

IF YOU COULD

Change LIFE WOULD YOU TRY?

by **Stephanie King**

If you had a chance to alter this World, to give something back, to help make a difference – would you want to?

If you could better your own life – help loved ones and friends, send healing to the past or through your own family tree, if you could punch through negativity, turn situations around – without any extra fuss or cost to yourself - would you be willing to give it a go?

If you could talk, work and interact directly with your own guardian/angel/guide and know without doubt that they can do the same back to you, without any longwinded training – would you try?

Everyone alive today has talents, gifts, and purpose. Each has a chance to change and add to the life that they see and contribute to. But how many of us understand or even realise this fact? How many of us know the reasons we are here, why life behaves in the way it does, why patterns repeat, how others push our buttons, why it's so difficult to love and to be loved in return, why there is so much strife, stress, destruction and decay – despite all the changes we make?

Life is not a game of chance or haphazard behaviour - instead it's finely tuned, orches-

trated, well run. Behind everything we do, think, say and are – lies karma cause and effect. Far more contributes and connects behind the scenes in life's unseen realms than we could ever begin to imagine...

We existed as soul Energy before we were born, still individual in character and independent. We chose our parents, our life frame, triggers and targets we hoped to hit and achieve – knew the mistakes we and others would make, things we would try to contribute and the karma we would steadily work through. We saw life as it would be, how it would flow, where it would get stuck and what was needed to repair and to help it – and the strengths, gifts and talents we would bring. We saw family, loved ones, friends and their life plans too, we knew how we would interact and help them achieve goals they too had set. Like a well written stage play, we knew the parts we would play to life and to whom, and we only hoped we would one day remember...

Then came our physical birth. We left the spirit world and all loved ones behind. We left the bulk of who we were and past attributes as well – to embark on

a new physical life journey, to re-birth, invent and redraw the personality we would this time become. There is little point in retaining vivid memories of past lives in past times, of experiences, times spent and painful death. This is the timeframe we chose to be born, to come into, so this is the place that we need to learn everything about - to survive, to operate within and correctly connect. This is the way life must be.

From the blank perspective of birth we steadily build up the picture of who we are. Families, friends, people, environments all add their mark to create and add to the person we now are today. We are living works in progression from birth until the time of our death. But why - what does it mean? Why must we and why should we want more? Why does it feel deep down inside that something is constantly missing – that nothing we do hits the spot? That nobody knows or understands who we really are – how hard we work and what we are trying to accomplish?

If it really is true that we choose everything we are – then why are we all so unhappy? Why do we find life so difficult? Why is it so hard to find happiness and peace of mind with the life that we choose and the people we surround ourselves with? Why can't we live together without problems, misunderstanding, tough friendships, relationship and life crashes, stress, depression and more?

The answers are more obvious than we realise

Because we're each on a soul journey – there is a beginning, a middle and an end. We know the general destination and route to travel in, what we want out of life and who we are – but somewhere along the journey we've gotten lost. We've taken wrong turns, missed targets and triggers, listened to heartfelt but erroneous advice. We've become bogged down and stuck in the mire of surviving and living. Yet life was never meant to be so hard...

Technology has exploded and is set to reach higher and wider limitations. Even within our own current life frames we can see just how far things have come. But the same rate of growth cannot be applied to humanity. Fundamentally in many ways we have hardly changed a bit through the ages. We're still looking to fit, to belong, to know where we came from and why. We fight hard to survive but keep ending up back at the place where we started. For all that we change nothing really changes at all, even within our own family structures, relationships and life stories. So what are missing?

We are both physical and energy beings for the whole of the time that we live here. We are spirit incarnated here and now. There is no such thing as death only

transition, from our body – then back to spirit form again. The energy part of us that is us - is our soul – and our soul is connected to life – to the consciousness of everything that is. That is our real self. The body we own, we only use for the timeframe that we live here, physically, on Earth, living a physical lifetime experience – upon this, our present incarnation and journey. Because we don't actually disappear forever when we die - is how loved ones and friends can come close and say hi, that's how they remain part of our lives. That's how mediums and psychics can bring messages... We are eternal – we can never die – we are indefinitely part of this living, breathing planet, and each soul's journey lasts far longer than we realise.

Throughout life we choose absolutely everything, from books we read to the food we eat, people we mix with, partners and friends, we choose our vocations, where we live, our look, clothes, character and more. We can reinvent who we are and want to be as often as we like, and have done so already many times. Yet all of this describes barely half of the picture...

Before birth, whilst still in spirit/energy form, we are each assigned a guardian to take care of us through the turmoil, stress and pathway of our whole life. They do not sit in judgement but try to keep us as much as possible on track, the track of our own choosing, not theirs. This is a partnership formed of love, respect and soul progression. They know we will fall off the wagon and that mistakes will be made. They too did the same whilst experiencing their own physical life-frame and journey. Now back in spirit they've worked long and hard to attain the honour of their current position. They know exactly what it means to be alive here today – so do not judge, just offer truth, protection and guidance. It is hoped that at some stage in our journey we will wake up to the fact that they're with us - and why. Yet - why is it so important that we do?

Everything we ever do – connects and interacts with Earthly life on levels seen and unseen, conscious, sub-conscious and deeper. Generally we are aware of what we know, see and think, but there is infinitely more driving life. Your guardian knows everything about you. Where you're heading, what you wanted to achieve, where you've been, what you've done – good and bad, where you're at and are stuck, how you interact with others and with life. They know how subconsciously you keep yourself exactly where you are – despite all things you try to change. They know what needs to be done to get life flowing smoothly again, how to get you heading in a better direction. They have been by your side everyday of your life – so it's only natural that you both can communicate... 'And So It Begins...' (ISBN No. 1848500068) will teach you just how easily you can...

Stephanie King is a qualified spiritual healer, reiki master, teacher & counsellor. Her award winning titles are taking this country by

storm. Packed with guidance for every corner and need of your own life, realistic and truthful, their down to Earth manner will help every question and need that you have. They completely tune in to the person you are and highlight where you're stuck or need help...

You know what thoughts you are thinking, you know yourself and your life inside out. You know mistakes that you've made – and are maybe still making; you know truths about all you have lived. Yet deep down inside you know you are more... You know that you're good – you work hard – that you put others before your self... So why is it again that you are where you are? What is it that keeps going wrong?

Traditionally, self help books rely on hard work and long reading hours, but these are different... They require minutes – not hours each day. Simply place them in your hands, take some deep breaths and calm down. Fan through the pages, don't look and don't think of anything. When you're ready open each book and read from the point you are drawn. It is really as simple as that... and more amazingly still, they work every time, no matter what...

Newly launched by Hay House, these books are a journey of truth and discovery. See others and yourself as you had not before... Learn to read clearly what your own life is saying, how to recycle its traumas, your fears and concerns, and how to work with life influences around you. Send healing to people and to life situations. Understand and let go of your clutter. Learn exactly who you are and why others behave as they do... Break through old habits that keep you locked down, discard baggage and beliefs you don't need. Ask more precisely for help when you need it and how to recognise when it appears... Each day that you live is a new day. It's another chance to re-write, re-direct and re-choose. You hold the keys to your own piece of mind, to your health, to your hopes and achievements. You are the one and only key to your future.

And So It Begins...

(ISBN No. 1848500068) is a unique interactive, talking book, specifically designed to establish a soul to soul link with your guardian. Speaking and connecting directly with you

on a day to day basis, it will deliver information and advice, completely in tune with the moment. This life that you live is not a rehearsal. Everything matters. Especially what you think, say and do... For further information visit www.channelledbyspirit.com or www.hayhouse.co.uk