

The cover features a central illustration of a woman's face with long, wavy hair, looking directly at the viewer. Behind her is a large, golden-brown feathered wing. To the right, a black bird with its wings spread is perched on a tree stump. A purple snake is coiled around the base of the stump. The background is a light, warm tone with faint floral patterns. The title 'Heart Centred Living' is written in a large, elegant, serif font across the middle. The author's name and title are in the bottom right corner.

Heart Centred Living



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Heart Centred Living

Creating a Life of Abundance, Spirituality & Healing

PREFACE

Creating a life of abundance, fulfilment and spirituality can be achieved. It is called heart-centred or heartfelt living. Heart centred living requires you to follow your bliss - wherever that may take you. This is living based on the experience of love in your life - love for your work, love for your relationships, love for your quality of life, and, perhaps most wonderfully, love for yourself. The result is a happy, fulfilled and inspired 'you' and a healthy, authentic and creative life.

Living in a heart-centred way also requires that you grow spiritually. Throughout this book you will be taken on a journey into yourself and into the incredible worlds of Spirit that surround you. Through that journey, you will learn how to heal yourself and transform your life. You will learn techniques and teachings of practical spirituality that will support you in living with trust in Spirit, in listening to your intuition and in recognising the loving presence of Spirit and Guidance in your life! You will learn how to live with abundance, love, fulfilment and peace - and of course, with more heart.

This is the key to heart-centred living - it is about living with trust in the flow of Life and of Spirit. It sounds so simple and yet to practice this way of life is pure spirituality and nothing short of transformational, joyful, abundant and delicious! So many people crave this sort of life, and yet fall prey to the fears that tell them "it is just not possible for me".

This book takes you through a journey from living under the weight of mass beliefs about the nature of life, to an uplifting, healing space that shows you not only that it is possible to create the life of your dreams - but also shows you exactly how to do it!

"Heart Centred Living" provides you with many inspirational ideas, practical exercise and uplifting, guidance to support you in creating your abundant, creative and heart-centred life. Your heart may desire that you earn an abundant income through work that you love, or that you create fulfilling and soulful relationships, awaken your hidden creative or spiritual talents, or even that you live your life in harmony with your spiritual beliefs. Heart-Centred Living is your 'spiritual toolkit' for creating this heartfelt life through healing and transforming yourself.

And finally, the material included in this book is derived from many hundreds of hours of my own metaphysical work with clients through my vocational roles as a spiritual teacher, healer, channel, therapist and clairvoyant and of course, from my own life experiences as I learned how to replace a life of struggle, unhappiness and lack of personal fulfilment with a heart-centred life of inspiration, creativity, spirituality and abundance.

I know that you will enjoy your journey into Heart-Centred Living, and I pray that your Guides, Angels and Higher Self lovingly guide you safely and swiftly through this spiritual journey, towards that light, shining brightly, at the end of every dark tunnel!



CHAPTER ONE

Turning Inwards

"No Man Can Reveal to You Naught But That
Which Lies Asleep in the Dawn of Your Awakening"

- Kahlil Gibrain

FOLLOWING YOUR BLISS

My spiritual journey started because of a simple dilemma. I was unhappy and I wanted to be happy. Then I came across the concept of 'following my bliss'. Since that moment, I have never looked back, never regretted any of the profound changes that occurred and am delighted by the prospect of a future that is 'uncertain' because it offers so many delicious and exciting possibilities!

What is so remarkable about this is that I never used to be that way. I used to scoff at those people that claimed utmost joy at the thought of not knowing what on earth was going to happen. This was my worst nightmare! The idea of an 'unknown future' terrified me. What if something dreadful happened? What if I was left destitute, alone and without any money, job, family or friends to support me? I had that much fear inside of me that it had me paralysed. I found myself trapped in a life that my fears, rather than my spirit, had created.

It was an incredibly depressing, draining and uninspiring place to be. I knew that I was unhappy when I used to imagine my future as an increasing workload and increasingly less 'time for me' away from work and the daily grind. A tiny part of me, deep inside, knew that I needed to get out of this downward spiral. The fear of becoming completely grey (physically, emotionally and spiritually!) began to outweigh the fear that I had about letting go of my control and my sense of security. I couldn't see another way though, and I had no idea how to take the next step - or even what that step could be.

