



# THE PAST & FUTURE LIFE SOCIETY JOURNAL

**Volume 3: Autumn 2013**



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## 1. Editorial



Welcome to the autumn edition of the Past and Future Life Society Journal 2013.

2013 has been a year of continued transformation. The work of past and future lives is gathering increased interest in the mainstream. More research is being done and more books being written on this area.

Two are from our own contributors.

In this edition our chairwoman, Anne Jirsch, lets us know what is happening around the world and also gives more wise tips and insights about how to grow business. Anne Jirsch and Lorraine Flaherty have published two books this year which are the result of a life time's research and dedication to finding different ways of looking at the nature of reality. The nature of reality and consciousness of power is a feature of this publication.

We need more contributions. This journal is about to expand. When need to reach a critical mass of readership, which we will, people will consult this publication on what is the leading edge in the field of past and future lives. We intend to invite some of the world leaders in the field to make contributions. Be part of it. Offer case studies, articles. Help us reach out to people and let them know there is more to their existence than they ever could have believed possible. The next edition will be in February 2014.

*Catherine Dixon*

Editor: The Past and Future Life Society Journal.



## 2. Message from the Chair – Anne Jirsch

Hello My Lovely FLP Friends,

There is certainly a lot in the pipeline so I will do my best to fill you in so do check out the section Latest News

It has been exciting for me to see so many of you growing and developing your practices. Lorraine has a brilliant book deal and her book on Past Life Regression is now available on Amazon and in many book stores. Many of you have given talks and Angela has set up her own radio station.

I am sure you already know my new book on FLP 'Create Your Perfect Future' will be out early November and my publisher is planning a lot of publicity. This will begin soon. We are toying with the idea of a book tour – I will let you know if I am out your way if so do make sure you come along to any book signings and bring a pile of business cards as the local practitioner.

By the way included in the FLP Journal is a little excerpt from the introduction.

In conjunction with the new book I plan to speak at all the upcoming big events to promote FLP and as many radio shows up and down the country as I can.

Now that the advanced training is live (and boy oh boy I have a fantastic team of Advanced Practitioners) I will be working on the trainer training. This means we can take FLP as big as we want. We can develop globally and move into specialist areas.

The groundwork is done. This is the exciting part and the exciting new phase of FLP and I am so happy you are joining me on this journey.

**Anne Jirsch:** Chair, The Past and Future Life Society



### 3. THE LATEST NEWS: Anne Jirsch

#### TV

Right now I am in talks with several TV production companies who all seem fascinated by FLP and what it can do. I've been around the TV industry for a long time and believe me nothing happens overnight. It is a long slow process but right now they all seem very keen.

#### ADVANCED FLP

I've worked with my first ever group of Advanced FLP Practitioners and they were amazing. Right now I am rewriting the advanced scripts to send over along with my new recordings.

I am planning the next Advanced FLP Training in January.

#### FLP PROPERTIES

Recently I resigned as a director of FLP Properties. I want to concentrate on building up and developing new areas of FLP. I have many ideas of new areas for us to branch into such as weight loss and addictions. I will still be running and training the FLP Property Practitioners so Property Practitioners contact me directly.

I leave the actual day to day running of the business side in the capable hands of Paul and Sue.

#### WORLDWIDE

Right now I am waiting to hear what countries my new book will be published in which will steer which countries I develop. The Middle East and Norway are top of the list but I am getting invites and requests from many other places including Australia, South Africa, Turkey, Europe, America and Far East.

#### PROMOTIONS AND EVENTS

Right now I am planning the next year of promotions and events so keep a look out.

#### WEIGHT LOSS AND ADDICTIONS

All businesses are seasonal to a point and I have ideas of how to spread your business into the quieter times and using FLP for weight loss and addictions. I will be sending you information on this soon.

#### YOUR RECORDINGS AND MUCH MORE

I have brought in a lady to help with the time consuming techie/promotion side of things. I know a few of you have complained how this takes up all your time. Recently she uploaded all my recordings on 39 paying websites around the world, including all the big names such as iTunes and Spotify, and as far flung as China.

Now I've paid all the set up fees and for the research so if you want your recordings listed it is just a small loading fee. I will be sending you further information on this shortly.

Believe me this area is a minefield and Sarah has extensively researched all the best ways of getting this out there.

### FLP BLOG

Yes we now have our own blog and we want you to write it! You news, experiences, your FLP events. Try to keep it short, maybe a paragraph or two and send your contribution to: [info.annejirsch@gmail.com](mailto:info.annejirsch@gmail.com)

### MEET THE PRESS

I will be looking for cases studies so do send me your experiences especially for Advanced Practitioner using the new material – let's get FLP out there in the mainstream press.

And finally don't forget to connect with us on Twitter: <https://twitter.com/PastFutureLives>

And Facebook: <https://www.facebook.com/pages/Future-Life-Progression/123738724303587?ref=hl>

Anne Jirsch.



## 4: Introduction From Create Your Perfect Future: Anne Jirsch

We are living in an age of massive change, some of it challenging, some of it truly exciting. And the rate of change is speeding up. People are becoming increasingly aware that there is

more to life than the superficial: they know they can have, be and do more. They want the world to be a better place. The problem is they don't always know how to go about creating it. This book has been written to help them – and you – move forward.

In my career as a leading pioneer of Future Life Progression (FLP) I have helped many people to change their lives and find their true path. I am now about to demonstrate how to take an even bigger step forward. In this book I will explain how to use FLP not only to set about creating a better future for yourself, but also to clear any impediments from the past that may be preventing you from being so much more than you could ever imagine.

FLP is a process which helps you to choose your own future. No doubt you have heard of past-life regression, through which people are led into a light hypnotic state that allows the mind to travel back to childhood or a past life. FLP enables you to look into your future, also by using a light hypnotic or meditative state, together with other techniques that let the mind travel forward in time. These techniques work with incredible accuracy to show you not only your future, but a choice of possible futures depending on what action you take. I have written about them extensively in my book *The Future is Yours*, and will be describing some of them here.

