



# Eternal flow Insights

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## Blockages

The source taught me that some of my reoccurring situations came from the past. I wasn't really into past-life lives even though could often tell people what they were, but it wasn't until I traced from areas of the body a picture emerged from a situation in the past and also the emotional blockage that created a person to have mannerism in this life. I was highlighted to a key word or situation that created a block until released. For example: One patient I was working on who recently lost her husband, was suddenly unable to walk properly on one leg. She couldn't drive or walk more than 10 yards without being in so much pain. After releasing her past-life experiences, I came across a situation where she was a man in the war, she was behind enemy lines, got caught in an animal trap and had to hide down a hole while the enemy was closing in. She had to give herself up as she realised she wouldn't survive. Her leg was later amputated, but she survived.

Because of her trauma with her partner dying, the negativity or emotions she had held onto was sending her body into creating past life emotional blockage to release. I could see the leg was detaching from the body. This I found amazing what the body could create. Guided by spirit, I sowed up the leg and reattached in energy form by showing the body the picture of the leg being right and flushed the thought of water through the veins to cleanse the blockage. By telling her the story, she had released the blockage, which allowed the body to heal and mend the leg. I received a message that after few hours, she was able to not only drive but go into the garden to the place she loved to tend to her garden.

So the realisation that our body is an amazing healing machine, when it is not dealing with getting rid of negativity prompted me to create a daily routine audio to help cut the ties to negativity we absorb from family and our environment. By putting love into the body, cleanse in nature, the body vibrates this energy, which cleanses the body of negativity absorbed. The treatment is still needed to take away past life, childhood and future, which I will explain more. For a programming is created to release us from past emotional blockages or vibrations we

have brought from past life to learn. It is why as a pure energy from the age of 0-7 years, we have chosen our parents and environment to learn in the hope to clear the emotional blockages from the past life. We even create often programming or moments in childhood to learn from.

*For example:*

I was helping a lady who mannerism was that she seemed to only love those who treated her badly. Those who loved her, she treated badly and didn't want to be with. I didn't know any of this when working, but love issues came up in past life. When working on childhood programming, she told me it was a waste of time me attempting that for she had been in counselling for years, and they had never got past the age of nine years of age. She couldn't remember before that time. Techniques the source taught me, helped to clear all the negative memories created in her life, and this eventually guided me to age four years of age. A situation to do with her dad, showing he loved her and this is what she based her mannerism of not being able to be loved on to do with men. At first, she convinced herself she wouldn't see picture then suddenly she saw it. Her dad gave her a rock. She wasn't very happy about this and has just remembered that even though she only saw her dad a few times before he died. That when he did, in the box given to her, was the rock she kept from that age. She broke down, and the programming was gone as all her life she just wanted to be loved by her dad. The realisation that anyone who didn't show her any attention she was attracted to because of the life that happened with her dad who left when she was young. Because even though the programming was released, we have to look at the ancestor chain to ensure the vibration to learn this lesson is released and won't be put back when go back to our environment and family. So we went to her mum to see why she had attracted a partner who would leave. And why would she have absorbed her mum's emotional blockage of not being loved to attract a partner. She told me I was wrong for her mum had over loved her and gave her everything. I told her if her mum had to over love her, she was trying to make up for something she didn't get. She agreed her mum had a strict and unloved childhood. So the realisation her mum, didn't know how to love and felt she couldn't be loved had been passed on to her. In

this moment of insight, she started to shine, a sign that the programming had released. I asked how she felt about her dad and mum, and she was happy. She didn't feel any pain on the body, a sign that the negativity and blockage had been removed. From the programming of thinking she couldn't be loved and enforced by her dad had been taken away, not the pictures or memories but the negativity that is attached to those pictures that causes us to feel the emotional pain. She told me she needed to get that little black book out and look for those who did love her because she could accept their love now and the wanting to have those who treated her bad wasn't part of her mannerism.

So now we see from past life, we bring forward an emotional blockage that can only be released through experience and why the soul plans our life, creates with our choice people and environment to learn and let go. We even create a programming to vibrate in childhood of a situation we thought we weren't loved when we were, because emotional triggered by us absorbing this feeling for our parents. From the age of 0-7 years, we absorb our parent's emotions to help them and why children seem to wind us up, because by helping us, they hope we keep them safe. By triggering our emotional issues, to help heal us, they also take on the emotions to help, which then they create an illusion all situations of negativity thoughts to vibrate a programme that created our mannerisms and how we act. We weren't born with these but have this to learn the emotional blockage.

After helping people I have noticed that some people started to go back to old routines, to moan about family members or think in a way they used to. This quickly alerted me to possible environment, family ties that was installing negativity to learn something similar. On tracing the body forwards, the realisation that present day thoughts was also trapped on the body which was creating the future vibration.

*For example:*

A lady I did a demonstration on to release future blockages in a crowd environment. I helped her to see why her foot was hurting. Each side of the body gives insights into the type of problem that the body is trying

to tell you. Feet are sign that frightened to step forward in the future. She felt a pulling sensation once we did healing on her and when she traced it, she saw her old home. She was excited to move but had reservations of leaving her old place. I told her she not released the ties on her old place and so she was vibrating the fear of new place. Once we cleared the ties, she had no worries of moving and couldn't wait to get into her new home.