All I knew was that even though it felt a little like stepping off the edge of a cliff, I was not prepared to keep living my life in the way I had done. It was suffocating me and I needed a better alternative. That is when I heard someone talking about 'following my bliss'. I was intrigued. Largely because I had no idea what my bliss was! I hadn't spent much time asking myself what would be blissful to me. Instead, I had used my time to try and force myself to do what I thought I 'should' do - which meant basically allowing my head to rule everything, and shutting off from my inner feelings, stored deep within my heart.

With my head ruling my life, I pursued a prestigious career with an esteemed commercial law firm, having completed two University degrees (that did little to inspire me and instead led me into deep depression) and managed to gain work experience in my chosen profession of law that made it quite clear to me that if I pursued this line of work and this way of living, I would be incredibly unhappy! My life back then seemed so desperate and bleak - and so absolutely devoid of bliss in any form! My head ruled my life very easily - but when I was honest with myself, I could see that it did a lousy job of it.

In contemplating the idea of following my bliss and deciding to work out what my bliss actually was, I had effectively declared that I would stop allowing my head to make all my decisions for me and instead start to listen to and trust my heart. I can tell you now that it was certainly easier said than done at that time. It was like learning how to walk all over again - and just as frustrating! It is kind of amusing, looking back. There I was, a competent, respected



professional woman and yet, when it came to seeking out my heart for guidance, I would be dumbfounded and embarrassed by my seeming lack of competence in this new skill! It just felt so foreign to me.

What I failed to give myself credit for was that I was learning to operate in a completely new way - and mastering a new skill requires that we go through the phase of not knowing what on earth we are doing, until we get the hang of it! It is just like learning to drive, cook or studying a new subject. Some people will get the hang of it quicker than others, but eventually, with enough persistence, anyone can obtain some degree of mastery.

It is true that I was an extreme case of 'intellectualism run rampant' back then. Fortunately for me, some part of me remembered how to listen to my inner knowing, within my heart, for the answers I sought. We all have this part within us. When we pay attention to it, it grows stronger and clearer - the inner voice gets louder. So I started listening to that inner voice, and eventually I learned to distinguish between 'mind' and 'heart'. Before I knew it, I had started following my bliss!

YOUR ANSWERS ARE WITHIN YOU

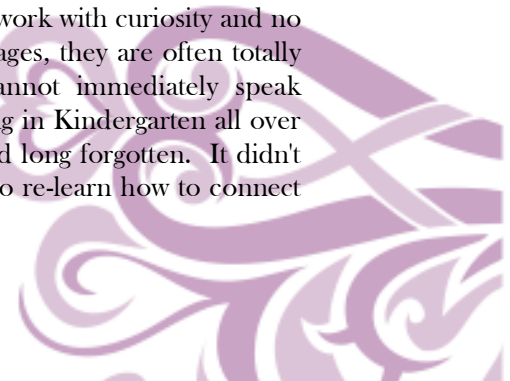
As a spiritual-human being, you have a deep sense of wisdom and intuitive awareness residing in your heart. Whether or not you are conscious of these qualities within you is another issue. You do not have to be fully aware of your abilities in order for them to be present. Often they lie dormant deep within your psyche, preparing to awaken when you are ready to start believing in yourself and developing those abilities.

When I was first told that I was clairvoyant, intuitive, telepathic and already channeled information from the higher Spiritual worlds without being fully conscious of it, I was amazed and highly skeptical, to say the least. Infact, I am still probably one of the most skeptical clairvoyants around!

To be honest, I was completely unaware of these abilities at the time. Once I knew what I needed to 'look for', however, I started to see evidence of these abilities for myself. It will be the same for you when you start to honour that you *do* have an inner voice, intuition and inner wisdom, and become open to honouring it (by listening and acting on its guidance).

So many students, when first starting out, underestimate their abilities and compare themselves to others. I see it in the groups I run all time. Someone decides that they are not as 'intuitive' as someone else in the group and as a result, undermines their belief in themselves. It usually takes a little time before that person stops comparing to everyone else and starts enjoying their own intuitive gifts. When they realise that this is a self-esteem issue and actually has nothing to do with their intuitive gifts, they usually give themselves a break. As this respite in judgement starts to occur, and love and fun, rather than self-criticism, become the main emotions associated with intuitive development work, miracles happen and development is often very swift from that point on.