After I started working with FLP I discovered many further techniques, mainly guided by my intuition and inner wisdom. But somehow I knew there was more for me to learn; I did not have the whole picture. For several years I meditated and asked for an answer. Finally, the breakthrough came by way of a very special visitor from the far distant future, who gave me the knowledge contained in this book. This was a major turning point for me, as it will be for you, when you learn how you too can gain guidance from the future.

At that time, many of my clients were telling me they felt stuck or held back. They had worked hard on themselves, but some problems kept returning. Many of them had seen great results with FLP and had already improved their lives but, like me, knew they had so much more within them. They wanted to be the absolute best they could be; they wanted to contribute more and help to make the world a better place for themselves and others.

My visitor from the future showed me how people are held back by the past, often struggling vainly to clear longstanding issues. She taught me how to find the source of any lingering problems and then release them, and how, once free of the past, we can go on to create a far better future – in fact, a perfect future.

I have used the new information and techniques with both individual clients and seminar groups, and the results have gone way beyond my earlier experiences. Clients all over the world have reported dramatic, positive changes in their lives, especially with problems that seemed to recur over and over again; finally, they were clear to move forward. If you follow the guidelines in each chapter, you too will be free to move forward to a far better future.

#### DISCOVERING FUTURE LIFE PROGRESSION

It was time to begin experimenting again, using a similar process to past-life regression, but now taking clients a few years into the future. Again, the results were amazing. They would see where they would be living, the people who were in their lives and how their work was progressing. Soon they were calling me to report that what they had seen was happening – but the remarkable thing was that events they'd seen many years ahead were happening much sooner than expected: things they'd seen occurring in five or ten years' time would happen within months or even weeks. Clients were rapidly meeting their ideal partners, getting businesses off the ground and even resolving issues with their health or finances. In many cases, they had seen more than one possible future, enabling them to choose the best for themselves.

I realized that we were not just seeing the future; somehow we were fast-tracking our futures. It was as if the very act of seeing them was bringing them forward into the now; as if bringing an event into our current consciousness enabled it to happen.

Once you can connect in this way with the future events you desire, you bring them into your current consciousness by creating the energy needed for them to happen.



An example of this was in my early days of working with FLP when I took a close friend five years into the future. He told me about his future career success and wonderful home. He then added: 'I see you with a three-book deal.' At that time, the publishing industry was cutting back, and only the very famous would get a three-book deal. Within weeks, however, as well as my friend being offered the amazing business deal that he'd seen and finding his beautiful home, I'd 'by chance' met my agent and had soon secured a three-book deal.

Now all this was supposed to take place five years into the future, yet everything we had seen had happened in less than one month! I cannot promise that things will always happen that quickly – in fact, this was exceptional – but over and over again I have seen clients fast-tracking their future success and even love.

### **TOWARDS A BETTER FUTURE**

So much happened as a result of that day in 2001 when I first discovered FLP through a vision of the events of 11 September with my soldier friends. I began to receive daily messages from grateful clients reporting how their future visions were happening in record time. FLP had given them the knowledge to take the correct path – whether in their work, home or love life – and head in the right direction. The sessions had stopped them wasting time and energetically had brought their future forward, and they were very happy.

When my book on the subject – *The Future is Yours* – was published in 2007, it became an international bestseller. I received enquiries from all over the world from people who, having bought the book, read about me in the media or seen me on television, now wanted to experience FLP for themselves. I could not be everywhere though, and so decided to offer FLP training to a few trustworthy people who were already experienced professional therapists in other fields. I now run the world's first FLP Training School with over 250 therapists in eight countries, and we are growing fast, from Estonia to Japan, from the Middle East to America and Australia.

Meanwhile, I was also being consulted by business leaders, Hollywood A-listers began to call and I was even whisked off to a palace. Before long, FLP was showing the way for some of the world's most influential people.

Even so, something was niggling: deep down I knew there was even more to discover. Yes, people were fast-tracking into the future, but my instincts told me there was far more to it than they realised themselves. In many cases I could feel something holding them back from reaching their full potential.

My clients come from a very wide range of backgrounds, but there was something many of them seemed to have in common. Overall, they were happy with their lives – a number of them were even successful in some areas – but these clients still had at least one stubborn problem that wouldn't shift, no matter how hard they tried. For some it was money-related, while for others there was a love or health issue. Many had recurring problems that they'd tried to clear with various therapies and treatments, but no matter what they did the issue remained stubbornly unchanged. Some even had multiple blocks that refused to budge. They'd worked relentlessly on themselves, but the same issues were repeating themselves over and over again.

The question was: how could I take my clients beyond whatever was limiting them? I knew they wanted to be, to have and to give more, but something was allowing them to progress only so far. I resolved to find the answer: how could I clear their way to an even better future – to the life they were meant to be living?

From working with FLP I knew the best place to find an answer was in the future. For my third book, *Cosmic Energy*, I spent a year taking trips into the future to discover what we will know in a hundred, even two hundred years' time that we need to know right now. I discovered a wealth of information. I could see our future selves unburdened by blocks and at peace with themselves, and I was determined to discover their secrets.

During my first session working with this aim in mind, I became aware of a very special presence beside me: that energy or being that sent great love and compassion to us all, that being from the future that guided me and gave me the information that I needed. (I will be telling you more about this being in Chapter 2, and throughout the book.) I was shown an image of a road that broke into several pathways towards the future. Then I was shown how our past can pull us back. I saw people struggling to move forward, but being pulled back to where they'd started from, as if by a giant elastic band.

Next, I was told that not only our future but our past holds a number of different options. At first I had trouble getting my head around this concept, but then my companion told me, 'Ah but you see, our past is just what we think we remember. It can be changed just as easily as the present and future; you just need to know where to look.'