So everyone, we meet we attach a tie to and why we vibrate to meet people to learn from. We cannot meet anyone we don't want to learn from because we vibrate the programming and lack we feel to learn to let go. I find is fascinating we see other people as the problem when if we truly were vibrating the source we wouldn't attach or attract those who teach us lessons from problems. Furthermore, we attract those who give us peace and show us being the source by just sharing with no need or wants and often doesn't want to argue or be right when with them, just enjoy the company. Even objects that create our environment, we attach to learn as well. For everything moulds to your vibration they say to learn. So we truly create our world with what we vibrate and think. The amazing thing is when we stay connected to the source and let go of anything not the source, we are healed automatically as the source energy will cleanse negativity as it can't attach. Like polluted river, if you take away the problem that is feeding the river, and the pollution cannot attach to the river; it just flows away. Like problems if you stay in the source or enjoy life, we never let anything bother us while we are enjoying, because it can't attach or change our mood until we worry about it. So blockages are what we have created to learn, we have some from past, from childhood and even connected to the future as we can fear a move.

Guided by the source, techniques have been given to me to share to learn those to heal themselves, with each patient, I am learning and evolving and is why I teach also this amazing technique that just evolves each time to help those to bring peace to their lives and learn how to deal with a situation for the future.

*Audio:* Source daily routine is amazing for cutting ties, getting cleansed in nature, flowing in abundance and a visualisation you can do on the

move that shouldn't make you sleepy, but after few times is programmed to get you flowing in the source. I certainly can tell when not done this visualisation. It is an all in one to kick start your day.

## **Vibration al Flow**

The more I have learnt from the source about energy and flow of life, the more I realise that the people whose bodies are flowing without stress and just doing things are more likely to be guided by the soul or flow in the source. It is when we are enjoying life do we see opportunities are experience life through automatically being attracted to situations. It is like the river, when you just surrender to the flow, it actually supports you and guides you over obstacles. So when we learn to flow with life source within us, we find problems don't stay around and even events we don't want to do get cancelled. It is like everything falls into place. Until eventually we become the source and so a part of everything. What stops us flowing is trying to hard, what we attach to and worry or stress about. Furthermore, if we haven't enough water in the body, can stop the body flowing. Inside us all is the source, right next to the heart, when we ignite this, we ignite ourselves to flow again and be supported. It is like when on holiday for three days, we are flowing so well we don't let anything bother us or even stop us enjoying. Getting into nature helps us to balance and flow. You start to see the beauty in all, as you are no longer separate from the source but enjoying the source. By flowing we don't attach, not to flow. You start to play your part by just being you and flowing.

*For example:*

I was really worried about an event I had agreed to do. I wasn't really excited at the time but the thought it was money, came in. Everything I tried to create for the event, just seemed to fail, I wasn't feeling very well as my body was showing signs. As soon as I decided what will be will be and started flowing again, got into the moment. The event was cancelled and was invited to another event where I made twice as much money as the event I was doing. This amazed me to realise that in

surrendering and flowing, it was taken out of my hands, and another event was put in its place that I really enjoyed.

*Audio* : Vibrational flow, get you flowing again as it takes you on a journey to free yourself up from your thoughts and blockages. As we flow we open our eyes to possibilities and attract other flowing situations that have the source in them. That which doesn't flow, doesn't stay with us while we are flowing.

## **Moment Of Peace**

When we realise that our thoughts create our reality and what we vibrate is often what we have held onto to learn. Getting back into the moment releases us from our ego thoughts, the past and also the separation from the source of future fears and blockages. If you only thought that this moment mattered and what you do create your life, you don't worry about anything else and realise that 90% of our thoughts was an illusion all as none happen until we think they have and so attract.

*For example:*

How many of us think that until we get some money, we won't be able to go on holiday. A future thought but will never happen because we have detached from the abundance and ordered that we will never go on holiday till we have money which we don't have. Then we start thinking of why we have no money, and all the bills starting to think about or possible situations that mean we cannot go on holiday like we have a Mot to pay for that may mean we need a new car because the garage people may rip us off, so confirming our illusion al thought we have created. So being in the moment is important to stop ordering lack, to stop the brain from filling in the gaps to do with lack and to stop the ego from separating ourselves from the moment or source where we can have anything we want because we are a part of everything until think in such a way of being separate. For if everything moulds to your vibration if in source, then thoughts start a process of attracting that which your apart of to come into happening. So, anything, we haven't

got is what we perceive we will never get until we have something. When we are already a part of it. For the source runs through everything and only what energy is put to it, it becomes. Take the pressure of yourself, the moment is all there is, get into the moment and anything that not the moment good or bad imagine putting into a box and will be dealt with. Even good thoughts that come to you for guidance, I put in the river to flow and come back even bigger because we can limit what we receive. Your future you have free will to create; you don't want it to be based on programming or fear you have attached to the body. We tend to focus in the moment on automatically enjoying as guided by the source. Peace comes from being peace. What we be, we will attract.

