

there's an innate intelligence inside you that knows what you need in order to resolve any issues, difficulties or concerns. In the same way that a plant naturally pushes down its roots and rises up toward the sun to gain the nourishment and light it needs to thrive, within you, the instinct for life is wise, natural and powerful.

The problem that many of us unintentionally create for ourselves is that we choose to distrust this natural instinct within. We become impatient if there is a difficulty in our lives. We start to worry that we haven't made the right choices. We become afraid, doubting things will actually work out. We forget that, with a more trusting attitude, a challenge in our life can become a way to gain something positive. It can be a blessing in disguise, waiting to be revealed.

With such an open-minded attitude, we'll have more willingness to explore possibilities for healing (such as those presented in this book and CD). Then we will open ourselves up to gain not only a resolution of immediate issues, but gain new information and positive experiences that can help us feel better in other ways, too. It's a great – perhaps unexpected – return on an investment of our time, energy and willingness to take a chance.

This book and CD have been created to support you as you easily tap into the innate healing intelligence and instinct for life within you. All you need to do is relax, listen and allow the process to happen. It is meant to be easy and enjoyable. While you might feel that not much is happening during the process, it is – but at a level below your everyday awareness. The effect of the change at that deeper level will make itself known – in a positive and healing way – in due course. Of course, you may be one of those sensitive types that are aware of the subtleties of change within, and, because of this, you may feel thoughts, emotions, insights or surges of energy, even as you work with this material.

No matter how conscious you are of the changes triggered within through this work, the results will be what you are ready for and what you most need – based on the response of your own inner healing intelligence and instinct for life. You'll feel better overall. There will be improvement in the relevant issues in your life. You'll experience more love, positivity and openness and be more willing to feel good each day.

even when i cannot see how things
are working out, they are still working
out perfectly.

problems are
the universe wanting
to show me something
I don't know yet. I
am willing to learn
all the lessons that
the Universe wants to
teach me because the
Universe only teaches
lessons that are loving,
helpful and empowering.





feeling anxiety is a sign that we have forgotten to trust. We just need to remember three things. Firstly, no matter how big a challenge might seem, if it's happening in our lives, then we are ready for it and can handle it. Secondly, any challenge is just the Universe believing that we are capable of growth, so it is providing us with what we need for that to happen. Finally, if we are being asked to grow, it's because there's something worthwhile and amazing awaiting us – but we need to be that much bigger, bolder and braver to experience it.