

# BLUEBIRD RESISTANCE



**STEPPING  
THROUGH THE  
SHADOWS OF  
MY HEART**

*Amanda McGregor*

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### **STEPPING THROUGH THE SHADOWS OF MY HEART**

I have a drive to see philosophical, psychological, scientific and conscious truth, this way of understanding my reality came to me as a young girl, we could go in to the psychology of a 'truth seeker' but it normally comes from a very young age of witnessing and experiencing adult deception and inconsistencies with reality, so we awaken in to a questioning of the world. A six year old in shock at the complexity of her surroundings provides a foundation of a journey to understand and analyse her surroundings, for me this project came to me in my early years and formed a foundation to a process of philosophical, psychological and creative engagement with life. Now I am 38, I have walked through the doors of reality to find that all is possible and impossible at once, we are but on a journey of which we have hundreds of keys but the time to unlock each of the doors is God given, an enlightened state of being comes to us with patience, as more and more doors open we begin to experience deep peace and bliss. Its in these moments that life begins to flow and we become alive and awake.

I am therefore privileged that my environment caused me to question my life from the age of six, thereby allowing me to study, observe and see the world from a very deep place. Of course the negative impact on me as a six year old included a disassociation from life, love, deep inner disturbance, insecurity and loss of trust in reality and the people around. My inner world became localised to the limits of being six, trying to analyse if there was something beyond the physical, if fairies existed, how to make things out of clay and why cotton wool filled with water did not float in the same way as clouds. You see, when you are six and disassociated or in dis-trust, people can teach you or say many things but if you don't feel a trust in their reality, your's becomes formed around a six year old's thoughts. In fact from an adults perception in the now, we are able to celebrate the beauty of this mishap. Whilst at this stage we can acknowledge that something pretty dark must have happened to lock away my inner child and to give me the space to analyse the more beautiful aspects of life.

As our past is our present is our future, we can move between this different states of consciousness and fully inhabit the present so we can remain in all states at consciousness at once. So to be aware of

this aspect in the present as I am writing I am aware that in my heart there is a little child, a miniature me, staring out the window at the beauty of the flowers, the sun and the earth as if locked in a classroom. When I was growing up and attempting to engage in school learning, I was re-directed to engage in a different practice of learning, the 'university of life', the 'conscious universe' was a more powerful teacher and it was holding me in awe and respect, way above the abilities of my teachers. I was wanting to understand behavior, perception and embrace creativity. I found my expression and peace through creativity and went on to nurture the sacredness of peace through creativity and self development as I matured.

As a young girl, listening to the repetitive teachings at school was very hard to engage with so I found little moments of 'me' time, arranging wild flowers in the country for passers by to enjoy, digging up clay to make pots and hiding special notes about love in secret hiding places, old tin boxes, old clocks, for people to find and enjoy. I embraced the fantasy world of wonder, a magical and mysterious playground to enjoy whilst finding infinite learning and challenge.

When I was about eight I decided to also write a book about cards, traditional playing cards. I didn't know, that understanding how to read the cards would catch up with me in adult life. The philosophy of the tarot cards was to become an area of expertise yet as a child I attempted my first copy. Of course my creativity also held the same possibilities, as an artist, I dialogued with the play of life, engaging the audience and allowing art to become visible in enjoying beauty, adult play with a child like slant, as I said our past is our present is our future.

I found an enjoyment with painting and at the age of six decided I would like to be an artist, realising that my grandparents had had a hard time with their domestic paint company I decided I would do my best as an artist to be outstanding. This decision was made at six, over a painting of purple violets, the motivation arrived to pursue the art of replicating and 'perceiving' life. As an adult I grew in to the art of flower painting and realised this pursuit in the end was not perfected without a maturity in understanding life, philosophy, water and consciousness. My ability to paint flowers found direction in my 30's when they seemed to share something exquisite in light, colour and vibrancy.

So as an adult I am no different in schooling, disconnecting in my late 20's from traditional university teaching, forming my own classroom

around consciousness, psychic healing, teaching perception, the philosophy of tarot, creative expression and art. We grow up, we take on the responsibility of our existence but once the path is set we have to fully embrace it and work with it to find a route into our adult life. Life becomes like the 'Yellow Brick Road', a search for the wisdom to break out of the trap, a search for 'Red Shoes' in moving forward. You feel you are in a trap however you eventually realise the trap is actually the housing, the safety, solitude, the home and the classroom. Breaking free is about embracing the shadow aspects and bringing light to them to create love and warmth in the gap, by bridging the disconnection through sharing and shining a light to bring awareness to this dynamic we start to see life in an ordered way, this journey thereby helps us to see clearly and understand our position in enhancing our relationship to life and allows the trust back in so life can flow.

The foundations of truly seeing are not aligned to the same interests or values in which society was built, the foundations of society are not based on the social science of life, so we have to be careful to be aware of the two paths, or we can find ourselves serving the system rather than ourselves. The 2012 shifts facilitate the shifts back to nature and being human from a place of environmental growth, science and consciousness, enabling the facility of natural expansion and growth without being caught in to a survival system. The drive historically in this year is to separate ourselves from the private banking systems who have become dominating in lifestyle and freedom, thereby putting other values above commercial exploitation. There have been many high vibration souls who have incarnated at this time, to rally together to raise consciousness and bring new direction to the world, helping to ground with the healing of the planet, a lot of their stories bring peace to others. They help the world to see what's possible, beyond the limits of general society.

To be able to make the shift back in to a foundation to protect mother earth, consciousness, so as to seek space and a relationship with life that supports the nature of being human, we have know the distance of the journey, we have know what we are missing to be able to claim something back. We have to know what else is out there, what else is possible?

I am therefore serving you in this way, by my journey being catalysed at such a young age, by my rejection of traditional approaches, by my stamina in not having, in the consistency of analysing the true nature

of life, relationship and love; I am able to provide a document to create a space of thought, inspiration and analysis that I hope is worthy of digestion.

I often wonder what happens to the survivors of childhood assault, attack and abuse when they grow up, well their youthful pure hearts often become frozen in time, until they find their way back to them selves, to their innocence. The light in their heart can never be blown out even if at times the blindness of life consumes them. My emotional buoyancy over the years, my fight with depression, with a need for peace relied on resonating with information, with friends, with books, it doesn't matter what is scientifically true or not from evidence, science as I will explain later can often leave a huge amount out of the picture, some elements being true but not necessarily the whole truth, help came to me through resonation, it either feels light and resonates, it feels like the truth or it doesn't. I am a 'Sensitive'. I do seek to align with scientific evidence but I work with philosophy first then backwards to science, science has not caught up with many energetic and conscious phenomena so why would we limit our selves from truly experiencing the multi-dimensions of the void, neuroscience, the matrix, source, time and matter by asking all the evidence to be here right now.

The journey of consciousness is not something that can be easily be recorded as it is a journey; the journey of my growing up can only have been accurately captured by living my life and analysing this from a point of evolution from an evolved state of perception that acknowledges the parts that catalyse transition and transformation in to joy and lightness, its these parts that act as a bridge of support for others. After seeing 4,000 people as a psychic healer I have been taught to evolve my therapeutic practice in a way that embraces people in an open hearted unconditional love, with no judgement, this allows a state of growth in connection with the world and their 'lost' or 'trapped' soul parts; the understanding of these aspects allows reconnection and a sense of 'light' to re-enter the self. Depression can be likened to a wardrobe with out a light, the cobwebs itch and stagnate until that conversation is bought forward to provide emotional and soul connection, thus taking us through the wardrobe in to Narnia, a place for the inner child to grow in to their adult responsibilities with honor, support and wisdom. Here we find a place of freedom with out a need for anxiety, insecurity, as with the children's stories, the process is to free oneself from ones insecurities, fears and pain.

These three aspects, INSECURITY, FEAR and PAIN I have found to be fundamental to people's problems and the aspects that limit all our behavior. The saying 'you can only be as big as your insecurities fears and pain' is relevant to people beyond the individual. Here we see how the worlds issues provide a holding space to keep us in our primitive backlash of war, conflict, famine and injustice. I am not denying us of our primitive behavior, I am the first to realise the power of the energies that dwell in our roots and give us the illogical patterns with sexuality, conflict and material desire and in the positive; love, happiness, beauty and joy. I am just pointing out that the above three aspects magnify those primitive parts and the journey to discover a conscious beyond the needs of acting from these places is driving us to a 'brand new world' and plane of consciousness.

When something extreme happens to us in our life that leaves an 'impression' this impression tends to effect our energy field. The more extreme the projection, the more traumatic or lacking in love is, the worst the weakening of the energy field. We then start to create energy patterns, or relate to the world within the dynamics of this pattern, it seems to take away control from us, disempower us, from having straightforward connections with others and work that enables to build constructively on living and lifestyle. The 'impression' over time magnifies creating insecurity, fear and pain leaving an impression or foot print on the soul, these insecurities, act like floors in the soul that cave in on us, causing us to fall, until we are caught or find a way to re-build. This can create an extremely limited life as we can only be as big as our insecurity, fears and pains. So my job as a psychic healer amongst other aspects was to unhook and transform these aspects, transforming the energy to security, lightness and a free flowing energy. The alchemy of change.

I have helped many people move past their limits but still at times, struggle with my own, not having the tools I use on others with the same ease to completely access and rebuild myself, its much easier seeing the whole picture in another almost objectively that being able to objectify your own complaints, however over time I have built up a very deep and re-warding picture of myself and others and have found many doors into the anatomy of the soul and my own self healing.

