of the time Vlad had experienced a difficult and cruel childhood, separated from his family and subject to abuse.

Vlad Snr the Father of Vlad the Impaler was known as Count Drac. Drac a title meaning Dragon which was a symbol of the early Catholic church.

Allowing for the horror death and destruction of this time it is no wonder that the Genetic Ancestral Cellular Memory of the people born after it is in many instances an enormous burden to carry. (Information on Cellular memory in the technical notes)

So why was Vlad so bent on death and destruction, was it his own desires for retribution for his family that one can read about, the same family that as many did in centuries past used him and his brother as a guarantee that they would not invade another region?

Or was there more to it, and yes, I believe there was.

I will share with you an excerpt from an email correspondence I had to another friend and colleague who has an amazing healing energy in her voice, I wrote to her somewhat later on that same day:

*'I started to write this to you this morning and much of the day has gone, all in divine timing though, I have worked amazingly today in closing down an ancient portal in middle eastern Europe which allowed a great deal of control, manipulation, programming etc back from the days of Vlad I believe and the Transylvania / vampire stories, although they may be better classified as energy vampires rather than blood sucking etc.'*

Part of my colleague's response qualified for me the work we had done.

*'Vlad the Impaler! Horrendous, evil energy. That whole region is still infected with the venom that ran through his veins.... that's why such brutal, unforgiving and totally inhumane behaviour. What you have done my friend, is a truly wonderful and world-changing thing! You must be utterly drained....'*

*'Spirit never gets tired, but we are yet flesh.....you must remember that too sweetie.*

*Rest'*

*'Your journey this time is so precious and crucial. So much sadness and senseless destruction. I do not have your vision, but I know the enormity and urgency of the task. I think my singing will help on a small scale as it does impart 'peace' and healing'.*

In the few weeks since this work was done, I have seen differences, differences in myself and in others who have a similar genetic coding. Let us hope that we have indeed in closing this ancient Portal and doing an 'energetic cleansing' of the past allowed some of the negativity to depart.

### **Debbie and the Barristers office**

I was requested by my learned colleague and good friend Sheila Kennedy to inscribe the events of the day the lady in writing offered to accompany myself to meet with a Barrister in Melbourne on a legal matter'.

We set off in plenty of time this morning to allow for Melbourne's early traffic and the congestion one knows all too well if you live inner city and surrounding suburbs.

With only positive thoughts, intentions and amazing outcomes for our day the journey began. It is at this point one should make quite clear that a day out with Sheila and myself is not about where we physically stand, but more about where we energetically end up.

The journey into the city went smoothly, arriving at our destination with plenty of time for a morning coffee in a busy café. Nestled in the back corner we spoke of the respective appointment and the foreseeable outcome. We agreed that there was nothing else we needed to do, other than allowing the universe to tend to the higher good of all involved. Quietly confident and outwardly excited we made our way to the address in Queen Street.

Entering the building immediately the energy is very different to that of our own familiar surroundings, every tense, urgent and somewhat of panic. However still relaxed and confident we watched as almost another world had opened up in front of our very eyes. As we stepped into the lift our gazes met and it was in that moment energetically, we begin to work, or should I say left our physical destination. Going up level 3....OK now we get it....level 15.....there is some work to do here.....level 22.....what have we got ourselves into yuk it is feeling really heavy...by level 27 I had to pull Sheila literally back into the lift, she had surpassed the 32nd floor and beyond before we had arrived. I said to her come back here, it is almost like you are Mary Poppins without the umbrella.

The doors opened and I felt like we had just landed on the moon. Sheila was definitely moon walking; holding her for support I informed the young lady at the desk who we had come to see. She instructed us to take a seat and it was there I sternly requested Sheila return. Knowing that this was not going to be the case as she had long gone and I was left with the physical body to protect, watch over and make sure she did not dribble.

The Barrister came out from behind a huge timber door introduced himself and offered us a tea or coffee, 'just waiting for the solicitor to arrive and we will discuss the court appearance' he said. I introduced Sheila and hoped that he could not tell it was only her physically body that was currently present as she mustered a glazed over smile as if she was not really interested one bit in who he was. Totally unaware he returned to his office, and I began to speak with Sheila in the event she may need some assistance to at least part get back into her body.

Some ten minutes on the solicitor arrived and we all entered the office.

Well.....I sense you all are curious as to what happens next when you take Sheila to such heights, or should I say we combine two heights in one hit.

The meeting commenced and the Barrister began to inform me of the direction and how he hoped the day would unfold. The conversation was at times a little complex not to mention emotionally draining, that was until I looked across to my learned colleague for some moral support. Only to witness her trying ever so hard to bring herself back into the room from another private adventure into the realms of the unexplainable dimensions we so often travel. I knew immediately that if I joined her or tried to inconspicuously help her, we would both be escorted out of the office and into a padded cell.... Sorry Sheila, I can't help you back just yet I telepathically told her.

Trying ever so hard to contain myself from laughter I noticed Sheila had begun to play with her fingers like that of a child who had just discovered them, 'please' I said to myself "do not put them in your mouth or up your nose".....I had to just turn away and trust she would make it back before the end of the meeting or how was I going to explain she had fallen off the planet and they did not notice a thing.

The interaction Sheila gave me that she had received my communications was when I noticed she was doing her utmost to return by counting the encyclopaedias on the wall of the Barristers office. Her eyes in absolute awe of the information contained within each book were almost inscribed across her forehead. With eyes rolling around in her head, the meeting continued. The Barrister and Solicitor both focused on their job at hand and thankfully oblivious that the spaceships surrounded their place of work on a daily basis were now being instructed to leave.

Another day at the office one could say for the Barrister and Solicitor and also Sheila and me. The day was a success in every way.

### **Sheila's version**

Now I will share with you Sheila's version of this day!

Lifts can be odd energetic spaces at times although not all of them are conduits for energies many can be and are. I have had some profound previous experiences with Portals and the ensuing issues with a Movie theatre some years ago.

I had arranged to travel to Melbourne and accompany my good friend and colleague to a legal appointment as an energetic as well as physical support person. Debbie and I have worked very well together over the years and have a comfortable and trusting relationship. Basically I know I am 'safe' in her hands and vice versa. Even if she has been known to make rude comments about me 'Dribble indeed!

As Debbie has given you the background I will get straight to the story.

We walked into a very open foyer of a large building on the corner of a busy street in Melbourne, the energy was almost palpable and layered with fear, grief sadness and despair. It was like being wrapped in a wet and very heavy blanket.

We waited for a lift amidst an bank of them, and the lift closest to my right-hand side opened first. I knew as soon as I stepped into it that things were about to change. I made eye contact with Debbie as we were not alone in the lift and rolled my eyes upwards to indicate to her that this 'lift' was going to take us much further than the 32nd floor.

I felt weightless and 'floaty' my body was just a physical 'anchor' restraining me from leaving totally, and by the time we had got to the 32nd floor I was literally 'gone'. Now my being 'gone' is a common occurrence, however this was somewhat different, under 'normal' if I use that term circumstances, I have a level of control over where I am going and what I am doing. In this instance I felt as though I had taken an express elevator to the stars.

I remember Debbie talking to me, and yet her words were just one of the streams of language I was hearing and attempting to assimilate and understand. Apologies to Deb, however her words at the time were of the least importance to me.

The lift doors opened to a space of glass and mirrors, I had no idea where the entrance door was in all of that confusion of reflected light, fortunately Debbie had the sense to guide me, and put me into a chair. I remember looking around the huge open space with an eclectic array of paintings, and then finding my eyes drawn to a bowl of fruit on the coffee table in front of me. A red apple had taken my eye and I found myself studying it closely, in minute detail in fact. I could see and feel the texture, smell its fragrance and was aware of its essence, all in a glance. I felt drawn to examine it in more detail and struggled with myself not to put my face down close to it. It was as if I was seeing an apple for the first time. I was very aware of Debbie talking to me, and I was struggling to follow her conversation.

The Barrister came and introduced himself and we waited for the young solicitor. Eventually we all went into a fairly large and unusually shaped room, Lots of glass, a whole wall of it in fact, and a view into much more than the Melbourne skyline.

The Barrister sat behind large desk which was end on to the window, Deb and the solicitor sat directly in front of him at the other side of the large wooden area on which he had his paperwork. I sat at one end of the desk and on his left in a comfortable chair and a few feet away from the desk area. I was within Debbie's peripheral vision on her right-hand side.

I was looking directly out of a wall of curved glass with Etihad stadium and the Bolte Bridge in front of me, with high rise buildings to my left and the wall of bookcases which extended from behind the Barrister to my right.

Now I love books; I always have, and I kept consciously focussing my vision on them in an attempt to not look at what was happening outside the window in front of me.

So I counted the encyclopaedias and law tomes in an effort to bring myself back. To stay focused I would count one way and then back the other to make sure I had it right. Were there really eighteen books on that shelf, maybe I had missed one?

It didn't work, Spaceships, many more than we realise are around us flitted in and out of my field of vision, I watched them fly over cars on the Bolte Bridge, skim lightly over Etihad stadium, disappear into the mirrored surface of the building opposite, and all the time I was bombarded by the constant chatter of myriad voices. Debbie's voice intersected the chatter from time to time, and I would look her way to confirm that I had actually heard her.

Suddenly my hands fascinated me, each individual finger was relaying information to me, and I moved them to better understand and to improve the connection. I could see Debbie 'looking at me', not quite disapproval, however as a mother myself; I know 'The Look', so I worked really hard to not focus on my fingers, seriously not an easy thing to do, especially as I was 'downloading' information' at a rapid rate of knots.

My eyes roamed the room, I was doing all that I could to be present and to do the job I had originally come to do which was to support Debbie. Well I worked and quite hard as it turns out when we discussed my 'journeying' at a later date.

It seemed like forever before the Barrister rose and held out his hand to Debbie, and we were free to leave. Going down in the lift with the young Solicitor I began to process some of the information I had received, fascinating stuff and needs more understanding on my part before I talk about it.

Eventually Debbie found me 'food' one of the best ways of 'bringing me back' to reality.

\*And NO I didn't dribble!

## Poetry

I have chosen to add some poetry that I have written over the years that refers to some of the subjects we have discussed, I will add a brief explanation to each one and you are welcome to share them if you wish. I have a number of books containing both poetry and prose, some 'channelled' some not. There are some giveaway 'Mikael' books to download on the [www.sheila-kennedy.com](http://www.sheila-kennedy.com) website.

