

SIGNPOSTS

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Part 1

SIGNPOSTS UNIVERSAL SYMBOLS SENT TO GUIDE US



PREFACE

Every day of your life there are symbols to guide you.

Symbols take many forms. They may come by way of a book, a chance meeting, even backache or a flat tyre but they happen to you.

Symbols are universal signs. They appear the world over and break all cultural and language barriers. They are there but are you recognising them?

Within this book are numerous examples. Some are fantastic and some are everyday events. They help you with all areas of your life.

This book is a symbol or coincidence to help you discover your own.

David Jones lived in a small village in Wales. One day a Land Rover drove through the village announcing over a loudspeaker,

“Evacuate your homes. The dam has burst and severe flooding is on the way.”

The people of the village immediately packed and left but David Jones just said,

“God will take care of me.”

The waters rose up into his home and eventually he moved upstairs into his bedroom. As he gazed out of the window at the ever- increasing flood a rowing boat passed by.

“Quick, climb aboard,” said the man in the boat. “The waters are still rising.”

“No thank you,” said David Jones. “God will take care of me.”

By that evening the waters had risen so high that a helicopter found David Jones on the roof of his house hanging onto his chimney.

“We’ll throw you a rope,” they cried.

“No thank you,” said David Jones. “God will take care of me.”

David Jones drowned and went to heaven. There he met God.

Angrily he asked him,

“Why didn’t you try to save me?”

God replied,

“But I did. I sent you a Land Rover, a boat and a helicopter.”

SOMETIMES UNIVERSAL SYMBOLS ARE SO OBVIOUS WE MISS THEM
ALTOGETHER.



For years I tied myself in knots. Should I be in this job? With this man? What is my purpose in life? When people treat me badly should I be more understanding or punch them on the nose? I would look at unspiritual people thinking how much easier life was for them. If they wanted something they would just go and get it. They didn't suffer guilt or worry about what was the right thing to do they just did what they wanted. But somehow I just couldn't be like that. There had to be more to life than just steamrolling over anyone that got in our way.

I then went through a phase where I didn't do anything. 'Well if it's meant to happen it will.' It took me some time to realise that, firstly unspiritual people don't have it any easier, maybe even a little harder. And secondly, things don't happen by magic. We must search for our path and then follow it.

Some years ago in India I met an elderly holy man. I was young and full of doubts and questions. I asked him, "Isn't it just a weakness to look for answers? Shouldn't we just get on with our lives instead of looking to God or astrology or whatever for the answers." And he just said, "The highest level you can reach is to search."

So many times I've asked, even angrily shouted at the universe, "Give me a sign."

I decided that if the universe wanted me to follow my path and sort out my karma then it should give me some help. The short answer was, the universe was, and still is, sending me and everyone else signs. I was just failing to recognise them.

I asked the universe for help in recognising symbols for myself and others. The result is this book. Almost daily I have come across people with a story to tell, a programme or book or I've simply discovered another symbol in my everyday life. I have been given tremendous universal help in the writing of this book for which I give thanks.

Numbers



“Numbers are the first thing of all nature,” Pythagorus

If anyone had told me numbers had followed a pattern in my life I would have said they were crazy. Until recently figures terrified me, my worse moments had been in the mathematics class. Yet when I discovered numerology, a new world unfolded. One of coincidences, links and symbols.

I was extremely sceptical of numerology but at the insistence of a friend I tried it and discovered I was a number nine. That is, my life path number is nine, the number of the traveller. Well I had to admit that was true and so I set out to test the theory. I decided that my theatrical and arty friends would have a predominance of the number three, my spiritual friends sixes and sevens and so forth. As I tested the theory I found it uncannily accurate. People really were different according to their numbers. The ones that were not were often lost souls wishing they'd followed a different path in life. The numbers gave a clear indication of their and my life path. I now use numerology with all my clients. They are astonished at how much information I get from just their name and date of birth.

As I studied numerology I began to notice coincidences. My original name number is one and my birth number as I have already mentioned is nine. Amazingly these numbers have followed me all my life and I had never noticed. I now live at number one, previously I lived at number eighteen ($1 + 8 = 9$) prior to that my house number was thirty seven ($3 + 7 = 10$. $1 + 0 = 1$). My numbers are nine and one, my ex husband's are one and nine. My now husband's one and three. Both major partners have a life path number of one.

I noticed the number plates of our cars added up to our life path numbers. Buzzing with this new found symbol I raked out all my old car documents and found that the cars I had liked and had been lucky for me either added up to or contained several of my numbers. The ones I had sold with pleasure were numbers, which clashed with mine.

Something still puzzled me about my favourite car. The numbers added up to nine, my birth number and yet, since I'd had the car I'd had three crashes in five months. This was after ten years of accident free motoring. It seemed as if other drivers went out of their way to crash into me. My mechanic examined the car and found it had previously been in several crashes, at least one had been serious. I went back to the numbers thinking I had made a mistake but on breaking down the figures I found it added up to six, six, six.

In England a number plate bearing six, six, six is banned but because mine added up to these numbers I didn't make the connection. The 666 number plate was banned when it was shown to be extraordinarily unlucky. In fact a whole BBC programme was devoted to this subject. One man told his story. He had a beautiful home, a lovely family and a successful business but from the day of purchasing the car with the dreaded number plate his life began to go wrong. Within a short space of time he had lost his business, (this was before the recession) his wife left him, he had numerous accidents and he ended up on welfare. Guess where the car was heading? That's right the scrap yard.

I blessed my car and drew rune symbols of protection and luck inside and I have not had a bump since.



