



SCRIPTURES OF THE SPIRIT

Module 6

Aliveness



In the previous modules we've talked about bringing presence to aspects of our lives and how powerful this can be. In last module, I also shared how you can choose to bring presence to an area you choose to study in your life. One of the areas I would like to encourage you to try and do this is on the subject of 'aliveness'.

Remember we spoke about how the Life Force Principle is key to everything. Yet sometimes we fail to sense whether it is participating in our lives. The way to determine if it is, is to check in with our feelings of aliveness in certain areas of our lives.

Let's say for example you are going to a job you hate every day, you might not feel entirely 'alive'. Sure you do it, probably because of the money it pays you, but this is an entirely different experience from a person who does what they do, because every single cell of their body feels ecstatic and alive when they action their work.

This is an obvious example, but during the module I am going to share some more subtle parts of my own journey where this lack of aliveness became obvious to me and what I did to reclaim it. It can be very powerful to change where aliveness is not experienced.

When we presence aliveness, we are an awake force, cocreating with the Life Force Principle. There is no separation between us and this amazing essence of life. We are authentically alive, as a process. We are being, experiencing. We are awake.

I say authentically alive, as a process, because it is a work in progress that we deepen, like all the other scriptures, as we move more deeply into consciousness over the course of our lives. Perceptions of aliveness also change as we do, so what feels thoroughly nourishing today, may not tomorrow. We need to allow ourselves to move with aliveness, as it guides our lives.

When we do not presence aliveness, we tend to use words like 'should' in our vocabulary. We do things because 'we have to' or at least, that is what we tell ourselves. We are not honest with ourselves, often lying to ourselves and trying to make something work, when it really doesn't. Inside a part of us is dead. We make this part of our self unable to receive life force energy. I believe this is one of the major reasons for the massive increase in cancers on the planet. The human body is storing so many dead components.

When we are practising death rather than aliveness, we are empty, we know something is missing. We can feel the incompleteness. We cannot seem to invigorate ourselves, no matter how many times we tell ourselves this is what we 'should' do. If you've ever gone somewhere out of obligation and felt completely drained, this is an example of doing something we tell ourselves we should do, and the resulting dead energy that follows.

Presencing aliveness feels effortless.
When we take on tasks related to our aliveness,
they feel like they require no energy from us.

They give us SO much. When we enjoy aliveness, we feel full, complete and whole, nothing can usurp our power, for it is untouchable. We are energetically vibrant, oozing with more, radiant with I AM and absolute energy.

We can be presencing aliveness in some areas of our lives and not in others. Perhaps our thoughts are dealing deathly blows to us? Maybe our relationship is not creating feelings of aliveness? Perhaps emotionally we feel less than alive? Maybe our home space feels

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life sucking? There may be a person in our lives who shatters our sense of aliveness? A space we work or live in might drain our sense of aliveness. Our spiritual practice may not make us feel alive anymore, even if it once did.

Grow in Week 1..

Some areas of our life and inner life may feel dead, while others are vibrantly alive. Focusing on aliveness, what areas of your life feel like you are truly alive? Spend week one really noticing. Look at all areas and aspects of your life. Are there some that are nourishing you, uplifting you and feel great, like they add to your energy (aliveness) and other tasks that seem to take an enormous amount of energy to perform? Just notice what they are.

There is an abundance of life force. Are you claiming yours? This may cause you to make unique decisions that mystify people around you! Sometimes to 'follow your smoke' as the ancestors call it, you must let your knowing lead the way and throw logic to the wind. Aliveness is your intuitive radar to let you know when some change is required. When you feel a lack of aliveness, it is an indicator that something needs to change. Sometimes this change is simply, the way you think about something or it requires an action to be done differently. The first step is noticing when you feel less than alive, which hopefully you did in week 1.

Grow in Week 2..