### **Do not stand at my grave and weep.**

Do not stand at my grave and weep  
I am not here I shall not sleep  
Do not stand at my grave and sigh  
Dry your eyes there's no need to cry  
Many times here I have been  
In many more I shall be seen  
Do not stand at my grave my friend  
Live the messages that I send  
Love and wisdom there will be  
In messages that come from me  
Do not mourn for days gone by  
For I will be with you by and by  
In the many lifetimes we have known  
Love and trust they have been sown  
So do not stand at my grave and weep  
For I watch o'er you while you sleep  
Live not in sorrow soul so true  
With God and guides I watch over you  
So do not stand at my grave and mourn  
In God's good time I am reborn

Sheila Kennedy 2000

This poem was written on the side of the highway between Melbourne and Ballarat in 2000. It came through like a song and has been put to music by talented Australian Singer Songwriter Susan McCarter

## Flowers on the windowsill

With faces set and hearts of lead  
They come to stand at empty graves  
For the spirits of these souls long gone  
Rest not here in this place, not one  
For each spirit it has flown  
Above the earth it called its home  
Some for to wander ever free  
Others to return like thee and me  
So stand not at my grave my friend  
See in sun and sky messages that I send  
Feel my touch on summer's day  
In light breezes from the bay  
Know that I am ever close to you  
Look above to skies of blue  
Feel me in the gentle rain  
In rushing water in a drain  
I guide your dreams as you sleep  
I sail across the ocean deep  
I am with you O child of light  
Whether it be day or night  
So place your flowers if you will  
Yet better on a windowsill  
Where you may enjoy them every day  
For I am not that soul that went away

Sheila Kennedy 2002

Walking Jack my small dog around a football oval in Geelong which shares a car park with an adjacent cemetery I observed two cars pull in and the two individual occupants of the cars, one an elderly lady and the other a young girl prompted this poem

It has also been put to music by talented Australian Singer Songwriter Susan McCarter

## Baby Passing

Some they just come to stay a while  
They bring us hope they let us smile  
Is it to continue the family name  
Or is a part of a sacred game  
Is this a soul we once did know  
Who on a journey then did go  
We knew them then with a different name  
And yet the spirit is still the same  
Is this a soul who has long departed  
A life anew they then have started  
Do they then come to give us light  
Allow us then a deeper sight  
And if to only stay a while  
Leave us with tears and not a smile  
Then thanks we give then for the joy  
Of knowing that small girl or boy  
The joy the hopes and even the fears  
That see us now awash with tears  
For better to have loved and let go  
This pure soul that we cared for so  
So thanks we give and plan anew  
Another journey then with you

Sheila Kennedy 2009

Having had three miscarriages and buried three grandchildren I am not a stranger to the loss of a child. And yet I did not write this poem until the passing of my infant great nephew in 2009.

## Grief and Loss

Why do they call it grief and loss?  
Is there a difference in grieving and a loss  
Or in a loss and a sense of grieving?

For what is grief, a sadness, yet with a depth that few may understand  
For the levels of grief are many fold, and of much variance of depth  
Depending then on the impact and the resonance of such grief on the soul and on the spirit

Yet loss is none the lesser for all of it being a different word  
The levels of loss can be many fold as in that of a grief  
Does then the word set it part as having a difference

Does indeed the sense of loss bring its own sadness or despair  
Is it an unexplained or an unrecognised grief  
Or something more as yet unidentified or unexplained?

And in grieving a loss, does one then give to the grief that which should surely belong to that of the loss  
Is then the loss at a disadvantage in being subjugated by the grief  
Or even discarded or cast aside as it were?

Wherein lie the answers to these questions true  
Are they inside me, or within you  
Or are there answers yet at all  
To questions thrown across a wall  
One grieves a friend or companion true  
They were part of what then makes you, You  
And yet in going for a while  
When they return you then may smile  
But what of those who leave in pain  
Was all their suffering then in vain  
Or did you learn a lesson true  
That they then brought to share with you

I seek and search for answers clear  
To explain the loss of those most dear  
And yet in grief while I remain  
Do I then accentuate their pain  
Or do I in loss then set them free  
To once again return to thee  
Answers many there may be  
Yet in my loss I cannot see  
And so I grieve for what was not to be.

Sheila Kennedy 2009

Written in 2009 as I questioned Grief and Loss in my life.

My Beloved Grandmother Jessie Carron (Nee Gretton) was the saving grace in my life as a child. Living some ten miles away, from us a long way in England in the early nineteen fifties, I would travel by bus to spend the weekends with my grandparents and attend the Spiritualist church with my Nan on a Saturday evening. Nan always referred to it as 'Going to the Spooks'

This is my poem of those times.

### **The Spooks**

School is over, on the bus  
Away from my mother who makes a fuss  
In the care of the conductor, Birkenhead bound  
At Nan's stop I will be found  
A journey long and much to see  
Soon I will be where is home for me  
Nan and Grandad what a delight  
Snuggled up in a big bed at night  
Saturday market sights and sound  
Around my senses do abound  
Home for tea, then a special treat  
To the 'spooks' where souls I will meet  
Along with those who see as well  
And here I am allowed to tell  
Of people many all around  
Who to so many are heaven bound  
To Nan who knows and see's as well  
These souls are real not something from hell  
And yet my mother a woman bright  
Has such a fear of those with sight  
Go to your room I have heard her say  
No more biscuits before bed this day  
For what you see you must put behind  
It's just an overactive mind  
There is NO lady over there  
With your descriptions have a care  
And yet I argue for I see true  
The lady there with coat of Blue  
Can you not see, just turn around  
For to the market she was bound  
Her basket on her arm you see  
Is just as plain as you are to me  
And to the souls who come of a night  
They do not intend to give me a fright  
They come for help and a loving hand  
To guide them to a heavenly band  
A band of angels shining bright  
Yes, just you go towards the light  
And so my Nan she then would say  
We won't be telling your Mam this day  
And was this wrong to a child so small

No, it allowed me to see all  
Without restriction then I knew  
Not everyone sees shades of blue  
The blue of splendour blue of light  
It guides my sight both day and night  
And even though the years have gone  
The sight still continues ever on  
So thank you Nan for who I became  
For we cannot all be the same

Sheila Kennedy 2009

### **The Journey**

For as on this journey I have been  
Sights many I have seen  
The blue of sky and gold of light  
It is around me shining bright  
The messages they come through clear  
From one I hold forever dear  
For long our journey as it can  
Began before the advent of man  
A time of wonder ever clear  
A time of love and light most dear  
In many lifetimes I have known  
The seeds of love and hope be sown  
It is not yet the time to go  
And reap the blessings I did sow  
For much there is still then to do  
Before I journey on with you  
And yet you walk on by my side  
With eyes and ears open wide  
I hear your voice and touch of hand  
Serenaded by an unseen band  
Not yet alone you walk with me  
Though other people cannot see  
And though I speak, yes to explain  
The gift is mine they do not gain  
The joy that comes to me each day  
As you walk with me on my way

Sheila Kennedy 2009

## The Wheel of Life

As on the wheel of life we walk  
Some to move, others to talk  
The choices made before our birth  
Reflect in sadness or in mirth  
For onward then this wheel does go  
Through sun and heat, and ice and snow  
Some souls to linger for a while  
Yet others leave with frown not smile  
For some the journey danger fraught  
Yet for others it means little or nought  
To tread the path of the human race  
Does it bring a smile to your face  
Or do you then regret anew  
The decisions that were made by you  
And what of those you leave behind  
Some angry or sad, others sweet and kind  
And when the stress of life became  
More of a burden, less of a game  
Did you then a new decision make  
Another breath then not to take  
Or was your choice a deeper plan  
To walk anew the wheel of man  
Perhaps one day we then will meet  
And with smiles and eyes each other greet  
And answers then there well may be  
For the questions asked by me  
Until that time I wish you well  
As tales of your journey you do tell

Sheila Kennedy 2008

A more profound look at life

## **Beydond's sound**

Beydond 'came through' one day when I was talking to my colleague Susan in Sydney. He wanted me to create a sound for him to 'take home' and he had travelled a very long way to get here, through many universes. He acknowledged Susan and I for the work we do and referred to us much to Susan's delight as The Warrior Princesses of Light, Susan who is an aficionado of Space travel shows could see herself in a Zena outfit.

I wrote the following words, and he thanked me and was gone.

I have since 'put them to bells' simply called Beydond's Sound

It is with energetic splendour and with heartfelt grief and loss  
That we bid fare thee well to loved ones with a sign much like a cross  
For their journey nay well splendid has now come to pass as end  
For they need to walk before us and wait around yonder bend  
For their journey is nigh over on this plane of light and dust  
And the sacred sounds they call them to an energetic flux  
For it is with solemn journey that they must away from thee  
Yet their memory still lingers in a plant and yet a tree  
However not held still a prisoner for they are now set free  
So grieve them not in sadness and wish them fare thee well  
For to stay as held in prison they could not do another day  
And to rejoin with those before them is of all that they would ask  
So be smiling in yon sunshine and take them not to task

2021

## The Subterranean Being

In June of 2021 I relocated to a small country town on what may have seemed to be a 'spur of the moment decision' and yet we know that the Universe / Multiverses work in mysterious ways and that there are often 'bigger' happenings than we are aware of around us.

With ten days of my arriving I had a message passed on to me, an inquiry from a lady I had connected with on a previous visit to the town and via my dear friend with whom I am visiting.

'Could I please check if something negative had taken up residence on the lower floor of a local business'.

Within approximately two minutes my body was icy cold, and I was shaking, not just my hands, my whole body, almost to the teeth chattering stage.

Feeling a need to 'write' as I often do when there are 'messages' I reached for a pen and with some difficulty managed to hold the pen as the information was transferred to the page.

*Thou wouldst challenge that of an ancient race  
Though foolish human female  
Knowst that I be strong and that of durable  
in the aeons of time and space  
Deal with me at thy peril foolish one*

A few things presented to me as I channelled the message

Yes old

Subterranean as in under the ground on which the building is built on rather than within the building

Alien if we use that terminology as in 'not of this earth'

And seriously with no idea of who or what it was dealing with!

I followed my standard process of asking questions, how long had this 'energy' been in the area?

Could I identify and 'age' it as in it had spoken of being of an ancient race. E.g. how 'ancient' is ancient?

How had it been a) drawn here? And b) how did it arrive

In this instance and especially with it being subterranean had it been a vent or a portal for example

As I was talking to my friend and colleague as I was asking questions, we were receiving similar answers and 'visions' of the size and shape of the energetic being we were dealing with.

Reminiscent of Harry Potter and the 'house elves in size and stature there was a good deal of 'back pedalling' as I discussed the options of removal and relocation of said 'ancient being' to a more suitable abode where it would not be affecting the current or local business premises.

Suddenly 'he' wanted to play nice.

I was happy to oblige and assisted him to a more desirable 'abode' than the one he had been inhabiting.

My colleague and I laughed about the process, and I commented that I might write it up as one last story in this book.

That was until this morning when I sat at my computer and two, yes 2 more local situations presented themselves.

### **The Nature Spirit**

I had commented over a few days of a pain in my back whenever I sat down and leaned back in a chair; could it be just the one chair? and yesterday an extreme coldness in the area of my shoulder blades that continued on through today.

Again, some questioning identified a very old 'nature spirit' who had 'snuggled' up against my back for comfort. Totally unlike the Harry Potter House Elf from the story above this was a petite and fairy like spirit of many aeons of time and space and one who I felt required 'gentle' handling.

Calling on my beloved Mikael who has been such a big part of my life all of my life I handed over the care and relocation of this gentle beautiful being to Mikael knowing that 'she' would be taken care of in a safe and nurturing space.

### **Breathing Through a Water Overlay**

During a conversation shortly after the relocation of the 'nature spirit' above I became aware of an odd occurrence and its effects on the lady I was conversing with.

Sharing her dissatisfaction with the 'new rules' around making a doctor's appointment with the 'covid' crisis this lady was struggling with her breathing due she explained to a well-established and identified 'lung disorder'.

Why then did I have a strong mental image of her attempting to breathe 'through water'? Not underwater, through water!

I had been reading shortly prior to this conversation my notes on imprints and overlays and as is often the case I will be guided to something I need to be aware of either before or immediately after an event.

### **Nugget who wanted his story to be told**

Following on from the three stories above that I had wrongly believed where the end of this book just two days ago, this morning I 'met' 'Nugget'.

Nugget presented himself at 9.30am this morning 24/6/2021 as a pain in my right shoulder that progressively became worse until I 'tuned' into it to see what was happening.

My first image was of a small stocky man dressed in clothing of many years previously; shirt rolled up pants legs, braces and an old wide brimmed hat.

Longish hair and a bushy grey beard completed the image for me.

I described him to my friend and colleague who was with me at the time as a short 'nuggety' sort of man and immediately received a 'YES, that's me name! NUGGET'!

Nugget shared with me that he had been murdered around one hundred years previously and down there by the creek behind the pub.