So just remember that criticism, comparison and judgement are damaging practices to your intuitive work - especially when you are first learning to hear, honour and express your intuitive abilities. You must start by believing in yourself and approaching this work with curiosity and no expectations. If you do place expectations on yourself in the early stages, they are often totally unrealistic. I see students getting frustrated sometimes if they cannot immediately speak 'intuition', and I remember that I once felt the same. It was like being in Kindergarten all over again for me, as I struggled to connect with a part of myself that I had long forgotten. It didn't mean that I was not intuitive at the time, it simply meant that I had to re-learn how to connect



with that part of myself. So many students mistake difficulty in re-learning how to connect with their intuitive selves as meaning that they are not intuitive or spiritual. This is simply not so.

Learning how to think and feel differently is not an easy task. It takes practice, patience and preferably some wise guidance to help you along your way. If you woke up one morning and decided that you wanted to learn how to speak another language, you wouldn't beat yourself up if you didn't get the hang of it straight away. You would practice, meet with others who spoke the same language and give yourself some practical experience in carrying out a conversation in that language under the tutelage of those that were more fluent in that language. So it is with learning the language of intuition and spiritual wisdom.

Be patient with yourself and the process, and offer yourself the added advantage of believing in yourself and knowing that when the time is right, all will indeed fall into place and become far more effortless than it appeared to be at first. The heartfelt spiritual path is often about learning to recognise these abilities deep within you and once you make the choice to 'just give it a go', the process of unfoldment is quite natural and effortless.

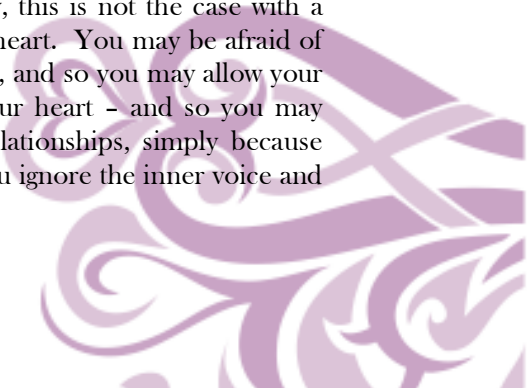
Once you start to pay attention to your intuitive self, it will start to speak to you more clearly. Although most people want to learn how to develop their intuitive gifts, and this book will guide you through that process, I find that the vast majority of the problems people encounter is not through lack of inner guidance. Of course, clearer guidance is very useful, but very often, we know exactly what we are being guided to do. The question is whether or not we are going to trust that inner sense enough to honour it through taking appropriate action!

So perhaps you may wake up one morning and realise that you really do not like your job and want to search for work that is more meaningful to you. If your inner voice urges you to move on, and you do something about it (such as buying the paper and looking at the employment section or enrolling in an evening course to develop skills in a field that interests you), then you are paying attention. If you ignore the voice and drudge off to work each morning feeling sick with anxiety, depression and hopelessness, then you have not only ignored your inner voice, you have also stuck your fingers in your ears and tried singing at the top of your lungs to drown out the sound of it!

Or maybe you start looking at your friendships and realise that you are not fulfilled by those relationships. Perhaps you give too much, or not enough. Perhaps they are based on the 'old you' and you feel like you have outgrown them and need new friendships that can help you make the transition from the 'old way' to the new way that you want to be. This is clear guidance and the question is not whether or not you are actually being guided, but whether or not you will recognise it and act on it.

Very often, my clients will seek out new, like-minded souls as friends, in the hope that they can share their wonderful spiritual experiences and be understood and accepted. This is one purpose of the healing circles that I have run through my work. People get to create new friendships and support systems for themselves that match their vision of who they are, not who they used to be.

Sometimes friendships and relationships will grow to accommodate individuals as they grow. But sometimes your inner voice will tell you that, at least for now, this is not the case with a particular friendship or relationship. You will just know it in your heart. You may be afraid of being alone, not finding new friends or a new or 'better' relationship, and so you may allow your fears to be more important to you than that inner knowing in your heart - and so you may choose (perhaps temporarily) to hang on to those unsatisfying relationships, simply because there is a fearful part of you that thinks that it is easier that way. You ignore the inner voice and remain unhappy, trapped, misunderstood and so forth.



