

Soul Tree Akashic Healing with NeuroSound™
Higher View Video Training Lesson 2

Patterns show up in our thoughts and personality and affect our outward behavior. You'll see how these can block access to answers within:

- Repeating tests and pitfalls = *I am always challenged this way when I reach a certain stage, I always fall for losers, anything that smacks of the same mistakes*
- Natural tendencies = *I'm too empathic or sensitive, I am impulsive to a fault, I can't stick to one thing, usually how you state your own identity*
- Programmed thoughts, emotions and beliefs = *Real Love hurts, Loyalty matters most, Money isn't in my cards*
- Ongoing struggle, physical or energetic = *I can never say what I mean (coughing), my body pain wanders and I can't pin it down, I can't sleep, I can't feel deeply*
- Habits = *automatic reaction from repeated triggers leaves me helpless*
- Recurring dreams and symbols = *familiar images repeatedly calling your attention*

Your uniqueness qualities, to any degree, may look more like faults but they point to YOUR hidden or suppressed gifts and toward your divine nature's answers directly:

- Quirks & Peculiarities = *unusual personality idiosyncrasies, even compulsions*
- Curiosity or lack of it = *deep drive to know more on a topic of interest, a calling*
- Motivation or lack of it = *inner drive or need for experience, seeking outlet or expression*
- Personality and Traits = *broad consistencies that stand out*
- Black Sheep issues = *feeling alienated from family & relatives, obvious differences*
- Fears and phobias = *situations or experiences that are prohibitive, limiting – they tell a story that needs to be heard*
- Longings and urges = *craving, for specific places, certain people, need to experience/remember*

Your homework is to start at earthly physical and energetic levels, to see which kinds of patterns you succumb to. When it comes to your uniqueness, does any of what is listed apply to you? If you can name and describe them even better. Feel free to add anything else that comes up for you.

Email me your answers because root spiritual causes have created the effects you're experiencing, or get in touch if you need clarification, or you wish to inquire about going

deeper and further in your self-exploration. Soul Tree Akashic Healing has something for everyone, just let me know what you need... email quintessencestudio@yahoo.ca

Soul Tree Akashic Healing with NeuroSound™
Higher View Video Training Lesson 1

Secret to Lasting Change

Maybe the one thing you need most in life, like me, is to truly know yourself, with perspective and possibilities. Confused and aimless, I heeded my calling and began expressing my divine gifts not knowing what, if anything, would come of it - but first I had to truly get to know myself – you would have had a hard time convincing me gifts were really in there and the ones that were weren't, in fact, curses. I can tell you self-exploration takes work and I can also tell you your soul won't rest until it expresses its divine nature through you. I discovered one secret over the years, what we need to feel and live a joyful, meaningful life of our own design. No comparisons and judgments with others. The courage, certitude, competency and connection is within you, and can only shine when you are willing to truly know yourself. Then you can be yourself. Not someone else's version of who you should be.

You probably signed up for Higher View training because either something is calling you to get going and do your thing, or you feel time ticking away and you're not even at your starting line despite the feeling of being pulled there. Maybe you still need to figure out your own inspiration for yourself, and that's what we're here for! I have spent decades working on the exploration and application of my wild and strange combination of questionable "talents" until I created Soul Tree Akashic Healing, NeuroSound™ and then further developed Creative Explorations, just for this purpose I have learned how to connect with and communicate with my soul and higher self and beyond. So that's how I do my thing. Just as you will do yours. – whatever it is. By applying the secret to lasting change.

Higher View Free Training...where the pathway to accessing your answers within begins.

Before we can ask, "How do you want to use your own gifts and give back to this world? Do you know what your gifts and natural talents are?", let's prep ourselves to explore despite any resistance you might feel to stepping up and stepping out, whatever your perceived obstacles and limitations. If you have a dream to achieve something deeply important to you, and it hasn't been happening for you, let's get started!

We're gonna address right off the bat why people are having such a hard time truly securing lasting change in the way they think, do, and foremost, the way they feel. Teachers, books, courses, trial and error, each serves to get us there, so your time hasn't been wasted at all. You were called to just those things because of a deep curiosity, wonder or longing. In this lesson, I'm going to teach you the central secret to deep, meaningful and lasting change in yourself - and how you can begin that process for yourself - today. Right now. And you'll see you don't need any courses or books or in fact, anything external of you at all.