He showed me the man who had 'arranged' his demise as a tall lanky fellow with dark hair and that when his body was found it had been wrongly deemed an 'accident' and that he must have fallen into the creek where he had been camping when he staggered back drunk.

Currently the area of the creek bank is under some earthworks construction to upgrade the local water / sewerage systems and although it may well have been this that 'activated' Nugget to make his presence felt, I feel it had more to do with his last comment as I sent him on of 'And I could be in the book you know'!

Yes Nugget, you are indeed 'in the book'!

## **Information for the technically minded**

### **Muscle Testing**

Now as I normally explain, I use what is known as Surrogate Kinesiology or Muscle testing to ask questions of your body or a situation. It basically is the old-fashioned Lie Detector test

So, if you are facing a person and ask them to hold their left arm for example out from the shoulder and hold the arm firm with the wrist relaxed and you create a circuit by placing your left hand on their right shoulder and your right hand on their left wrist.

Ask the person to say their name out loud i.e. 'My name is Joseph' and as they do put light pressure on their wrist, this is not a test of strength, just press down lightly once and the arm will stay strong if they are telling the truth.

Repeat the process by asking them to tell a lie or an untruth i.e. "My name is David" and press down on the wrist as they do so. The arm will become weak as the Sub Conscious mind or the genius as I describe it withdraws 60 % to 80% of the energy in the arm.

Now you can use this same process to check for electrical frequency in the body, by asking the person to hold onto a nice green leaf still attached to a shrub or a tree in their right hand and using the left arm to test or vice versa if you are left-handed. This can be a great science project for children, or I have used it on many occasions with young people who have been brought in by their parents, usually Mum and who really do not want to be there, as I am often the last resort for children with what are seen as behavioral problems.

The electrical frequency of the human body should register at 77.678 MHz [same frequency for plant animal and human] Explanation of 77.678mhz :- If you ask someone to hold a nice green leaf still connected to a plant the kinesiological measurement electrically will be 77.678mhz, As I have

just said to you [plants, animals and humans all have the same measurement] Tear the same leaf in half and test holding the torn half and the measurement will be 61.5mhz, [ this measurement will hold true every time. Most people asked to hazard a guess will say that the reading will stay the same or be a half of the original

Ask your test subject to hold onto a yellowing leaf still attached to the plant and the measurement will be 32mhz or below 32mhz.

A dry leaf picked up from the ground will be 9 or 10 MHz maximum and often down to 1 or 2 MHz, still has some life force but is heading out of the back door at a rapid rate of knots, (e.g. dying off])

So, the life force in the leaf or the person drops in measurable amounts. For example, someone who was at 30mhz or  $30 / 77.678\text{mhz}$  top level of the equation of highest and lowest levels in the body in the last six months which indicates that their energetic levels were low due to their body not accepting nutrition from the foods they had been ingesting and may well also indicate a malfunction in their electrical system. Over a period of time this would continue dropping and ill health would be the outcome. The lowest level at 20mhz, or  $20 / 77.678\text{mhz}$  for example is so not dramatically low but still much lower than it should have been for their optimal health and well-being.

When I met Cameron Dawson some seven years ago, I was at  $9/77.678\text{mhz}$  as a maximum, and  $1/77.678\text{mhz}$  as a minimum. And had been quite ill for some time When the body gets below  $5/77.678\text{Mhz}$  it can begin reproducing cells incorrectly, and I refer to this as Cell Malfunction rather than the more common medical terms often given.

## **Chakras Meridians and Auric fields**

The human body is constructed on a number of energetic fields, and I will briefly discuss 3 of these fields now, they are known as the Chakras, the Meridians and the Auric fields. These fields control how you stand, e.g. tall or stooped, whether your body has the right energy source for it to operate correctly, and whether or not your body recognises the substances you put into it and onto it. For example foods and the dyes in clothing.

### **The Meridian System**

The Meridian system can be likened to the electrical framework on which our body is built. If one or more of these electrical 'wires' which are in place from our conception 'short circuit' the muscular system of the body will adapt accordingly, and create a misalignment in the body e.g. short leg, low shoulder, hip rotation etc.

Everybody's meridian system is similar to the framework of a house, if a wall is misaligned the house will not be straight when it is built.

The spine is one of the most important structures in the body and a misalignment or move out of its electrical balance will cause damage to the body in the long term

When a meridian misaligns or short circuits the muscles in the body will adjust accordingly, like stretching an elastic band, this then creates the hip rotation or the difference in the shoulder height, which leads to the commonly see long arm and short leg that so many people think is normal and causes many of the low back hip and knee issues that affect people.

A short circuit in a Meridians can also be caused by a thought form from another person which can

also create thought, feeling, anxiety and emotion in you which are not yours e.g. Grandma, Aunt, Cousin etc, for example Mum may have said "I'm concerned about the baby he's not sleeping" and they have gone "Oh the poor little precious I hope he's Ok" etc and that is enough to short circuit a meridian. And create a problem for the rest of your life that you may never be aware of.

The Hindu have a good explanation for this they say 'We must be careful how we love for on waves of love we most affect those we adore with our problems'. So in being concerned for someone we can actually have a negative effect on them which can short circuit one or more of the electrical wires[ the meridian system] The combination of these meridians being short circuited is what will create the body being misaligned i.e. short leg long arm etc creating an instability in the body itself and a flow on affect to the organs and energy systems which in turn may can and will lead to ill health.

## **The Chakra System**

The Chakra system is the name given to one of the main energy systems of the body and each of the seven chakras generally depicted utilises its own energy source to distribute energy to individual parts of the body. If the chakras are not functioning correctly due to the body experiencing any of a range of arguments, upsets, shock, stress, trauma or tension, the organs and body systems will not function correctly.

Most people talk about seven chakras there are actually more than fifteen hundred with individual organs having their own chakras also.

Disease will follow over a period of time.

The minor chakras allow the exit of used energy from the body. Our own personal inbuilt exhaust system is a good way of explaining this system. If you place a cupped hand just out from your knee you can feel the chakra energy exiting by a sense of warmth, remember the hand must be cupped slightly. You will not feel anything with a flattened hand.

## **The Auric Field System**

The Auric Field system describes the seven outer energy fields, No's 1 and 6 which should turn on at conception. The first field or the Kundalini is the potential energy in the body, (the power in the power box)

If for example you didn't have your own energy turned on 1st field you would be running Adrenalin, [the cave man fight or flight mechanism,] you would have had a limited amount of energy in bursts, you may not be a morning person, would get very tired by the end of the day. The sixth field is our mental communication, described as intuitive for women and telepathic for men.

The other five of which are no's 2, 3, 4, 5, and 7, should turn on or be activated during the process of a normal and unassisted birth. These may not do so due to birth trauma e.g. Caesarean, forceps, breech, or difficult delivery.

In for instance the lack of being switched on or of recognizing touch (2nd field]) will have an effect on how you relate physically to other people. This is due to birth process.

Your body and what you put into it or onto it i.e. food, liquid, medication colored clothing (3rd field)

Often children classified as ADD and ADHD do not have this field turned on. Sense of self or other people (4th field), If not someone who would probably have stayed close to Mum or a family member as a child as they would not have had a sense of Mum or her of them, this can lead to sibling rivalry as Mum may have appeared to favored that child.

The sense of danger 5th field

The seventh field is a sense of family line. This is your connection to those who have gone before e.g. your ancestors.

### **Attachments at conception**

One of the common occurrences which may happen at conception is the attachment of an 'Earthbound Energy' or in layman's terms a 'Ghost'. This is due to the 'light' which emanates from the new soul / spirits incarnation, and which attracts an earthbound energy as 'going to the light'

This can and often will contribute to deformities in the physical body as the foetus develops, and especially in the formative development of the spine and the skeletal structure.

### **Chakra Memory**

Chakra Memory is my terminology for the many many memories which are encoded into our cellular structure from the lives and existences we have previously experienced in the past. Chakra memory can also be described as Reincarnation Or Past Life memories, and as such may not be recognised by many individuals, both Practitioners and clients.

These memories, however, are I believe real and can be of a huge impact, and in many instances are much more profound than the issues we experience and collect on our journey in this life.

Depending on the number of lifetimes you or your client has experienced, so the mass of Past or Chakra memory may impact on the current incarnation in many ways.

Sounds from Source Vibrational programs were developed to deal with Chakra memory as well as Genetic Ancestral memory and current issues

### **Cellular Memory**

#### **So, let's talk about Cellular Memory.**

I am going to share my views on the human body and Cellular Memory with you in two totally different formats. WHY? Just because!! Honestly, as what will resonate or make sense to one person may be read and interpreted differently by another. One will give you facts, the other will give you the history of my understanding of cellular memory.

As a Holistic Natural / Alternative therapist and in many instances a researcher, I have long held the belief that all healing is self-healing, and that therapists merely provide the means, or the tools for us to heal ourselves. In other words, they 'Facilitate peoples healing. Hence my describing myself as a 'Facilitator and NOT as a 'Healer' which I feel would be not only taking away the person I am working on 'Power" but egotistical to boot.

The Vibrational Sounds I create, and use are such a tool. They are designed to assist you with your own self-healing. They are not a magical fix all even though at times their effects may appear magical, they simply are sounds which heal.

These programs are based on the fact that I believe that every cell in your body retains memory, and that memory is not just some obscure area of the brain that we access when we want to remember something.

Much thought and research has gone into this belief, and I will cite to you the issues of scars on the body. As we know everything in our body replace itself over a regular time frame, skin, hair, bones etc., including each individual cell.

Now if the cells did not retain memory, then why would they keep replacing themselves in a scarred version, why not replace themselves with new undamaged cells?

Allowing that we are conceived from one single cell, and that cell multiplies and separate's many millions of times to create the body that we see today, becoming heart cells, skin cells, big toe cells and so on. Now each of those individual cells retains the memory to become a whole unique body! Cloning is an example of this.

My belief is also that the thoughts, feelings and programs from our ancestors are also retained in our cellular structure from that very first cell.

We are told that at conception we gain half or fifty percent of our 'personality' from our parents, and half or 50 percent of the remaining half from our Grandparents etc., on down the genetic family line, so let us have a look at that.

My explanation has in general always been a simple one, as I find if you are too technical people's eyes tend to 'glaze over' while you are explaining it.

The Vibrational Sounds identify and release 'Cellular Memory', or the memories held within our cells in the body.

So how do our cells retain memories, and where do these memories come from?

When I explain cellular memory to my students and clients I do so in this manner:

At our conception we are one single cell, and one half or 50% of the memory in the cell is from our parents, then one half of the remaining half is from our grandparents, so we start to divide the memory in the cell as follows.

$\frac{1}{2}$  from our parents =2

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our grandparents = 4

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great grandparents = 8

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great grandparents =16

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great great grandparents = 32

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great great great grandparents = 64

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great great great great grandparents = 128

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great great great great great grandparents = 256

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great great great great great great grandparents = 512

$\frac{1}{2}$  of the remaining  $\frac{1}{2}$  from our great great great great great great great great grandparents = 1024

As you can see it doesn't take long for us to have a great deal of input from our 'genetic ancestral line' or GAL as I describe it in our lives.

Now it doesn't stop there, we also have, how were Mum and Dad feeling at our conception? Are they anxious about what kind of parents they might make, have they been arguing, and Mum may be a bit emotional and Dad a bit annoyed, but they have decided to 'make up', do they want a child or another child and so on?

Then you have the whole genetic ancestral line, all of those relatives we have just looked at and more!!! AND are we wanted in that line, is great Grandma thinking "I hope these Kids don't become parents just yet, they really can't afford a baby right now" = Rejection

We haven't even looked at what is happening outside the window in the world, is it raining, sunshine, drought, famine, or even war all of these and more can have an impact on that first cell.