The second step in presencing aliveness is holding presence in your own space, until you feel aliveness. You may try several actions or scenarios before you find what makes you feel truly alive, or it may happen by the first change you make.

For example, many years ago I was flatting with a person who had oodles more abundance than I did. I've mentioned this in previous modules, but what I didn't share with you was how terrible my thoughts were prior to me manifesting much more abundance. You see my thoughts were stifling the life force right out of me. Every thought was "I can't" or "I will never have" or "I don't deserve". Sometimes our thoughts can be so negative, they literally suck the life out of us. In that example, reading three books, *Learned Optimism* by Martin Seligman, *The Power of Your Subconscious Mind* by Joseph Murphy and *The Road Less Travelled* by M. Scott Peck, helped me to presence my thoughts on aliveness and the result was immediate abundance.

Have your thoughts ever cost you precious life force energy? If so, it's time to befriend those thoughts and develop a relationship with them. In my example, I needed to start believing I was worthy, that it was ok to accept abundance. I discovered through my process that I had a silly thought running in the background that to be a good person or a spiritual person, meant that you had to suffer. I came to realise this was ridiculous. I could do a lot more good in the world if I was abundant. Through realising it was ok, I was able to change my energy to bring in life force, in this case abundance.

What do you need to befriend about your thoughts?

Your mind is a recorder of experience and often, these negative thoughts are the result of your mind recirculating observations of past experiences, as 'evidence'. You can't argue with that. Things that have happened, have happened. Perhaps you haven't been successful in the ways you wanted to be in the past. But when you recognise that just because something was, doesn't mean it always will be, you can place that so called evidence in the correct box with the correct level of power over you, none. Facts are, things have happened, but the truth is, that has no relevance on your future. You are much more likely not to repeat painful mistakes than to continue to experience real pain. It's human nature to avoid pain. So when your mind is speaking to you, remember it is just remembering evidence, like an evidence clerk. You are the judge and juror for your own life. You get to decide your punishments or your life sentences of total bliss. This is your power as the higher power, the spirit running the vehicle that is your mind, emotions and body.

So always remember your mind is a recorder, not an informer or wisdom sharer. Just because it says something, it has no power over your future.

I've found the mind to be one of the primary reasons we do not presence aliveness. It doesn't matter who I work with, where they are from or their age, the mind has been given a lot more power than it ever should have had. This intellectual value has deflated the spiritual and emotional intelligence we really have. It is these counterparts that bring aliveness into our physical world, so we must allow them to speak more loudly than the voice of our mind. At first this will feel strange and uncertain.

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I remember when I did this for the first time, it was like playing 'faith tag' with the universe. I would feel into an outcome and sense what it would be, then wait to see if that day it came to fruition. When it did, I would go back and try the same thing the next day, with a little more faith I could do this, then I would have it proven and feel more confidence. A day would come where my mind got in the way and I was not right. Then I would go about 10 days back in confidence level.

It is always interesting how much power we give our minds. Even if we are right 98% of the time, the 2% we are wrong, will effect us more the rest! Learn to think in percentages. Use rationality with your mind, as this meets its need to store facts, based on logic and observation as much as possible. This will help your mind focus on aliveness, even when you are trying something new and are still unsure and less confident than you would like to be.

As I said above, sometimes to stay in the magnificence of aliveness, you need to be less ordinary and take extraordinary steps in your life, you may choose to do things that are radical and different from others. If your awake enough to do this class, then you may understand exactly what I mean! When you are radically fantastic and consciously authentic, you will meet others for whom this is challenging. Sometimes we call this 'tall poppy syndrome'. When another is threatened by your magnificence, they are likely to try and force their will and thoughts upon you, to try and validate their own minimalistic behaviour, choices and ideology.