## 5. How to Build Your Own Following: Anne Jirsch

How can you stand out from the crowd? How can you be the therapist that people go to when there is so much choice these days? People often think it is to do with publicity or celebrity endorsement but to build a strong and long lasting business you need to build a following.

Anyone can gain the odd five minutes of fame but if you want to build your business then you need to build a following and the best way to do that is to keep in touch.

I started my 'list' many years ago. Of course this was long before the internet and so once a year I would send out a newsletter, whenever anyone showed interest or came to see me I would ask for their address and add them to my list. After a while the list was long and the yearly mail-out would take over my home with piles of envelopes and stamps and photocopied newsletters. I would get my kids helping to stuff the envelopes and don't even mention the licking of stamps.

The huge pile would be dutifully carried off to the post office for delivery by snail mail. At the time this was the only way to keep in touch.

Of course today we have the internet making it so much easier to keep in touch with clients and followers. No matter what size your business start your list, even if you are just starting out and have one client, make sure you keep in touch with them

Now one thing I love about the internet is how easy it is to do things for free. You can imagine the cost of sending out all those letters years ago.

My early emailed newsletters were simply word documents that I emailed to my list. As my list grew and became pretty long I could only send so many at a time – you will find the same thing. There are restrictions on how many emails you can send out in one go.

Once my list reached a thousand I knew I needed to use something slicker so I moved my list to a mailing service. Many people start out using a mailing service too early, my thoughts are - do it when the list is a certain size and not before. Don't spend money when you don't need to.

\*Profit is simply what you do not spend and running a business costs more money than most people realise.

Often people feel they need to have a fancy design, keep it simple, it is the content they will want. People are busy these days and if you write too much they will click off. I bet you've clicked off yourself at times.

The key to your mailings is don't try too hard and don't put yourself under pressure. Early on you do not need a big newsletter; my early newsletters were little more than a paragraph.

To get ideas look at other people's newsletters and notice what you do and do not like about them. Your mailing may consist of a special offer, perhaps a case studies (as long as you disguise them and they are not

very recent), maybe your own experiences. You may include a link to something they may find interesting. You can even use someone else's material as long as you ask their permission and credit them.

At times you will feel that no one is listening but keep going and this will build into something strong. After a while some people will pass it on to their friends after you'd mentioned a case study or special offer they'd be interested in.

Once you've sent out your mailing the next step is to go about promoting it on social media. This will help to you to build a presence and be the authority. You can become their main source of information on a subject.

If you promote at any events you can invite people to join your mailing list promising to let them know about events and special offers and updates. You could even run a competition or write your own free e-book as an incentive.

Keep your clients and followers informed and as your list grows it will build momentum just like a snowball rolling down a hill. At the press of a button you will be connecting with lots of people who want what you have to offer.

Before long it will be too big to use your email account and as I mentioned earlier you will want to use a mailing service to manage your list. [www.mailchimp.com](http://www.mailchimp.com) is a good starter and later move to [www.constantcontact.com](http://www.constantcontact.com)

They take a little getting used to so play around with them when the time is right. Again keep it simple and build your skills.

It is all part of taking yourself and your business seriously.



## 5. Inner Freedom Therapy: Lorraine Flaherty

Inner Freedom Therapy by Lorraine Flaherty

What does inner freedom really mean?

Freedom is when you are unrestricted, unlimited, and able to make choices without constraint. Inner freedom means that you are not at the mercy of the events of your past; you are not hindered by the mind, by your thoughts, your programming and your conditioning; you are not obliged to respond in certain ways to certain events and to certain people. You are free to live in the moment; responding as you wish and when you wish; the master of your world and your destiny.

Inner Freedom Therapy is designed to help you achieve that freedom on the inside so that you can live your life joyously on the outside. It came together as a result of working with thousands of people because, over the years, it became clear to me that there were many layers to the issues and the problems that people experienced in their lives. My clients would come to see me because big issues surfaced, connected to things like relationships, weight, money, trust or self worth; forcing them to take a long hard look at themselves, their lives and then make the changes that were needed. Huge lessons would get learnt and often they thought that they were done, that they had resolved this problem and that, finally, they could completely relax and let it go. And sometimes they were right. But, sometimes, especially for those who were committed to a path of real spiritual growth; 'wham' .....years later it surfaces again; only this time more intense and more demanding of their attention and their time. Nagging at them until eventually they are forced to face it head on.....and if they are brave enough to do that – to dive right in and find the source, the origin, of the problem- then really powerful healing begins; this time at a much deeper and more profound level.

This cycle of healing continues, layer by layer, in an upward spiral; which means that life is always a work in progress. It means that people are never really standing still; they are always evolving; moving higher and higher up the ladder of awareness. All the while acquiring a greater sense of who they really are; which may be very different to who they once believed themselves to be. The deeper they go the more they discover and the more enlightened they become. Once they face their unfinished business and deal with any outstanding karmic debts then real freedom happens ....and people really are free; free to live their lives in joy, peace and real inner harmony. Energetically, they are then able to move to a higher vibration; meaning that they move to an even more advanced level of awareness; leading them to experience life at an altogether different pace and attracting people and events to match.

Now those who have the patience may be happy to wait until life brings the lessons to them and to wait for them to unfold but in this time of quickening, and enhanced spiritual awakening, many are ready to dive in and do the work right away. Inner freedom therapy lets them do just that, it takes them on a journey into their inner world so that they can identify the unfinished business, clear away the karmic debts, deal with any unhelpful thought patterns, behaviours and programmes, both physical and mental, and get to the truth of who they really are, and what they are really capable of.

So what is the main thing that stops people achieving that sense of inner freedom?