EXERCISE

To find your birth number, simply write your date of birth in full.

i.e. 12th February 1962 will read 12.2.1962

Now add all the numbers together $12 + 2 + 1962 = 32$.

This will give you a two figured number which needs to be further reduced, so add those two together $3 + 2 = 5$ and so this person's number is five.

This is your most important number because it reveals your destiny and what your life path should be. Although your name number is also important, it can be changed or adapted your birth number never changes.

Work out your birth number to discover your life path.

- NUMBER ONE:** The Pioneer. To gain confidence and give strength and leadership to others.
- NUMBER TWO:** To Teach and Heal. To understand others and through doing so understand self.
- NUMBER THREE:** Self Expression. To develop your own creativity. To heal through the arts, love and spiritual healing.
- NUMBER FOUR:** To organise and build for the future and to deal with your own past life karma.
- NUMBER FIVE:** To give energy and life. To help others accept challenge and change. To use energy wisely.
- NUMBER SIX:** To open your third eye. To investigate and probe the unknown. To study the mind and human behaviour.
- NUMBER SEVEN:** To integrate the spiritual and material and set an example to others. To develop your intuition to its highest level.
- NUMBER EIGHT:** To find balance with money. To learn to feel comfortable in a material world and use money wisely for the good of yourself and others.
- NUMBER NINE:** Wisdom and Travel. To travel and gain knowledge, to pass on that knowledge for the good of mankind.

Numbers can help with career guidance. I occasionally help companies when recruiting staff. Handwriting can be changed, psychological tests can be faked, but your name and date of birth stay unless you go to the trouble of changing official documents. Once a company is down to the final few applicants I am brought in to build an overall picture showing the strengths and weaknesses of each individual. So far the results have been astonishing.

By studying your name and date of birth you can find the area of work that would bring you success and fulfilment.



EXERCISE

Each letter of your name relates to a number. Write your name and underneath, using the table below, write the corresponding number.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

Add the double digits together until you have a single number.

EXAMPLE

SUSAN JONES

13115 16551

11 + 18 = 29

2 + 9 = 11

1 + 1 = 2

As you can see Susan's name number adds up to two which means she would be good in teaching, nursing and dealing with the public. Also, take note of a predominance of other numbers. Susan has several number ones which gives her leadership potential so it would be wise to keep her in mind for promotion. The five influence gives her the ability to adapt and make decisions.

As a guideline these are the occupations that best suit each number.

- NUMBER ONE:** Born leader. Manager, decision maker, organiser, supervisor, executive, promoter, pioneer.
- NUMBER TWO:** Sensitive and compassionate. Teacher, nurse, healing arts, anything working with or helping the public.
- NUMBER THREE:** Self Expression. Ability with words, actors, poets, artists, teachers, salespeople, councillors, advisors, musicians, writers, healers, designers.
- NUMBER FOUR:** Practical. Accountant, bookkeeper, manager, mechanic, builder, computer operator, the backbone of a company.
- NUMBER FIVE:** Challenge and change. A need to be on the move and making decisions, driver, company representative, entrepreneur, gardener, company proprietor, armed forces.



NUMBER SIX: Creative with strong beliefs of fairness. Social worker, politician, the arts, astrologer, palmist, councillor, caterer, interior designer, charity worker.

NUMBER SEVEN: Psychic and thinker. A need to learn, clairvoyant, lawyer, doctor, computer programmer, psychiatrist, psychologist, psychic arts.

NUMBER EIGHT: High ambition. Prepared to work their way up in chosen field. Business person, accountant, executive, lawyer, diplomat, stockbroker, politician, bank manager.

NUMBER NINE: Travel and Wisdom. Working for the better good of mankind, a sower of seeds. Air hostess, pilot, charity worker, politician, alternate health practitioner.

One of the biggest problems with working as a clairvoyant or medium is that of timing. Truly accurate timing is difficult to obtain but numbers can also help us here, not so much by telling us when things will happen but they can certainly give an indication of the right time to act and when things are more liable to go your way. They can even tell you how the world will be. Just look at recent decades, the sixties and seventies were spiritual and unconventional, the eighties were material: the decade when words like yuppie and workaholic were coined. The nineties were more in tune with the world and ecology. The new century will see more links forged between countries and nations. I also expect great breakthroughs in travel, including space travel. There will be a return to philosophies and lifestyles once thought primitive with people opting for a simpler way of life in a culture other than their own.

As my number awareness grew I discovered that important dates in my life often added up to nine, particularly the eighteenth. It was the date I'd hear about 'that job' or 'that bank loan'. It was also the date I would have a life changing crisis or breakthrough. Many others have noticed a similar pattern. John Lennon noticed a pattern in his life regarding the number nine.

John Lennon was born on 9th October 1940. His son Sean was born on the 9th October 1975. Brian Epstein, the manager and mentor of the Beatles, found The Cavern Club where they began their road to fame, on 9th November 1961. The Beatles first recording contract was signed on 9th May 1962. John met Yoko Ono on 9th November 1966 at an exhibition of her artwork. One of the exhibits was a ladder, John climbed to the top and written in tiny letters on the ceiling was the word YES. John said it was the most positive thing he'd heard in a long time and demanded to meet the artist; the rest is history. Their apartment in New York was number 72 ($7 + 2 = 9$) on 72nd Street. The home he bought for his Aunt Mimi was numbered 126 ($1 + 2 + 6 = 9$). The couple decided to use both their names and later realised that John Ono Lennon and Yoko Ono Lennon has nine o's.

John was murdered on the 8th December 1980 but if we allow for the five hour time difference with England the date would have been 9th December. He was pronounced dead in a hospital on Ninth Avenue.