It is at this point that I usually get clients coming to see me and asking for guidance – wondering why they are still in a job that they hate, or surrounded by people that misjudge and ridicule them, and wondering why they are so unhappy!

This amuses me because it reminds me of how I used to be. If I was really honest with myself, I would know what my inner voice was telling me to do, but because it made me uncomfortable, I would 'pretend' that I couldn't hear that voice at all. We can be such experts in denial at times! This is one of the reasons why I wrote this book - to help you work through your fears and release them so that they no longer hold you back from taking the steps that your inner knowing or heart is guiding you to take. The world will be a much more delightful place to be in when each and every one of us are creating a loving and fulfilling life for ourselves.

So, when we are prepared to look beyond our fearful self, our inner will start to function as a trusted guide – steering us in the right direction and towards greener pastures. If however, our fears get in the way and obscure our ability to honestly pay attention, what started off as a subtle feeling, will eventually turn into a screaming roar. This is an interesting phenomenon. I experienced it when I wanted to leave my last job, before deciding to take the leap, and trust that I would be able to 'make it' working for myself (or for Spirit, as I like to think of it).

At first, my heartfelt inner knowing manifested as a niggling feeling that all was 'not well' in this job. After a few months, that niggling feeling graduated into a constant pit of anxiety in my stomach. Eventually that turned into depression, hostility and resentment so overwhelming that I felt bitter and victimised by my life. Finally those emotions evolved into the feeling that I could no more walk through the door to that office again, than jump off the Sydney Harbour Bridge, covered in feathers and doing the 'chicken dance'.

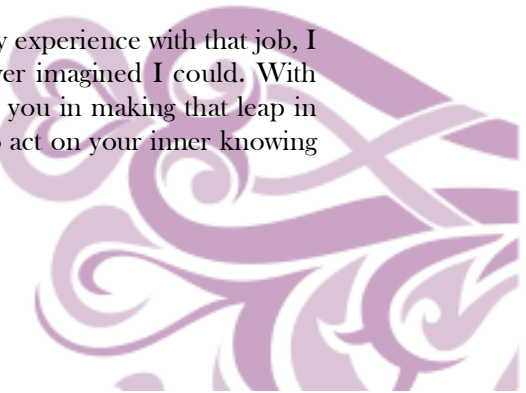
Eventually I realised what my inner voice had been telling me for nearly nine months - that no matter how much my fearful self wanted me to stay, it was doing more harm than good to be in that job, and I needed to leave.

Now, I knew this all along, but I could ignore it and stay there nonetheless because at least I had a regular income and felt like I was in control and didn't have to trust Spirit too much to provide for me. Of course, when I felt like I was going to start losing my sanity working in a job that I detested so much, I realised that I would need to listen to my inner knowing *and* act on it.

That wasn't easy at the time and it took lots of trust and courage – but it was so definitely worth it. By the time I consciously admitted to myself that I really needed to leave that job and pursue the work that I knew I had come to this planet to do, I felt like I didn't really have much of a choice in the matter (if I wanted to keep my sanity intact!).

That is how our inner knowing works. If we don't pay attention to it and act on that feeling at that moment, the feeling will recur (in increasing intensity) until we do. I think we all know this on some level. That is why we hang on until the intensity of our misery becomes more unbearable than the 'unknown' that we are being guided to embrace (and are resisting because of our fears). Our fears are then outweighed by the suffering of our Spirit and we know that to survive, we just have to move on, let go and trust!

I am happy to say that I do not wait that long these days and after my experience with that job, I have learned to listen and trust that inner voice far more than I ever imagined I could. With your journey through this book, you will be given guidance to assist you in making that leap in whatever way you need to do it, too. When you are more willing to act on your inner knowing you will experience far more joy in your life and much less suffering.



HONOURING YOUR INDIVIDUALITY

One of the keys to heart-centred living is to acknowledge that you are the best judge of what is right for you. That can be incredibly scary for many people. It involves releasing your need to have society approve of who you are and for you to start approving of yourself – no matter what you do for a living or the type of person that you are. It is about you allowing yourself to develop your own integrity and learning to live by your own standards, taking responsibility for your own choices, building healthy, respectful relationships and allowing yourself to fly as high as you would like.