It is, without a shadow of a doubt, fear. Fear is the biggest challenge that people can ever face, and it comes in many different forms. It is said that people are only born with two main fears: loud noises and the fear of falling; everything else is learnt. People learn everything else from the world around them. As young children, they watch the people in their world respond in certain ways to things and they perceive this to be the normal thing to do. These behaviours are tried and tested and the repetition of them turns them into habits, these turn into unconscious programmes and before you know it, automatic responses are set up, without any conscious control. Just speak to any Arachnophobic, because anyone who has an issue with spiders will know all about this. The logical, rational part of the mind says 'it is tiny and it cannot hurt me' but the unconscious part of the mind, which is responsible for the emotions and automatic responses, leaps in and say's 'aghhh, be afraid'; the flight- fight mechanism kicks in and before the Arachnophobic knows it they are up on a chair screaming for help. I know because I *used* to be one of them.

This applies, not just to insects or heights, or things that create phobic responses but to the way people relate to others in their world too. If they grew up in a world where people were kind and loving and generous the chances are that they will treat people that way too. If they felt that they were loved enough, were supported enough and were given the praise they needed to believe in themselves, they would never have to look outside for reassurance or proof that they are okay. Only trouble with that is that most parents, teachers and those who spent time with children did not know that this was important. Once upon a time, and unfortunately, not that long ago, it was believed that children should be 'Seen and not heard'; meaning that many young children were not given the love, nurturing and attention they needed. Due to this belief, many children found themselves left alone for long periods of time and left to cry. This was purposefully done so that the children would not become 'needy' or 'spoilt'. Some were even beaten to toughen them up; "Spare the rod, spoil the child" once a 'popular' and, well used, phrase.

This was not done because people were deliberately trying to sabotage, neglect, or damage the children in any way but because people just did what their parents did to them and their parents before them. Even those who may have disagreed with this idea in principle, and attempted to offer simple loving kindness, simply didn't have the time and the energy to be fully present for their children, especially when life got busy and parents found themselves forced out to work instead of being home. What this ended up creating was generations of people who, at an unconscious level, questioned whether they were worthy of, or deserving, of getting love and attention; forcing some to look for it in all the wrong places and others to completely avoid opening their hearts at all.

One of my clients, James, had issues with commitment, on one level he wanted to get married and have a family, but the reality of it was not so easy. In his late forties he had been through a string of relationships that had lasted for about two years and each time they began to talk about love and commitment he would find some excuse, some complaint about the woman, some reason why he could not stay and he would leave. Upon reflection he realised that there hadn't been anything wrong with any of these women and he decided to see if there was a deeper reason behind this pattern so that it could be resolved before it was too late.

Once in hypnosis, he was able to get access to his early memories; where the answers to these questions usually lie. I asked him to go back to a time in his life when this fear of being in love and making a commitment had started. He found himself as a very young child, alone in a pram, in his back garden. He could hear his mother vacuuming inside. Suddenly a big black crow landed in the pram, now to an adult a crow is not that pleasant a creature, just imagine the response of a vulnerable infant. Absolutely terrified and fearing for his life, he screamed and he screamed, desperately wanting to be rescued by the woman who was his protector- the one that he relied upon 100% for his survival; and she never came. She just carried on with her vacuuming; oblivious to the scene of devastation that was happening in her own back yard. Now this was not fully her fault as she had no idea what was going on, but in his young mind, at that moment, he made a decision that the people that were supposed to love you, and take care of you, would not be there for you when you really needed them and he vowed that he would never trust anyone again. It was this vow that was preventing him from trusting that the woman he loved would be there for him in a time of need and it was just easier for him to walk away when the risk of being hurt got too great.

I have to say that my client was a little disappointed that the cause of his problem was such a 'seemingly' trivial event, until I pointed out that to a young child this would have been much more than trivial. He understood that this fear was irrational and was able, whilst in the trance state, to go in and change the way that this memory was stored within his memory bank. An important thing to note is that you can never delete a memory completely but you can change it and, therefore, diffuse the emotional charge that is connected with it. I got him to go back to the memory, as an adult who knew better, and placate the inner child who was still trapped in the pram. He held his hand and shooed away the crow, telling him that everything would be okay. He told him that he was safe and that he was loved unconditionally and that from now on *he* would take care of him. He explained what crows were and that they generally never hurt humans and that this one was just very nosy. This made him laugh and the child, he once was, stopped crying and instead was able to see the world through very different eyes. They hugged and all of the inner fear and pain was released. He was also able to explain that his mother wasn't being mean, she was just doing what her mother had done to her as a child, which she thought was for the best. He understood and was able to forgive her; this meant he was free to let his vow go. My client did go on to be married and is now the proud father of a young boy; he is very careful not to ever leave him outside on his own.

It was the Jesuits that said give me the boy before he is seven and I will give you the man and they were right. What people experience up to the age of seven will determine how they view the world and many people are at the mercy of their previous memories, some they recall consciously, but so many more are hidden away at the deep unconscious level, and can only be accessed when in trance or in the dream state. Often the events that have the biggest impact on people, throughout their lives, are there to act as triggers; to remind them to deal with unfinished business that goes all the way back to their previous lives.

Peter, who was very sceptical about past lives, had been experiencing similar issues with commitment. We had explored his childhood and as his parents had divorced when he was fairly young there were some very rational reasons why he should have concerns over getting married; but nothing could explain the panic attacks and the night sweats that he experienced, particularly when the subject of having a family was raised. His long term girlfriend was now threatening to leave him over it and he really didn't want to lose her; he knew he needed to take care of it; and fast. As we had thoroughly checked all of his current life

issues I suggested that we let his 'higher mind' be the guide and lead us to the source, the real origin, of his fear. He agreed and once in hypnosis, he found himself at the mouth of a cave, wearing nothing but an animal skin around his shoulders and waist. He was a little taken aback by this, but I asked him to keep an open mind and just go with it. In the cave were his family and several others, who were a part of his tribe. It was winter and the people had built a small fire which was keeping them warm. Outside of the cave was a very large, hungry bear and a pack of hungry wolves; his job was to keep them away. He had nothing but a very basic spear in his hands and he soon discovered that this was not enough to keep the animals at bay. The bear lunged at him and he landed on his back in the middle of the fire. With the bear on top of him, the wolves seized the opportunity, and they dived in too. The last thing he remembered were the screams of his family who were now all under attack. He died feeling like a failure and disgusted with himself that he had not been able to keep his family safe.