I see this most commonly in interactions with family members. This is one of the ways we can get knocked out of our presence of aliveness. My family is very open these days, but I am sure if I shared even a small amount of what I do every day in consciousness, it would make their heads explode! My first suggestion if you are experiencing any kind of deadly energy from family members, is share with whom you are speaking, from their point of view. Don't share consciousness that is above their awareness. We all want to be loved and we all want to belong, but just because someone is a physical family member, does not always mean they are the right person to share the things, you feel the most personal and vulnerable about. Sometimes a friend can feel more like family in this way. If so, share with them. Share your deepest dreams of aliveness with those who want to see you blossom.

We are all flowers in Mother Earth's garden of consciousness, yet some people do behave like prolific weeds! Spend time encountering other flowers and don't let the weeds overtake your great beauty and aliveness. This is how you stay on track with who you are, honour who they choose to be for now and allow your aliveness and their unique way of experiencing it also, to blossom. Aliveness can be drained when we are trying to change others. We all must be who we are.

When you have a dream allow it to be
known as a sacred thing and share it only
with those whom you know will encourage
your life force around it.
You deserve to be alive and
supported in that aliveness.

And, if you don't know anyone who will, then make the effort to connect with sacred others, who are new in your world, but may feel like old friends when you meet them again.

There was a great story I once read by a very inspiring fellow called Jon Gabriel. He lost an immense amount of weight with no signs he was ever fat remaining and achieved this through dieting, but also visualisation and other tools. He speaks in his book about a work colleague who was aggressive and verbally attacking him frequently and how his fear of this individual made him manifest a shield of weight to feel safe. Walking on egg shells, was not living fully and his body creating unwellness to match the level of unaliveness he was embodying.

Have you ever felt so stressed and disembodied that you are not connected with your body? A person practicing aliveness is deeply connected with their body. They know when it is hungry and feed it, exactly the amount it wants and the foods that are really good for it. They exercise because their body loves this. They sleep when their body tells them they are tired. Practicing aliveness means a deep connection and presence with the body.

Auric shock can also cause a lack of aliveness. When we experience stress sequentially or traumas, our emotional layer of the aura can





literally make us feel beside ourselves, because it is beside the normal concentric oval like formation of the layers of or aura. When a person is energetically beside themselves like this, they cannot possibly embody aliveness. Do you check in with your aura to make sure it is equal and equal distant through each layer after you've encountered stress?

Similarly your central channel can most often be out of balance from full aliveness, when it is not perfectly vertical. This happens every single time there is a large earthquake of about 7 on the Richter Scale anywhere on the planet, which alters the earth's electromagnetic field slightly and therefore alters the electromagnetic field of all living beings. If we don't adjust ourselves to the new vibration Mother Earth holds, each time she changes, we will feel less alive. Do you check your central channel daily to make sure it is perfectly vertical? Especially if you feel less than full aliveness?

Your chakras not being balanced can also produce a feeling of less aliveness. If the five central chakras are more extended out the back or the front than the other side, you will not be able to feel so alive. If the crown and base are not equal distant, you will also feel less alive. Your energy system should be

momentarily checked every day.

Your body will also tell you if there are any long term energy imbalances. Just stand naked to the side in a mirror. If your sacral chakra cone at the front is more extended than at the back, where it is concave, you will see your lower back sways in, while your pot belly extends out. If your solar plexus does the same thing, you will see a belly that protrudes at the solar plexus point. Notice your long term body shape. This may indicate a need to pull back your energy in certain ways. After all the back of your energy is about how much you hold onto for yourself and the front is about how much you give away. Are you giving too much of your aliveness away? If you are your body will show this. Only you can choose to do this and change these actions if you want to.



Not having enough abundance energy, in any form you want it, in your life is caused from not allowing yourself to experience this aliveness. You are a drop in the ocean of oneness, just like you are a drop in the ocean of abundance. When you feel this aliveness, it is as if you are a golden energy radiating the absolute abundance of aliveness (which you can use as a yummy daily visualisation). Once you embody the energy of aliveness, you will be guided gracefully and easily to the 'how' of abundance manifestation. Aliveness energy guides us, when we embody it. We can only then attract more, to feel aliveness about.