I am therefore on a journey of self discovery, of which I will bring reference to, whilst at the same time being able to inspire or transform the journey of others. In my own energy field I often feel trapped by a rea-

lity that was handed to me at a very young age. It is a very crazy feeling being able to give to others but knowing that the energy to move your own life forward requires small steps and a lot of patience. I have helped over 4,000 people and set them free, many of the tools and techniques i have developed give back self esteem, security, take away attachments to fear and can clear pain. Some of this clearing comes from a kind of energy clearing to do with energetic psychic surgery, others from knowing how and why our entrapments serve us and in enabling us to try to step away from them, I am guided intuitively and have many guides and angels present at each session.

My journey has highs and lows, like any human being, it just operates in a different place of consciousness, so here I am today, wanting to write my story in the present. The day I split up from my boyfriend, whom I thought cared deeply for me but it turns out i was just an affair and a break from his wife, you see my life is in the arms of humbleness as I trip over my foolishness, yet there is a much bigger force of 'Life' that channels through me, guiding healing and restoring faith.

Life is not about reaching a goal of happiness in the moment, it is about how we sustain ourself in a place of joy when faced with adversity. In this way we have to listen to our emotions, inner guidance and spiritual guidance, we have to continue to develop and grow but we cant expect life to suddenly reach a level of perfection. We can be constructive in making it work brick by brick and we can seek support when going around those hairpin curves and crevices in which we need a helicopter or air sea rescue to save us. Some people keep life simple by not taking risks living with the system so being, at peace and happy with their lot, others struggle to find the areas of life that fully sustain and fulfill, mainly because they don't fit in to the norm, they are different and need a different environment or connections with people to satisfy their emotional, physical and spiritual connection to the world.

This is my cycle right now. I am needing to re-start with the construction process of building my life brick by brick, starting with the foundations.

I was living in England, in a small but beautiful home town, Henley on Thames, working in Covent Garden, central London, seeing up to 30-40 people a week one to one as a psychic healer, writing and creating art in the gaps. I Used creativity for recovery and processing time. This worked for 4 years but was not sustainable, after 4,000 people and the loss of my tonsils, I found my own energy resources were draining, the



umbrella company, representing me, took 60% of my earnings, this too much and with tax didn't allow me the rights of a life, for recovery, to invest my money in a home, to simply be constructive with creating a life in which over time i could feel i was gaining independence and reward. On the contrary my clients saw me being successful, unaware that the umbrella company were taking so much and this created a dilemma in me in how to approach the next step.

I also had an awakening experience six months ahead of public time with the economy. One of my clients had introduced me to the Strawman Illusion, J.ANDERSON and the Mary Croft consciousness that woke me up to the 'system' in its complexity. I began to develop a want for a different kind of lifestyle in which I had the freedom to be me with out the feeling of being enslaved to support an economy that was not there for me but for the banks. The U.K. governmental decisions felt undermining, to give my power to the MP's by allowing them to 'govern' me felt disabling as they seemed to act from a place of consciousness unaligned to the nature of being human. I wrote articles about my findings and attempted to talk to an M.P. but this further confirmed my misfit to their reality and caused me to begin to fall out with my homeland. I was in need of finding a way out of being a pawn to the system and the lust for a freedom with my relationship problems and economic reality became a journey of self resolution. The need to manifest a different way of sustainable living whilst tapping in to money and money systems became paramount. I therefore let go of my house in Henley realising my little hard earned income was going to a landlady that had little understanding of the work I was doing or the journey involved in creating it, I was unable to think she deserved my money, mainly as I felt I was getting enough for my money. I knew her vaguely and actually respected her, she had done some amazing movements in creating change and transformation herself, she had become well known for turning an Irish beach that was unusable because of the large amount of seaweed in to an ice cream/sea weed business that bought work to the area and made the beach beautiful for tourism and the locals. She was definitely a strong and powerful visionary but on the two occasions I met her we were more concerned about how to get the plumber to seal the shower on the tenth attempt rather than share an honor in our vision and stamina. In the last moments of greeting her, before my move out she did give me a compliment about one of my A1 flower paintings of summer roses, entitle 'A rose for you my love'.

This want in me for attention was like an inner child feeling neglected of a connection in a known value, but for the mechanical aspects of living, it appeared futile to grasp at these moments knowing we were caught up in the business of a landlady/client relationship in a fast moving treacherous economy. I had also noticed this barrier in spiritual people, still competing with each other and seemingly me, as they put their 'marketable' products and service in between me and others instead of allowing relationship in. I had developed a path away from traditional marketing techniques and was very uninterested in persons that used manipulation, hooks, emotional blackmail or 'complicated' techniques to build up a client base. I felt they were missing the point of the journey of therapy, in living lightly, freely and easily with relationships with others that were on the same page or agreed in the same philosophies or processes. I was tired of being sold healing processes, when I just simply wanted to connect on a relationship level. I had developed a practice of marketing by simply being and sharing the benefits of free, creative and light living through sharing music, my experiences and art work. Well one of the benefits of the work at Covent Garden was that I had built a reputation through word of mouth so was not reliant on social media or catching people through seemingly 'free' goods designed to bring in revenue at a later date. Giving 60% to the umbrella company was a high price to pay but at least my marketing was aligned to some of my values.

I decided to live 'lightly', embracing creative freedom, by living in cheaper countries and starting to live through my heart, untying myself from the aspects that were gripping and holding me. I decided I would come to London temporarily for a few weeks at a time, earning enough to double that in Italy or in another country in which the economy was taking a dive, to give myself some time and energy to slow down and find myself again and make the problems of 'debt' and the economy work for me instead of against me.

I embarked on an art residency in Italy with my close 'art school' friend Annalisa Cattani, we had met in 1995 in Berlin, Hochschule Der Kunst, a University Erasmus exchange programme, just after the Berlin Wall had come down and Berlin life was really picking up. We had formed an amazing relationship that became very valuable and authentic in the years that followed.

When I came to Annalisa in January 2012, after letting go of my house, we were both at a kind of crisis point, she had taken on a very expen-

sive mortgage in enabling her vision of a creative community, I had lost a will to base my life around the creation of financial security as I felt I wasn't living. We both needed to become buoyant in our decisions. She had the possibility of developing four flats in her house, which meant I could help her, sympathise with her financial weight and have a home as well. Our relationship has always been very special. I was there with her in Italy during the months before her mother died, a connection that can't be broken. We have always understood each others values to a very deep extent, growing in to realising how much we needed to value our relationship, over the years of knowing each other.

Annalisa had had a difficult previous year in 'knowing' herself on a relationship level and so we were able to support the unravelling of our truths and claim some time and space to be authentic to our 'purposes'. A true and trusted friend is an amazing gift of life, in fact we became aware that it was life, it was so valuable that we were willing to change our lives to accommodate it as much as we could.

There is a special bond in a girl friend relationship that holds a kind of child like play whilst allowing you to grow, create and mould the world around you and feel safe that you are loved in a way that appears eternal.

I came to Italy that January feeling uncertain of how my time would unravel and in fact only stayed ten days originally. However, at the airport we both had tears on my departure, this told me how much I needed time with this relationship and in Annalisa's home, sharing family life in a way that allowed us to find our freedom.

I was tired of London life, I was tired of being in a cycle of working, performing and reaching people without being able to be present with them. I was commuting in a way that ran my energy in to the ground and all I wanted was for life to slow down to give me time to feel, think, be creative and really experience myself again. I realised the only way you can refind the joy in yourself is to rediscover you through quality time in your own company. I came back to Italy a month later and stayed for three weeks as a trial period in living there. This time I gave her a little money to help with house payments, and to rent out a small flat attached to her house. I set about my days to take care of the land and be creative. Starting with simple tasks such as clearing leaves and branches from the acres of apricot trees and grape vineyards that

surrounded us. Annalisa had taken on over four jobs to keep up with the mortgage and Marco her partner was doing the best he could. So they were in a kind of financial gridlock that needed a third party support to enable the house to start becoming a financially constructive asset.

In this time a wonderful journey started to unravel and I began the process of re-discovering my spirit, as I pulled the 'pruned' grape vines from the hills, I decided to use the vines to satisfy a passion of making a labyrinth. I had yearned to do this simply and easily for over a year and although approaching an ex-convent and being granted permission, it had not happened. I began to realise my inability to simply lay down the labyrinth in England represented a much more complex problem about the way the laws, commercial exploitation and planning permission issues had created a kind of grid lock to creative thinking. Coming back to Italy I also had a strong desire to make an 'adobe home', wanting to be able to make a simple home or spiritual centre out of the sand, earth, natural materials. All the UK mortgage, tax aspects were way more demanding than reclaiming my ability to make a home or centre with my bare hands. I knew that I was highly creative and practical, I only needed the rights to build on land, however being able to buy land for residence was hard and planning permission in the UK can create 5-10 year waits on having the right to simply work the earth under your feet, I felt in a feudal system that seemed paternal in its rights to give 'permissions'. I discovered that I could build in the side of a hill in the UK without planning permission and started playing with visions, desperately trying to work out how to have a home, without tying myself to a mortgage for life. All this in Italy began to seem excessive and desperate thinking, as time moved on I started to settle in to to Annalisa's home and my little basic flat there, realising I had a home and had no need to chase these wild dreams at this moment, just for a sense of freedom.

I sympathised with Annalisa, who had decided to live in debt, with a large mortgage, (although half the mortgage in England). I knew her stress and wanted to help release her from feeling like she was a slave to the system. There were piles of tiles around the out buildings and all she needed was a tiler to come and re-do the bathrooms and she would be able to let the four flats out and dramatically cut down her work. So I was to act as a guide in support and helping her to get on top of her home. I knew it was not the time to build an adobe dome, so I set about building a labyrinth, a magical structure, a form of sacred housing without a roof. Designed in many ways to help you get back in to your spirit and keep in touch with your deeper truth and spiritual self.

I set to work spending my days pulling the pruned grape vines from the hills and individually laying the sticks in a form that enabled the energy and magic of the labyrinth to flow. Everyday receiving a new message from the labyrinth.