*For example:*

My car broke and also there was a course I wanted to do. I had no money and got into nature and ordered what I wanted. I had no attachments to it happening and just looked for opportunities. My sister in law offered me £180 for an old television I had. Because I was lucky when bought it is £450, but I got it for £250. Thanks to some ordering. So I allowed my brain to kick in and felt guilty for selling it for £180 and gave it away for £100. When the bill came in for car and course, it worked out £180. I was shocked and so on walking in the woods I asked why I didn't get the amount I needed. It wasn't long before I saw I had, but I decided not to allow into my life by changing what I had received. I realised I had done this a lot in my life helping people for free even though they had offered me money and was happy to pay. So when an idea comes in, put back into the river, and soon you will see it grow into a bigger situation you couldn't have dreamt about. For often we limit what we receive in life through our brains and ego separating us from abundance. If we are already a part of everything, then nothing that will bring us peace cannot be obtained. The more I put good ideas in the river, the more I receive to do with ideas and actually guided to people to receive. A thought can really create our life and if ordered in the moment or source; we can truly have what brings us joy.

*Audio:* Moment of peace was created to get you back into the moment as you cut ties to the past, ego and future. In the moment is where the magic begins. You have no restraints or blockages to creating or sharing your passion.

## **Awakening**

Many times I have seen the connections to why I have attracted the lessons in my life. After walking down the beach, I saw signs of awakening that had directed me to learn the lessons that showed me a new world. I was asked to do a meditation at a healing circle and created an audio. This audio is only a short piece but really gets you one with the energy of the earth. It gets you flowing the source as you awaken or ignite the inner source within you. You also connect to energy that has been ignited in the earth for the 2012. This energy has always been there but has been highlighted more with the time of the cleansing. More souls are being awakened to looking at life different as no longer we are being greedy and seeing another way to live.

*Audio:* This awakening audio really gets you connected to opening your source within to connect with everything.

## **Pure vibe**

Once you are cleansing and cutting ties, flowing and getting into the moment I thought that to ensure the pure vibration we feel when we are enjoying life, created or sharing our passion starts to show as we no longer are governed by our emotions. When we ignite the pure vibe feeling to flow, we start to see new world show of peace. We feel connected to everything and enjoy the feeling of living.

*For example:*

When I am truly connected to this pure vibration that I have gained from walking down the beach or holidays when enjoying life. Time flies and soon you feel a high from life and sometimes even want to sing. I have often experienced this but never realised what it was. I

would go to groups where person wasn't in the pure vibration, and soon I was just sitting and enjoying the energy when I realised that others was picking up this flow. It was contagious as others started to share lovely energy, and some was releasing the negativity they had attached. Without saying a thing, I realised by being a vessel of peace and vibrating this pure vibration, I no longer wanted to moan or complain, didn't see the bad in people but their part they play. I was enjoying just being in this energy and the need or want to do anything else didn't even pass my mind. The groups were answering their own questions, and even someone spotted my smile and realised that I was playing a part and not knowing what it was but saw the difference in the group. When I was younger, I helped people without them knowing guided by spirit, and only when their soul allowed. Often, I would see signs to help, when those would say certain words. I realised that I was being guided to help people without them knowing, but this gave me great joy.

*Audio:* the pure vibe is a wonderful audio to help those feel the source; it may not sometimes feel like anything but peace but when you do something, your guided to do or enjoy, you feel an amazing energy surge through your body as you enjoy the flow.

## **Angel Calling**

Calling upon the help of angels wasn't something I ever thought of doing but seemed to just happen. The amazing things they can help you with, always still gets my heart racing. With doing distance healing on those I felt needed help, always inspired me to eventually doing healing. I soon realised that these pure energies could do a far better job in bringing peace than me. They have no limit to the amazing work they can do. As long as experience is not needed or changing someone's future then calling upon an angel, can bring about miracles that you and I would be limited to do, because of our thoughts. We limit our potential in human form and even what we can achieve by our conditioning. I have been sent many places of despair, and at that moment when you are saying the right thing or just supporting someone through difficult times or getting them to see life a little different, you

know you are guided by an angel. I think a lot of people when pray, call upon angels for answers without knowing. It is lovely to see the connections on how they work their magic. Bringing people together or send earth angels to do their bidding where they cannot intervene. For all angels have to be called upon to help.

*For example:*

When I was in a pub and a beautiful child which had four kidneys was needing some help and even the father said we need a miracle or hands on healer, this coming from a person who didn't even know about hands on healing triggered me to realise I must help. Forgetting about it, I felt ever so drained and left the premises. I was followed out by a family member who had a big grin on her face. She said she saw 5 bright figures around the child and a chord of energy coming from me. This confirmed to me that when I was guided and said to those helping to use me as a vessel as free will was important that I had got my answer that those I helped was helped by higher entities. Even though I feel we are all one, some may call them angels. For I do believe when we send from the soul the calling for true guidance and help in difficult times we are sent a higher energy to create situations and people to help. Even though I wouldn't call myself an angel, I do feel blessed to be sent places to help.

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