Now I personally refer to that cell as 'Egbert' when I talk about it, and Egbert may also be rejected by his or her potential siblings, who may not want a new baby brother or sister joining the family line, and that equals = rejection again

Then there is what I refer to as Chakra memory and this is the sum total of the memories from every life we have ever lived, and I personally believe it is enormous. Bigger in fact than the sum total of everything else put together.

As Egbert our first cell divides, it is very unselfish, it shares 100% of all of these memories with its divisional buddy, and because we tend to follow patterns, when Egbert 1 and its buddy Egbert 2 divide and separate they also share 100% with Egbert's 3 and 4 and so on.

Now I didn't come across this realization over night, I put a lot of thought and effort into it, a lot of reading, brainstorming and so on. The final piece of the puzzle for me was discovering that I could actually communicate with the cells, and ask them to do things, for example repair the scarring which I have had on my hand since I was five years old, and my fear of water, I actually have been swimming in the last three years for the first time in more than 25 years and that was in the ocean, not just a pool, and more than once.

I have used these specialized techniques which I now understand as Vibrational Sounds with many clients and the results have been spectacular. Both my knowledge and perception continue to expand as do the sounds and the information in the channelings and realizations which I am given. Now we are only looking at 10 generations here so the amounts of memory and information which we have within our bodies when we are born is I believe huge, and can have an enormous impact on our lives, especially, thoughts, feelings, desires, habits and patterns etc.

The Vibrational Sounds used in these programs work to the levels of this very first cell and instruct the body to release memories and issues that are not of benefit to us easily and effortlessly. The specific sounds used with these programs are some five years on amazingly powerful, and work with the deeper levels of knowledge and understanding given over that time.

And the second version,

## **The Cellular Structure of the Human Body**

The human body is an amazing feat of genetic engineering, it begins with an ovum, a single follicle from the ovary of a female of the species released during the pre-programmed monthly reproductive cycle.

The ovary in many instances releases a single ovum (it is possible and even common for multiple ova or ovum to be released at the one-time e.g. non identical twins) and makes its solitary journey down the fallopian tube towards the womb.

Allowing that it is then fertilised by the sperm of the male which is intended to become its biological father, and we have in that first cell the conception of a new life.

Following its conception the DNA in the first cell immediately becomes a thinking creature in its own right and takes control of the Meridian framework which has been present in the mother's ovum from puberty onwards. This Meridian structure is the framework for the construction of the physical body.

At the formation of the DNA this first cell or double helix, this new "thinking mind" communicates immediately with its mother and all of its family members to five generations, forward, backwards, and sideways and advises them of its presence and its sex.

The cell in return receives a welcome or otherwise from the subconscious minds of its mother, father, and all its other family members. If the cell is not welcomed at this time the DNA / the developing foetus, can be affected sometimes for life, and may make a decision not to remain, either at that time or at some future stage. E.g. miscarriage etc. It is also possible for its own progeny [offspring / children] to be affected up to and including the next five generations.

At the moment of conception a separate source of energy forms around the new cell to energise the new body. This is called the Chakra system

And so we now have our fertilised / conceived cell, with its own DNA, and thinking / communicating mind [the subconscious] and the cellular memory and ability to create a whole new human being.

So what else does this single cell have: -

It has the ability to retain memory, and these memories are many fold, the cell is composed through its conception of the ovum or egg and the sperm of its two biological parents, and their thoughts, memories, feelings and ideas. These make up approximately a half or 50% of those memories. Then a half or 50% of the remaining half, 25% are from the grandparents, the 4 biological parents of the mother and the father.

Then we have half of the remaining half or 50% of that 25% so in fact 12.5 % being made up of the Great Grandparents, all 8 of them, and then a half of the remaining half or 50% thus a whole 6.25% being from the Great Great grandparents all 16 of them and so on it goes down the Genetic Ancestral line.

So here is our single cell with its inherited memories, none of which it requested or asked for, they were just presented to it fait accompli

It then has at its conception the added burden of how its mother and father were feeling at that specific moment, the emotional content of its conception if you will. If Mum and Dad had been arguing prior to this time and decided to "forgive and forget" or "make up" after the argument, yet Mum was still harbouring or feeling emotional thoughts and Dad was still a "bit annoyed" about what started the argument in the first place, then that single cell takes on Mum's emotion and Dads annoyance in this instance.

Let's look further though, what was happening in Mum and Dads environment, at the conception of this cell, was it raining outside, were they in the middle of a drought, or a storm, a hurricane, a cold snap or a heat wave, a famine, a war, or a conflict of some kind. What was happening to the world and to the planet as we know it? All of these external thoughts, feelings and emotions are locked into that one single cell.

The day itself, was it a specific, or even a special day, an anniversary of some kind, a happy birthday type celebration or a sad day, perhaps the anniversary or remembrance of someone close who has passed away.

Then there are all of those ancestors who made up the Genetic Ancestral line. Was this our new cell wanted and welcomed into the family line, or did Great Grandma have a strong thought form that its now newly conceived parents "John and Mary in this example" really shouldn't be having a child at this time as, "they hadn't been married long and needed time to get on their feet", or that "they already have three children and another one would stretch the budget" etc

Now so far, we haven't even looked at the siblings of our one single cell, those possible brothers and sisters, who may have already been born some time before our one single cell was conceived. How did they feel about the conception of what will effectively become a new little brother or sister for them and undoubtedly will most effectively demand and remove a good deal of the attention that they currently receive and enjoy from Mum and Dad, away from themselves to this new person in the family.

Or were these potential siblings as yet unborn and existing on a soul level and waiting for their own chance to incarnate into this life. Did they have a desire to be here first, did they harbour any resentment towards our "cell" from claiming its "consciousness" before they had a chance to?

As the picture builds, our one single cell has to contend with many thoughts, issues, habits, patterns and behaviours, of others even before it has had a chance to reproduce itself.

And yet this is not all, the consciousness or the thinking mind of our one single cell which was activated at conception has a spiritual connection also. It is connected through its soul / soul spirit connection to each and every incarnation it has ever experienced. Now this may be a difficult concept for some people to take on board, as often we are brought up with the belief that we arrive here on earth, live out our life span and then return to whence we came job completed, never to return again.

My own beliefs are somewhat different and have taken form over the period of a good many years of personal development and spiritual growth, through many courses and innumerable hours of in-depth discussions with a number of people who I would refer to as highly evolved souls.

So please, bear with me if you will and with my version of how things happen, who knows you may already agree with me, or even come to some different realisations of your own.

When our one single cell becomes conscious at that moment of conception and activates its own energy system which we refer to as the "Chakra System, it also I believe brings with it what I refer to as "Chakra Memory".

Chakra Memory is the sum total of every life we have ever lived, it activates I believe at that moment of conception, and it I believe is HUGE.

Whether we have lived or experienced one previous life or many previous lives the sum total of all of those memories is retained and it is these myriad memories which arrive for us at our conception as Chakra memory.

So we not only have all of the memories of our individual Genetic Ancestral line, e.g. all of those ancestors who have gone before us, parents, grandparents, great grandparents and great great grandparents and so on which we inherited at our conception as percentages of our individual make up, but also the retained memories of all of our previous lives or incarnations.

So to recap, here we are with that one single cell, it has its memories from parents, grandparents and so on, it has its own personal Chakra memories from previous lives or incarnations, huge or otherwise, it has all of the issues affecting its biological parents at the moment of its conception. Then add in was our cell wanted in the Genetic Ancestral line, by those who have gone before, and also was it wanted by its siblings conceived or not conceived, born or not born.

That's quite a burden to carry isn't it, and yet there is more. Was our one single cell just that, a single cell at conception, or was it one of a number of ovum released and impregnated, from the one individual ovary or a combination of both ovaries. Or did that one single cell divide and separate and create what we know as identical twins, triplets etc.

If this is the case and we have more than one fertilised cell, then each individual cell with its own personal levels of consciousness will also have its own huge attachment of chakra memory from its previous incarnations as well.

Although it is very common for there to be more than one foetus at conception, in many instances these multiple foetuses do not stay the course, and many have been reabsorbed by the body of the mother within a matter of hours of conception. Often described as the "Vanishing Twin Syndrome" or in my terms "Multiple Foetuses at Conception" it is quite common in 80% of pregnancies for there to have been a multiple conception; however it is in approximately 13 % of pregnancies that there is multiple birth.

So if our one single cell, has for example actually been in this instance numerous cells, either as separations of the one cell, or single individually produced ovum, and allowing that each of these carries its own levels of memories from the Genetic Ancestral line into which it is conceived, if the fertilised cell chooses not to stay around, or is rejected by the body these memories are the same for each cell as they are from the joint Ancestral Genetic line.

Not so for the Chakra memories, as each individual consciousness will have brought through from previous conceptions or incarnations, its own individual memories, do these remain, I believe not in most instances as they are not of any relevance to the other foetuses and would be likely to be rejected on that level. However it is possible in some instances for these memories to be retained by the surviving foetus and to play a large part in its emotional development.

Also each foetus carries also its own Meridian structure of 14 pairs of what appear to be very fine electrical wires, which have been present in the ovum from puberty onwards and which create the individual electrical structure or the genetic scaffolding on which the human frame is built.

This meridian structure as we have said forms first after conception and then the cells duplicate, separate and fill in the spaces. However what happens to this meridian structure if the tiny cell it is attached to decides not to stay around.

These 14 pairs of what appear to be fine electrical wires which have been the Genetic blueprint for the new foetus can and do remain when the cell is reabsorbed into the body of the mother. They can and will attach to the remaining foetus or foetuses, and although they do not grow and develop into a human being / baby they may play a huge part in the emotional development of that child/ adult. That they have attached to.

So our one single cell with its own levels of Genetic Ancestral Memory, and all of the issues which physically and emotionally surrounded its conception, as well as its own Chakra memories from previous incarnations, and its own 14 pairs of fine electrical wires, may also carry with it the Chakra memories and Meridian structure of its womb mate or mates who chose not to remain.

A daunting thought indeed.

Our one single cell then begins its process of separation, and each and every cell of that unique physical body which is created at that time retains the memory to create a whole and unique human being, and each and every one of those cells of that unique human being also carries within it all of the additional memories which it has accepted or allowed to become attached to itself, at the moment of its conception and which originally of course did not belong to it, and all the thoughts feelings and associated emotions which belonged to the sibling or siblings which chose not to remain. All of these can and do create anxiety in the physical body.

## **Crystals**

Please remember that a Crystal is a 'life form' it has an energetic resonance or signature of its own. It is not just a pretty stone to wear around your neck, or to use to capture negative energies as you take them from the aura of a client

### **Did anyone bother to ask the Crystal did it want to be bathed in negativity.!**

I use specific Crystals in the Vibrational work that I do and the majority of these were kinesiologically identified by the late Cameron Dawson in his creating of The Dawson Program.

They have been starred \* in the list below for ease of identification.