I was told that 'I was over thinking', that 'God's loves poor's through me', to 'trust in my truth', and that the 'spark inside my heart was still glimmering'.

By day five my energy was feeling blocked and I was tired and emotional from my relationship split, I woke up feeling negative and found it hard to 'hear' my intuitive advice.

The night before I had meditated after an online conversation with a beautiful lady called Oriah Mountain Dreamer, famous for writing a poem and book, 'The Invitation', I had foolishly suggested a meditation technique to her in reply to a public posting and had found that the posting was out of date. Nevertheless we attempted to connect and she graciously allowed me in. We realised we had shared an illness, M.E. in our past in which migraines were a symptom and this allowed us a moments peace and soul connection, bringing together our parts and enabling life to flow through us.

Oriah, represented authenticity of relationship, her courage in connecting to me gave me energy, her pain resonated with me as I recognised elements in myself, in her story. These moments of exchange were special and life giving.

After conversing, I started questioning my soul, in its will to create limiting relationships and entrapped states of consciousness, I asked the universe for guidance, I was told that until I had an open respect for deeply authentic and truthful relationships and creating them wholly in my life, my soul would guide me in to futile and limiting situations, hence I developed a relationship with a married man, a man of course that courted deception. I was told I must put a stronger respect on seeking authenticity in relating to others, for me to find my own freedom.

As a psychic healer I was reliant on the London umbrella company who were taking 60% of my income, I had got lost in a double bind, of needing the attachment of the management of my diary by the company and gaining a form of security but not gaining independence or a true state of presence in which I was able to remain in the story of the clients.

The only way I could manage so many clients was in giving myself 'proper' detachment, or 'me' time to allow my creativity and spirit in, which meant I left the issues in the consultancy room and detached completely.

The next day I still felt a bit emotional, my meditative understanding wasn't quite enough to lighten my heart spirit and I needed some more inspiration. I decided to consult an Intuitive, Becky Walsh who had written a book 'Intuitive Lovers', her take on it was that I was trying to be too detached. I was in fear of emotional intimacy and being robbed of my connection to myself, I was attracting detached types (detached because of attachment) who were unable to form deep and meaningful relationships. I realised that over the years with my work I was very detached with clients, leaving all work in the consulting room so as to give myself some time with me, needing to fully let go after 'surgery' and embrace my life on my terms with my creativity. She suggested my heart wasn't actually that open, a point I found hard to understand as when you love and work with 4,000 people from all cultures and backgrounds, from around the world, with all faiths and rites of passage, with marriage, growing up, violations and lifestyle, you really feel your journey of experience and understanding continues to open your heart.

However I could see I wasn't making enough effort to connect to people that I fully trusted in their authenticity, so in that way my heart was not open. Forging connections with people that shared on an 'I AM conscious level, was an effort to break that pattern but I needed to trust myself further and trust that there are enough evolved spiritual people out there that wanted to connect. Becky suggested I fully put myself fully out there.

I began to see a link running through all my life as I further formed the labyrinth, the more energy I put in to building it, the more it seemed to push me to reach out and start connecting to people, start finding out the truth on a deeper level aligned with my soul purpose.

I was realising I wasn't actually allowing any deep relationships in that allowed a true sense of emotional intimacy in the home or my personal life, I was just running at everything, doing but not in a state of trust, love and journey with the people of my life.

That day I also reached out to one of my male friends, a very sweet man whom often feels a bit lost but whom is able to help many find

themselves, his name is Nick, he was in Greece. I spent a couple of hours talking to him, we were relating our stories and connecting to the primitive nature of living, sharing the component of a withdrawal from the normal structure and expectations of society. We knew we had responsibilities to ourselves and others yet our free spirited nature was driving us deeper and deeper in to a different way of doing things, these urges were hard to resist, they encompassed desire in self expression and pleasures that maybe could lead to sabotage on our stability but that we felt we couldn't resist.

He had a desire to fight as a marine, logically this made no sense, he didn't believe in war yet he had a primal instinct.

I wanted to travel and I to be creative, re-experience the depth of myself and to not be tied down to a mortgage or relationships that limited me. I wanted to be able to be set free.

His inner conflict was about his primal instinct as a male, in which he needed to understand his masculine aggressive power and he yearned for more bonds with men or comrades in relationships. I invited him in to a meditation in which he saw himself as a very powerful and strong gorilla, able to easily 'bash' though environments and able to live easily in both the peace of the jungle and in warfare. He needed a way to channel his primal masculine energy, his thoughts were towards martial arts so as to hold this self expression without a need to create conflict to enable the need for peace but to live with peace and use the energy of conflict to encourage a support to peace.

By channeling these energies we realised he would be able to live in a homeostatic environment in which both parts of his identity were functional in the positive rather than serving a dysfunctional and limiting system in enabling men to demonstrate their primary energy of 'defense' and conflict in ways that disabled global society.

However a few weeks after he said the desire for conflict was still present, I have been told its a male energy, a need of self expression, they desire to create conflict and struggle to stay in their hearts. Jeff Brown, Soul Shaping is an enlightened man that has seen this in its diversity and been able to reach many men and women in enabling the balance to come back and to find its centre.

Mine was equally as primal, but more female, the need for a nest that represented me, a home but with the freedom of spirit to live with the land and God and not have an inverted experience of being 'governed or enslaved by society, banks or political systems'. I was desiring a natural home that was not corrupted by societies needs or greed.

In this time of labyrinth building, my journey started to make sense, I was beginning to awaken to seeing my behavior and to find a way forward to bring some light and hope to my path. The labyrinth was inspiring me to keep moving with the journey even though the path seemed crooked and at many times deeply uncomfortable, this was my journey and held deep and valuable truths at the centre of it. Touching the essence of me, was like re-awaking from a slumber, English life, with the trains, houses, clients, London all seemed to be like an addiction to sleeping tablets, I had formed a dependency on Starbucks, Cafe Nero, Monmouth Coffee that was designed to keep me mechanically working with healing and inspiring but not feeling or living.

Breathing Italian life in, was the breath of life, I was becoming me again. I could feel my spirit beginning to re-emerge, it was inside me, a blue white flame, alight, I knew that the longer I stayed in Italy the more of my essence would return, it was the inner sustainable fabric of my soul that was like an aromatherapy oil, with its own perfume its own fuel, its own light and its own beauty. Encouraged, I carried on creating the labyrinth, I began to remember my eternal presence, remembering my true nature, seeing visions of a woman in period dress, a house keeper, feeling the dynamic of her landlord, I felt a moment of engagement that this was the man I had loved and lost. I was wanting to change the dynamic, wanting to move from housekeeper to artist/writer but was still presenting as less of myself, having given up a home and a life in England. I sighed and rejoiced at re-experiencing myself, my inner knowing and my ability to trust a much deeper purpose. My ability to deeply connect to my past in my present was beginning to return. I was so relieved to remember myself. This was me, a person who could remember her eternal existence, yet the process of living and paying for a home had slowly run me out of my own body. I needed this time, it fed me and helped me to grow.

My three week period in Italy was up, I arranged a home visit to England for Easter, to ground with the English flowers and to see the family and some close friends. I would also return to my consultancy in Covent Garden, London so I would be able to ground and observe with my new



perception, how I was relating to clients. I said goodbye to Annalisa and her family to see how the next stage of my visit in ten days time would inform my life.

Arriving in England I was surprised how the two hour flight led me back a season, although in the middle of the equinox, with brilliant sunshine and warmth in both countries, England wasn't green, it still bore the scares of the winter. I came back to the consumerism life, welcomed by the HSBC bank signs at Gatwick Airport and the overstated branding, as if London existed at the out of city airports, an overspill of international commuter life. I questioned how it would be possible to break through the shell's of protection everyone must have to wear to keep buoyant with so much corporate activity. I also wondered how anyone can find their soul identity, soul mate and soul purpose when so 'consumed' by the product industries. I gave myself a little assurance that I must be a minority in my nature and so my relationship struggles of soul connection beyond karmic balance were also possibly to do with the 'rare' nature of my kind.

An aspect I knew and had given myself the acknowledgement that my healing gifts were buoyant beyond the norm. However the relationship aspirations still needed to find their path and solace. The weekend began to unravel as I went through the process of re-connecting to family and friends, realising how much 'activity' and need we put between ourselves and in being present with another. I found myself speaking to friends about my realisations; how presence and being present in a way that simply allowed us to enter in to the joy of each others company didn't need an activity, a drink or a combined goal, it simply needed a sense of gratitude in being with each other and in knowing each other.

The weekend became very busy, I was able to share my truths and realise how detached I had been at protecting myself from not being fully open and able to enter in to a deep communicative journey that allowed the intimacy of living and home. I could see how many walls we put up to cope with the busy life of paying the mortgage and living a life based around societies needs rather than our own. I discovered how needy society was over a year ago, when I felt like no matter how much I gave it would be eaten up in to a black hole of need in which I could run the risk of loosing my health and life. In fact to a certain level I did loose my life and health but this allowed a journey of transformation, as I turn inwards and have the space and time to deal with

me, using my developed abilities to restructure my own energy field so I can re-emerge from my time in Italy, feeling ready to present in London with my writing, creativity, healing. 'The Law of Emergence' as written by Derek Rydall, inspires us to find the right environment and lightness to nourish ourselves so as to be fertile in our creative abundance and soul purpose. As I let go of my ties and financial entrappings I acknowledge myself and become resistant to traditional life, seeking a new life beyond the possibilities of my mind and the projections of society. A life that is sustainable and allows me to become a doctor to myself in finding healing, nourishment, shelter and peace.