John instinctively recognised symbols, but most of us have to relearn our innate abilities. Einstein believed that each number vibrates to it's own frequency and has a power and energy of its own. Each number has a gift to you and the world. Receive the gift and pass it on.



EXERCISE

Each day meditate concentrating on one number. Begin on a day that adds up to one.

DAY ONE:

NUMBER ONE: Feel energy and strength. Focus on the warrior and pioneer within you. Feel new beginnings, fresh starts, new ideas and creation. Visualise the number one as a pure and positive energy and send that energy out to the universe and know that the world needs strength. Go back to the beginning of creation and feel the energy of the world within you.

DAY TWO:

NUMBER TWO: Relax and picture the number two in your mind's eye and feel healing energy throughout your body. Spread the number two throughout the world to heal and understand all others and as the energy returns to you, understand yourself.

DAY THREE:

NUMBER THREE: Focus on the number three and feel the creative part of your mind tingle with new ideas. Feel your confidence grow as you visualise throwing thousands of number threes out into the universe and watch them shower down on the world spreading creative love through music, words and deeds. As the number three comes back to you feel the potent energy awaken a new, creative you.

DAY FOUR:

NUMBER FOUR: As you visualise the number four draw it to you and feel its weight. Let the number four ground you and help you take your own space in the world and universe. As you send the number four out into the universe let it take all your karmic debt. Watch your past karma fly away and see the released karma of others throughout the world fly up to the universe and dissolve. Now wipe your slate clean and know that you can build a new future for yourself and the world.

DAY FIVE:

NUMBER FIVE: Visualise the number five and imagine the world as a better place. All fear of change has gone, and no longer holds you and others back. Send the number five throughout the world and imagine thousands of number fives burrowing under ground until they reach the bowels of the earth. Watch as new shoots, new life and new breath enters our world and all who live upon her.

DAY SIX:

NUMBER SIX: Picture the number six in your third eye, and feel your psychic mind come alive. Your perception awakens and you see more clearly. Imagine millions of people all over the world with the number six vibrating in their third eyes, opening their minds to study and intuition. Feel a global curiosity grow and gain knowledge.

DAY SEVEN:

NUMBER SEVEN: Visualise the number seven and imagine a brilliant, glittering light shining from the top of your head and reaching out to the universe. The light is received and you now have direct access to all the knowledge of the universe. Imagine every being in the universe connecting, sharing knowledge and wisdom.

DAY EIGHT:

NUMBER EIGHT: Absorb the number eight through every cell of your body and feel the balance between earth and spirit. Feel the earthed, yang, masculine energy take root in the ground below. Reach up and connect with the yin, feminine energy of the universe and absorb both an earthly and universal charge knowing you can live spiritually in a material world accepting abundance for yourself and for the greater good of all.



DAY NINE:

NUMBER NINE:

Hold your arms high to make a letter Y as you connect with the God number nine and feel the God within you. Understand that every living soul is a God containing truth, love and wisdom. Feel the nine energy pour into your own arms and saturate your body. Feel each soul open and receive golden wisdom and universal love. The number nine: the accumulation of all other numbers, is power and you accept it with love, for yourself and on behalf of the world and all who live on her.

Socrates, Plato, Einstein, in fact most of the greatest thinkers, philosophers and mathematicians believed that numbers followed an intricate universal law answering all questions from the big bang to the fate of a newly born child. Some even believe the Bible, Koran and other religious masterpieces have a hidden numerical code. The subject could fill a book of its own but numbers are just one type of symbol sent to guide us on our way. Examples of reoccurring numbers, dates and even times are too numerous to relay in full but here are a few examples to help you find your own.

No number brings more superstition than that of thirteen and I have come across many stories connecting thirteen with symbols. In the West we tend to see thirteen as an unlucky number, especially when the thirteenth day of the month falls on a Friday but in other cultures thirteen is especially lucky. The stories I have been given have also varied between good and bad. Interestingly enough, many of the stories have been connected with birth and death and this prompted me to look at the works of the world's greatest numerologist Cheiro. He defines the number thirteen as; a number indicating change, symbolised by a skeleton or death. As you probably already know in Tarot terms the death card brings change, and from change comes new beginnings. So the number thirteen simply means change and rebirth.

One lady told me how the number thirteen brought her great happiness, her first child was born on the thirteenth after thirteen hours in labour at 1300 hours. The child has brought her nothing but joy.

Another lady severed the top of her finger, thirteen days later she had exactly the same accident happen to another finger. Every thirteen years a catastrophe would hit her. Her husband left her, thirteen years later her house burnt down. I met her in the early 1990's and she told me that 1994 would be the thirteenth year since her last year of bad luck. The year '94 adds up to thirteen and she will be fifty eight. This was a year she wanted to get over and done with quickly.

My hairdresser noticed that whenever a family member gave birth another would follow in exactly thirteen months. He also found that his first home was number twenty six, the second seventy two and the third twenty eight. The house numbered seventy two brought him more trouble than he could have imagined. He believes it is because he broke the sequence of twenty six, twenty seven and twenty eight. The reversed number should have been his clue.

My best friend realised that all major events in her life (including the birth of her children and the death of her husband) have happened either mid February or mid August. She now prepares herself for these dates.

A relative noticed that he always succeeded on the second attempt. For example, driving tests, exams, marriage proposals and job interviews. He now sees the first attempt as a practise run.

Publisher Robert Maxwell noticed all major events in his life happened close to his birthday. Incidentally his birth and destiny number was twenty two. The most powerful number of all. Study the numbers around you, look through old diaries and make a note of any significant events, time lapses and even times of the day. Study the magic of numbers and allow them to guide and serve you.