In Chapter Two, we will learn much more about this process of spiritual individuation and what it means for you, your family and friends and your life, but for now, all you need to know is that once you embark upon heart-centred living, you will be doing things differently. You will be marching to your own beat, rather than the tempo provided for you by society, and whilst this doesn't mean that you no longer function as a productive member of that society, it means that you are going to progress from the role of follower to the role of a guide or inspiration for others.

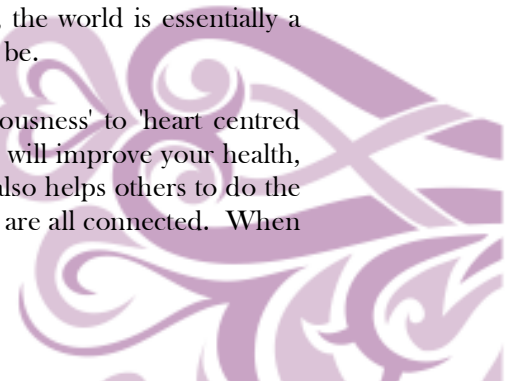
Obviously enough, a follower follows – other people's opinions, society's rules about what is 'important' and what is not, subsumes their individuality into organisational culture or national identity and sees themselves as one of the herd. A guide, however, functions within a larger group, sees him or herself as an individual who can be of service to the greater community, and leads by example, inspiring others by showing the way to a better life by honouring their hearts. This means that you get to help others to heal whilst also helping yourself to heal – it is a very efficient and empowering way of being!

What will be presented in this chapter is an understanding of how your vision of yourself and the world will start to shift as you embrace heart-centred living. Most of society lives somewhat lower than their hearts, more usually around their gut – being frightened, scarce and anxious on one hand or seeking domination, control and manipulation on the other (or both).

Personally I find both of those choices rather uninspiring. I call this type of gut-centred living 'news conscious'. Switch on the evening news and you will see what I mean. Watch a news program with a detached frame of mind and if you like, jot down the messages that are being communicated to you – crisis, financial fears, unemployment, interest rates going up, life is a struggle, violence and abuse – if the list wasn't so depressing, I would make it longer. Then you get the twenty second 'uplifting' feature at the end of the news – a fashion show with emaciated models emulating 'heroin chick' or an 'animal interest' story about some poor caged creature giving birth in captivity because its natural habitat has been destroyed. So much for uplifting the viewers. If you were feeling bad before the news, you are pretty much guaranteed to feel worse after it.

I am sure you get the point – living in ways other than heart-centred are filled with struggle, depression and fear. What most people fail to realise is that such views of life are not necessary, and nor do they have to be 'real'. So many people say 'oh, but that is how the world is' to which I reply, 'oh, and is that how want the world to stay?' The point is that nothing will change until you do – and heart-centred living on a personal scale is the first step towards creating a world that functions in a more loving way – after all, on the simplest level, the world is essentially a group of people and how those people are dictates how the world will be.

Perhaps the most wonderful thing about shifting from 'news consciousness' to 'heart centred consciousness' is that it feels better, is more abundant, more fun, and will improve your health, your wellbeing and offer you a life that you will truly *want* to live. It also helps others to do the same – and as we change, so will our lives and so will our world. We are all connected. When



one of us changes for the better, others are positively changed too! This is how just one person, making more loving and heart-felt choices in their lives, can make a difference in our world.

SHIFTING TO A HIGHER PERSPECTIVE

Heart-centred living is basically living in tune with your spirituality. I find that the transition from a material to a spiritual life requires a subtle shift in perspective – and then everything else seems to follow on quite naturally. Choosing to become conscious of your spirituality is a mark of transition in your life. This is the shifting of your awareness from the outer world to the inner world.

The inner world is our gateway to other realms, including spirit worlds where our Spirit Guides, Angels & Higher Self reside. As we become more aware of our inner worlds, we can more freely able to access these spiritual worlds. With the journey into our inner world, we also become aware that the way to effect true and lasting transformation of our outer (or physical) world is through changes that begin internally. This means that a spiritual perspective, even though it will often be so inwardly focused, leads to changes in your physical life that are often quite dramatic, permanent and eventually physical in nature.

So, spiritual growth and heart-centred living are about making a transition from one way of being to another – from an outward focus to an increasingly inward focus. You could think of it as beginning to live 'inside out', rather than how most people live, which is 'outside in'. In other words, in walking a heart-centred, spiritual path, we start to look at what **WE ARE DOING**, rather than what is being **DONE TO US**. We worry less about changing everyone else, and start to perceive the tremendous power we have when we consider changing ourselves.