## **Crystals**

Adventurine, relief of anxiety and fear, (sincerity)

Agate, physical and emotional balance, (health and long life)

Amazonite, balanced and calm emotions,  
(creativity and personal expression)

Amber, harmonious, cheering and soothing, (memory)

Amethyst, soothes mind and aids meditation

Apophyllite (protects during astral projection)

Black tourmaline (often recommended to repel negative energies and entities)

\*Carnelian, peace and harmony, (contentment also purported to help an earth-bound spirit move on)

Chlorite, (purported to help an earth-bound spirit move on)

Chrysocolla, (feminine stone, joy)

\*Chrysopase, reduces stress, (balance)

Citrine, healing energy, worn at night to prevent nightmares, (clarity of mind)

Copper, balance of body and mind, (energy flow)

Coral, physical and mental well-being,  
(understanding)

Emerald, physical, mental, emotional bodies, balance, (love)

\*Haematite, grounding, (courage)

Jade, peace, serenity, emotional balance, (Friendship, confidence in love)

Jasper, balance on all levels, (endurance)

Jet, calmness, sleep, emotional balance, (calm)

Kunzite, self-love, calmness, (feminine stone, can in some instances open dimensional doorways)

\*Lapis Lazuli, balance on all levels, do not wear for long periods or even all day, (rebirth)

\*Moonstone, calming, sleep, balance of male female energies, (Warmth and friendship)

Peridot, balances emotions, (happiness)

\*Quartz, balances emotions, (energy purifier)

\*Rose quartz, self-love, calming, confidence, (love)

Ruby 9purported to help an earth-bound spirit move on)

Rutile (may prevent psychic interference by entities)

Sapphire, balance of mental, spiritual, physical planes, (truth and wisdom)

Selenite, calms nerves, energy, awareness (is also purported to detach entities from the aura)

Silver emotional balance, (purity)

Sodalite, balance male and female energies, (truth)

Tiger's eye, balance energies, (energy flow)

Topaz, energy level, relaxation, (fidelity)

\*Turquoise, peace of mind, (prosperity)

Zircon, balances emotions, grounding, (energy)

There are many more than these available of course, and a good manual for those interested is Love is in the Earth by Melody

\* These are some of the stones which Sheila has personally used in her Vibrational Kinesiology work.

## **Oils and Essences**

Aura Soma

Bach Flower

Ian White Bush essences

Flower Essences

Alaskan Gem essences

Young Living Oils

These are a small number of the many 'essences and oils' which are on the market for sale. Do they work? Well they say that the proof of the pudding is in the eating of it, I have used and tried some, and I will hold my judgement on many. I currently do not use either essences or oils for protection and the oils I use on the odd occasion in a house clearing are Lavender and Frankincense.

I personally use Young Living Oils, Valor especially when I travel for balancing my energies, and Thieves for its antibacterial properties, as well as a number of additional oils on a daily basis.

\*\*I am NOT affiliated in any way with Young Living Oils, this is my personal recommendation only, and in the main two oils were a gift from a dear friend.

## **Imprints and Overlays**

### **2008**

Notes for Energetic Balance and Harmony Practitioners

Imprints and Overlays are fairly new areas of knowledge for me and are issues and information which have been channelled through to me very recently. Attachments are areas I have been working with for many years, and of which I am very familiar.

Having worked for some years with what I often describe as the Vanishing Twin or multiple foetuses at conception, I had explored the issues of the chakra memory of the non-surviving sibling which may still be attached to the surviving foetus and the effects and possible limitations of this attachment. For example holding onto weight which may not be yours and so on.

This led to many other questions and too many other areas of understanding for me not just in the physical realms, and of course we are dealing here with the invisible as well as the visible areas of being.

My understanding is that an imprint describes a 'shared' space' or an energetic space which is utilised by in the instance we will discuss a physical being and a non-physical energy or entity in the same space.

Now this can be seen as similar to having a spirit or a 'ghost' attached, however I believe that it is so much different in its way of being as to be 180 degrees of difference between the two.

An overlay is a different situation altogether

I will describe the individual situations and then look at the differences between them.

### **Description of an Imprint, and Mikael channelling from Noosa**

Imprint Message 12/5/2008 Noosa after a conversation with Debbie

#### **Imprint and Overlay**

I would beloved ask for your guidance in this matter

It is with interest child that I see the journey on which your thirst for knowledge takes you

You are indeed correct that which you deem an imprint is the sharing of the same area or space by two or more energetic energies or beings which may in most instances not be aware of one another or of each other

Imagine if ye will the coin on its edge and the ability to spin head to tail as ye deem the two sides of the coin one to the other. For when that which ye deem the head is to the fore front then that which ye deem the tail is to the behind or the back

Yet does either of the energies which do be imprinted one onto the other as they exist or co-exist jointly in the same energetic space recognise the influence or even the imprint of the other, it would be true to tell you that in the majority of such circumstances it is not known by either

In some what you may call rare instances there may become an awareness of something being misaligned however it is not that which thee would term usual.

With the thinning of that which are deemed veils between the multi faceted areas of the universes much is the options and opportunities for awareness such as may not have been felt before and also for the gaining of knowledge of those things which have not been questioned before

The question then arises as to the correct and honourable manner in which the imprint can be addressed and yay even separated into its individual components or energies for much care needs to be given to ascertain that the individuality of these energies is not compromised or damaged in any way.

One needs also to address that of the sense of loss or connection which may arise after such a

disconnection do be performed and to replace that sense of separation with that which is deemed love and joy.

Be aware also of the behaviour of mirroring which may occur from one level of the imprint to another for verily is this the behaviour of the being thee know or a mirroring of the energetic imprint which shares the energetic area or space with it.

I heed your questions child of how such imprints can occur and I answer o you to be aware of the journeys through dimensions of many lives and the overlap of the dimensional boundaries as may be caused by energetic upheaval as well as deliberate modifications of time and space as ye would deem

For oft are the energies which require that of another to live through or to experience that of life and emotion

Such too may be the case of magic and mayhem as have been riven by those of the dark arts and as thee are well aware by those who would seek to control yay through fear guilt shame and even promise of wealth and riches as well as power for long have such institutions reigned supreme under the guise of good

It is of much benefit that ye share this information and much more which will be given as time progresses for there is much need of those who cast aside the scales of blindness to see of the light

Know beloved that thee are much loved

Elohim Shalom Pax

Mikael

### **Description of an Overlay,**

Deliberate infiltration or overlaying of an energetic being which may be in limited instances 15 % for positive and or for nefarious or negative purposes 85% and is generally by a negative source and may be placed psychically or energetically often without the knowledge or agreement of the 'host' this may be for control, to gain information, and for subversive effects such as distracting a person from there agreed path, or causing sufficient distractions for them to be rendered incapable of performing their chosen 'contract' e.g. drugs, alcohol, suicide deviant acts and so on.

\*\*Entities can be viewed as an overlay, or as an attachment depending on the circumstances with which they were connected or placed within the energy fields of the body, look at the levels the entity is attached on e.g. how many dimensions etc 1 to 22 in most instances. Of pure dimension also look at dimensions within dimensions and multiple dimensional aspects e.g. aspects of soul co existing on different dimensions, here may have wife and son and daughter, next dimension may not be married and have daughter and son, next dimension may be divorced and have 2 sons etc

Channelling can also be described as an overlay in which the channel agrees or allows the energetic imprint of the being who is the channelled i.e. myself with Mikael to communicate, guide, assist and share information and messages.

Overlay can also be aspects of the self-interacting with one another and with other like-minded

individuals and spirits. E.g. Cults can be an overlay of the guru on the spirit of the followers due to issues of control and possession

\*\*Look at the levels of disconnection of spirit, e.g. jigsaw puzzle pieces, depending on which part is in control need for agreement between the parts to reconnect, and also to remove entities on all dimensional levels

Aspects of soul and spirit, look at the 144 levels as per Joshua David Stone, aspects of the self-explore for the individual if they wish

## **Notes Ghana 2010**

### **Aura**

Levels layers aspects and dimensions

Physical mental spiritual emotional soul soul/ spirit, etheric electrical dimensional inner outer and dimensional spaces between the auric layers

While playing the Archetypal Signature Sounds for myself on Easter Saturday, 2010 all 3 Sounds as I was guided to use the following sounds: -

Accepting all levels of Archetypal light and Shadow No 172

Detachment of Archetypal Signature Memories No 171

Archetypal Quantum Signatures No 170

In that order

I questioned whether our travelling through the time zones during the flight from Australia to Africa had made any difference to the residual Galactic signatures, expecting the Negative answer I received.

\*\*\*\*Now as I also realised that I may be talking Gobbledegook as far as some people are concerned as I do not believe that these sounds have been professionally recorded yet, or possibly not even introduced to EB&H practitioners?? Apologies for my memory!!

So that perhaps I should touch on the reasons for these sounds. In being lazy I did I search of the laptop and came up with the numbers from the Sounds from Source Directory, however No written pages to take information from!! Shucks!! Although, they may be on the long defunct computer back in Aus. One (I) should for future reference always write things up at the time.

So in brief, or to jog a memory: -

### **No 170 Archetypal Quantum Signatures**

This is our own 'energetic' signature created at the beginning of our 'time / journey',

It identifies 'US' energetically much like a fingerprint does in the human world.

We can be 'tracked or identified' from it once it is known, and it may leave a fragrance or a resonance on the 'air' that other pick up or identify.

If 'your signature' is out of balance or 'disharmonious', it may affect your emotional states of being, health physical, thought patterns etc. Often on deeper and 'unseen' levels than we may be physically

aware of.

### **No 171 Detachment of Archetypal Signature Memories**

Again in brief: - As we 'Travel' through time- space –dimensions e.g. Meditation (something more than the 5-minute Omm) Astral travel, take ourselves on 'journeys' etc we leave behind us a trace of our being there, like a jet trail.

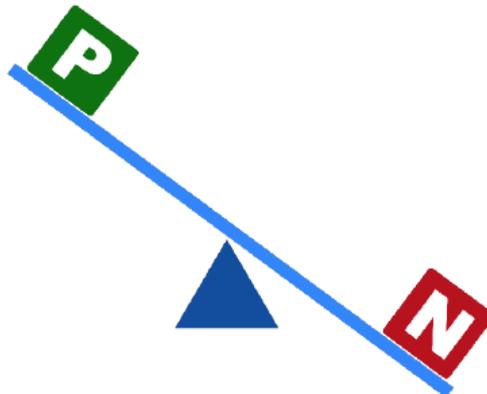
When these sounds were originally 'given' it was with the intention of being able to remove or 'detach / discreate' these trace memories which may well have an interference on the places we have been. Especially allowing that some of these signatures may have been around for aeons of time.

### **No 172 Accepting all levels of Archetypal Light and Shadow**

Now this is a really fascinating one as I had I am sure I have told you talked about "Balance" between the positive and negative and the fact that I used the simple seesaw drawing below to illustrate what



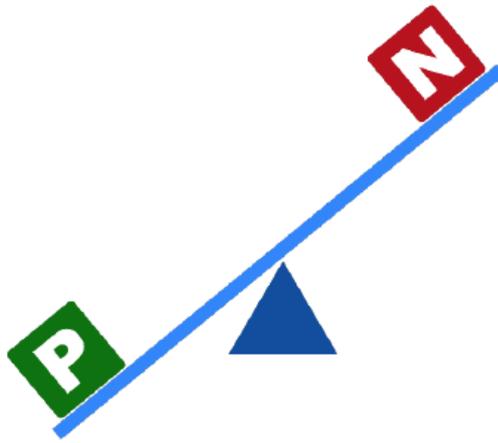
I was saying for many years especially with clients.