Drink in. Aliveness comes from allowing, receiving, knowing you deserve. Imagine your ovaries if you are a woman or your testes if you are a man. See them like absorbent energy sponges, taking in all the good aliveness energy of the universe. These are your reservoirs.

So often people are instead trying to push out life, using kidney energy, trying, doing, smashing, making, forcing. This is not aliveness practise. We need to delve, surrender, drop in, receive and get out of the way to let our deepest desires become manifest. Trying is exhausting and it will get you burnt out. Holding consciousness about what state you would like to experience and then letting the wisdom of life bring it to you in whatever form it comes, is always much less effort and more satisfying in the end. Are you pushing? Or are you allowing?

Are you fixated on an outcome? Aliveness energy chooses the outcomes for you, based on a more vast understanding than you hold. I learnt this lesson the hard way. I thought I wanted a centre back in 2005. I was attracting more clients and students than I could see at my home office. I was referring them to my students who were really talented and I thought we needed a place to house everyone's actualisation. I pushed (using kidney energy) for six months, and eventually got a centre. For me personally, it was the beginning of a massive time of burn out, looking after my staffs needs at the centre, instead of just focusing on my work and my reason for being.

If I had have been listening to my sense of aliveness, instead of my belligerent mind, that thought it knew what I wanted with its tiny capacity for perspective, I would never have opened that centre and I would have held onto so much more of my life force and aliveness.

Have you ever 'thought' you wanted something, only to find out it was life sucking when you did it?



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When you make decisions, make it based on how alive it makes you feel. If something makes you feel like a deep exhausted breath when you consider it and you are already exhausted just contemplating it, it is not for you. If you feel so alive, it is like you are tickled with joyousness you cannot hide when you consider a decision, and an immense energy wants to burst forth from you to make it so, you are being invited into aliveness with this option. Take it! Do you ever notice how all decisions options make you feel? Got any decisions at the moment you could apply this to?

We need to look at what values we have about being alive, to give our life purpose to maximise aliveness. When I wanted to look at this deeper vision for my life, I imagined my funeral. Sometimes in our death we get to contemplate aliveness. I knew that when I died I wanted some legacy of mine to continue after my death. It didn't matter how much money I had or what car I drove or what status I achieved, to me it mattered how much of a ripple I left behind, how many people's lives I effected. I wanted to know my life's work would go beyond my lifetime. I knew this would give me a certain immortality, to know, I had justified my existence, leaving more than I took, by living. Knowing this, I delight in every book or class I produce, everything I invent, because I know these things will continue the teachings long after I am gone.

Have you contemplated what you want your aliveness to mean? Do you feel compelled to do what you do, because of the deeper meaning of your existence? Does this energise all your efforts and help you feel tremendous aliveness? If not, consider your end, what meaning do you want to leave behind?

One of the fastest ways to kill aliveness is through ego. We can do this with arguments, we are so keen to be right with, we don't care how much energy we expend fighting! Figuring out a way to end an argument, can be the most beautiful way to reinvite aliveness. Do you have any arguments with others right now that drain your sense of aliveness? Ever heard that saying 'no tree has branches foolish enough to fight amongst themselves'? If we are all one, who are you really fighting? The answer to this question is the way to reinvigorate aliveness no matter what the argument was about.

I will fall on my sword and let another win, if it means it brings more life to me and others. I am happy to be wrong in the eyes of another person, after all they are seeing from their unique perspective. And yet you can still have your own principles. If you were trying to murder a puppy in front of me, I would stop you. Not because you are wrong and I am right, but because I am a servant to the life principle and unless that puppy is suffering and I can't help it for some reason, I will help its aliveness be preserved. This is a value of mine. What you value becomes something that gives you aliveness.