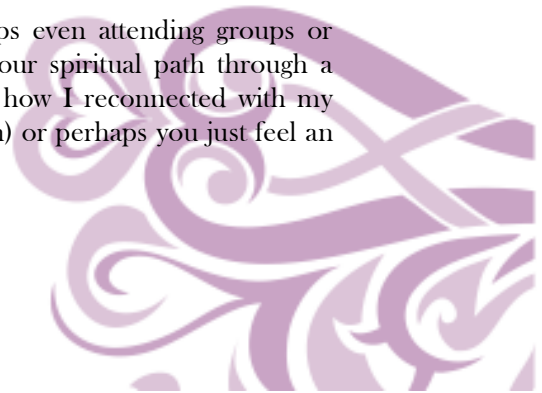
YOUR DESIRE TO GROW

I believe that every sentient being on this planet has an innate desire to grow. It is part of our 'inner programming'. Parts of us may resist that desire to grow, whilst other parts may actively crave it, and eventually it will manifest through us feeling like we need to take another 'step' along our spiritual path. This innate desire to grow (just like a flower growing upwards and gravitating towards the light of the Sun) is what propels us (eventually!) onto our spiritual path.

Whether you are drawn to exploring your spirituality because of crisis in your life, because of a book that you read and loved, or because of friends, problems with addictions or loneliness, following the death of a loved one, a failing career, a reading with a psychic, depression, or even just curiosity, you can be sure that it is the urging of your inner knowing behind your interest.

I have had people turn up in my classes because their 'friends dragged them there' only to find that it is exactly what they were looking for at the time without realising it. Other people have been forcibly sent by well-meaning loved ones to a workshop only to find that it is not their time yet and the information is too confrontational for them, pushes too many buttons and makes them too uncomfortable. Everything has a season and a reason – and your inner knowing will be what unveils this to you and helps you know when the timing is right for *your* next step (which has probably been indicated to you by your desire to read this book).

Many of us embark upon our spirituality by reading and perhaps even attending groups or classes on related metaphysical topics. You may have started your spiritual path through a particular discipline (like magick and white witchcraft – which is how I reconnected with my spirituality in this lifetime – or even through art, yoga or meditation) or perhaps you just feel an inner urging or deep interest in spiritual topics.



At some point, however, our spirituality needs to become more than just reading. We may still love reading and attending workshops, but perhaps we are starting to want more. Personally, I realised that whilst I loved reading and studying spiritual topics, my life was still unhappy. I was lonely and my search for a partner had caused me a lot of pain. My relationships with friends and family were also causing me distress. I felt trapped in my work - I did not like what I was doing or who I was pretending to be and it left me feeling empty, frustrated and unfulfilled.

So there I was - fascinated by spirituality and reading everything that I could get my hands on - but apart from my spiritual studies, my life was unfulfilling. Money was tight (even though I was earning a good income - depression and spending sprees went hand in hand for me!) and I felt as though I just couldn't break free from the uninspiring and negative cycle that I felt myself locked within.

I knew that this wasn't right. I knew that if what I was exploring in my spiritual studies was real and true (and I felt deep within me that it was in fact real and true), then my life should reflect the flow, joy and effortlessness that I kept reading about in my spiritual books. It just seemed like such an impossible leap to get from where I was, to where my spiritual studies told me I could be.

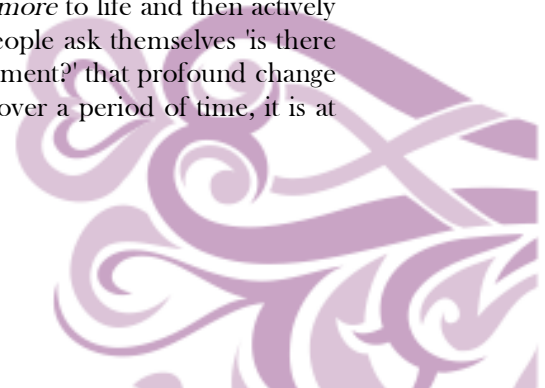
I knew that I could love my life and enjoy living it. I knew that life did not have to be dreary and difficult. I knew that I did not have to experience depression and anxiety. What I did not know was *how* all that could happen. How could I move from that place of depression, unhappiness and lack of fulfillment towards something else? It was my deep desire to experience positive change, my desire to grow, that prompted me to look further, ask questions and explore possibilities.