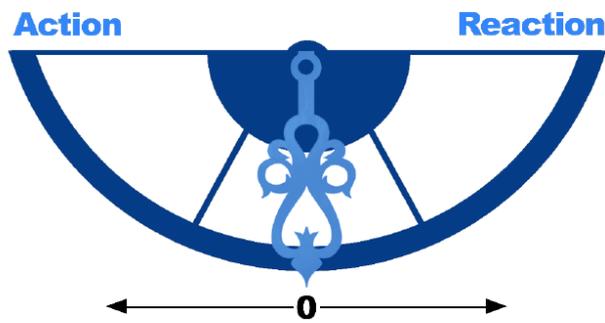
It isn't generally too difficult to keep things in balance

With the positive up we have more chance of bringing the negative back into balance

With the negative up it is like everything is pushing down on the positive to keep it down



Which tends to give us the pendulum swings of the clock from Action to Reaction

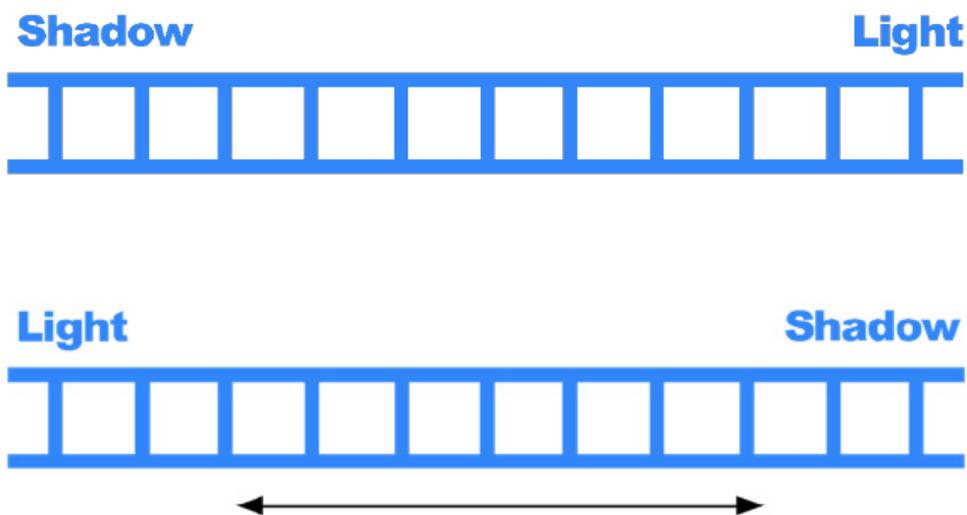


So our aim would have been Point 0 or the minor pendulum swings, rather than the extremes.

So when some time ago I was told that I had it wrong from a 'Higher source' I was fascinated to see what came next.

And what I was given was 'Accepting all levels of Archetypal Light and Shadow'!!

I use the explanation of a long ladder laying on the ground here with many rungs to explain this as below



At any stage we are moving between the levels of light and shadow, thought by thought, and breath by breath basically.

There is no middle line to keep the seesaw 'balanced' it simply is "Just is as it is."

Without right or wrong, based on our own experiences, wants, needs, desires perceptions and so on.

Obviously, there are higher levels of light and deeper levels of shadow, depending on the mood, occasion, circumstances etc, and let's not forget CHOICE.

We each have OUR OWN INDIVIDUAL BLUEPRINT, those things we put into that Supermarket trolley to bring with us and experience here on Earth. Looking back some of those 50% off this week only specials may not have been such a good buy, and I am sure that some of them should have reached their USE BY DATE..... JULY 2007 for example by now and are still hanging around at the back of the pantry shelves etc just waiting for their opportunity to BE OF USE.

So..... Back to the interesting stuff.....

However in questioning further as in 'Did my being in a totally different time zone, / energetic space and 'travelling' from such a space have / make a difference in the Archetypal Quantum Signature I left in doing so?' and I received a very strong Affirmative.

In exploring this situation I am shown / given

A Quantum Signature is not affected by, however influenced by the latitudinal and longitudinal earth measurements to a minor degree overall 10% approximately and this appears to be longitudinal rather than latitudinal.

In exploring this further overnight, I was shown that the crossing of the longitudinal by the latitudinal lines creates an effect similar to a 'Portal' or in a simple description as in dropping a single drop of water from a small height into a container / bowl of water and the ensuing ripple effect.

This is again similar to the description I use in a deceased energy passing and the 'jerk' which locks the physical energy into being 'earthbound'.

It would be interesting to look at the areas on the globe where indeed the two 'lines' cross one another.

Currently Ghana and Northern NSW / Qld Australia are on a very similar latitudinal line but totally different longitudinally. E.g. sub-tropical latitudinally

The position you travel from on the earth may affect the angle of your ascent / descent in and out of the energetic atmosphere.

Explore this one further with e.g. Ozone layer and the numbers of people actively 'travelling' [meditation] as compared to aeons ago 30% affect?

Number of people actively 'working towards Ascension'

Why? In moving through the time space continuum, we by logic make or create a difference an imbalance or a disruption. Morphogenic resonance? As well as leave a Quantum Signature.

Look then at space exploration and its energetic signature as well as the multitude other ‘travellers’ both ours and theirs in the atmosphere currently.

More questions at this stage Negative response.

(These were notes I sent to the Energetic Balance and Harmony Practitioners)

## **The What the Bleep Movie theatre the Keno Dendy in Melbourne.**

### **The High Order Energetic Clearance Program HOEC**

Having created and taught a number of vibrational sound programs over more than twenty years one of my favourites has been the High Order Energetic Clearance Program or HOEC for short. I will share the information from this program below.

**The Sounds from Source High Order Practitioner Program information – The HOEC program has been taught both in person and via a series of ‘webinars’ and it is intended to offer an upgraded online version also which will include additional vibrational sound programs and information.**

### **High Order Energetic Clearance Program #HOEC**

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**Expressions of interest are welcome - please contact us via the Contact Form**

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Please Note – This program is not for everyone

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Have an open mind and the willingness to step into the unknown with me as your guide.

If the unknown calls to you and you have the desire to assist our world to be a better place, please send us a message on the contact form and be sure to put ‘The High Order Energetic Clearance program’ at the top of the message body.

The information in this program is priceless.

#### **Prerequisites and conditions**

***Please note that I have a duty of care to Humanity and to the Multiverses to ascertain that this incredibly powerful information does not end up in the wrong hands.***

Accordingly this program is by *invitation only*, please express your interest and give a brief description of your qualifications or work history.

You will need an understanding of basic kinesiology / muscle testing or a willingness to learn. Be willing to sign an indemnity clause that the Vibrational Sound programs supplied to you will not be copied and redistributed.

Each mp3 Download will energetically dissipate by 50% each time it is copied, however the power of these programs is such that they would be dangerous in the wrong hands, even at a reduced potential.

## Are You An Experienced Practitioner With Integrity?

I invite you to express interest in a high order energetic clearance program that will release humanity from insidious programming including;

- Spells
- Black Magic
- Voodoo
- Curses
- Energetic Enslavement

The High Order Energetic Clearance Program will supply you with the tools and the knowledge to work with the areas listed above

You will experience firsthand

- The importance of protecting yourself as a Practitioner, and Energetic Clearing of a space or venue
- Clearing of: – Spells on four different levels,
- Voodoo and Black Magic
- Curses, Ancestral Curses
- Activating the Positive and Negating the Negative encodings and removing the 'fine print' in the Ancestral Contract
- Clearing Genetic Ancestral Lines,
- Releasing Energetic Enslavement
- Nullifying Implants
- Implant removal
- Nullifying Deliberate Thought forms
- Nullifying Invocations
- The importance of 'Erasing your energetic footprint' from the places you have visited.

Expressions of interest are sought from energy practitioners who are working with the deeper levels of clearing and dissipating negative energies and attachments.

This program has been offered as a practitioner program in Melbourne in 2011 with great results and has been made available as a series of online webinar's from 2012 to allow for a wider platform which will introduce this series of new and extremely powerful vibrational sounds created to clear the many levels of negative energies and attachments being currently experienced by many practitioners with their clients.

*\*Please note that this program is not for everyone. It is not pretty; it is in depth and may cover areas that you are not aware of or that are challenging for you. All of the vibrational sound programs which make up this course will be played during the course to ascertain that all practitioners attending the program are not affected by previous negative patterns or attachments.*

During this program there will be an in depth look at all of the areas covered in the sounds which will be presented in as Downloadable sounds for your own use.

The comprehensive list of 30 vibrational sounds includes many which have never been released or offered previously, as well as a standalone program for activating ancient encodings. Comprehensive notes, a protocol of questioning, and applicable power point presentations make up this exciting in depth and only recently offered program.

This program is offered in two formats, both personal and online tuition.

## **Program Contents 12 Modules and 30 Sounds as follows**

- 15 HOEC Daily Practitioner
- 27 HOEC Negative Influences
- 30 HOEC Clearing Home Space and Venue
- 25 HOEC Attracting Clients
- 69 Flexibility
- 97 HOEC Clearing Home Space and Venue
- 98 HOEC Releasing Earthbound Energies
- 113 HOEC HK Sounds
- 120 HOEC Encoding Grids
- 121 HOEC Encoding Survival
- 162 HOEC Clearing Past Memories
- 176 HOEC Bondage
- 206 HOEC Practitioner Protection
- 275 Spells 1
- 276 Spells 2
- 277 Spells 3
- 296 Nullify Implants
- 297 Implant Removal
- 362 Voodoo
- 363 Black Magic
- 364 Spells Aggregate
- 365 Ancestral Curses
- 366 HOEC Energetic Enslavement
- 414 Collapsing Residual Signature Memories
- 417 Curses
- 452 Rituals and Sacrifice
- 453 Sacrifice
- 498 Nullifying Invocations
- 499 Nullifying Deliberate Thoughtforms
- 527 HOEC Daily Practitioner Combo

### **Module 1**

- Explanation of the Vibrational Sound and Sounds from Source programs and how they work at the deep cellular level to assist the body to release locked in stresses, tensions and stored memories from the skeletal and musculature structures of the body as well as cellular memory. At this level we explore cellular memory from a deeper perspective as well as the residual effects of the toxic effects of attachments and dimensional controls on the body.
- The beginnings of the High Order Energetic Clearance program and its importance for practitioners working on deep levels of energetic clearances.
- The Elusive Butterfly

### **Module 2**

- 30. HOEC Clearing Home Space and Venue
- 527. EB&H Daily Practitioner Combo
- 206. Practitioner Protection
- 98. HOEC Releasing Earthbound Energies

- 22. HOEC Attracting Clients
- 414. Collapsing Residual Signature Memories

**The HOEC Practitioner Protocol** – This is a specifically designed protocol which guides you through a series of practitioner questions to ascertain which of these High Order sounds are applicable for your client, and the specific order in which they should be played.

The time frames for each sound differ considerably from a few minutes to some twenty minutes long and consideration needs to be given that the specific play list chosen will fit into your client appointment time. It is our suggestion that you schedule a long appointment for HOEC clients. The information and understanding of the specific sounds in each module and their specific uses and applications is presented below.

### **HOEC Clearing Home Space and Venue**

An upgraded version of the original Clearing Home Space and Venue program. Suggested to play daily, and also if / when you have had visitors, workmen etc in your home to remove the energetic fingerprints and downloads from other people. Interestingly a practitioner queried why I would suggest she played this sound after her children had 'friends' over to play as they were only 'kids', even a baby can have 'attachments' and drop or leave said attachments wherever they may go.

**The HOEC Daily Practitioner Sounds** may well be your best tool as a practitioner. The Daily Practitioner sounds have stood many people in good stead, and I had planned to use the 'upgraded version' for the EB&H 1 program. 'Had planned' being the operative words here. As I sat to write up the sound description for the current course I was guided to create a new set of sounds specifically for practitioners working with these High Order programs as well, so we have a separate HOEC version of the Daily Practitioner sounds as well as the EB&H 1 sounds.

So like its predecessor HOEC Daily Practitioner program is composed of three [3] short tracks to set your intention for the day as a practitioner, to clear between clients and to clear yourself at the end of the day.

**The HOEC 1 Practitioner Protection Sounds** are an upgraded version of the original Practitioner Protection sounds which were created for this High Order Energetic Clearance program HOEC, and are an extremely powerful set of vibrational sounds which came into being through the absolute need for them.

They deal with a wider range of earthly as well as dimensional frequencies than the EB&H 1 program which was created for more 'Cosmic Galactic issues.

These sounds are NOT available to practitioners of the lower levels of the Sounds from Source programs and they were specifically created to be used with the High Order energetic vibrational programs.

Over many years as a practitioner I had found myself being affected by energies which presented themselves through, or arrived with and often connected to clients. Although we have the Daily Practitioner sounds (No 15) for many years, and they have been amazing they cover different areas of expertise and of effects.