In the inter-life space, where a review of the life occurs, he was to discover that his family had not thought of him as a failure and had not felt let down by him in any way. They held him in the highest regard, and had been really proud of him. He noticed that his arm was badly damaged and was told that this was not the first time he had battled with wild animals to protect them. He had been afraid of nothing in that life and this was why he had been the one at the mouth of the cave and not any of the other larger, stronger men. His perspective changed and he was able to let go of the idea that he was a failure and a coward. His family, from that life, embraced him and told him that he had been a wonderful husband and father and that they had been very lucky to have had him. He also discovered that they had all agreed to live through this difficult life in order to test his bravery; he had passed the test. After the session he was somewhat surprised at what he had experienced but his fear and anxiety was, almost, completely gone.

In his next session he travelled five years into the future to see what life would be like if he stayed on his current path. He saw himself living alone and struggling to placate another 'girlfriend' who was making demands about being married and having a family. In an alternative view of the future he was married to his current girlfriend, who he described as being radiant and beautiful, they had two small children, two boys who leapt at him lovingly as he returned home from a day at work; filling his home with joy and laughter. In the final part of the session I asked him to connect with his higher self, who assured him that he had much love to share and that it was time for him to open his heart fully to all the joys that life could bring. He showed him his optimal future and he was delighted to see the same wife and children, only this time he and his wife were in business together and the combination of their efforts had created a magnificent lifestyle for them both. He saw how two minds could be so much better than one and all of the fears that he had been holding about not wanting to be 'tied down', or restricted, by sharing his life with someone else, dissolved. As he looked around at the wonderful life that was just out there waiting for him his future self looked him in the eye and said 'What are you waiting for?' His only worry from that point on was how he should propose.

Another client Jane, had no problem with commitment, she was already married but for some reason could never quite trust that her husband really loved her. No matter how he tried to reassure her, she was constantly afraid that something terrible was going to happen. In her past life session she found herself as a servant in a very grand house in England in 1837. She had arrived at the house aged nine and had made friends with the son of the owner; who was about the same age. As they grew older their friendship



continued, albeit in secret, and one day when they were in their late teens he had suddenly forced himself on her. In an attempt to stop him she grabbed a large rock and hit him on the head with it. Unfortunately the blow was fatal and before she knew it she was tried, convicted and hung for murder. She died feeling that life was very unfair and was really saddened that her friendship had turned into something so sour. In the inter-life space she got to meet him again and he told her that he was really sorry for what had happened, he said that he had really been in love with her and that his urges had gotten the better of him; he assured her that he had never intended to hurt her, he had just been very clumsy in his attempt to let her know that he loved her. He had died feeling really guilty for upsetting her and causing both of their lives to end in such a tragic way. She was staggered to discover that her, current life husband, had been the young man she had killed. He had chosen to come back and share another life with her so that he could make it up to her. She found out that he was part of her soul group and that they had lived many other lives together, thankfully, not all of them ended in such a dramatic way. He promised her that this time round no bad things would happen and that she could relax and enjoy the time they had together. The session enabled her to understand where her fears had come from and allowed her to let them go completely; to feel totally free of them; knowing that they were no longer relevant to the life she was now living.

Are you ready to get to the truth of who you really are? To clear the past, deal with any limiting beliefs in the present and plan for a fabulous future. You may find it helpful to have a guide in the process, a Spiritual Sat Nav if you like, who knows the best route to take. Finding the way to inner freedom is a journey that can take time and requires a certain level of commitment. It is not always the easiest path, as it requires having to dig deep into the shadows, but there is an immense amount of satisfaction and joy to be found at the end of the path; the rewards, my clients have reported, are vast. Enjoying inner freedom is your birthright; as is love and joy and peace. Whether you choose to experience it, or not, is up to you.

***Lorraine's first book *Healing with Past Life Therapy* is out now with Findhorn Press. She has a private practice in Covent Garden and is running an Inner Freedom retreat in the Dominican Republic in March 2014.***

To learn more got to [www.innerjourneys.co.uk](http://www.innerjourneys.co.uk) or [www.empoweredlives.co.uk](http://www.empoweredlives.co.uk)

## 6. Meditation: Lorraine Flaherty

You can do this process for any memories that have been bothering you, and the more you do it the harder it is to feel bad about them.....and the harder it is to feel bad; the more in control you feel and the more in control you feel; the better life gets and the better it gets the harder it is to experience things that make you feel bad in the first place. It's a win-win situation.

Take a few deep breaths, close your eyes, and allow the muscles of your body to relax...give yourself permission to leave behind any thoughts or worries for a while and just focus on letting your body relax a little more with each breath.....imagine that you are at the top of a big colourful slide that spirals round and round.....going down and down.....and when you are ready you can imagine letting go and sliding down ...becoming more and more relaxed the deeper you go...and you can go just as deep as is right for you...and then you can slowly come to a stop and ...as you leave the slide you can find yourself in a screening room....your own private cinema...there are big comfy seats for you to make yourself comfortable and you can settle in and wait for the movie to begin.....and the movie is all about you...it is your life story.....there is remote control in front of you and as you press the red button a scene appears.....the first event that you see will be a moment in time when you experienced something that made you feel bad.....perhaps you were scared....or anxious....or someone was saying hurtful things to you.....as you watch this movie running you realise that you can use the remote to control what is happening.....and so you freeze frame this scene so that it just becomes a still image.....you drain all the colour out of it so it becomes black and white.....now as you observe this scene from your adult perspective you can see if there is anything that you can learn from it.....perhaps you could have responded differently....or perhaps you just needed some help.....so you can imagine rewinding the scene to the beginning....getting up out of your seat and floating into the movie screen.....and helping that younger version of you out.....providing the support that younger you needs....how would that younger you have felt or behaved differently... if they had been told that they were perfect and loved unconditionally.....and you can change this memory in any way that you wish.....ensuring that the outcome is positive.....you can give permission to the younger you to let go of any of the negative feelings they had been holding onto and .....promise them that from now on you are going to be in control..... and they are always going to be safe.....then you can float back out and use the remote control to shrink this memory down so that it becomes really tiny....then place it in a file that is marked 'unimportant'.....before you leave press the gold button on the remote and recall a happy memory.....a moment in time when you felt good...happy....perhaps proud of yourself.....and you can turn up the volume on this memory...making the colours more vibrant, the sounds louder and the good feelings even stronger.....you can even climb back into the 'you' on the screen if you wish to fully relive all the good feelings you had back then.....and when you are ready you can float out bringing all the good feelings with you...and you can leave this positive memory big and bright and shiny .....and right where you can find it whenever you need it...and