I started by allowing myself to **imagine** a life that I could love living - even though it seemed so far away from where I was at that point in time. I wanted my life to reflect what it was that I was learning about in my spiritual studies. I wanted a soulful romantic relationship. I wanted to earn a great income from doing work that I loved, that really helped people and that I felt spiritually inspired to create. I wanted to feel the presence of Spirit in my life on a daily basis and I wanted to be able to communicate with Guides and Angels directly - not always needing to go to a clairvoyant when I wanted answers. I knew how I wanted to feel in this life I was imagining - free, creative, inspired and abundant.

Looking back, I realise that I was doing a lot of inner work at that time. Although I was unhappy, I was also releasing old views of my life - and starting to embrace new ones. It was so much fun to imagine my dream life, that I didn't realise it was work! I had associated work with being unpleasant - but I soon realised that this did not have to be the case at all.

The truth of the matter is that every transformation starts with an inspiration or idea. Imagining a new possibility is one of the most enjoyable and creative aspects of the transformation process. We conceive of a different way of being and suddenly we are more open to receive because we start believing that it is possible for us to experience something else in our lives.

That is what was happening for me at that time - I was aware of great pain in my life and instead of thinking 'well, that is all there is - and I will just have to put up with it', (which is what I used to think), I started to believe that there must be something *more* to life and then actively imagined what it could look like. It is at those moments when people ask themselves 'is there something more to my life than what I am experiencing at the moment?' that profound change can be initiated. Although we may only realise it in looking back over a period of time, it is at the moment we ask that question that our life starts to heal.



For me, the moment of healing started when I recognised that I was fundamentally unhappy in the choices that I had made thus far and was prepared to imagine another way of being – even if that meant letting go of the past and not knowing how I was going to move towards these new feelings about how I wanted my life to be. Suddenly the desire to grow had become stronger than the fear of the unknown.

At that point in time, I did not even know how I wanted to earn my income – I just knew that I wanted to love what I was doing. I did not know who I wanted to be in a relationship with – I just knew that I wanted a loving and spiritual relationship. And I didn't know how I was going to heal my life – I knew that I just wanted it to feel 'right'. I wanted not only to *understand* my spiritual insights – I wanted to *manifest* them in my life! From that moment onward, I wanted my spirituality to become a way of life – I wanted it to be helpful, practical and real. And whilst study was an important way of broadening my mind, I knew that it was not enough on its own. I wanted to experience all the possibilities that I was reading about.

MARCHING TO THE BEAT OF YOUR OWN DRUM

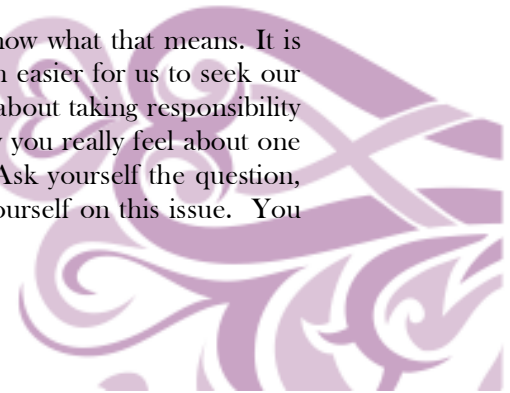
The fundamental change for me in knowing that I wanted a spiritual life that matched my dreams and inner visions was that I was no longer happy to accept the dictates of society about what my life *should* be like. I didn't want to be told 'it's not possible' and I didn't want to accept less than I knew was right and true. I was prepared to let go of social approval about how I should be living my life and the sort of choices I should be making and instead, started thinking about what I wanted and what was important to me. I started to imagine what my own bliss would be like. This is still one of my most favourite parts of spiritual healing – conjuring up an image or feeling of your more wonderful, gorgeous and uplifting future. I love the challenge of imagining something even greater and pushing myself to get out of my own way, because I know that when I do it, it will actually work!