*'Everyman is a doctor and a builder, to heal and shelter themselves'*

**Nader Khalili**

Finding ways to share my abundance, was a challenge I didn't see coming to me. I had hoped life would have been as straight forward as it is for others. However when you are not as innocent as the innocents it is neither straightforward nor open. You are as if in a cupboard waiting for people to connect with you and bring you in to their world validating your findings and your nature so as to join in the celebrations and blessings of the world. However, most cant see you as they exist almost as if in a parallel world of consciousness, I call people who live in the shadows, as if still underground, the 'Moon Children'. We are the ones who bring light in the dark, our consciousness brings love and inspiration to all who we engage with yet we find ourselves often isolated and withdrawn, finding it hard to bridge all gaps of consciousness socially, yet like a hermit holding many keys of opportunities in restoration for many.

There is a desire deep inside, lingering for us to be bought in to the light, to be shared and housed without being hidden, without engaging with others that steal, deceive or play. Yet we struggle to find a way to recover our connections. Knowing the relationship values of integrity, trust, honour, gratitude, communication, vulnerability, gratitude, benevolence and how much stability they can bring when they are used in relation to others appropriately helps me to feel strong in myself but yet it is very rare I am met with these values. Knowing that to be exposed in truth is our story of light, of being the one who walks the path of adversity to bring light to others and to free, unlock, unhook and release others who also dwell in cupboards or caves, but have reached peaks of enlightenment, or are simply on their journey as with my job as a psychic healer.

Here I tune in to people's souls with my hands, searching for their pain, insecurity and fear, unhooking, giving platforms, self esteem and direction. Restoring passion and ambition whilst bringing alignment to direction so as to bring trust and security back in to their lives and enable connections with soul mates, soul groups and a sense of purpose. This is done through channeling free flowing intellectual energy and consciousness to fill in the weak areas of which experience left deep impressions on their energy field and other people left their hooks of insecurity and pain on the individual. To free their energies is to allow them back in to the light, to feeling uplifted, happier and to enable them to carry on moving forward.

The little easter break in london, helped me to see where I was in helping others, I was giving advice beyond their own healing, with business opportunity, development and communications as a professional consultant with high profile magazine companies, film directors, media companies and investment strategists amongst others. I worked at aligning them back in to their soul purpose helping them to become free of personal unnecessary financial traps whilst helping them to assess how to create some security. I tried to remain more open to allowing a longer journey in which I could trust them to understand my needs for creative time away from london living the freeman lifestyle I was also helping them in to. I discussed this different approach with a few of them helping them to use the communication technology for consultancy when I was out of the country.

They understood and agreed. I had a client in Europe who had pressurised me in to a more personal healing relationship of which I had had to redefine boundaries. She was wanting to go on a journey of healing with another therapist of whom she had deep feelings towards but who was working in a very different way to me and needed a very large support system to enable this type of approach. I was not wanting to go on this journey with her as it made my boundaries difficult to manage but she insisted and finally I agreed. The first month I found myself having to be very harsh with her as she wanted to text through the night and wasn't trusting the remote healing I was giving, getting too involved in the process, questioning my visions and using control and emotional blackmail to get the sessions on her terms. I was very clear that I would not be able to continue if she was going to psychologically attack me and I had reassert appropriate boundaries with communication times and sessions. Eventually she saw the benefits of 'safe' work with a 'sensitive' and was able to use the 'safety' in her

own relationship with the other therapist. Having reached a place of trust on all sides meant we had now launched in to a position of healing in which we were working as a team in collective consciousness, leaving the traditional healing room approach. I was able to give her a sense of deep presence remotely and reward her for pushing me in to this journey as it enabled an experience with consciousness that came through universal collective thinking.

It was at this time I also remembered that the relationship with the married man was actually authentic on a heart level, I had realised the relationship was a soul relationship and there for re-balance, nourishment, regeneration and healing as well as to provide a new path. However he was unable to deal with the responsibilities of his life on a relationship level, or to process his love for me and I could not tolerate living with deception. When the end came, it was time to move in to a space more true to my authenticity and needs as a woman.

Interestingly my time in Italy was helping me assess if I wanted children or not for real as I spent time with Annalisa's 3 year old and 8 year old. I was realising what a beautiful relationship I was forming especially sharing creative aspects.

I had kept children at a distance for years as I went through the healing of the paedophile as the projections of his psychology took a long time to clear and created fear in me. Although, it has taken 16 years to clear, I feel safe to say I am fully healed from his behavior, I am just grappling with a few relationship aspects that are almost like the keys to the final locks in the chambers of unrest to do with healing from this issue, I just needed to complete by stepping in to a 'life' that suits my conscious. Its time to connect, to love, to have family, creativity and life, having gone on an immense journey in self resolution. There are just some aspects, like home, a balanced work, creative life and relationship that need to built from sustainable foundations, to start on the right foot.

## **Next chapter**

The week in England led me back into the oppressions of English life with a tight economy and legal system that was stifling to home and relationships.

There were some amazing moments with the 66 people I saw one to one and the six that turned up to my course, at home with ascended

masters and archangels. The course had been going for three months, this time they excelled, channeling from Merlin, Isis and Buddha. They were past a point of fear, able to hold the energy and presence of the ascended masters and archangels. So beautiful and profound as the collective consciousness of the group led us to the point of reference of detective story ready for the shift of 2012, looking at bringing light to deception, allowing ascension and outing the financial agendas of the global economy by acknowledging the freemasons and eye of Thoth. I channeled Sherlock Holmes who pointed out that all of us had this element of shining a light in dark corners and I was, we celebrated our purpose with bringing understanding in such an amazing time of transition able to take stock and look at the ways of life to enable abundant living. We looked at the symbolism of the cockerel in clearing deception, in a place of rescue after conflict and in Merlin's studio and one of my students performed on all cylinders channelling Isis, she gave each of us a message, part of the message she channeled to me was that I was on a path that was ancient and bore many gifts and joys, she said I would see them unravelling in the next few months. A very beautiful gift to all of us and very rewarding for me to see my students at a stage in which they could give back to all of us on such a profound level.

Another student put me in my place saying I was like a 'loyal dog', I read into her words as if I was like a servant, she said 'I attended whenever called', I felt like the guides were giving me a warning, saying don't let yourself get dumped on, this was an aspect that was due to re-emerge on my trip to Italy.

## **ARTICLE for PEACE & GLOBAL SOVEREIGNTY** **Blog post, transitioning in to a new world.**

*There comes a time when you have to check in with yourself at the constant conflict inside your mind and when it gets too heavy you have to walk your path, finding peace and taking action to enable an empowered life rather than living with the aspects that cause unsettlement and disillusion. This 'peace' may only be momentary as there is a much bigger aspect underneath the feet of people in today's society, globally. However, in forming a strategy and taking action to savor your minutes in the day and enable a peaceful life, you are walking a path of resistance and enabling others to find portals in to new beginnings and a new life.*

*Now, I am working in London and living in Italy, a country in which the*

economy is seemingly doing worst than England, I am beginning to see the emotional states of others and the effect of the mass 'let down' with governmental systems, how in Europe we were dependent on forming a lifestyle reliant on the 'system' even if we attempted to be financially independent. Italy has had 27 suicides of entrepreneurs that felt the government system is not enabling them to work with the economy as they were holding back money and not enabling large 'investment funds'. There are suicides in Greece, the monks in Tibet are consistently setting fire to themselves and I have to say until I let go of my house, I woke up every day feeling the weight of my life.

As a consultant I was seeing 30-40 people a week, yet with so much commercial exploitation surrounding me, my money rewarded me nought, in creating a lifestyle or for joy. It was just empowering others to live their dreams or to fuel their economic status, the government, the landlady and the man that was supposed to be acting as an umbrella to my work, I felt like a machine simply made to help others.

As soon as I let go of my house I began to disengage with money systems and I started to be in a place of choice, I could choose how to live, which aspects of myself I wanted to support and I could re-think a way of life that allowed me to remain healthy and make sustainable choices. I could work out how to claim back my power and sacred rites, so as to not allow others to 'feed' off my investment energy, through my valued time, money and lifestyle.

The day before arriving in Italy an economist from an english news magazine came to see me for a visionary consultancy, I have to say, his words 'I feel suicidal' were from a serious place. He was a genius, totally acknowledging the world economy with a mind that functioned way beyond my own. Yet in keeping his loyalty and integrity to the national economic system he was reaching a 'dead end' in inspirational thinking. I helped him align his own inner integrity with the economic system and helped him think from a place of evolution and development using mathematical and scientific ways to cope with accepting the system and finding a purpose and a role amongst it to start influencing change in thinking patterns and to start leading the economy in to a new position. We have to change our ways, when we grow out of the 'system', the first move is to re-establish our independence, personal values and a vision of lifestyle as if not effected by problems. This independence is an acknowledgement that we can stand on our own two feet with out the need for disempowerment or reliance on a typical lifestyle. This is not about needing to own a house, or land, its about being able to function and be at peace with shelter and somewhere to develop and grow so as to move forward in finding solutions and resolutions.

