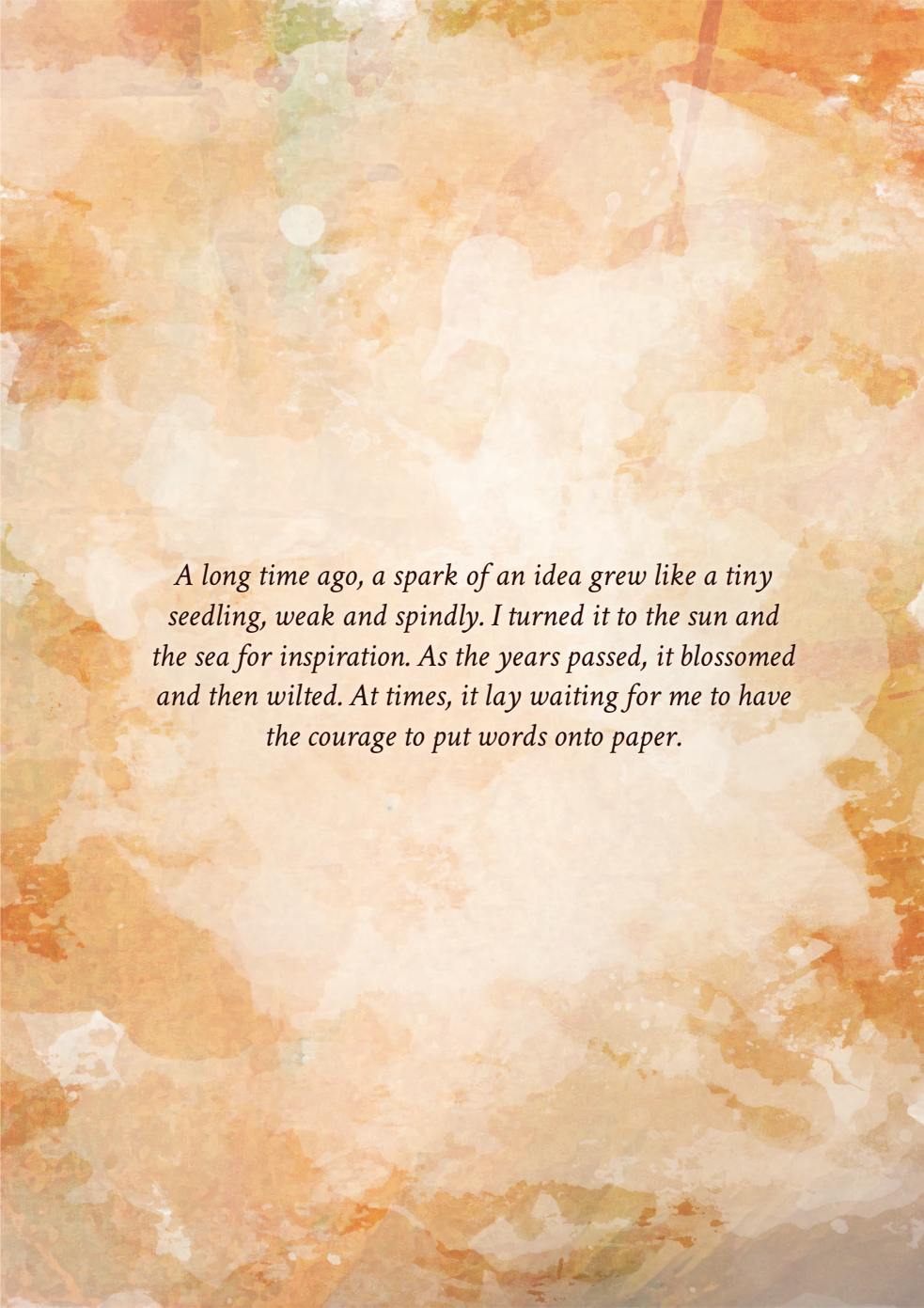


Contents

Introduction: How it All Started	3
1. The Search	9
2. Footprints in the Sand	13
3. A Reflection on Emotions	19
4. The Eye of Reality	29
• <i>Discover the Hidden You</i>	31
• <i>Starting A Journal</i>	32
5. The Blank Canvas	37
• <i>Letting Go of Emotional Blocks</i>	42
• <i>Sarah's Childhood</i>	43
6. Defeat	47
• <i>Sam's Experience of Defeat</i>	49
7. Inaccuracies of Thought	57
• <i>Mental versus Physical Tiredness</i>	61
• <i>Strategies to Deal with Emotions</i>	63
• <i>Find Out What Works for You</i>	64
8. To Observe or Participate	69
• <i>Stephen's Experience</i>	69
• <i>Mindfulness—Walking Meditation</i>	72
• <i>To Be in a Place of Stillness or Quietness</i>	73
9. The Will	77
• <i>Jane's Battle</i>	78

10. The Void	83
• <i>Carol Breaks Free</i>	85
• <i>Redefine Yourself and Reassess Your Life</i>	87
11. Diving Deep	91
• <i>The Little You</i>	95
• <i>Praise Yourself and Give Focus to the Positive</i>	98
• <i>Innocence</i>	99
12. Inherited Legacies.	103
• <i>Working with Children</i>	105
13. Emotions and Health	115
14. Leave the Past Behind	121
15. Relinquish and Rechoose.	127
• <i>How You Can Use This Method</i>	128
• <i>How to Start</i>	129
• <i>Sarah's Outcome</i>	136
16. The Power of Manifesting	141
17. Dream Big	149
• <i>Create a Dream Catcher</i>	151
• <i>Empower Positive Thought</i>	152
About The Author	156



A long time ago, a spark of an idea grew like a tiny seedling, weak and spindly. I turned it to the sun and the sea for inspiration. As the years passed, it blossomed and then wilted. At times, it lay waiting for me to have the courage to put words onto paper.



Chapter One

The Search

The knowledge within this book is born from an expansive curiosity and a strong, unrelenting drive that has propelled me on a search to unravel the ties that bind people. At every corner stood obstacles, which increased my determination to discover more.

I studied myself and those around me, and I gained vast knowledge and insight by working for many years in community mental health and through my intuitive

healing practice. The knowledge I acquired and pass on to you will take you on an adventure into the layers and depths of your subconscious mind, your inner world.

We live in the physical world, yet we are influenced by a parallel world of energy within each of us. This is multilayered, complex, and unique to each individual. Your life is influenced by the mental, emotional, spiritual, and hereditary ties that bind. We emanate energy and create certain potential for the future. This potential is like a seed planted in the psyche. If nurtured and given the right conditions, it will grow.

The healer is the decrypto, your guide. Decrypt is a generic term that means to decipher. Put simply, it means to unscramble a message. The root prefix, crypto, is from the Greek *kryptos*, meaning hidden or secret. That is what this book sets out to do: to teach you how to unscramble the hidden messages that we all hold within us.

To learn how to decrypt yourself, is to ultimately find yourself. It is like putting together a puzzle. It takes time for the pieces to be interlinked and the picture to become clear.

If you look closely, hidden keys can be found everywhere as other people display the issues you seek to

resolve within yourself. They will mirror your subconscious programming, bring you understanding, and allow you to see a reflection of what is inside of you.

With this knowledge comes power, which allows the veils of secrecy that can cloud your vision to fall. You will see that you do have options and opportunities to make different choices in life. This in itself strengthens your courage to walk free from the past and move forward to create your goals and dreams.

Does this seem like an impossible task? I am here to tell you it is within your reach. Knowledge is the key because understanding brings clarity. With clarity, real change can occur.