I would recommend that every Senior HOEC or EB&H 1 Practitioner use the HOEC or EB&H 1 Practitioner Protection sounds on a regular daily basis, whether you are planning on seeing clients

or not. One never knows what may present through the course of a day, whether through family, friends, clients or just daily living. I personally have a play list of sounds on my laptop which I start at the beginning of every day.

**The Collapsing Residual Signature Memory Sounds** are of immense value in both the High Order Energetic Clearance Program, and the Energetic Balance and Harmony programs. They are NOT available to practitioners of the lower levels of the Sounds from Source programs and they were specifically created to be used with the High Order energetic vibrational programs.

It is my belief that as we 'travel' out of our physicality on any level – from some basic meditation, prayer, wool gathering or astral travel and more through to the higher known and unknown levels of planets, dominions dimensions, galaxies universes /and multiverses, that we leave an 'Energetic Footprint. It can be imagined as being a lot like a Jet stream against the sky. The Collapsing Residual Signature Memories Sounds are of immense benefit for clearing these residual memories.

An 'in depth' look at the important things to do before you begin. The Clearing Home Space and Venue, Daily Practitioner, Practitioner Protection and Negative Influences sounds will be explained in detail and why they are so important in your daily life. Whether you are planning on working on that day or not

The Collapsing Residual Signature Memories. Where do you go when you pray, meditate, astral travel, work energetically and so on. Did you leave a 'glowing fluorescent 'trail' straight back to you? Are you aware that this 'trail' makes you vulnerable to psychic attack on many levels?

Believe me I know, and it is not pleasant. This may well be one of the most important sounds in your practitioner toolbox.

We will discuss the Flexibility and HOEC Attracting Clients sounds in this module.

The HOEC Attracting Clients program is suitable for many applications where a flow of clients is desired. These gentle Vibrational sounds may be played daily to facilitate attracting Clients who have a need or a want and who *vibrate or resonate with the frequency of your work and what you offer. Whether it be a service or a product or both. Very much a law of attraction sound.*

I have said for a number of years that the Flexibility sound is probably my favourite set of sounds. I have often described these sounds to my young clients as "the run faster" sounds, and amaze both child and parent alike with the increased range of movement which they allow the body.

They are designed release all of the locks and blockages in the physical body allowing a greater range of movement and "flexibility".

In adapting the Flexibility sounds to be included in the High Order Energetic Clearance program HOEC, I have looked at the areas of mental flexibility as well as releasing all of the locks and blockages in the physical body allowing a greater range of movement and mental 'flexibility'.

### **HOEC Releasing Earthbound Energies**

Again an upgraded version of the original: The HOEC Earthbound Energies is the term I use for the energies which may be left behind after a deceased person has passed over. Often referred to as a 'ghost'.

These trapped energies normally occur if the passing has been sudden, violent or the person had a strong belief in their not being anything after the now.

It is quite common for these energies to attach to a living being, and this attachment can lead to thought patterns and behaviours which do not belong to this person.

These sounds simply release these energies and clear the memory of carrying them from the cells of the client.

They may be of benefit in clearing spaces e.g. homes if played in conjunction with The Clearing Sounds.

Module 3 Covers the Spells 1, Spells 2, Spells 3, and Spells Aggregate sounds and why they would be used with a client. It looks at the types of spells and the ways in which they may have been cast / used and what to be aware of.

- 275. Spells 1
- 276. Spells 2
- 277. Spells 3
- 364. Spells Aggregate

### **HOEC Spells 1**

Spells 1, is a basic sound and covers all of the levels of invasion and projections created through the thought word or deed of another with intention and especially those invoking or using external sources and or physical objects. Especially those spells using the invocation of the name of a known or perceived power object or source, e.g. goddesses, priests, hierarchy of ancient knowledge and both known and unknown deities.

This is the lower levels of magic boxes, candles, spell kits, appeals to the moon and so on. In many instances it will be sufficient on its own, however always check your client to make sure that there is nothing masked, hidden or subversive.

### **HOEC Spells 2**

**Spells 2** covers all of the levels of invasions and projections which have come about through the thought word and or deed of another with intention and or malice aforethought.

Especially those which have been invoked using external sources and or physical objects. This is the type of spell which is 'cast' or projected by someone with some knowledge or guidance, and an awareness of the 'dark arts'. They may refer to themselves as a Magician, a Witch, and Witchdoctor, a Juju man / woman and so on.

### **HOEC Spells 3**

Again this is the type of spell which is 'cast' or projected by someone with some knowledge or guidance, and an awareness of the 'dark arts'. They may refer to themselves as a Magician, a Witch, and Witchdoctor, a Juju man / woman and so on.

Much of my work for many years has been with a broad range of people from ethnic backgrounds, and many of them would ask, "Do I have a curse on me, or is there some sort of Black magic around my family", and so on. Now to the average individual, if there is such a person, these are not common or everyday questions. I however take them seriously and in my stride. Many ethnic people will at these levels use the water and oil tests.

Remember that energies can come through the phone, internet, and television and through personal and absent contact with others, even through the window of the car while you are driving. They may

also be attached to gifts and tokens that are presented to, given, or secreted about your home or workplace.

### **HOEC Spells Aggregate**

This sound incorporates the previous three [3] Spells sounds into one extremely powerful sound, and adds more depth.

This sound includes all and any ceremonial rites, sacrifices, blood rites, fore swearing's, energetic invocations and projections using or affiliating with living beings in all and any forms and formats. Including plant insect animal and human, as well as cosmic galactic and multiversal energies both known and unknown.

All and any known and unknown energies and thought forms which may be called on or created for such purpose which can readily be identified as a series of interferences on the physical mental spiritual and emotional levels and more of this being of love and light.

Module 4 In this module we will look at the differences between Voodoo and Black Magic.

- 362. Voodoo
- 363. Black Magic

In this module we will look at the differences between Voodoo and Black Magic

### **HOEC Voodoo**

The Voodoo sounds address the various forms of Voodoo from around the world and are designed to both stand alone in their own right and provide support for the other programs in the series.

Voodoo is often used in a malicious way and will generally surface as a trespass upon your person. As in the instances of Spell 3 and the Aggregate spells we are looking at a known and deliberate invasion of the space of another, and energetic trespass.

Voodoo is performed 'With Intent' and may use personal item belonging to you, hair and nail clippings, clothing, writing and so on. While these things are not necessarily required, they are believed to make the spell more powerful.

### **HOEC Black Magic**

Here you are dealing with the types of spells and programs which are 'cast' or projected with deliberation by someone with more than a little knowledge or guidance, and an awareness of the 'dark arts'.

They may refer to themselves as a Magician, Witchdoctor, a Juju man / woman and so on. They may also work under the cover of a façade as a Healer or offer a service as a lure to the client.

Black Magic is often used in a malicious way and will generally surface as a trespass upon your person. As in the instances of Spell 3, the Aggregate spells and Voodoo we are looking at a known and deliberate invasion of the space of another and energetic trespass.

### **Module 5**

- 365 Ancestral Curses
- 417 Curses

The differences between a Curse and an Ancestral Curse. You may have a 'family' curse spanning many generations without being aware of it.

### **HOEC Curses**

The Curses sound is intentioned to remove curses from all of the levels of creation both known and yet forgotten, and all of the current and cyclic patterns of dimensions and time and movement as well as those of dimensions and space of identifying and dissipating all of the known and unknown curses spells, programs voodoo black magic witchcraft mallukio and all and any residual memory or memories of memories of toxic and poisonous residues from all and any known and or unknown possessions entities, programs and programming..

Is a 'Curse' the same as a spell, voodoo or black magic? It is NOT. A curse can be as simple as a thought, and as powerful as the sender wants to make it.

I have 'borrowed the comment below from my friend Michael Rowland of <http://www.healinghauntedhouses.com> as it sums the situation up nicely.

*In today's Society we give little attention or credence to what we call curses. A curse is a powerful negative energetic thought form with a specific purpose that is directed or focused on a particular person, or place, which affects their energy field, and therefore their life. A curse can be intentional where one person consciously wants to direct harm to another. Or, a curse can be unintentional, usually in the case of a spur of the moment, emotionally charged, experience between two people such as an argument or instance of extreme jealousy. Good intentions can also become a curse when they interfere with the receiver's life in any way.*

### **HOEC Ancestral Curses**

Ancestral Curses takes us to another level of past and genetic issues and in many instances the 'unseen' issues from those who have gone before us.

In the Ancestral Curses sound the areas covered are deeper and many layered in some instances. They cover area of the deep past and the outer regions of time and space Including those curses specifically handed down through the genetic ancestral line or lines of this being and related to issues both known and unknown especially those related or projected from ancient battles slaughters genocides and the like.

### **Module 6**

- 296. HOEC Nullifying Implants
- 297. HOEC Implant Removal

Implants! Yes, they do exist, and can come in many forms. In this module we will look at the type of implant, and whether it is more beneficial for the client to nullify rather than remove it.

A deeper look into the residual factors of having had an implant physically, aurically, or having been brought into this life form a previous incarnation.

### **HOEC Nullifying Implants**

An implant can be as fine as a human hair [there is a good deal of information in alternative circles about such things being implanted into the human eye]

They may also be lodged in the outer energetic fields of the body and may make themselves visible,

obvious, or 'surface' when given the correct instructions. Implants can be lodged within the body or in the outer energy fields.

### **HOEC Implant Removal**

According to Wikipedia: **Alien implants** is a term used in [Ufology](#) to describe a physical object placed in someone's body after they have been [abducted by aliens](#). Claimed abilities of the implants range from [telepresence](#) to [mind control](#) to [biotelemetry](#) (the latter akin to humans tagging wild animals for study). As with UFO subjects in general, the idea of "alien implants" has seen very little attention from mainstream scientists because of a lack of verifiable evidence. It goes on to discuss television shows it deems responsible for such stories.

A human **microchip implant** is an integrated circuit device or [RFID](#) transponder encased in silicate glass and implanted in the body of a human being. A [subdermal implant](#) typically contains a unique ID number that can be linked to information contained in an external database, such as personal identification, medical history, medications, allergies, and contact information.

### **Module 7**

- 120. Encoding Grids
- 1221. Encoding Survival

Encoding Grids and Encoding Survival. These two high level sounds are actually a practitioner program in their own right. The Encodings: – just what did you bring in with you? Explore the forty-four (44) positive and eleven (11) negative encodings that govern our lives. Disconnect the negatives and activate the positives for more balance and harmony for yourself and your client

The Encoding Grids program is also included in the Dimensional and Energetic Healing program and the Energetic Balance and Harmony 1 Programs and each program has been adjusted energetically to fit with that modality

### **Encoding Grids**

Although every sound I have ever 'channelled or downloaded' has been interesting to say the least, the Encoding Grids would have to have been the best to date.

The impetus for these sounds arrived with a great deal of information, and a whole new process of being able to work on a very deep level.

This was originally almost the longest of the sounds and is of course a practitioner level sound only

According to my information we should have only had the 44 positive encodings, however from a situation of sabotage the 10 negative encodings were added as an experiment. The eleventh negative encoding appears to have been added later

In the past we have used Kinesiological questioning to ascertain which of the 44 positive encodings were activated and if any of the 10 negative encodings were in place.

The results of this often made a great deal of sense to the client as they fitted with their own thoughts, feelings and emotions.

### **Encoding Survival**

The Encoding Survival sounds are a very powerful set of sounds, both in their own right and as an

adjunct to the Encoding grids sounds.

Shortly after the Encoding Grids sounds were written I wrote a short channelled or 'downloaded' message. This message spoke of an encoded or programmed memory in our genetic strain of the need to struggle to survive and of being seen as a lesser or slave mentality. This was a powerful message, and included references to plague and pestilence as well as specific areas of life such as birth and the 'ancient rites of passage' of manhood and womanhood.