Health



“Look into the depths of your own soul and learn first to know yourself, then you will understand why this illness was bound to come upon you and perhaps thenceforth avoid falling ill” Sigmund Freud

I first became aware that we manifest our own illness not surprisingly, during a period of pain and ill health. I had a well paid, high powered job and being a typical Leo, it fed my ego, but my work was constantly hampered by stomach pains and sickness. Over a period of two years I visited my doctor on numerous occasions as well as visiting a great many alternate practitioners. I spent a fortune and still remained ill.

One day a friend suggested I visit a healer, I was fairly sceptical but after two years of getting nowhere I thought, ‘Why not,’ and went along.

The healer, Greta Gill, gave me some powerful healing and put me in touch with a naturopath, Roger Groos in Cornwall. He identified my problems (no one else had) and put me on a special diet with a course of herbs. My health improved in leaps and bounds.

As Greta worked on me she chatted about my work and my life, she explained how we manifest illness as a symbol of what is wrong in our lives. She told me stories of people whose hands were clasped tight with arthritis symbolising that ‘they couldn’t get to grips with things’. One client couldn’t swallow because in his life there were situations that were ‘hard to swallow’, an asthmatic couldn’t ‘breathe’ in the atmosphere at work and a man who constantly made up stories was constipated because he was ‘full of shit’.

At first I listened with scepticism which soon made way for fascination, finally she told me of a woman who had constant stomach trouble because she couldn’t stomach her work. She was giving me a gentle message, which I didn’t take on board. Arrogantly I thought that might be the case for others but my case was different; I really was ill. She explained their illnesses were also real, some in fact had cancer. She told me they had welcomed their cancer because it had taught them to sort out their lives. I thought she was potty. She also told me I would work in the new age field. Now I knew she was potty!

The next few weeks were quite traumatic for me as I came to terms with the fact I didn’t like my job. I suppose I knew deep down but I loved the prestige and the money, besides what else could I do? Within a month I had resigned and overnight my stomach pains had vanished. I had given myself my life back. With a little help from Roger and Greta.

Roger made me aware of what I was putting into my body. He asked me to keep a food diary for three days and to be honest it made pretty horrendous reading. It consisted of chips, Southern Comfort and peanuts. I realised I didn’t nurture myself because deep down I didn’t think I was worth it. I set about improving my self-esteem. I noticed how we reach for certain foods to mask circumstances we are not ready to face.

Most things in moderation are fine but here we are looking at those taken to excess. Here are some of the observations I have made along with an affirmation to release the need.



- SUGAR:** As children we are given sugary foods like sweets, ice cream and chocolate to comfort us when we are upset. As adults we still make that association and reach for sugar in times of distress. We give sweets as a reward or gift and use them as a pat on the back, but the comfort is short lived, avoiding looking at real issues in our lives. Sugar works rapidly in the body to give a quick lift to the blood sugar level, unfortunately it soon drops lower than it was before. It is used as a 'fix' when we are looking for a quick solution to our problems.
- AFFIRMATION:** I love and comfort my inner child.
- DAIRY PRODUCTS:** We associate dairy products with nurturing and love and over use them when we simply need a little love or a cuddle. This can often happen after the loss of a mother or a marriage break up.
- AFFIRMATION:** The universe loves and protects me.
- FAST FOODS:** Again this is a quick 'fix' or looking for an easy solution but it also demonstrates that we haven't got time for ourselves. We must rush off and do more important things. Eating good food, savouring each mouthful and allowing time to digest, well that's too much to ask isn't it? The same applies to working while we eat.
- AFFIRMATION:** I deserve time for myself.
- MEAT:** Meat gives us strength but is often overeaten in Western Society. Roast beef can take up to three days to digest and even start to decompose in our bodies. If we feel burdened, threatened or worried about money we may feel the need to stock up. This comes from our primitive feelings of not knowing where our next meal is coming from.
- AFFIRMATION:** I deserve abundance and peace of mind.
- FRUIT:** Fruit sweetens us and shows we have a good attitude to ourselves. Notice people who are allergic to fruit, they often have a problem receiving good into their lives. They always have 'just' enough to get by.
- AFFIRMATION:** Life's luxuries come my way.
- TOBACCO:** Don't believe anyone who says.
"I enjoy smoking."
"It's the only pleasure I get."
"It relieves stress."
Or any of the other lies we tell ourselves. It is destructive and an avoidance of handling life and the stresses it brings. It also shows a lack of confidence. Most people start smoking because of image, 'to be in with the in crowd'. It is a way of fitting in with a social group and showing friendship, (by offering or accepting a cigarette). As a friend of mine once said, "I have a problem stopping because I feel it makes me look too prim when I say no." If you think that sounds daft ask any smoker why they smoke, there isn't one good reason.
- AFFIRMATION:** I am perfect as I am.



SALT: Have you ever met anyone who has to keep changing or adding things. You know the type they are always fiddling with the controls on the stereo or saying 'It's lovely it just needs...' to anything from a beautifully decorated room to a new outfit. It shows a need to always add something and not appreciating things as they are.

AFFIRMATION: The universe provides me with all that I need.

SPICES: If you find yourself craving spices it is a sign you want to break away from boring routine and taste adventure.

AFFIRMATION: My life is rich with experience.

FAT: We stock up on fat cells for protection and a need to hide.

AFFIRMATION: I am safe and acceptable just as I am.