you can bring all the good feelings back with you as you start to make your way back up the slide....back into your inner world .....and back into your fully awakened state....Please note that should you wish to tackle very traumatic memories it is advisable to find a reputable practitioner to work with. To listen to a free 30 minute Relaxation track go to [www.innerjourneys.co.uk](http://www.innerjourneys.co.uk)



## 7. STAR PRACTITIONER: Wendy Fry

**Tell us a little about you and the work you do.**

I'm an Emotional Health and Weight Management Consultant specialising in working with women and children, I'm based in Sutton, Surrey, I'm soon to be 47 years young and what an amazing journey it has been so far....

I first became interested in emotional health and wellbeing after overcoming many life challenges including family break up as a teen, depression, anxiety and panic attacks in my late 20's which led to low self esteem and lack of confidence. As a result of working through my own difficulties and limiting beliefs I went on to re-train in a new career offering a range of services and have had my own business for over 6 years. My personal mission is to support others to let go of fear based thinking and become more positive about themselves and life in general. I'm now offer my services of Future Life Progression, Hypnotherapy, Coaching, NLP (Neuro Linguistic Programming), EFT (Emotional Freedom Technique), Matrix Reimprinting, Picture Tapping Technique, Reiki and Emo Trance (Emotional Transformation)

**What got you interested in FLP?**

I first became interested in FLP after a friend told me about Anne's books and courses. FLP excites me as it is positive and future based (as a coach I work this way -acknowledging the past and the lessons it holds though not letting that limit us in any way...the past has a lot to answer to!) FLP gives you the opportunity to look ahead, not backwards and there is a lot of power in that, by looking ahead we are literally changing neural pathways in the brain allowing new beliefs and possibilities to unfold. Whatever the future reveals in your FLP session, it's learning opportunity where you can gain clarity, knowledge and wisdom over your next physical steps in life and a more focused approach as to whether that to be to stay on the same path you are on or take a different one completely.

**How long have you been using FLP?**

I've been using versions of FLP since I became a coach over 6 years ago. Pure FLP is slightly different as such and allows the person to travel as far ahead in time as they wish even to future lifetimes or alternative lifetimes if there are a number of options the person is considering and is in mixed minds about. I have been using the FLP methodology since I took the FLP training with Anne in February 2013 and my clients are achieving great breakthroughs in the sessions.

### **What positive impact has FLP had on you personally?**

I was very privileged to be chosen as an FLP demo by Anne on the training. The most positive impact FLP has had on me is that we really are masters of our own destiny, I saw something in my FLP session that I wanted to change and it made me realise I needed to get myself out there and to speak up more about what I do in order to progress more quickly. Since that realisation many new opportunities have come to me in the form of being published in 6 national magazines, I have been a contributor to an NLP book and also being a featured contributor in another book that is being written as we speak (this is being published by a major publishing house) and as a result of this book I have been asked to consider writing and self publishing my own self esteem workbook focusing on confidence and body image to link in with the release of that at the end of next year....amazing huh!. Before I had my FLP session I knew that I was on the right path work wise (or should I say I know my calling as the work I do doesn't seem like work at all, I love it so much) FLP has given me more faith in getting my message across and to help others and to realise that anything is possible if you stick at it and work through any challenges that come my way. I've seen what's in my future I trust that it will materialise as well as taking personal responsibility and the action steps to bring that future to me.

### **What kinds of benefits/changes has it brought to your clients?**

FLP has helped my clients with many things from procrastination, self doubt, career advancement, public speaking, confidence, selecting their book titles and workshop names, clarity over relationships, realisation that they can move on from the past, business growth, self sabotage and most of all a sense of self as in the realisation that they are in control of their lives. FLP offers so much wisdom, learning and knowledge to the receiver. The benefits gained from an FLP session are phenomenal. I can recommend FLP to anyone at whatever stage in life you are at, FLP will set the wheels in motion taking you towards a brighter future.

### **What kind of things do people want to know about most of all?**

Career , relationships, 'are they on the right path', will they marry, have children, where will they live, how will they overcome current setbacks and challenges, though for most they are happy for a peek into the future 5-10 years ahead.

### **Anything else?**

I feel honoured to be featured in the magazine, thank you. Without FLP I wouldn't be in this magazine or even know Anne. I wouldn't have had the opportunity to make the great contacts I have made through her trainings, I wouldn't have had the 'balls' to speak up a little more about who I can help and what I do or

had the confidence to ask to be published (that's all I did was ask a magazine and it has snowballed from there) without FLP I may still have been sitting in my home office thinking about what to do to 'get noticed' and get my message and services out there but not taking the necessary action. Most of all FLP has got rid of some demons, I'm not sure what or who the demons were though I know now I have total belief in myself that anything is possible when you know what the future holds.... I haven't looked back since. I'm truly grateful to Anne for sharing her experience and knowledge and for seeing something in me that I never saw myself x

With thanks and appreciation

Wendy



Wendy Fry LCH Dip-NLP Dip-HYP Dip-MAAMET- MBIH

Emotional Health Consultant - Specialising in working with woman & children

## 8. Precious Wisdom: Alex Wenman

### The time for Precious Wisdom has come

by Alexandra Wenman, founder of Precious Wisdom Therapy and Editor of Prediction Magazine [www.angelic-intervention.co.uk](http://www.angelic-intervention.co.uk)

Precious Wisdom is the knowledge that we are so much more than what we think we are.