I had someone very close to me, that during healing from cancer, decided to get into dog rescue. She became passionate about life, having faced her own death. She got out all that anger, by facing up to councils and politicians and actually managed to change policy, while proving, that not a single dog needed to die unnecessarily for a long period of time. Once this no longer made her feel alive, she stopped. This is also a great example of listening to when we no longer feel energised and alive. We won't always feel invigorated by the same things. If we do them after they have stopped making us feel extra aliveness, we are just lying to ourselves and everyone else.

Grow in Week 3..

What ethics fuel your aliveness?

What fills you up with aliveness right now?

How do you invite aliveness?

Where are you dead inside?

What areas of your life feel dead to you?

Pay attention in week 3, to one area specifically. Maybe you will choose the same area that you focused on from week two, as the most deadening area for you. Watching carefully you can discern what needs to be going your life and throw out the garbage. Whether that is others comments beliefs or personal circumstances.

Pay attention to the minute details. Do you feel uplifted by every activity during your day? If not, what do you feel good about. Do more of this in this area. Note also it changes with time, so don't feel like it is one thing that makes you feel alive forever. This may change constantly. You need to be prepared to let go and be fluid.



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When I left the centre in Sydney it was like this. It was no longer making me feel alive. I was working too hard! Sometimes up to 80 hours a week of channelling and classes and I had already proven to myself that I could do it. I had managed to get more than fifteen staff loads of work by training them up then guiding them while they learnt to soar. I had outputted a massive amount of energy to do this. At the time I was delighted to, but it there came a point where the massive energy I was holding started to feel like a burden. This is when I moved away to Shamballa. People might have looked at that from the outside and been surprised I was walking away from such a great business that was so successful, but for me it was about making authentic impact and I had achieved this already.

The same thing happened with my retreat Shamballa. I didn't know how much it was limiting me, but the universe did and I was told to go. The spiritual ancestors of the land said to me one day that this would be my last class. I was sad as I had enjoyed the deep learnings and personal rest from the awe-some energies there. But it was time to go, life had spoken, so I put the property up for sale and the

buyer bought the place within 3 weeks of it being on the market. Normally rural properties where I lived could take many years to sell. When we are honouring our aliveness, the universe responds. But we will only know what to do if we are paying attention.

Have you been paying attention to aliveness and how it informs you? Even if you are not a medium, your knowing is always working through your feelings and intuition. You know when something makes you feel good and when something doesn't. Why do we continue to do things that make us feel bad? Usually because we are afraid of change. We are afraid of making a mistake. We risk our life force everyday by living in death, unhappy, just in case aliveness options don't work out!

Many years ago my dad taught me a beautiful lesson on this. He was offered an opportunity after going bankrupt a few years earlier to become a business partner with the firm he was working for and take an overseas opportunity, the success of which would entirely depend on his own nous. He would have to put his home into mortgage and risk everything to do it. He told me he made that decision by contemplating what the worst possible outcome could be. If he could deal with that outcome, then it was worth the risk. With such a good feeling about him getting to actualise that potential inside him and an inner knowing he could be very successful, he took that risk and it made him massively wealthy and set him up for life. This was a pretty scary decision considering another decision had made him go bankrupt a few years earlier. The point is, sometimes things do go bad, but in my experience, when you are really aligned with your aliveness and feeling super excited about an opportunity, with the absolute knowing you can make it work and you have to, there is a compulsion inside of you to do it. If at the same time you can handle the risk, then you absolutely have to go for it!

Think about your dreams. What is the worst possible outcome that could happen if you followed them? Could you handle that risk? Could you deal with the worst scenario? Would you be ok?

When I let go of my Sydney business, on the off chance people might want to travel into the middle of nowhere to do retreats with me, I risked that. I also risked the prosperity I had built up when I decided to change to primarily online work, which my teachers at the time, said was not possible. However like all decisions I have made from the point of view of aliveness, this has flourished and now I get to help people from all around the world, not just one small corner of it.