*Its the daily anxiety people are experiencing, that causes people to protest to seek the truth and to form a movement around 'occupy' or 'freeman' conscious protests.*

*When many people are suffering inner conflict, the problem if neglected over years can cause a sense of national and global disempowerment. This major anxiety in the psychologies of people in nations, can lead to mass war and protest. A very scary prospect.*

*However to enable the people to remain in a peaceful state of living, without this major disabling aspect, we have to allow them to be at peace, which means actively stopping the mechanics and disempowerment of the exploitation of the economic system. How the private banks are causing people to buckle under high interest mortgages, high interest loans. Helping people become aware through exposure that the banks are really in a better position as a private business through repossession and feeding off their clients failures. Also that an independent country does not have to rely on an international economy to be strong, powerful and independent. It is time as a nation to make sure the nation is sustainable in its outlooks, able to support its people with an infrastructure away from the private banking system.*

*Realising life does not need to be valued only through money to be strong, affluent and abundant.*

*By helping people evolve their ideals, by acknowledging they are not intentionally rebelling from the 'system' they are merely surviving, merely trying to feel at peace, merely loosing sight of a future and desperately looking for answers. The people are not against the government as such, they are just not at peace with the system. The system can be independent and sustainable, the infrastructure can evolve to empower the nation. Most of the disabling factors people are struggling with are about old laws surrounding energy, land, planning permission, money systems that are there to fuel the banks, the government, tax system, heavy judgements, or no real sense of justice. Authorities don't seem to listen to the intelligence of the people, which puts people down and undermines their ability to get on with development. Old historical ways and thoughts that are not international or about social science are purely disabling patterns that serve an outdated system.*

*People need to be re-educated in to creating a life based on developing their independence, enabling growth of their own produce, seeking exchange based philosophies of living and finding their spiritual growth from a place of multi faith inclusivity that allows strong heart connections so we can pull together and unite in helping everyone*

*step through this transition period with out the suffering of major disempowerment, stress and anxiety. They need to be able to trust the governments proposals and that the current economic system can empower their lives without crippling them or making them in to slaves to the private banks. If you think how much money is borrowed against mortgages, how often a sale of a house goes through is repaid and then resold, then repaid, the banks must make masses of profit that has no relevance to the cost of one house at all.*

*People's gut instinct is to know when there is something wrong, we have to let people live intuitively and trust themselves, enabling their professionalism to be empowered to bring unity and evolution. Everyone wants peace, they do not want conflict, this is one thing the 'people' as a globe will always be in union over. It is a few undermining and bullying leaders that seek power for the sake of power, that take away this right.*

*I am back to the same point of feeling the encouragement and facility of global sovereignty is still a need of vision in to global development, to over throw war, famine and pain. You win peoples hearts globally, you win peoples freedom globally, we need to think not only of independent sustainable living but how people internationally can live independently and freely without so many disabling factors from economic unrest. The dynamics of global power have shifted as predicted for centuries, yet we still are not fully independent as a nation or as individuals. Hold power, by standing strong and re-educating people in to independent living, giving them back the ancient right of building their own shelter, organic farming and enabling their choice of resolution. With any revolution returning to primitive rights allows trust and security back in to the minds of the people. rebuilding a culture from a place of sustainable life that can enable affluent, abundant lifestyle with less dependance on money systems, more value on family and friends, this can give people 'inherited' lifestyle for centuries, this can only restore, strength, trust, security and power.*

**FINISH ARTICLE**



## ITALY

The day after my return to Italy I was surprised to wake up feeling like a volcano, as if I had gone back fifteen years, all the healing work I had done on myself appeared abolished as I rediscovered the volcanic fury that lied beneath my feet. Remembering the natural phenomenon of being human, within an hour, with a bit of deep relaxation and for me, self hypnosis the volcano re-became a mountain, some psychological issues can seem a bit like a heavy climb but the view at the top is normally pretty spectacular and above cloud level so worth the journey.

Over the years, I have become familiar with the terrain of my journey and the nature of what I am processing or letting go of, in my self; a big project for the soul. I spoke to my guides, they told me my journey would be very meditative, this time in Italy, they pointed at an apricot tree, they said 'this is you', someone that embraces stillness whilst rooted to the ground, so I found myself entering in to a mammoth three week journey in to the heart.

So every day, for 21 days, I committed to traveling in to my heart to clear out the debris of pain left from past relationships, futile situations, family problems. Clearing, PAIN, INSECURITIES AND FEAR whilst trying to up my SELF ESTEEM so as to attract secure, expansive, limitless relationship and lifestyle in.

The journey was amazing, as if I went in to to an aladdin's cave of the heart, so rich in information and wisdom to share. My goal was to clear out and find my grace, my source energy in love and seek out the aspects the heart chamber held.

I did this, by mixing two aspects; a very basic CD in hypnosis for self esteem to enable myself to be taken into the journey of the heart space, mixed with self hypnosis, in which I used my own understanding and experience of clients and therapy, so as to release the energies that were holding me back. When doing these kind of meditations I always simply put my 'trust in the journey'.

Over, the last few years I had a back to back story with two men, both ended badly, I had formed an issue around attracting men in the same pattern as a car accident I had in 1998, a lorry pushed me from the middle lane in to the fast lane of a motorway whilst another car

that was in the fast lane, hit me from behind. Since 1998, I was finding myself, again and again in a pattern of relationship in which one was 'pushy' on his terms in a fast lane way and the other would get involved then suddenly disconnect giving me a sharp jolt one way or another.

I sometimes found one, more lustful, short sharp hit relationship and then a slow type of relationship, over time I became a fast lane girl; a competent driver of 'life'. I had a contradiction knowing that slow lane relationships were more long term and meaningful and I would go along the journey but then just fall out of interest. So this pattern went on and on. Although I looked at it again and again, I needed a deep and prolonged time frame to try and clear it once and for all.

Through my time in Italy I was beginning to realise the link with the fast lane habit and the way I entered into financial stability through my journey in to healing. The compensation I gained after the gruelling four year legal case, won me a small amount of money that enabled me to train as a therapist, in holistic practices, becoming a holistic therapist allowed me to use my understanding of psychology and philosophy to earn a living, I had studied these aspects on my Curating MA at Goldsmiths, I became balanced by asserting a percentage of my time in this direction whilst allowing my creative journey to continue..

As I write, I am able to say that after seeing 4,000 people I became competent at helping others deal with all life issues, in fact I became a competent 'driver' of life. So the universe, simply pushed me 'out there' pushed me to expose my inner self to people as a process of 'becoming', this pattern served me to find out who I was really becoming, after my spiritually awakening experience of M.E. 1995-1997.

I therefore had to step in to the self esteem of realising I didn't need the stabilisers of the slow lane relationships, I was now able to assess the 'road' and navigate from my inner intuitive GPS system. I had become 'the navigator'. Which gave me comfort as I tended to always choose the fast lane man primarily. I just had to deal with the other self esteem issue of a more balanced relationship, based on the heart rather than another projecting their terms on me.

Standing up to lorries and other 'unbalanced forces' can feel like a bit of a weight, however I was to learn I was more than able to empower myself in to this strength. Simply through self belief in my values and right of choice, by grounding with these aspects I was able to see the

whole perspective, and know that even though I related to fast lane types of men, this way of life, was not sustainable to me consistently, so I normalised myself by realising I was a middle lane type just like most people, with the ability to be highly vigilant in the fast lane when the need was there.

The other large aspect I looked in to through my heart was my mother, her emotional 'let down' of me as a young girl, emotional neglect, from the child abuse I suffered to her alcoholism or as she put it, her 'habit' which caused me to question of my role the family, I felt the situation needed to be brought further to light light and encourage a turn around. The rest of the family could no longer tolerate her behavior and I struggled to be in her presence for more than ten days at a time, when in family situations. This nature of 'intolerance' may seem normal considering the complexities, however it was effecting my ability to create security, as if I was a teenager. I was struggling to move in to a house with a mortgage, in Covent Garden, I was working for a man that had set out to 'exploit' me as apart of his business plan and I was struggling to find a settled relationship. These aspects all seemed relevant to a self esteem issue I had developed over the years.

Everyday I journey in to my heart, I was met with surprises as well as simply mythical avenues and symbolic gestures. The first surprise that came up, was a vision with a man I had known for about ten years, we had had some passionate nights in the early years and always ended up wanting more from each other than we could offer, due to the timings and emotional aspects going on with ex's etc. Everything came to a head when he was given a job at my neighbours house a few years ago. After he finished work, we had a very romantic time on my dingy, motoring up the Thames and we went for a swim, ran out of petrol and took four hours to get home. Although nothing physical happened, the problem was it was too easy for us to go on an adventure, his girlfriend couldn't believe all this and trust lost in their relationship. However, we hadn't got the trust in our relationship to form anything long term so it went from one problem to the next.

However over time, we could see our lives seemed to hold aspects in common through lifestyle, creativity and nature. For some reason I had a vision of him in Italy with me, taking care of the apricot trees, we cleared an area of land, got rid of the heavy cement/iron grids

that hold the grape vine farm area, so as to enable the trees growth. It was an interesting vision as no one in Italy had any intention of clearing that area of land. It was also interesting he came in to it, as we haven't spoken for six months now. I found myself processing some of the limits in our relationship, how we struggled to talk about our fears, insecurities and pains, and how ultimately this had caused us to forsake ourselves from relationship. He became a constant presence in my aura during the time here. However, I tried to stay grounded knowing he had recently had a child. He had contacted me the week before the birth as he had had an inability to stay 'present' in the relationship with his girlfriend. I was genuinely worried for her, knowing the dangers of child birth and beacons him to look after her. She had a very difficult birth the following weekend, it was a hard lesson for him to transcend, the threat of losing her, made him realise the extent he had protected himself from love for the fear of loss. I found some peace seeing his behavior pattern so obviously, as to why he had pushed me away again and again protecting himself from a fear of pain through a deep connection in love. Yet he still remained in my clairvoyant vision from one day to the next.