This is the knowledge that has been passed down through the ancient mystery schools of the world and kept as a closely guarded secret for millennia.

Initiates in these mystery schools – which began long before even the time of ancient Greece and Egypt, and still exist today in the form of Freemasonry and the Kabbalah, among others – were made to swear an oath on pain of death to keep the sacred knowledge hidden, only for it to be distributed among the few.

Famous initiates include: Plato, Leonardo Da Vinci, Frank Baum and even Lewis Carroll.

The few tended to be those who proved themselves or who were deemed worthy to possess such unbridled power. Today, this appears to mean those in actual positions of power, such as the Church and the government (you only need to look at the architecture of US cities such as Washington DC to see the hidden symbolism of Freemasonry everywhere).

But true power is really nothing more than the knowledge that you yourself are divine. Put simply, you are love. And when you operate fully from your own heart space, acting from the truth that is at your very core, you become invincible.

The mathematical equation which is present in every single thing in the whole of creation is known as the Phi ratio. This ratio is also referred to as the 'Golden Mean', and it is also widely known as the mathematical equation of 'unconditional love.' Why do you think people so often say that God is love? God is creation, after all.

The space of unconditional love is just that – unconditional. If something is without condition, then it is neither good nor bad. It just is.

As everything in existence is based on this pattern of creation, everything in existence is connected through love – from the microscopic amoeba to the vast planets and stars in our galaxy; we are all part of the bigger picture. Scientists have already proven that we are made of the same matter as the stars. This surely shows that we are indeed part of a bigger picture and, therefore, purpose. If we can see ourselves as multidimensional and infinite like the stars, rather than mere flesh and blood eeking out a mundane existence on Earth, we can see that we are indeed powerful. And if we are open to it, we are able to exist and have experiences outside of linear time and space.

When you understand this very simple fact – that we are much more than mere matter – and begin to embody it, you move from away from fear and back to love. You rise to a higher perspective in all aspects of your life. Challenges drop away and you flow with the current of life, seeing any ups and downs no longer as obstacles, but as valuable lessons and gifts to help you grow and expand – moving you ever

closer to your true divine purpose.

Which also happens to be love.

You can then begin to take responsibility for your own life and your decisions and assert yourself by speaking your truth from the heart. This is an alchemical process, whereby you are able to turn your life into gold. That is the source of true happiness.

The time has come for this knowledge to be set free. The way of the heart and the path back to love is the hope for humanity's future. Step out of the constraints of time, open your heart and set yourself free...



## 9. Living in your power



*“The most common way people give up their power is thinking they don’t have any” Alice Walker.*

We all have a relationship to power whether we acknowledge it or not. The question is, what does personal power mean to **me**?

Our perception of our power is influenced by life experiences, our narrative, our family role models, our personal wealth and status, our level of influence, our education, our age, gender, attractiveness, social class and the stake we have in the prevailing cultural paradigm. We are further influenced by environmental, political, sociological and the economic determinants. Much of the mainstream media, advertising and marketing trajectory presents images of how we need to look, be, act and behave and most importantly what we should think and value. Most of this outer conditioning diminishes our personal sense of power because it is based on comparison and competition which reinforces the corrosive feeling that we are not enough by ourselves. The promise of advertising is that we will be happier if we purchase a certain product; we will be more desirable if we appear in a certain way and safer if we trust implicitly the authorities who govern us. All of these are ego-based and material conditions of power. Compliance and obedience is traded in place of curiosity and courage to challenge or least question the existing cultural paradigm as the only one possible.

The soul’s power is based on very different values and criteria. The soul’s power is interested in how much we connect to our life purpose, how much we live to our personal truth and inner values and how we dare to be true selves. The expression of the soul is love and the currency of love is gratitude, kindness and compassion. When we trust intuitive self our inner compass start to shift. We allow ourselves to be an independent thinker and the right to make our own choices.

I worked for several years with people in recovery from addictions and this taught me a great deal about personal power. Most people trapped by addiction felt they were not good enough in some way, not worth the effort it takes to stand in their own power. Whether the addiction was fuelled by hedonism, escapism or low self value, the process of addiction reduces personal potency to zero. The addict becomes enslaved to a toxic habit that feeds the ego and drains the soul. Addiction lies way beyond the realm of substance misuse: it is found in shopping, working, accumulating debt, in co-dependent relationships, obsession, worry

and relentless anxiety. The process of addiction is falling asleep; the process of empowerment is falling awake. This falling awake can start with a "cosmic kick." This is rarely a comfortable thing. It can be job loss, a business failure, homelessness, the breakup of a relationship or illness. We are then presented with a choice. Do we shrink from the challenge or do we find something in ourselves to say, I am worthy of overcoming this? That is the very start of the journey to personal power. No one does it for us. We stand in our power when we take full responsibility for who we are – warts and all and we leave others the privilege of living their own lives the way they see fit. We stop fixing and interfering in others people's lives and we give up the temptation to mould our self to fit into somebody else life. We have a more realistic estimation of our personal strengths, our weaknesses, our challenges and opportunities and what we need to develop. We have given up the need to be perfect long ago. In our power we value our time and energy and have set up personal boundaries in relationships, in work and in other areas of our life. We start to say no to what drains us and yes to what nourishes us. As simple as these sounds, it can take a life's work to put into place. We make fewer assumptions and less ready to judge. We see distractions as ways of not confronting what we must confront. We start to welcome self compassion, self trust and good humoured tolerance as the only sensible approach.