What risks could you take to foster your aliveness, that feel safe and have manageable outcomes, regardless of what those outcomes are? Could you have a go?

Aliveness also informs us that we need to leave others opinions behind when it is time to grow. I had a wonderful client recently who told me that his family is questioning his decisions to have a relationship with another man and after accepting this, are now questioning his decision to have a child of a different colour to the majority of the family. He said to me, honestly looking within, am I just seeking attention, by doing this? My heart feels this is the right thing to do. Spirit answered, it is boring to be normal, but you're not normal you're magnificent, so you're not going to do things 'normal' people do. If you are constantly challenging yourself with heartfelt decisions that deeply resonate with you, you are practicing aliveness, even if they seem strange to your family members or others.

I had a backpacker come and stay with me for a few months a couple of years ago. She was the most luscious vital woman I have ever met or even encountered. She was living aliveness, spending each moment as a sacred invitation to aliveness. This radiated from her like infectious indescribable light. She was attached to nothing, practicing presence in aliveness in each moment. She was an inspiration.

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When you ask yourself, how can I live more fully in this moment, what would I need to believe, think or act upon to make this moment as alive as I can be? You are starting to practice this scripture.

Like all things, this way of thinking has momentum. Once you begin, it will feel as though it takes a lot of focus. However in time it will feel like it is effortless to make these choices without even thinking.

Again you have a great teacher in small children for this concept. Just watch a toddler explore. Everything is approached by determining which is the most stimulating and fun practice. This is continued constantly. Who was it that decided being a grown up could not be fun?

Are you having a daily dose of fun?
This is a proper and very official practice of aliveness!
Have lots of fun!



You can practise aliveness in your body. I do something I call iYoga every day. It's really simple. Meditate a little, get in touch with your body. Become present. Notice where you feel tight or less alive. Breathe into this area. Maybe you also feel like stretching it out, gently and slowly? In your mind imagine yourself bringing lots of light and life force to this area. See your breath as the vehicle that brings this area aliveness. The stretch and movement allows the room for the breath to fill the area with aliveness. It's like drinking it in. When you feel it full, stop and check in with your body again and repeat with next area that feels less aliveness. Try this in week 3 and see what this feels like for a week.

Many years ago I was told my back injury from when I was 17 would lead me to be debilitated as a life long absolute. iYoga changed my life and lead to an acceptance of aliveness within my physical body, that has lead to no recurring symptoms from my original injury. I can't recommend it enough as part of your aliveness practice. It will bring incredible aliveness to your physical vessel.

Aliveness can invite us not only to value a deep relationship with our body, but it can also direct our biggest life choices. When contemplating how alive I felt, something was always missing, even though I was fostering life and guiding others from around the world, for me, something was always missing from my life, some part of my aliveness not actualised. This has only been fulfilled for me by having children as well. For me apart from being a delightful experience, children also serve my greater purpose, to leave legacy of consciousness. This is not the way for everyone, not everyone wants children or a huge business or impact, but if you feel some level of emptiness inside, you are not honouring some facet of your aliveness. Listen to this. What is missing? What is calling to be activated?

I have always felt we should encounter all aspects of living. I even let my female cat have a litter before getting her desexed, just so she could experience aliveness. On New Year's Day of the year 2000, she got up from the sofa meowing and announcing it was time for her births. Every time I tried to leave her to it and went to sit in a chair across the room, she would meow, walk over to me and insist that I witness this life giving. Only when I was physically with her would she settle again. Four kittens into the process and she was very tired, but beautifully tending to her little ones. I will never forget the beauty of witnessing the aliveness of that day. We have such a natural capacity to honour aliveness, no matter what our species. Nature can teach you so much about aliveness. Spend time with your pets and with the natural world around you to learn more.