Susan and I conferred and decided that this was an important sound which needed to be written, and written quickly as we believe that it affects every living being.

**Comment from Susan:** *A few years ago – I had a session with a healing practitioner (a very talented lady) – who took me that I had an issue with only focusing on survival, which went back to primal times and it was this inbuilt mechanism, which was a factor in preventing me from achieving the success I wanted. When this sound was created, I recognized that this was the sort of thing she had been talking about – so I was very pleased when this sound came 'through'. I always test if a client requires a sound; so far, every single client has required this sound.*

\*Encoding Grids and Encoding Survival are a standalone program in their own right.

\*A program dealing with the 'Galactic Encodings will be offered in the High Order Energetic Spiritual Program and the Multiverses program.

## Module 8

- 366 HOEC Energetic Enslavement
- 113 HOEC HK Sounds
- 98 HOEC Negative Influences
- 193 Chain Reaction
- 176 HOEC Bondage

### HOEC Energetic Enslavement

Energetic Enslavement. Just who is in charge of you? Many of the issues of Enslavement we have 'online' come from previous existences and may have a huge impact on who we are and what we do in our current incarnation. The powerful HK sounds will be included in the discussion of this module.

The Energetic Enslavement sounds were created to remove and discreate those things which can readily be identified as a series of blights on the purity of life. These powerful sounds will release and remove many of the known and unknown 'enslavements' that we may have knowingly or unknowingly entered into.

### HOEC HK Sounds

These powerful sounds are available only to selected practitioners who are working with negative energies on a deep level, and who are personally approved by Sheila.

Having been aware of negativity and negative energies all of my life, it became a passion of mine many years ago to work on these deep levels. Deep Depression, Suicidal Tendencies, Self-Mutilation, Voices in the head, and many other such issues have responded amazingly to the work I have been trained to do.

As Susan and I explored the depths of cellular memory however I became aware of the possibility of residual memories being retained nonmatter how thorough I was in my work with the client on the

day.

The HK sounds are the result of much kinesiological testing and research. They are one of the key sounds from the Energetic Balance and Harmony program, and have been 'borrowed' to support the High Order Energetic Clearance program sounds.

I would recommend using the HK sounds at the end of any session which has involved the 'deeper issues of life' they will as Susan comments below remove any thing which may have surfaced under the spotlight of any of the other sounds which you may have used.

### **HOEC Negative Influences**

Again an upgraded version of the original: The HOEC Negative Influences sounds were created to release and remove all and any memories from the cellular structure of the body of issues of a negative nature which may be affecting this person. This includes thoughts, feelings, and emotions, which may have been handed on down the Genetic Family line from previous family members.

These sounds also dissipate thoughts and attachments from others which may be having a negative effect on your daily life and thought processes. It is beneficial to play Negative Influences in the circumstance where a person has been affected by Earthbound Energies as well as any negative behaviours and thought patterns.

### **HOEC Chain Reaction**

Basically as we are aware a chain reaction is a series of events that follow on one from the other, and in this instance, following the second trauma- the scratch to my face, I put on again for the first time the shoes I had worn a few weeks earlier when I had the first minor mishap.

A half hour trip away from home and I got out of the car feeling fine, within a few steps I had a pain in my right leg that became excruciating within the distance of my walking for a few feet.

Odd? Yes indeed, however it all made sense to me. I had for many years suffered a huge number of trauma's to my body, and as the 'cells' of the body remember everything, they had 'reacted' to the trauma of my scratching my face and then the wearing of the shoes I had previously experienced a trauma in.

The HOEC Chain Reaction sounds deal with the deeper levels of reacting to a previous stimulus.

### **HOEC Bondage**

In the Bondage sounds we are dealing with Bondage in its many forms including such things as agreements contracts bindings and acknowledgements bargains dealings and exchanges, arrangements and compliances, as well as any fears doubts reservations and blockages which may have been allowed accepted created positioned programmed granted agreed to or accepted .

These levels of Bondage are placed into our lives with the express purpose of sabotaging and effecting and or of controlling as well as manipulating distorting ruling overshadowing and subversively affecting the aspects and dimensions of energy.

They may include levels of fears doubts reservations anxieties and depression or depressive states, as well as memory or memory of memories to do with the remembered known and or unknown genetic ancestral and conceptual memories of all and any known and situations of bondage or enslavement.

## Module 9

- 296 Nullify Implants
- 297 Implant Removal

### **Nullifying Invocations and Nullifying Deliberate Thoughtforms**

Implants! Yes, they do exist, and can come in many forms. In this module we will look at the type of implant, and whether it is more beneficial for the client to nullify rather than remove it.

A deeper look into the residual factors of having had an implant physically, aurically, or having been brought into this life form a previous incarnation.

## Module 10

- 452 Rituals and Sacrifice
- 453 Sacrifice

### **HOEC Rituals and Sacrifice**

The Rituals and Sacrifice sound is a very new program that was written in early 2012.

Often a program will present itself just because I need it, and this was one of those times. Presented with some work for a client I needed to stretch myself to find a solution on a deeper level than I had normally dealt with.

The new information created two new sounds the second one being no 453 Sacrifice

The term Rituals covers many areas, from the lighting of a candle through to shamanic practices and more.

The combination of ritual and sacrifice can be looked at in many forms:

One could describe some obsessive compulsive disorders as following a pattern of ritual and sacrifice, when the person 'literally 'sacrifices' themselves to the 'rituals' that allow them to function in the world.

Does one 'sacrifice' oneself for the good of the whole, e.g. family, way of life, religion, beliefs etc? Self-sacrifice comes into many areas, and often a client will present with issues of 'sacrificing' themselves due to an expectation or obligation to family, friends, loved ones, a belief, a government and so on.

In the deeper areas of life, especially in some ancient cultures ritual and sacrifice may go hand in hand.

### **HOEC Sacrifice**

A client who has Sacrifice issues will often present with or describe a life of 'putting others first', e.g. family and business situations, the practitioner who neglects themselves for the good of their clients e.g. who has not learnt to say 'this is not a convenient time' with a smile on their face. An old saying which describes this well is 'The willing horse is soon harnessed'

My suggestion if you require the Sacrifices or the Rituals and Sacrifices sound for yourself or a client would be to follow up with the HK sounds afterwards

## Module 11

- 498 Nullifying Invocations
- 499 Nullifying Deliberate Thoughtforms

### HOEC Nullifying Deliberate Thought forms

So what is a Deliberate Thought Form?

A 'Deliberate Thought Form' is something that is 'knowingly' sent towards you.

I am not talking about the daily 'mind chatter' that we all experience through life, and that can take up much of our waking hours: thoughts such as 'I hope the kids got the washing in before it rained', 'I forgot to take the meat out of the freezer for dinner', if 'XYZ forgets our anniversary again this year, then ABC will happen'.

These are our mental communication with ourselves, we all I believe have this mental mind chatter, and some are more affected by it than others.

As I said previously a 'Deliberate Thought Form' is something that is 'knowingly' sent towards you. Someone has made you the focus of their intention, and 'knowingly' used their intention to 'send' a thought or thoughts winging towards you'. Usually these are negative or harmful thoughts, and may well not be for your greater or highest good.

### HOEC Nullifying Invocations

To invoke is basically a call on another for assistance; that may be as a supplication or a prayer, a command, identification with certain spirits and in some instances a form of possession.

A negative invocation is a process to 'call in, invoke or give power to a part of the self or a spirit, or a being to add power to the deliberate thought form' or something energetic that is 'knowingly' called upon and may be used to assist the self or be sent towards another.

This is not our mental communication with ourselves; this may well be a deliberate attack upon another person using the energy of another or of specific objects or names to assist the invocation.

As I said previously a 'Deliberate Thought Form' is something that is 'knowingly' sent towards you.

In a negative invocation, someone has made you the focus of their intention, and 'knowingly' used their intention to activate another force besides their own to 'send' a thought or thoughts winging towards you'. Usually these are negative or harmful thoughts and may well not be for your greater or highest good.

## Module 12

- Module 12 is perhaps the biggest module of all, and this module is for personal study/ information and contains a great deal of information that I have amassed over a period of time.
- It would be impractical to go through this in a course / teaching situation and the information is supplied for at home study/ usage.

### High Order Energetic Clearance Program Certificate and inclusion on the Sounds from Source

## Academy Websites as an HOEC Practitioner

### Important – Please Read

This program is conducted online with a series of webinars with Sheila Kennedy.

Your Certificate will not be issued until you have satisfactorily completed all program requirements.

Be mindful that these are practitioner level sounds and you must know how to use them and when – so in all instances you will not receive the allocated sounds immediately they will be allocated as follows:

- In some programs you will receive the allocated sounds in stages with each module that you complete correctly.
- In some programs you will receive the allocated sounds only after all course requirements have been submitted and you have passed the certification requirements.

These programs do not replace your modality in any way, they will however give a greater depth to your practice and assist in your clients own individual healing process.

### Further course information on the Sounds from Source programs are available at

<https://www.soundsfromsource.com/sounds-from-source-academy.html>

Additional courses will be available at [www.sheila-kennedy.com](http://www.sheila-kennedy.com) in 2021

### The Galactic Light Warrior Articles

<https://thegalacticlightwarrior.com/articles/>

### Sheila Kennedy Websites

[www.thegalacticlightwarrior.com](http://www.thegalacticlightwarrior.com)

[www.sheila-kennedy.com](http://www.sheila-kennedy.com)

[www.soundsfromsource.com](http://www.soundsfromsource.com)

[www.thebestworkoutforyou.com](http://www.thebestworkoutforyou.com)

[www.yourenergeticbusiness.com](http://www.yourenergeticbusiness.com)

[www.anewyoungeryou.com](http://www.anewyoungeryou.com)

### Books by Sheila Kennedy

A variety of Sheila's books are available on Amazon including a number of collaborative 'Amazon Best Sellers', she is a regular contributor to the Oddities E-Club online Magazine, has regular articles at [www.sheila-kennedy.com](http://www.sheila-kennedy.com) and hosted the 'Welcome to the 1%' radio show on Revolution Radio

for a number of years to focus on interviews and podcasts under the SoulSpirit radio brand

Sheila offers Holistic Consultations personally and via Phone, Skype and Absent appointments  
Additional Books on Amazon by Sheila Kennedy

The Body Balance Book  
Meetings with Spirit 2  
Messages from Mikael  
Words of Wisdom from Mikael  
Friday Night Love and Laughter  
Aspects of Love  
Nature Poetry  
Help Someone Has Moved My Plumbing  
The Optimal Athlete with Tina West

<https://www.amazon.com/Sheila-Kennedy/e/B000E0AD9U>

### **Non-Amazon Books / PDF's**

Autism Need Not Be a Life Sentence...  
The Road to Wellness  
Raising Healthy Children  
Working with Crystals and Vibrational Sound  
The Body Balance Book  
Meetings with Spirit 2  
Messages from Mikael  
Words of Wisdom from Mikael  
The Tapestry of Life from Mikael  
Friday Night Love and Laughter  
Aspects of Love  
Nature Poetry  
When I Hold a Pen  
Help Someone Has Moved My Plumbing  
The Optimal Athlete with Tina West  
Spirit and More

### **Give away programs**

Anxiety Need Not Be a Life Sentence ... (Anxiety giveaway program) [www.the7stepstofreedom.com](http://www.the7stepstofreedom.com)

Depression Need Not Be a Life Sentence ... (Depression giveaway program)  
[www.the7stepstofreedomfromdepression.com](http://www.the7stepstofreedomfromdepression.com)

### **Coming soon**

The 7 Steps to Freedom from PTSD (PTSD Giveaway)