DRUGS: Drugs are another abuse of the body. We may kid ourselves they give us a different perspective on life and make us more aware or relaxed but that is all baloney. Dope is called dope because it dulls the brain and makes us dopey, it is called shit because that is precisely what we are putting into our systems. We talk about 'getting out of our heads.' What is wrong with being in our heads? What is so bad in there that we want to escape? Drugs are an avoidance of looking within, instead of 'getting out of our heads' maybe we need to get in there, because after all, that is where the real answers are.

AFFIRMATION: It is safe to look within.

VITAMINS: Using vitamins indicates that we want to improve and nourish ourselves and have an awareness that we must give our bodies the tools to work with. Occasionally I come across someone who takes vitamins for a week and then stops. Now think about it, these vitamins have cost a lot of money and yet after a week the person has conveniently 'forgotten' to take them. This again is looking for a 'quick fix' and an easy answer. They are aware they need nurturing but have difficulty accepting they are worth the effort. You could say they are almost there.

AFFIRMATION: I work with my body and give it all it needs.

My own body had been sending me messages that a change was needed in my life. By searching I had found the answer, I had been lead to my true career of combining Tarot and writing. It had been under my nose all my life, if only I had learned to understand the signs I could have saved myself so much misery, but more about that later.

I decided that if I could crack the code, that is, understand symbols in every day life, I would make my own and other's lives a whole lot easier. When I think about it my body was telling me to change my job, so were my friends, strangers and even the universe but I just didn't know how to listen and so the rug was pulled from under me and I was forced to listen. Notice how when life is great we carry on quite happily even when it is mediocre we trundle along and eventually a crisis occurs and we start to search. It is a shame to wait for a crisis before we look within. I have now taken out an insurance policy with a company called 'the universe' in which I promise to be open to symbols and listen to their message and therefore do not need to be sent any traumas. It has worked so far.

My story of ill health being job related is far from unusual in fact a short while ago a young lady came to me for a reading with a similar story the only thing was she didn't know it.



Sue had trained long and hard to qualify as a printer and had passed her exams with flying colours. Everything looked wonderful until about six months into the job she developed a dreadful allergy to the chemicals she had to use. Specialists examined her and there was only one answer, she must leave the job. She was very upset when she came to see me and so I began by looking at the numbers in her name and date of birth. They showed a strong creative streak. As I discussed this with her she immediately brightened and spoke with passion about her love of art and how her father had advised her to get a trade instead of going to art college as she dearly wanted to do. I suggested that she had been lead towards printing because of her creative streak and now that she had technical knowledge perhaps she could work in the artistic department of her own or another company. She loved the idea, not only could she use her creativity but her training would not be wasted. Some time later she telephoned to say that her company had taken her on in their graphics department and were very impressed with her work. The blisters on her hand that she had cursed so bitterly were responsible for a wonderful turning point in her life.

Shortly afterwards I gave a talk to a group of people. I related these stories and mentioned I was thinking of writing a book on the subject. Afterwards a gentleman in a wheelchair approached me and said, "I've never really thought about any of this before but I think you should write that book. A few years ago I was working as an accountant and I lost my job, vacancies in my field were thin on the ground so I took some manual work to keep me going. I constantly called the work 'back breaking' in fact I would go home at night and tell my wife my back was killing me. One night on my way home from work on my motorcycle, I slipped on some ice and here is the end result; I broke my back. It seems like a huge coincidence but maybe there is something in what you say. By the way I'm back working as an accountant."

A friend recently telephoned and asked my advice. Her father kept getting stuck in his armchair. It had never happened before although he did have a hip problem. I asked her what was going on in his life and she told me, "Well he's recently been made redundant and feels pretty hopeless about getting another job."

I explained that he was feeling 'stuck in life,' getting stuck in an armchair is just how he imagines old age. A hip problem made sense, hips keep the body upright, they keep us moving, they are seen as young, proud and sexual, that is why Elvis created such a stir by swivelling them. I told her he needed to feel needed and active. I suggested keeping him busy and asking for his help. Fortunately his spirits soon lifted and he was offered another job, also 'coincidentally' his hip operation came through at the same time. Apparently you would hardly know it was the same man.

I remember I often said 'my stomach is killing me'. I have no doubt I would have manifested cancer if I hadn't brought about the changes in my life to release the problem.

As Woody Allen said, "I can't express anger. I internalise it and grow a tumour instead."

As you can imagine it isn't just work that can make us ill. On holiday recently I met a couple, he was a very quiet, thoughtful, intelligent man and his wife was one of the noisiest ladies I'd ever met. At any time you knew where she was; you could hear her! She was highly amusing and constantly told funny and outrageous stories, her husband would sit patiently by her side, rarely saying a word. One evening we were talking about manifesting health problems when he suddenly said,

"Why do I always have earache?"

He was perfectly serious and quite astonished when his wife roared with laughter and said,

"Because I'm always talking of course."

That is a lighter view but relationships can give us back -ache if we are carrying all the responsibility, guilt can eat away at us, partners can tie our stomach in knots or break our hearts. In fact if I just look around at my personal friends one has a husband who wants her to quieten down, her asthma is getting worse, another worries constantly about keeping her husband happy sexually, she always has 'women's problems', another follows an amazing pattern of gaining and losing weight. She can lose massive amounts and look like a million dollars but when she does her husband becomes very quiet and withdrawn and shows obvious signs of insecurity, so he



presto, the weight is back on in no time and they are both happy again. Even the things we say can give us a clue, a friend who complains his wife 'gets up his nose' has sinus trouble. Another complains of being 'pissed off', has cystitis. Get into the habit of people watching, their ailments will tell you what is wrong in their lives, their comments will tell you their ailments. By the way, watch out for the guy who thinks life is a pain in the butt, he's bound to have piles.