Aliveness is the best high you will ever get. When I did my 12 day initiation into becoming a kundalini dance teacher with the very wondrous goddess incarnate Leyolah Antara Decker, we danced for 12 days straight for about 10-12 hours a day. My mind would never have thought that was possible. Working with kundalini is a way of inviting the juicy life force energy of aliveness in your body and asking what is there to awaken fully, moving all else out of the way. Aliveness is your truest nature. You already have a vast reservoir of energy inside you waiting to burst forth and help you become all you really are. Practises like this dance technique and kundalini yoga (I love the 'basic spinal series' by Ana Brett and Ravi Singh) help to centre and balance you in aliveness. For me they are very regular practises. What are your regular practises of aliveness?

I have also had times in my life where I was not delving into my aliveness. I used to live in Sydney across from the beautiful curl curl beach, literally right at the oceans edge. Yet I never went outside on the beach. I would admire the view, from a distance, but I never immersed myself in life. When I moved to Shamballa I was no where near the ocean. I craved it so much and used to drive 40 minutes each way, just to dip my body in the waters. Aliveness make us crave the same life giving energy. Are you auditing like I was or are you actively involved and immersed with energies that are alive?

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When I moved from the massive aliveness at Shamballa, I was guided to rent a house on stilts. It had lots of big windows to enjoy the view, but all parts of the floor were disconnected from the earth. Spirit were trying to show me how disconnected humanity was with what they thought was beauty, in this case disconnected architecture.

I got so sick living there. Emotionally I felt dead. I could feel how disconnected I was from Mother Earth. I felt depressed and deflated. It was terrible and such a contrast to the beauty experience I had with full aliveness at the retreat. This is what made me realise that for me, I need to be fuelled by nature. This is part of what gives me such aliveness in all I am and do. I realised that I always need to be in nature, surrounded by vast quantities of it. This is what makes my aliveness flourish. So we went and bought another 155 acre mountain, this time closer to the ocean, so we could have the best of both worlds. Aliveness can tell you where to live. Does your abode make you feel alive? What energies do you need around you every day to feel maximum aliveness?

When Stuart Diver was rescued from the Thredbo disaster in Australia in 1997, I gave up watching television. I felt so deadened by the news. I felt, everything, every bad negative thing they reported on. Committed to my own sense of aliveness, no more television was my practise. However after years of training myself to experience all energies as positive, I now monitor the news again as a process of fostering my aliveness. I want to know what is happening in my world. I want to stay connected to it. I want to live in the world and never be separate from all parts of it. How do you feel about the world? Does it make you feel alive? How do you stay connected to its aliveness?

I also practise two energetic techniques daily as a process of aliveness, chakra blowing and auric supercharging. Chakra blowing simply 'blows' through your intention, anything that is not life giving, off your chakra cones, so your energy can flow in a deeply vital way. Auric Supercharging allows the natural flow of your aura and the microcosmic orbit of your meridians, to be fed vital life force. Both are excellent practices of aliveness, which is why I include the guided meditations I have created in almost every class (including this module!). What energy techniques help you to feel astoundingly alive? It's time to find out!

Another wonderful practise of aliveness to deeply centre you on the cosmos to which you belong is sun gazing (only for the first few seconds as the sun rises) and moon gazing, as well as star gazing. I don't know how a person could look up at the stars and not feel incredibly alive, to realise they are part of such great beauty and life. Do you remember the bigger interstellar picture housing your life? And all the life you are connected to, as a practice of your aliveness?

More recently I have let words centre me in aliveness. I was told about a beautiful song by Maitreya Shanti, called 'Your Love is Real' (which you can presently download off SoundCloud). When my son Arthur is crying and needs to get to sleep, a job he does not prefer over exploring new things, I listen to this song with him in my arms, feeling so grateful as I sing the words to him, reminded of the gratitude I feel for the incredible love he brings into my heart and life. I feel SO ALIVE after this practice and surrounded by so much love and he usually honours his need for aliveness and goes to sleep to rejuvenate!