In Shamanic traditions this process of soul retrieval or stepping into our power is known as the Call. The Taoists call it the Tao. Herman Hess called it The Siddhartha Way. It starts with understanding all the things that take our power, our habits, other people, and the time and energy robbers, the things that diminish our self-worth. This includes the way we look after ourselves and the way we comfort ourselves. Part of that is the ability to see our future differently and not be reference by the lens of our own past conditioning – that we do indeed have the power to change. Claiming the present and becoming more aware and reflective of what drives us and drains us is the key to enabling our soul's power.

Catherine Dixon

[www.energyroots.co.uk](http://www.energyroots.co.uk)

[www.empoweredlives.co.uk](http://www.empoweredlives.co.uk)

## 12. FOR INSPIRATION: Invitation to Everywoman

This poem was the result of a deep hypnotic trance that Lorraine Flaherty facilitated with me last year. Many people are aware now that the world is reaching crisis point that the masculine over structured way of governance, capitalism and materialism is dangerously out of balance. The emergence of alternative media channels, the interest in meditation and mindfulness and alternative truth perspectives are becoming increasingly available: mostly on the internet. Many sources are saying the same thing in different ways: the need for feminine power to emerge to balance the masculine.

### Invitation to Everywoman

Sisters, mothers, daughters, lovers, friends

Your light needs to shine

There is a darkness when you are absent

When you don't speak your truth

When you don't dance with joy

When you don't spread your magic on our land

You are every woman

You are the spirit of the divine feminine

We, as women, must journey beyond blame, shame, fear and guilt

To find the truth, the inner beauty and the inner power to free us all

It resides within each and every one of us

And with it we transform the darkness into light

Tell your daughters, your mothers, sisters and friends

It is time to awaken and to be One

Our brothers are waiting for us to change; for they don't know how

We pray that we find the love, wisdom and courage to be all that we can be

Together we gain the strength we need

We feel it in our bodies

We hear it in our voices

We can feel it in our touch

We are here to reclaim what has been lost

It is time for us to reunite with love, peace and gratitude

So that we can all lead empowered lives

## 13. DIARY: Events



### Envision 2014: Spain, January 23-26<sup>th</sup> 2014

Do you want 2014 to be your best year yet? This workshop is now in the second year and has brought great results for all participants last year. The workshop works on your mental, emotional and physical energy levels. Once these are raised you can see and feel and imagine what it is you want out of the coming year. You will have a chance to discuss what you want from your life and what you need to let go of. You will discover what is working for you and concentrate on what you need to affirm. On the final day you will create a vision board that represents all that you brings a smile to your heart and focus to you mind. You will affirm that you deserve good things happen to you and use sacred symbols and the power of chanting to allow your body to feel that truth.

Set in the beautiful location of Saint Nicolou, Near Girona Spain, this is the perfect place to set up all that you need for the New Year. Self-catering apartments £385 inclusive of accommodation food and materials. (excluding flights to Girona). Call Cathy on 07798 650 815 or email [Catherine@energyroots.co.uk](mailto:Catherine@energyroots.co.uk) for more details.

### Finding your Fabulous Life Retreats: Ki-Ra Dominican Republic

12<sup>th</sup> -19<sup>th</sup> March 2014

#### What is the retreat all about?

A week in an incredibly beautiful location ....where time seems to stand still. This retreat is a platform for Cathy Dixon, Alexandra Wenman, Kyra Montague and Lorraine Flaherty to really make a difference to people's lives. It is for people who are committed to changing their lives; to being the best that they can be; a full holistic experience.

#### Where is the retreat?

Ki-Ra is a completely magical place in the Dominican Republic; a real gateway to the natural beauty and power of nature which nourishes and heals. You can enjoy healthy and biodynamic food, experiment with natural therapies and learn to heal yourself from within. 20 unspoilt acres on the edge of the Caribbean Sea, Ki-Ra has been developed and managed in harmony with nature and is supportive of the local environment. It is ethical, sustainable and natural without compromise to style, quality or service. It provides a holistic approach to living and the relaxed sense of fun of the Caribbean.

#### What happens on the retreat?

This retreat provides the opportunity to deal with every level, from the physical; using Yoga, Qi Kung and great food, the mental; using Hypnosis and NLP, the spiritual; using energy healing techniques and powerful meditations and the emotional; using EFT and practical coaching skills- which means that the changes really stick; there is less chance that you will revert back to your old default programming and the old and bad habits that you may have carried for a lifetime.

In order to run these retreats Alex, Cathy, Kyra and Lorraine recognised that they had to go through the journey for themselves, so they pushed each other, albeit gently, using the tools and the skills that they had and they were able to breakthrough all the limiting beliefs that had been holding them back and now they are ready to share the powerful techniques which they have developed.

Alex, who for many years has worked with Angelic Reiki, is now responsible for the creation of a powerful new system of healing, called Precious Wisdom, which is based on powerful, ancient healing symbols and energies.

Cathy works with Chi Kung, EFT, Coaching and Meditation to help people make profound changes in their lives.

Kyra is a Yoga teacher, Naturopathic healer, Nutritionist, Masseur and Earth mother.

And Lorraine, works with Inner Freedom Therapy, which incorporates the tools of NLP, Hypnotherapy, Past Lives, Future Lives, Ancestral Work and Inner Child Healing.

### **So why should you join us?**

We give you a promise that we will take you on a journey that will gently shake up every limiting, restricting and unhelpful belief that you have ever had about yourself....you will go away with the tools you need to ensure that you are never under the control of those beliefs ever again.

We will make sure that you have the opportunity to reset your inner programming; to let go of the past; to see who you really are and get to fall in love with the most important person in your life; You.

We will show you how to create and live your highest and most optimal future. For more information or to book sessions with Lorraine, Cathy, Kyra or Alex you can go to:

[www.empoweredlives.co.uk](http://www.empoweredlives.co.uk)

[www.ki-ra.com](http://www.ki-ra.com)

[www.energyroots.co.uk](http://www.energyroots.co.uk)

[www.innerjourneys.co.uk](http://www.innerjourneys.co.uk)

[www.angelic-intervention.co.uk](http://www.angelic-intervention.co.uk)