We in the West do not often recognise symbols but some cultures do so automatically. Recently on television a little Chinese girl was on her way to the doctors when someone asked her what was wrong, she had been feeling sick but her answer was, "I am allergic to school."

Oh, if only we were so naturally aware without having to relearn universal symbols.

The marvellous surgeon and healer Bernie Siegel asks his patients what they gain from their illness. He believes somewhere there is a pay off, the illness serves a purpose.

When I was asked this question I felt annoyed (questions that hit a nerve often annoy us), but we have to be honest with ourselves that is part of the deal, living in denial blocks our progress like nothing else. I had to face it, I couldn't go to work because my stomach hurt, I also gained a lot of attention from family and friends at a time of great stress. Their concern comforted me, someone was acknowledging I had a problem.

We can also use illness to punish someone or play the martyr, or even as a way of downing tools in protest. Bernie often asks his patients to describe or draw their illness to bring awareness about why this has happened to them. I did the same to a client of mine who had high blood pressure, he drew a thermometer. I asked him what made the thermometer rise. Stunned he looked at me and said, "My mother, when she interferes in my life." He had never before realised he was suppressing so much anger and after a couple of difficult but firm talks with his mother guess what? His blood pressure went down. Do read the works of Bernie Siegel. They are a real eye opener.

As I worked towards recovery I became more aware of my body. I noticed how my stomach tightened when I was under stress. This was my cue to relax and concentrate on that area. I would breathe deeply and tell my stomach to be calm and gradually it would. I'd then look at the stress and deal with it or if that wasn't possible I would imagine a cooker and put the problem on the back burner to be dealt with later and call on the universe to help me solve my problem. I was amazed to find that this actually worked and a solution would be given to me.

I read of yogis who could control their pulse rate and of transcendental meditation and those who practised had a lower rate of blood pressure, heart attacks and depression. I read about a man with stomach ulcers that were aggravated by milk. In an experiment he was fed water through a tube and told it was milk while a doctor was observed his body's reaction. On cue he had a violent reaction.

Doctors have long since noticed that attitude plays a huge role in the recovery of cancer patients, in fact some doctors will predict who will recover based purely on the attitude of the patient and not the severity of the illness. A friend who has had a very difficult life recently told me, "If I had cancer I doubt I would have the will to fight it. In a way it would be easier not to, at least I'd have no more hassles."

We all know someone who got 'drunk' on non-alcoholic beer or wine, and we have all experienced just a thought making us blush, tighten our stomachs or our hearts race. We may wonder at times what we are meant to be learning, not realising that the universe has given us a perfect symbols machine in our bodies and for that I am eternally thankful.



EXERCISE

Take time to look at a newly born baby. Study the perfection of its little form, the tiny fingers and toes, the eyebrows and lashes. Study how confident and happy they are with their bodies. Look at the clear smooth skin. Babies are untarnished and we can learn from them. We've had years of negative images thrown at us. We are too fat or thin, the wrong colour, shape or height. We have ugly feet, scruffy hair or a pointed nose.

Go back to the time when you felt yourself to be perfect.

Remember how good it felt before you were robbed of your contentment. Take time to study your own body and marvel at its intricate workings. The veins that run through you supplying all that you need. Your constant, reliable heart steadily beating and giving you life itself. Listen to your breath supplying you with vital life force. Notice how your body can distinguish between good and bad and eliminate what it doesn't need. You are as perfect as the baby. Every detail of you is how it should be.

It is shocking to realise that those trusted to cure can give us negative messages about our bodies. Some years ago I had an emergency operation to remove my appendix which left a long jagged scar down the centre of my abdomen. The stitches made it look even uglier and I told the surgeon how sad I felt to see my body like this.

Without looking up he said,

“Well at your age who is going to see it?”

I was twenty nine years old and even if I was ninety it didn't matter. It was my body and it was badly scarred.

“I will,” I replied quietly afraid to make a fuss. I told my friend Terri this story, she had worked for a number of years in a hospital and constantly despaired at the doctor's attitude to peoples feelings. She said,

“A surgeon I work with shook his head and said, ‘I shall never understand why women are so keen to hang onto their womb’”. She told him,

“Probably for the same reason you'd like to keep your balls.”

The doctor was nearing retirement and not likely to have any more children.

My friend had worked in a casualty department the previous Christmas and mentioned to one of the doctors that one in three patients that week had hand injuries. She wondered aloud if it was because people were fed up with spending money. By the strange looks she got from the rest of the staff she decided to keep quiet.

EXERCISE

If you are ill or in pain at this present moment I want you to relax and get to know your illness. Think about what that area of the body means to you. Use the following as a guideline:

EYES: What is it you don't want to see?

EARS: What don't you want to hear?

THROAT: What can't you say?

CHEST: What do you need to get off your chest?

LUNGS: Who or what is suffocating you?

STOMACH: What can't you stomach? What is making you sick?

BACK: What great weight are you carrying?



- LEGS:** Where is it that you do not want to go? Or, are you having problems moving forward in life?
- KNEES:** Are you unbending? Refusing to compromise?
- ARMS:** What are you trying to hold on to?
- NECK:** Who is being a pain in the neck?
- SHOULDERS:** What great responsibility are you shouldering alone?

Think about how this relates to events in your life especially during the previous year. Ask yourself why you need your illness. If this makes you angry then good! It has hit a nerve. Illness can serve many purposes, too numerous to mention in one chapter of a book but an in depth study can be found in Louise Hay's 'You can heal your life'. I'd love to see copies of her book handed out to school -children as a handbook for life.