Aliveness also means we refuse to accept death practises.
We don't tolerate energies that belittle us or negate our life force.
Be unafraid if you need to do some personal house cleaning.

Do you have some to do?

Prayer is also a practise of aliveness. Particularly in Australia, I have found that when I mention the word 'prayer' or that I am an ordained 'Minister of Walking Prayer', people often get nervous and relate this to their negative experiences of religion! The training I received was from more than fifty indigenous elders from around the planet, into the practise of prayer and is not based on any religion. Even though religions have used prayer and have sometimes corrupted it for a small group of individuals who have an agenda or limited framework, prayer itself is incredible.

Realising that you do not have all the answers is liberating, it is also the point of prayer. So is realising that you are entitled to love, help and support from the universe or whatever name you give the ocean of consciousness that supports all of us tiny droplets. Prayer as a practise is a conversation with the ocean of consciousness, which invites it to help you have great understanding, peace and knowing. There is no greater feeling of aliveness than when you have peace in your heart. All the stress and mayhem melts away. It



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doesn't matter which ancient culture you study, elders everywhere know how incredible prayer is. It is in fact a construct of all ancient cultures, even though they all had different things to pray to. Prayer in the context I speak of, simply means having the conversation with your Divine, however this forms for you. Do you engage with this wondrous help? If not, try prayer. It can be as simple as talking or thinking your hopes and dreams and asking to be guided. This keeps you centred on what makes you feel alive and gives you hope and understanding. When answers come you feel deep gratitude and a renewed sense of belonging to the aliveness that breathes through us all.

Aliveness is also a mental practise. You control your thoughts. They are not controlled by another. If they constantly get you down and make you feel dead from their berating nature, get a handle on who has the power here. Your thoughts are not an entity on their own. If it feels like they are, then give this entity a name. I used to call mine 'Moaning Myrtle', a character from the Harry Potter movies. There was such a 'poor me' story going on! Whenever this aspect of me would speak, I would make fun of it! It was such a winger! I would remind myself that I was in control of my own destiny and I could change whatever 'Myrtle' was winging about. In a split second, I felt more alive than ever!



In the third week, write down every aspect of your life on a piece of paper, separately. Maybe stick this on a cork board. Let the items sit there for a couple of days and make sure you haven't missed any. Try and put these things near your bedroom or somewhere you will see them when you're relaxing. Then notice for the next few days if you missed anything and what parts of your life feel most alive. Order them from most alive at the top, to least alive at the bottom. Then ask yourself, in week three, to explore the ones you feel least alive with. Take one at a time for a few days. Ask the universe how you can feel more alive in this area. Notice the thoughts dreams etc, study this aspect of your life.

Then change it to add more aliveness, as you are inspired to. Notice if you feel more energised and alive as you make these changes. If you have time, do it with the second most dead aspect of your life. Work the process and see where it leads you.

You may continue to do this as a life-long spiritual practice to help you continually presence more aliveness.

If you haven't already. I'd also encourage you to read the first Celestine Prophecy book by James Redfield, if you have trouble seeing the aliveness in the world around you. This have a lovely take on moving towards aliveness. See if this speaks to you. You might also find The Four Agreements by Don Miguel Ruiz helpful if you are looking to clean up relationships that are draining your aliveness or Sacred Contracts by Caroline Myss might help you with the extra wisdom you need to change archetypal stories, like the 'poor me'.

No more being a victim. Life does not effect you. You effect it. It is time to become the most alive you could ever be.

You are a Divine Power that can enjoy
unlimited aliveness right now
and in all moments from now on.

Begin to study this, starting with the area of your life that feels least aliveness. See this as a process and a practise to which you will dedicate yourself and make all future decisions based on this, as the essence you want your life to be built around.

In no time at all, you'll be experiencing
a new state of life, one where
all experiences become bliss and
you enter the sacred way of life,
we were always meant to experience.

I'll meet you there!



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