The truth is there's so much more to YOU than you'll ever consciously be aware of. Who you know yourself to be is the tip of the iceberg. Ultimately, bottom line, that's why you're here, to go deeper than surface scratching. I call it self-remembering. Some part of you senses what's coming, and what you need to do next to get unstuck or move forward so you can live your inspiration. Except it's hazy and not specific enough. Or what if you do know and you'd prefer to procrastinate and avoid it? The answers you've been seeking are in you - not outside of you. Having heard that a million times by now, you're going to start living it. Let's start with these three concepts:

1. the problem with advice
2. seeing the whole picture
3. how to determine what you really feel and want

The Problem with Advice

Two things, either it's good and you don't want to take it, in which case, why is that? Or there's just too much of it - and it's all outside of you and none of it resonates as true. Too much, and you end up in confusion. Maybe it sounded bang on when someone else said it and you were sure of your "aha", but lasting change still eludes you. External advice is chock full of what worked for well-meaning others, but rarely seems to work for you. There is a distinct difference between acquiring your own knowledge through learning, gaining your own wisdom through experience. Hearsay or interviewing everyone you know for their opinion before you make a decision, begging someone to just tell you what to do isn't half as bad as having them do it for you. None of it will bring joy or meaning in you. Bottom line, it's the difference between arriving at your own solution for yourself versus taking someone else's word for it. Just like we make our own meaning, and our own joy, lasting change doesn't come from external advice, it has to be made by you. It has to come from within...yeah, we've heard that a million times too. Even if we believe we've internalized a decision based on external advice and forced our will in line with it, that's still only at a surface level, in the mind....it never emanated originally from your heart and soul, or a higher, deeper place. It is that very place we wish to gain a Higher View.

Advice from society, media, well-intentioned others rarely brings lasting change because, ultimately, the answer didn't come from you, by you and won't really be the best FOR you. When we subscribe to something external, then take actions away from our center, that's how we end up out of alignment with our divine nature and our core inner truth.

Seeing the whole picture

We have free will and face forks in the path that branch multiple ways at each clearing. But the forest is thick and for all we know, we could be going in circles. While there may be human ops manuals (like medicine, dentistry, education, driving lessons etc...), the spiritual and energetic parts of who we are have no such resources here to help us out. The best time to have the Higher View map is while we're trying to see our way through the forest. We are spiritual beings having a human experience. We make choices, we take actions. For better or worse.

Outcomes of our choices span at least three dimensions of our being (physical, energetic and spiritual)...and we feel the often unexpected outcome at all levels.

Soft tissue MRI can locate a tumor of misinformed, misdirected cells in the physical body, just as an x-ray can display how a broken bone needs to be put back in alignment. Physical observation for the physical level. Putting a bandaid on your elbow to heal your broken heart will never work. Similarly, vitamins and natural supplements do nothing when you're in spiritual crisis. Nothing external can help, especially if we disregard the level at which the problem is occurring. How do we address things like willpower, longings and urges, crises of faith and meaning, helplessness to addictions, lack of motivation or blocks to deep feeling? Not seeing the whole picture and trying to heal only one level alone of physical, energetic or spiritual doesn't work. We must be prepared to expand our observation and consider all three levels simultaneously.

The Higher View approach allows us to see the whole picture of our holistic being of physical, energetic and spiritual so we can address the root cause of what is holding us up, and heal the effects in all dimensions. Possibilities for lasting change only show up with this kind of perspective.

What do you really feel and want?

This is where Akashic work for the Higher View comes in – to eventually pinpoint the root cause, which begins at spiritual level. Are you willing to move in a deeper direction that provides the wider perspective that has been relatively unexplored? Up till now, it's been difficult to feel that kind of certitude when making decisions or choices. Instead, there would be no self-doubt on where you stand, what you really think, and how you really feel amidst the swirl of external provocations and temptations. If we're out of kilter, off center, it strongly suggests we might have been mistaken about ourselves...or misled, and we get blown away by false beliefs. Sometimes, it's our conscious mind that gets in the way and won't permit us to admit what we really feel and want.

The secret to lasting change is in turning away from externals and exploring within with enthusiasm, so we can see what's going on at spiritual level. From here, anything you build from your core essence will stand the test of time and weather all of life's tempests. Let's embark on a journey that will show you for yourself that your path is exactly where you are and need to be for what's coming next...The higher view will show you how okay and correct it is for YOUR path. Let's get going!

When you ask the right questions via the Higher View, you set your intention to rise up to meet spiritual level lasting change:

1. To understand purpose = *Why am I here, what am I meant to do in life?*
2. To derive meaning = *Why did this happen? Why is nature this way?*
3. To learn a lesson = *Why does this keep happening to me? What did I miss?*

4. To initiate growth = *How can I better engage? What do I do now?*
5. To determine application = *What is the first step to achieve my intention?*
6. To motivate manifestation = *In what ways am I out of alignment inside?*
7. To release soul burdens = *What blocks and restrictions are holding me back? What can't I let go?*

What is your big why to connect to your own Higher View. Are you grappling with...

1. understanding why you're here, what your purpose is?
2. the meaning behind something awful or miraculous?
3. moving forward and getting unstuck, in which case, from what kind of stuckness?
4. securing a higher view vision instead of feeling misdirected or aimless?
5. using or even finding out what your inherent gifts and skills are to help this aching world?
6. feeling weighed down by something heavy, dark or hidden?

Answer these questions in your journal and feel free to email to quintessencestudio@yahoo.ca I'll get back with you.