## **Going Deeper**

The next day, I was encouraged by my findings as they seemed to be leading me in to a place of healing and so I carried on, again and again, until I came across another surprise. I found an implant in my heart, in the visualisation, symbolically, the implant looked like a rusty pair of binoculars, then I discovered underneath that visualisation, a space ship and then a masculine, alien presence. I discovered that I had an 'implant' in my heart. An implant designed to control me, so another being, spiritual life could view my work through my heart. I know this process through the throat chakra, and I know about alien implants, I had just never heard of it from the heart.

so I cleared it out, the mechanical metallic energy and once again set to work on clearing and nourishing my heart with organic substance, claiming I was a child of nature and could not be made in to a machine as I had been with the healing work I was doing in London. They said that I would be dually compensated and that this aspect had been slightly neglected. I told them my health was destroyed because of the mechanics of my work, they agreed to set me free and to allow me to be present from a place of love. they said this implant was to serve me in going beyond my limits, in what was possible both psychologi-

cally and spiritually in the art of healing. They said that the learning they received from keeping me on 'view' was highly valuable, it had just gone on too long. I felt as if an alien had controlled me, using me, as a remote control mechanical object. The tears poured down my face, as I explained I was a child of nature, a child of God, that metallic energy is too foreign for my being or heart and this method of control was destroying me. I beaconsed Archangel Michael and God to release me and protect me from further entrapment of machine operation. Eventually the energies withdrew and I was nourished with an oat like energy in my heart to replenish lost fodder.

So I look forward to this suggested reward, of which I hope means I work less and gain more lifestyle in return.

The next day I returned to the same process, just after a conversation with a close friend who was also on the Erasmus exchange 15 years ago, based in Berlin. She was sharing her family constellations and bought up contracts she had made as a child to 'survive' her situation and when she started 'betraying' her own heart. I resonated, knowing I was unable to receive emotional help when I was a child, I made a deal with God to care for people and help them. I realised if I couldn't be helped I might as well put my time to good use, so I used to go around the playground help the children vulnerable to bullies and those that felt a bit alone. I had also taken on a position as the curator of the chapel, at the age of 14 helping people who 'had fallen' through the net of care and attention. In the visualisation, I tried to clear all contracts, promises and oaths to do with my childhood care role, realising I was highly vulnerable in taking on the implant with these kind of self made contracts.

I went deeper still, connecting to my heart energy, seeking out the limits, boundaries, feeling the pain and frustration, seeing a machine like man, dressed tribally but looking like a robot, again I shouted, 'I am a child of nature and God', I retreated and asked him to leave me, releasing him, again I saw the man helping me clear the apricot trees, but on this occasion I connected to a different energy beyond him. He seemed to represent the earth, yet beyond the earth, I found my grace, the energy shot back up through my heart and into the energy space of my long term future, above my right shoulder, connecting to light, love and the 'air' energies. The abstract place of creativity.

This allowed the transformation process in and I was able to see flowers, and silk, an image I have never been able to 'feel' for myself, a

man in a morning suit, destined to marry me. I was told I may meet him in six weeks and that with the aspects cleared I had done all I needed to be able to move forward and seek love without fear, pain, or insecurity. I felt so blessed and was able to feel my beauty.

There was an interesting juxtaposition to this beauty of a man with a scar, just on the outskirts of my vision, I like to 'see' light to shine through the men I go out with, in their auras, so they tend to have good skin, it remains a mystery, the nature of this person's scar or his role in my life. Seems from a knife or a car accident, so time will tell what the symbolism behind it relates to. Over the weeks I asked him to leave me, he had hooked in to my throat chakra, it was time to let go.

I meditated a lot on my mother, realising some of the undermining aspect of her behavior and the devaluing of my philosophy and lifestyle, was causing me to lose self esteem, I realised that by talking with my father I could perhaps enable the nature of her 'alcohol habit' to be heard by a doctor, I realised this was far better than outing her myself by meeting with her doctor. I had had a conversation with her doctor 'off the record' and was advised that the best way forward was from a health perspective, asking her to take tests to 'see' the damage to her body from it. I was told by the Dr that for her to bring it up, I would have to make a formal statement and was not able to do that without the risk of hurting her for going behind her back, although by even researching the choices, that was just what I was doing, she may not have seen it from a light perception. However, my father and her had the same Dr and really it was more appropriate for him to 'out' her anyway as he had to live with her, and he was begrudgingly a backseat feeder in the situation.

I knew my father hated her drinking, the incontinence, the slurring, the 'poor me'. When she was full of wine, she stayed in her ego and her body stopped functioning. During daytime she was a warm loving lady, very inspiring and able to be strong and engaging, she was interesting. However, I always understood my mother as emotionally neglected in her childhood, her parents lived in India and sent her to boarding school at the age of four, this was the root of both our problems as one of her school friends went on to marry a man that was later to sexually assault me at the age of six.

The difference between me and her was in the fight. Her way of fighting was to keep the look of being strong with a busy life, interesting past and

abundant home. When the internal aspects of feelings, emotional engagement may have fallen away. She had had an eye operation the year before that gave her her sight back after being told she was never going to see again, she was registered blind. After the technologically new operation to give her 'implants', she saw me properly for the first time since I was 14, yet after the initial excitement and celebration, I had then become disappointed she wasn't able to 'see' the extreme value of the gift, blurred by the intoxication of alcohol and an underlying psychological resistance to enjoying the process of 'seeing' fundamentally. Her behavior with alcohol seemed to be causing health risks to her new eyes. She was one of the many middle class women that has problems in the U.K., in England the culture nurtures drinking, it was hard for her to see this habit in context.

My father was going through radio therapy as he had been diagnosed with prostate cancer and so he was open to looking at life differently, I messaged my younger brother, as he was my support in this, we talked at intervals to try and come up with new plots and strategies to out my mother. So far completely futile, but one thing I new at this point was that every single member of the family was behind us in wanting change. We just didn't know how to help her see how bad her problem was and how it was effecting us.

The following day after a difficult weekend in which Annalisa and her partner battled with the issues of dependability, codependency and trust, I realised that I to, was finding that I was not feeling I could 'depend' on so many people in my life.

My hypnotherapy had taken me to a buoyant place of caring for myself, in which I needed to stand up to the aspects that were stopping me from feeling strong and free in the world. The worry of the difficult weekend, a concern over my fathers radio therapy and an episode of a flu like bug, caused me to call my mother. I found myself launching in to talking about the problems of her drink, in floods of tears.

As I explained, there were aspects of my mothers behavior I found hard to tolerate, I told to her that I couldn't handle being with her when she was drinking, that I cared about her but she wasn't 'present' or herself when she had alcohol in her system and it was impossible to have a conversation, I told her that I cared but this was too hard for me to cope with. I also explained that her sisters and my brothers felt the same way. She was resistant to seeing a Dr about it but said she

would talk to my father. After the conversation, I felt a little deflated as I knew her perception of the problem was in her words, simply 'the same as going on a diet', she would just cut down, so over time our confidence in the situation was vulnerable to being broken again and we would have to pick her up on it again. In the mean time, they would probably cut down to a tolerable level but as the underlying issues are not being dealt with it would be purely a momentary aspect.

I spoke to a girl friend that had by chance synced on the family 'dependency on substance' issue, as had one of my students of 'At Home with Ascended Masters and Archangels', the one that amusingly had said I was like a 'loyal dog', she had a son that was dependent on hash. I felt that as a collective we were going through some doorways of change, however it felt a bit like walking through the mud, as I knew I had far more overpowering issue of 'home' to deal with I was feeling tired my time was becoming dominated by mothers behavior and caused an inability to process my needs.

My energy in the time in Italy was not bouncing back in the same way it did the first time I came. I felt I had let myself down at seeing 66 people in the ten day week I spent in England. Some of the the underlying issues of life were beginning to reveal themselves and although I was going head long in to it doing the hypnotherapy work, it was as if I was being hit with a big wave and going in that washing machine experience you get when you learn to surf.

In fact, going to Morocco, a year and a half ago was how I tried to resolve my energy loss the first time round. Having had heavy bouts of tonsillitis from working so hard, seeing 30-40 people a week. I had also been given too many antibiotics, and although I knew the dangers, my tonsil health seemed too serious to refuse the pills. I had to wait six months for the operation which meant infections every few weeks. So I took myself to Morocco to enable the heat and salt air to calm the situation. This did help, I enrolled in a 'retreat' for yoga and surfing, as I thought if I got my health right up to scratch with a healthy diet and healthy exercise I may bounce back. When I got there I realised the retreat, wasn't really a retreat in the spiritual sense. They were a bit pushy and seemed to charge for everything, or keep you moving, without having a chance to breath. However after asking them to back off, I negotiated two days to myself and then I got in to the pace and attempted to learn to surf whilst doing two hours of yoga a day.



It was here I realised the experience of the 'washing machine' of the sea; When you are hit by a massive wave you tumble and tumble, pulled in to the depths of the ocean, letting go and allowing the trust of the experience to lead you back in to your own state of buoyancy. It is actually quite exhilarating to be so absorbed by the power of nature.

I discovered I had a problem with surfing, for the first time at the age of 36 I found that my hyper-flexible body was not able to get in position appropriately when standing on the board. So when I attempted to get up on the surf board my legs would not balance appropriately. This became an area of distress and humiliation as I watched those more able bodied get up there. I signed up to double yoga classes and asked my yoga teachers to train my body differently. I have sway back legs which means I am hyper-flexible in many joints and have very inflexible tendons in others. I read about a young Hawaiian girl who had been attacked by a shark and became a world class surfer with one arm. I knew surfing is a natural process and possible from different get up positions. So I took private lessons, yet still I couldn't get up on the board. I seemed to reveal a bit of dyspraxia to, of which I had never known was an issue.

I seemed to take the failure personally feeling that I was finding it hard to ride the wave of success and opportunity appropriately, falling down instead of being able to drive the energy up and over. This I was relating to my experience now in Italy and the problem of growing out of the Covent Garden company but struggling to base myself with an appropriate position for home and work.

I was doing an art residency yet the wave or energy for the projects weren't building in the way I would normally expect, or in a way I would give energy to a start up project, so I was feeling about to be put through the washing machine into depths and spat out in the shallows, as the wave turned without me riding it.