For years I had anorexia nervosa, it was a protest. A way of saying 'Well if none of you are going to take any notice of me I will just disappear'.

My stomach pains served a great purpose because I couldn't go to work. If only I had known before I could have saved myself so much pain. I could have demanded to be heard and quit my job (which I did eventually do) and my friend could have told his wife to stop being picky and got rid of his sinus and my other friend...well we could go on for ever.

EXERCISE

Meditate and visualise solving the problem that has created the illness. See your body as a vessel, your fingers and toes are taps that you turn on and allow a beautiful golden liquid to fill. Feel the liquid rush inside and warm your body, every single cell of your being is filled and warm, right down to the roots of your hair and your fingernails. Now feel the liquid rush to any area of your body that needs healing.

Feel the liquid absorb the problem and know the universe is working with you to solve whatever has manifested this illness. Now open the taps and feel the liquid rush from you taking the illness with it. The problem is now totally swamped and leaving your body. Relax, breathe deeply and feel proud.

You have been brave enough to let your illness go.

The above visualisation helped me a great deal as I recovered. Each day I felt a little stronger and within three weeks the pains that had plagued me for years had gone. I also asked for help before I went to sleep and my dreams were full of symbols. I dreamed of foaming, rotten eggs, a sign that eggs were not right for me at that time, of bright succulent oranges and plums telling me I needed colourful fruit. Now if I find myself eating junk food or craving something less than nutritious I meditate to find out why I am being destructive to my body. Most people who eat wholesome food feel good about themselves and those hooked on junk food, alcohol and cigarettes are less than happy. They don't feel their bodies are worth treating any better. With my diet I had a lot to learn.

Health problems are not always solved overnight. Sometimes we have quick breakthroughs with one moment of realisation, other times an illness that has been around for years can take years to clear. My stomach problems were relieved within three weeks but my childhood of watching my parent's constant ill health, my mother's many operations and my father's stomach troubles, are all ingrained in me. It took two years to completely clear.

I have learned to value my health and now it is stable I am happy to wake up and feel well. I have very little sugar and I have stopped smoking, I have even cut out the alcohol except on very special occasions. Right now I am tackling my tea addiction, I am getting there, each day I am improving and learning new things about myself through my body.

Your body is a magic mirror for you to trust. Its messages are a blessing for which each day we must be thankful. What a gift!



Colour Magic



“For mem’ry has painted this perfect day
With colours that never fade and we find at the end of a perfect day
The soul of a friend we’ve made.” Carrie Jacobs Bond.

As is often the case, two years after getting my health back on track, I had a relapse. Few of us take huge strides forward without the odd setback. Although we have gained a new awareness, our old patterns of behaviour and beliefs take time to clear and may occasionally resurface. Once again I began to work too hard and the resulting stress brought back my old problem. My lower abdomen convulsed with pain and again doctors couldn’t find anything wrong.

At the same time the colour orange kept popping up in my life. It isn’t a colour that I would normally have around me, I even commented on everything being orange, not realising the symbolism. Initially it was just little things, someone would offer me a sweet, an orange one would pop out of the bag, my daughter handed me some suntan lotion, it was made of beta carotene and bright orange.

In the town they were selling T shirts half price and so I asked my daughter to get me one, she came back with one peach coloured. I went for dinner at a friend’s home, she cooked duck a l’orange. I went to a psychic fair and fell in love with a bottle of aura soma oil that was bright orange. I even said at the time, usually I don’t like orange but that is beautiful. Needless to say I admired the bottle but didn’t buy it.

Then a very strange thing happened, I had used the same hair colorant for years but suddenly my hair turned yellow and then orange, almost ginger. I recoloured my hair with a colorant from another shop presuming it was a faulty batch but no change. Finally (I tend to leave things until they gets out of hand) I went back to see my healer Greta Gill. She told me my sacral chakra was out of balance and I needed the colour orange to put the balance back. Suddenly everything fell into place. I could have kicked myself for missing the signposts that were constantly around me. I even had one on top of my head! I went straight out and bought some massage oil and orange essence and massaged that area and within hours the pain eased considerably. This had been going on for nearly three months. I also wore the peach coloured T shirt as often as possible and ate orange foods.

WHAT COLOURS ARE YOU FALLING OVER?

I had learned a great lesson. From thereon I became more aware of the colours I was attracting and what they were telling me. Recently I was speaking to a clairvoyant name Asariel on the telephone. Now we have never met but during the conversation she said, ‘Have you put red streaks in your hair?’ Surprised she had picked this up over the phone I said yes, she told me,
‘That’s because you are working too hard and need the energy of red. Eat some red foods dear and wear red clothes and by the way take things a little easier.’

I took note. A short time later I found I was anaemic.

I explored colours and learned that dentists tend to have pale blues and greens in their surgeries because they calm people down, and that police cells are sometimes pink for the same reason. I learned that red cars are more likely



to be in accidents because people drive them faster and that yellow walls in the classrooms of slow learners stimulate their mind and greater results are achieved.

I noticed that clients who were depressed often wear dull colours such as grey or black.. I also noticed that the youth of England began wearing black (they called it Gothic fashion) when the recession hit young employment. I noticed people wore bright colours when they went on holiday and continued for a while when they returned. I discovered that pubs decorated with a lot of red had more trouble than those with more subtle colouring.

As my fascination grew I raided a paint shop and 'borrowed' some paint colour charts. I cut out the main colours and showed them to my clients and asked them which colours most attracted. A definite pattern arose. Women with small children nearly always picked green, even if they didn't normally like the colour. This symbolised their need for space and peace.