Part of the process of learning what your heartfelt truth actually is requires that you connect with your body to become aware of hunches and feelings. Most of us take our bodies for granted and of course, only pay attention to them when something is 'wrong' like illness. If you learn to listen to your body more closely, and begin to march to your own beat, instead of the rhythm of society, you can largely avoid illness and live a healthy and balanced life, without needing to experience the flu every time there is an 'epidemic' or worrying about catching cold each winter.

Tuning into your body is very often the first step in heartfelt spiritual work. It gets the head out of the way (temporarily) and when you listen to your body, your inner knowing and your heart, you cannot also listen to society. Of course, this is why many of us avoid it for so long, because we are used to finding answers from outside of ourselves – perhaps through our families and friends, career and financial institutions, mass media, movies and magazines, and so on.

Seeking answers and wisdom from outside of yourself and wanting someone else to unveil (or even walk) your path for you, will keep you disconnected from your body, your own truth and your heart. Starting to look within is the first step towards connecting with your heart and body and learning to know your own truth. Many of us think that we already know our truth – only to find out later that it was simply the set of ideas and beliefs that we inherited as we were growing up and that they very often do not suit us as individuals.

So, looking within is what we need to do first. Most people don't know what that means. It is actually quite simple – but that doesn't make it easy. It is often much easier for us to seek our answers from others, ask for guidance, ask for opinions and be lazy about taking responsibility for ourselves. Give yourself a challenge right now – ask yourself how you really feel about one area in your life that has not been working out as you would like. Ask yourself the question, and don't allow the opinions of others to come in to it. Think for yourself on this issue. You



don't need any answers straight away - just some personal and original thoughts. That is your first step.

I learned that I needed to trust myself, my feelings and my choices if I was going to create the life I yearned for and that required that I know who I was (otherwise how could I know how I felt and what my best choices would be?). I also realised that I needed to be able to count on myself to do what was right for me (even if that was different to what other people thought was right for me).

For many people, this can be a great challenge. We are often not aware of the extent that we bow to social opinion and allow it to influence us until we decide to consciously attempt to pull away from it. If we are raised to believe that part of our 'job' as children is to make someone else happy (in such cases, this will often be a dependent parent), then it can be very confusing and challenging to start placing your own needs ahead of someone else's wants. Instead of sourcing approval and validation from the person you were supposed to be 'pleasing' you will have started to please and validate yourself.

This may or may not coincide with the wants of others. This is when supporting yourself with compassion is so important - otherwise you simply will not be able to make the right choices. Guilt often comes up at this stage. That is OK. I find guilt to be a wonderful signal that we are about to cross a boundary. Sometimes that will be inappropriate and the guilt is telling us that we are not ready to go there. At other times we will want to release ourselves from the guilt that we have used in the past to imprison ourselves in old behaviours and patterns. At such times, guilt is a terrific indication that we are trying on new behaviours to see how they fit - and again, others may or may not enjoy this growth process that you are experiencing.

Eventually you will start to see for yourself that when the desire to make others happy gets in the way of your own personal happiness, then something is not right. Choosing to put your own needs second to those of another person is fine when it is a matter of choice. Sometimes this can even bring great learning and joy as you realise that you are deeply assisting that other person and choosing to exercise selflessness and sacrificial love in the process. But not allowing yourself to be who you are or do what is right for you because others might not understand and therefore worry, well that is a different matter altogether.

Centaury Bach Flower Essence is very helpful for releasing this pattern of over reliance on the advice of others and preferring to ignore our own inner power. I have used and prescribed many flower essences throughout my work as a clairvoyant healer and spiritual teacher. They are powerful and safe enough for anyone (even children and pets) to use and rather than 'learning the lesson for you', they support you in learning the lesson yourself.

Most health food stores and healing centres will have a flower essence dispensary available. These essences are nature's way of helping us experience emotional healing - and apart from being very effective, they are also inexpensive and easy to take (a few drops under the tongue four times a day will usually suffice).

Dear Reader,

If you have enjoyed this sample from the first chapter of **Heart Centred Living** you might enjoy the entire E book of 250 pages available for \$32.95 (bargain!) via the website www.alanafairchild.com

For a limited time when you purchase the book, you will receive a **free gift** of the **Heart Centred Living MP3 meditation** emailed to you worth \$17.95 (which is also available online for purchase individually) free of charge to support you on your journey.

Blessings on your Path! With love, Alana Fairchild