The Moroccan trip had all the adventures I enjoy for a trip of this nature, after the surfing experience I decided to go to Essouria for the Souk and some beach time, the weather was a bit cooler this further north. The souk experience was like walking in to a labyrinth I met a man at a shop in the centre of the souk that sold coloured pigments he told me, 'You should live your dream, not dream your life'. I spent a few days in Essouria and then went to the harbor to see if I could

get a lift to the Canary Islands, as I had wanted to spend sometime with the dolphins and had heard that the wild life there was amazing. There was a boat with two men sailing the following day, a Brazilian and a Frenchman they said they would take me if I turned up the following morning with my rucksack. Within three hours of leaving harbor the dolphins came around the boat and at the same time I realised that I had been a little foolish in taking on another bout of water activities when the waves were so high. The sea sickness crept in, we were only away from harbour for four hours and the trip was four/five days. The dolphins swam beside us, as I lay face down on the front deck holding on to the wooden deck of the 25 foot sailing boat. I was able to reach out and connect to the dolphins but we were sailing too fast to be able to swim with them but I felt exhilarated by the atmosphere none the less. Raphael, the Brazilian was very spiritually conscious, he had had an 'I AM' awakening a year before, he was able to connect with me and tell me his philosophy; how he thought people should stop living with money and how if my life was ready for departure through illness then death, I should just accept it and let that in.

In reflection, I feel that the false economy we have created in the west does answer for most of the pains of the world, from war, famine to generally our limited perception to life as a society, a collective consciousness, yet I feel we have to have a different practice of money system rather than eradicating it. As far as letting myself die is concerned, well the choice is there, I am still hoping he is wrong about that, although I am struggling to make my life balanced at the moment, I am hoping to come up with the answer, I am a fighter of diss-'ease' through peace and stillness.

Raphael was a blessing on this trip, cooking for us and enabling time to relax and talk. His ability to care for me when I was in the discomfort of sea sickness really connected to a time when I was ill with M.E./chronic fatigue syndrome in my early 20's, he was able to remain 'present' with me even though I was unable to show him my best light. He gave me as long as I needed to be unwell and to recover slowly. The aspect of being able to remain present through peoples projected pain has set to challenge me, as an issue during my time in Italy. Trying to be more present with other peoples pain, was pushing me to be more present with my own pain as I continue the journey in to my heart using the 21 day hypnotherapy process. I realised how many protective mechanisms I had developed at pushing people away so I didn't have to cope with their disorder, unless in my

own healing room. However this meant I was also experiencing a limited reality and wasn't taking up the right to 'heal' from my own pain. I had to keep a perspective though, the task was a task, opening up the trap door to see the level of darkness under neath, can be confusing if you hold on to the emotions in your day to day life. I tried to work out who's pain was who's, so that I didn't feel too burdened, this helped to ease the lightness back in.

When you are trying to nurture your peace through stillness, but someone else is in pain, that can seep in to your conscious and life, its hard when you are spending intimate time together to seek sanctuary, they may not be conscious to how they relate to their dramas. However by seeking to be more present with another's pain, we are given space and direction in to our own pain. The engagement with my heart walls that had compartmentalised my life, caused fracture in my relationships, once I accepted myself and my nature with relationships, I was able to transcend these fractures, this journey enabled me back to my own source, freeing back into a state of bliss, so I learnt that I should embrace another's pain as it gives a space to voyage in to the freedom that lies beneath.

Today I stumbled upon the core of my pain  
an egg waiting for the hatching  
chipping away at circumstance  
searching for a renewed sense of spirit  
I was driven yet deeper in the portals of clearing  
searching through the universe inside myself  
to gain back my generosity of spirit  
in living, loving and finding desire for the passion of life.

I had become a little tense about the possibilities of exhibition at Novella Guerra, realising I was primarily on a meditative journey and this was expressing itself slowly through creative outlet in writing, painting and inner knowing. As I was the first artist in residence, the environment was not set up for heavy artistic practice and the ability to use white spaces clear of others uses or influence was hard to create. The space was there but something wasn't gelling and I was being too effected by external influence.

I developed a friendship with Annalisa's eight year old son in helping facilitate creative ideas. He seemed to have similar visions on a much simpler lever, he would randomly ask to satisfy them, which was

easy for me, but due to the nature of suddenly finding myself in a collaborative project with an eight year old, the only hurdle was for me to let go of the gloss I would normally associate with a final art piece. Using clay, he had made a panda, a brown bear, a cockerel, a mammoth; a whole sanctuary of animals all able to feel, move and seemingly to breath. Then one day he took a deep breath and asked me if he could make a primitive village. My eyebrows shot up as I touched base with my dream of building an adobe home. He wanted to make it out of sticks outside. This seemed abit fickle as a possibility so I taught him how to make a foundation, walls and a roof, with a front door.

He had been given a glue gun, so I suggested using twigs and straw, before long we had made the first house and this was beginning to satisfy my desire for an adobe home. My relationship with Giacomo seemed to touch in on 'About a Boy' moments as he grappled with his parents ups and downs and sought the facility for his self expression through me. I continued to use the idea of a tree to create small houses and used sacred gold thread to create a spiders web, to enable dreams to be caught and ideologies to manifest.

The exhibition was coming together as I used the paintings of cockerels, the symbol of deception, to show the shadows of my heart, I was in Italy over easter, so the process of ascension through heavy emotional issues were relevant, 'The coq crowed three times'. I was at a point of needing to reflect and clear these issues, touching base on both a political and social level. I was struggling from moving from being 'a loyal dog' as my student of 'At Home with Ascended Angels' put it, to standing on my own as an artist. I had come out of serving over 4,000 people and needed some time to myself yet was struggling with the role of artist, curator, friend and helper. I hid behind the comfort of an un-manifested vision, often without feeling the motivation to actually make the physical, just a little here and there. This was my safety in the 20's from the heavy critical analysis in the 'art world' as the visions I had always had such a strong value in themselves, they went on to be so valuable that I saw thousands of people through this one skill. Sometimes the vision was even more valuable as a vision rather than in manifesting it physically, however during my art residency the objective was to create in the physical and step in to the dream, yet I didn't feel so at ease at the way the residency was facilitated so I ended up channeling my creativity through writing, still life painting and natural installations.

My ability to step in to the 'dream' was a much larger problem of life, in which I struggled to form coherence with, struggling with finding a constructive partner for personal relationship, whom could enable unlimited possibilities in growth and development in relationship. I found it hard to find a home and a lifestyle that suited my values. I was great at helping others but when it came to standing my ground in caring for myself this was quite a hurdle. Through the meditations I had realised that the emotional neglect of my childhood, I had hidden behind the aspect of helping others and so now was beginning to withdraw from the dysfunction of helping another unless they were also willing to show they would do the ground work themselves.

Myself and Annalisa had a difficult weekend in which I was feeling like returning to the UK as my patience at the slow pace of functional creative life and the feeling of a stable peaceful environment was beginning to run thin. She wanted me to stay another two weeks as the timing for the exhibition was more convenient to her work schedule, however through one more week I had already overstretched my timing and trodden on plans with two friends and my work in London, so for another week on top of this I was beginning to sacrifice myself and loose confidence. So we agreed on only one week and a half until final exhibition.

Well a pilot project always has its problems, for me it has been difficult not feeling settled in a creative studio and independent functional living space that had been facilitated for my use with access to a shop with art materials, photo copiers, funding and equipment. It could take days to do tasks that in the UK may take 20 mins, even walking to the shop for food a twenty minutes walk, an hours journey there and back. I was tolerant for a couple of months but by the third I was beginning to wish I had bought my car from the UK, as taking a day to get one material or move forward one step, creatively, seemed like such a heavy way to spend time. This created a drain of energy that was tiring.

We had planned the project in January, yet the press release went out one week and half before the show, to me this was a start up energy boost that wasn't igniting. I had to just make do as quickly and easily as possible, knowing the labyrinth, a performance of my psychic healing and visions would be enough to set it off, even if the other video and audio works were harder to bring together as I was 'dependent' on equipment.

So before long my creative dialogue of thought was coming together. I continued working my way with the original art statement I made in March at the outset of the residency.

'In the forest of imagination, as nymphs in the night we allow the passing of time, I had a flash back to waking up feeling the isolation and emptiness of a disconnection from all that was. I found myself in a tunnel, feeling as an object looking in to the mirror of a well without end, a void that without soul, the experience left me to fall into infinite darkness. Hastily, I embraced my soul and found my salvation and my peace, building and constructing my life by embracing all things living and giving of life, through a passing of time and a passage of choice I found internal growth through all things beautiful and natural, I was awoken and enlightened in to a state of ecstasy, light and love. As I step forward on the journey in the present day, I now to, touch all, bringing them into a magical state of contentment, I to give life and nourishment to those who are lost and trapped in a sense of emotive confusion. Life gives life, life gives happiness, nourishment, beauty and love. To embrace life is to feed ones soul.

The flowers are a symbol of creation light and love, here to bring, a journey of growth, magic, beauty and enlightenment. I am entering in to an artists residency in Italy to share in these elements in creation, performance and for others to experience.'

I began laying out the work, realising that there was enough to bring it together for the show, slowly the aspects of meditation, journey, growth, deception, shadow of the heart and light were beginning to fit together to reveal a magical awakening.

Annalisa and I were able to re-align our energies and regain our stability after the ocean washing machine drama, It is a decision to be happy and positive and if you are in agreement with another to re-ignite this aspect you can re-find your stability in agreement with those around you. However if anyone is resistant to stepping back in to healthy relationship, yours and their world can loose its buoyancy, allowing a sinking of ships and often in a wider context a collapse of worldly security. We stepped back in to 'our' spirit of childhood play and creativity, aligning our goals with the house to create an environment for artists, I felt that the time for a 'retreat' in the spiritual sense, would come later on when the balance of the house with the stability of security was more fully realised. However we looked in to the timing at this point that saw that there was a possibility it could come sooner

than expected as the art projects Annalisa had been working on were beginning to pay off, which meant she was in a stronger position to finance the house and enable a successful application for funding for a longer term art residency programme.