Over achievers and those over working tended to chose blue for relaxation and spiritual people were drawn to white for purity and violet for opening the third eye. Those newly in love or looking for love wanted pink and people looking pale and drawn were attracted to red. Now I pay special attention to the colours around people because what they say and what they reflect may be two different things.

EXERCISE

Close your eyes and relax. What colours do you see. Take note and put these colours around you. Wear them, eat them. Meditate and breath them in.

EXERCISE

Look at the colours around you. Go through your wardrobe. Is there a predominance of one colour? Are there clothes you wear when you are happy and others when you are sad? What do you 'slip into' after a hard days work? Is it a relaxing colour? Look around your home. Notice the colours you have chosen for different rooms. What are the colours of your favourite foods and drinks? What colour car do you drive? People tend not to look at the colour of their cars especially if they have gained them by 'chance' such as a company car, but cars are very personal.

ARE THERE ANY COLOURS 'TRIPPING YOU UP' AT THIS MOMENT IN TIME?

What colours are missing in your life? Are there certain colours you never wear, eat or have around you? Do you need them? Study the charts below to find out.

ONCE YOU HAVE STUDIED THE COLOURS YOU ARE ATTRACTING AND REPELLING ANALYSE WHAT THIS MEANS FOR YOU.

COLOURS AND YOUR BODY

RED: Spinal column, hips, kidneys, lymph, elimination, menstruation.

ORANGE: Reproduction, sexual organs, lower intestine, appendix, bowels.

YELLOW: Stomach, pancreas, liver, gall bladder, spleen, muscles, nervous system and digestive system.

GREEN: Heart, blood, lungs, respiration, circulation and immune system.



BLUE: Blood pressure, voice, throat, growth, metabolism, alimentary canal.

INDIGO: Lower brain, head, eyes, ears, nervous system.

VIOLET: Skin, upper brain, will to live.

A LACKING OR CRAVING FOR CERTAIN COLOURS CAN SHOW HOW BALANCED WE ARE IN CERTAIN AREAS OF OUR LIVES.

Colours can even highlight problems areas of our lives such as our fears, blocks and inhibitions.

RED: Security, safety, trust, survival, fears and courage.

ORANGE: The senses, sex, emotions and happiness.

YELLOW: Vision, self worth, anger, childhood stuff, resentment, intellect, confidence, will power.

GREEN: Giving and receiving love, inner child, friendships, tolerance, guilt.

BLUE: Self expression, communication, verbal skills, speech impediments, ability to smile and care about the world.

INDIGO: Psychic ability, intuition, balance, understanding, caring, obsessions, and overactive mind.

VIOLET: Unconditional love, living for today, taking own space in the universe, mental disorder, schizophrenia.

FOODS TO REDRESS THE BALANCE

RED: Apples, beetroot, cherries, radishes, strawberries, tomatoes.

ORANGE: Apricots, carrots, mangoes, oranges, nectarines, tangerines.

YELLOW: Bananas, coffee, eggs, grapefruit, lemons, mustard, olive oil, pineapple.

GREEN: Avocado, beans, cucumber, lettuce, peas, spinach.

BLUE: Grapes, plums, blueberries.

INDIGO & VIOLET: Grapes, eggplant, blackberries

Notice how we tend to eat the bright energy giving foods at breakfast when we are most active and are drawn to green foods later in the day for relaxation.



Red stimulates and gives us energy, if we have too much around us it will affect our sleep. Too much red in a bedroom will disturb us. Red in excess will make us overactive.

Orange gives balance between the energy of red and the happiness of yellow. It will stimulate the mind and the body as well as cheering us up. I use this when I have too much to do and feel overloaded. A day of orange foods, clothes and breathing will clarify my mind and give me the energy to follow through. Too much can lead to self indulgence.

Yellow awakens and stimulates the mind. Eat and wear yellow when you study or need to take in a great deal of information. Yellow also brings happiness and creativity. Buy yellow for shy friends. Too much can lead to selfishness.

Green, the colour of nature and growth, is another balancing colour midway between the happiness of yellow and the peace of blue. It is both earthly and spiritual. It soothes and brings relaxation, it can also help bring order to our lives when everything seems chaotic. Too much can make us rigid, routine and jealous.

Blue is peaceful, spiritual and deep. Use blue when you need to think and relax, remember the feeling you have when you look at the sea or sky. Blue helps us think logically to find the answers we need. Too much can make us unconventional and lazy and even put our head in the clouds.

Indigo brings perception and intuition, it sharpens our wits. It brings peace and love to the home and helps us to be more understanding. Too much can make us withdrawn.

Violet puts us in touch with our higher self to search for our purpose and direction in life. Through violet we find meanings and answers. Too much and we become idealistic.

Brown gives comfort and keeps our feet on the ground. It comforts and warms, within brown we feel safe. Too much can make us live within our safety zone becoming unadventurous.

Pink is soft and warm and teaches us unconditional love. We learn that it is safe to love and be loved. Too much and we live in a fantasy world not acknowledging the harsher side of life that teaches us so much.

Gold sparkles and brings happiness, warmth and abundance. Wear gold to increase your feelings of self worth but too much and we become egotistical.

Silver again sparkles, it signifies purity and high ideals and gives protection. Too much shows a holier than thou attitude.

Ask yourself why you are attracting certain colours and as an interesting exercise take note of the colours others give or buy you. It may give you an inkling of what they think of you.

A friend of mine always seems to buy me brown clothes, not surprisingly she thinks I am not sensible enough and tries to `bring me back down to earth`.

Play with the colours around you and your friends you never know what you might discover.