I walked the labyrinth I made earlier in the year, at this point and was told to 'live for love'. Wheat had grown up around the maze and so it was harder than ever 'to find my way' but when I arrived in the middle I realised that it was just as it should be and I reminded myself to clean it up during the week through weeding the past and making the path clear, my meditation of the heart was all about removing the 'roots' of larger problems and the visions literally touched base with removing left over deep roots embedded in the energy around my heart. I was blessed that Annalisa's partner cleared the labyrinth the next day with a strimmer, the value was seen and I was given the gratitude of clarity by another.

'Live for love', a statement so true as a lesson; so many times I have put a need to independently find security, as if taking on the weight of the world instead of 'allowing' a natural independence to come through a more loving avenue and natural relationships in partnership and a caring work environment.

The love of a friendship with someone that has a similar vision and connects through many areas of intellect, heart and emotion is a very powerful bond, this can be replicated in all areas when those special people come in to your life and give you the support needed to 'carry on' believing in your mission and your values. Its so easy to loose belief when things go wrong, or you get to uneasy point in which 'delivery' seems out of reach, blaming yourself, other external issues and undermining the aspects that are pulling together to lead you in to the centre of yourself and opening the key of manifestation in to the universal 'Creative' energies. Keeping the focus is about believing in your buoyancy and your ability to 'deal' with things as and when they come up, knowing you are a 'fast lane' navigator of life. Sitting with another's pain and instability can compromise your own goals if there is an element of dependency.

'Its those aspects that haunt your mind in the stillness of the night that make you humble, its those words said by another that leave you with a question, its those let downs and unfilled desires that leave you without a breath. It's the task of re-building and re-finding that is the har-

dest. It is easy to let go, to re-visit nothing, to find stillness and peace, yet it is hard to re-build in to something. When you have nothing everything is clear and everything is possible, so in that space of emptiness you are full-filled.'

I finished developing the video and audio installations and another outdoor work, of a sacred spider's web made out of golden thread on a tree with a model of my 'dream house' settled in to the branches, I placed a goose egg with a china black ink woman's face painted, love from a partner and children. A symbol of rebirth around home, with a net to catch and hold my dreams so they maybe delivered to me without effort, with ease and joy.

My hope of re-building a life relied on the foundations of my lifestyle being structured around an environment that allowed for an economical balance that enabled successful growth of a sustainable nature. I had dug Annalisa and her family a small vegetable patch, this was inspired by my own desires of a sustainable life. A need to ground with simple practice of lifestyle in a way in which home, relationship and work found their own balance. We have to stand up for our rights to a balanced life with the economic problems of the world. Hold on to your infrastructure, your values of lifestyle and look for the dream that can manifest beyond that; what kind of home, what kind of lifestyle, what are the possibilities?



**Press Release**

## **BLUEBIRD RESISTANCE**

**Amanda McGregor**

*Residenza d'artista 12 febbraio - 5 maggio 2012*

### ***Happening Sensitivo il giorno dell'inaugurazione***

A cura di **Annalisa Cattani**

Spazio Novella Guerra Imola, Bologna

*(Press release italian - read further for english)*

Verso la fine di febbraio è riiniziata ufficialmente l'attività del Centro Novella Guerra con la prima residenza di Amanda McGregor, artista-curatrice di Londra.

Questo centro d'arte è un ibrido tra una casa realmente abitata e uno spazio condivisibile, il cui scopo è creare un punto di riferimento per discussioni, confronti, ma soprattutto momenti di vita vissuta accomunati dall'esperienza artistica alla luce di commistioni interdisciplinari.

Segno distintivo la creazione di un luogo di resistenza al fine di promuovere forme di arte e di sostenibilità indipendenti.

Amanda McGregor è un'artista di Londra che ho incontrato all'HDK (Hochschule der Kuenste) a Berlino durante l'Erasmus. La nostra relazione di amicizia e la nostra collaborazione è cresciuta durante gli anni, così come la nostra attività professionale che si è allargata ad altri ambiti e ad altri mezzi. In questo luogo si cercherà di rivedere il percorso passato proiettato verso il futuro, all'interno dell'ideale di Novella Guerra che vuole essere un ambiente per creativi che vogliono valutare la loro percezione e la loro relazione nei confronti delle relazioni e del proprio lavoro.

Amanda lavora in modo creativo con la coscienza, integrando l'espressione artistica con psicologia e filosofia, così come con studi psichici.

Amanda ha sperimentato un'intensa crescita spirituale dopo una malattia di due anni nei quali ha trascorso più di un anno in stato di semi-isolamento all'età di ventuno anni, costretta a letto, dentro e fuori uno stato di paralisi. E' riuscita a guarire grazie alla meditazione, reintegrando poi questa differenza di percezione all'interno del suo lavoro artistico. Da quel momento ha cominciato a vedere le persone come "processi artistici", una macro espressione della vita. Da quel mo-

mento ha cominciato a seguire questa modalità attraverso le relazioni con le persone e con la natura, esprimendo la sua presa di coscienza individuale con una grande varietà di mezzi al fine di permetterle di “essere”, senza la regolare interferenza delle proiezioni provenienti dall'esterno.

La sua esperienza relazionale conta più di 4000 persone incontrate a scopo terapeutico, all'interno di un processo di visualizzazione e di psicodinamica.

Ogni volta che si condivide la vita di qualcuno che ha vissuto svariate trasformazioni e transizioni, si accede a porte e finestre che conducono a percezioni uniche. Il lavoro artistico a sua volta mostra un luogo al di là della normalità. Durante questa residenza stiamo vedendo come queste percezioni emergano anche attraverso storie infantili che hanno valore politico e sociale.

Amanda evoca la luce richiamandola dalla sua sorgente, da un luogo spiritualmente puro. Questa rimembranza rende possibile intraprendere un percorso all'interno della luce in uno stato di illuminazione, incoraggiando una via della gioia e connettendosi con altri che desiderano condividerla tramite pratiche di meditazione collettiva. Sperimentare il lavoro artistico di Amanda, infatti, non è semplicemente un viaggio all'interno di una visualizzazione interattiva, bensì un percorso energetico personale da lei guidato.

Il modo in cui il lavoro viene curato presso Novella Guerra è mirato a rendere possibile una semplicità della presenza e della scoperta di sé, decifrando le relazioni tra, età, realtà, spiritualità e oggettività, movimento e crescita.

*Il giorno dell'inaugurazione Amanda creerà uno spazio performativo portando alla luce visioni coinvolgendo i presenti.*

Towards the end of february 2012, renewed activity started at Novella Guerra's Art Centre with the first artist in residence: Amanda Mcgregor.

This centre is a family home, with extra independent flats, white cube space, studios and space to share, the main purpose is to create a point of reference for reflection and dialogue, so as to experience moments of shared connection in life through artistic perspective, maintaining an interdisciplinary approach. The predominant aspect developing, is in the creation of a space of “Resistance” in order to promote independent art, sustainable forms of expression, enabling new areas of “relationship” and “object” to be formed.

Amanda McGregor is an artist from London whom I met in 1995 at the Hochschule der Kunste, Berlin, our creative relationship has grown over the years as our professionalism has developed in many different areas and mediums. Here we are able to take a retrospective look, as I develop Novella Guerra in to an environment for creatives to take some time with themselves to re-evaluate their position and relationship to their art work and the people in their life.

Amanda works creatively with consciousness, integrating creative expression, psychology and philosophy. She uses a mixed media approach, from sculptural, painting, photography, sound to video.

Amanda went through a phase of spiritual growth after a two year illness in which she spent one year in a very isolated state at the age of 21, in a bedroom, in and out of paralysis. She recovered through meditation and reintegrated her perception with her art work. She started to see people as art, a grand design of 'life' from the master of 'Creation'. As she began to honour this perception through her relationship to people and nature, her creative expression reflected her deeper philosophical 'I AM' consciousness through a variety of mediums, drawing and painting. She developed a way of seeing in allowing herself to fully 'be' without the regular interference of projections from outside influence.

Amanda has much experience of people, having seen over 4,000 one to one, to bring visions, healing and creative development. Her art work is an expression of this consciousness and how the relationship between her and Annalisa Cattani has formed over the 17 years of their involvement.

We see glimpses through portals and windows into Amanda's unique perception as we experience the life of someone who has been through many inner transitions and transformations. The art work gestures to a place beyond our normal reality, teaching us that there is something more profound to experience from everyday life. Here we see how these perceptions creep through children's stories, installation, her work with nature; referencing symbolic value, political and social.

Amanda invites the light in, the remembrance of Source, that we came from somewhere very pure in spirit, this remembrance allows

the guidance of a path in to light living and enlightened states of being, encouraging a path of joy and happiness and connecting with others that share the light.

To experience Amanda's art work is not simply a visual interactive journey, it is a meditation and journey of consciousness to find and re discover parts of yourself.

The work at Novella Guerra has been curated to enable simplicity in presence and self discovery; deciphering the relationship between illusion and reality, spirituality and objectivity, movement and growth.

*On the opening evening Amanda will create a performative space to bring forward visions and healing to the people that are present.*

**Inaugurazione sabato 5 maggio 2012 alle 17**

Dal **5 maggio** al **5 giugno** su appuntamento

Via Bergullo 15 - 40026 Imola (Bologna)

Per info **3356648415**



# BLUEBIRD RESISTANCE

*Below is photo taken in 1995 Berlin,  
Erasmus exchange programme*

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