

# SOUL IN MY SHOES

A journey where normal rules do not apply

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# INTRODUCTION

When it was suggested I tell my story, my first reaction was, 'You want me to do what?'

After some consideration I thought perhaps the story could be written as a fantasy or fable - the form the inexplicable usually takes. What other way could I tell what happened to me when I still didn't understand all of what happened. And apart from the story not having an ending, some bits were missing in the middle as well.

However the story wasn't meant to be told in any form other than what it has become. Although it is a true story, truth is but a perception of memory, and hopefully the past hasn't been too enhanced or fragmented within memory's time warp. I have also used fictional names and altered a few details out of respect for the privacy of others.

Relinquishing my own tendency for privacy has been a

challenge, one that I may not have met had I not experienced, a number of times, the excitement of the possibility of a new path by reading someone else's story. This is why I now believe in the sharing of stories, for they can help blend spiritual experiences with life. There was also the urging from my Soul to recount my experience and this I couldn't ignore for reasons that will become clear as you read on.

My story begins with a series of brief vignettes - a sequence of events shifting me out of a sick life - before moving on to a particular year in my spiritual journey. In that year I experienced telepathy for the first time and encountered both tarot and channelling in extraordinary ways. It was a year of achievement and disappointment, trust and cynicism, confidence and fear, illusion, guilt, and most of all, love.

In the beginning I was told: 'never underestimate the power of love'.

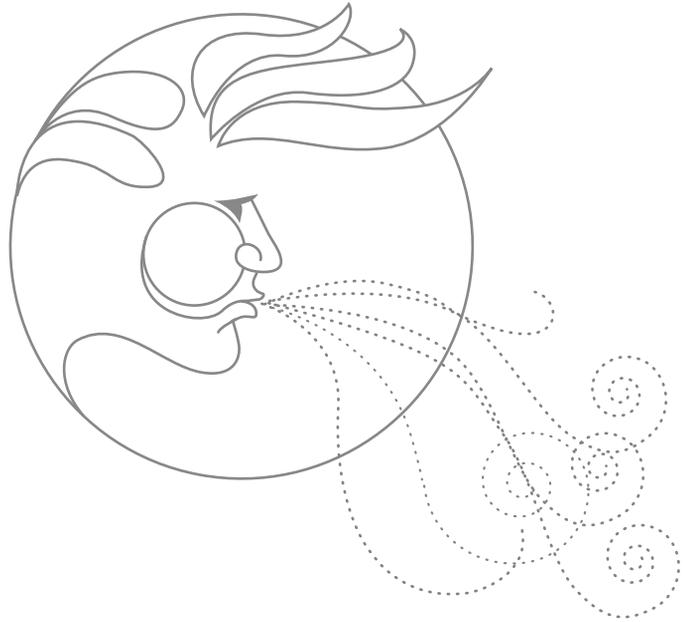
Nobody could think that year stranger than I. It was a time when my Soul, in the guise I'd placed her in as a guide, took me on a journey - the purpose being, my connection to her as my Soul and the realisation of our knowledge.

There's a flip-side to channelling. It can be immensely helpful - but also grossly misleading as my story shows. There are many who have, or will, experience something strange if channelling is, or was, to be part of their spiritual journey. I say was, because I know of some who have closed down through confusion, fear, or anger, having had experiences they couldn't understand.

The knowledge channelled from both my Source, and beyond, interweaves both the story and my examination and questioning of that time. However, as interesting and enlightening as the knowledge given me is, I don't claim it is very different to what has been given to others. I think it has all been said before in many ways - same message, another interpretation. And so the messages will continue until we catch on.

Writing the story has been another adventure, one I'm now grateful I didn't miss. I have worked out, and discovered, many things in the process of unravelling what happened to me. Some things remain a mystery still, but I believe if I am meant to know more it will become clear in time. I hope I have at least learnt enough to let go expectations, time frames, and the enigma that is the Divine.

# THE WIND'S TALE



When understanding  
and knowledge of the journey  
is centred in one's body,  
peace prevails.



Free will and choice are the red and black bouncing balls on life's roulette wheel. It can make spiritual connection difficult in the most favourable of circumstances. Wherever we are, whatever we are doing, we are somewhere on our spiritual journey; we may not know it, but we are. And making choices and discovering our strength by doing things we think we can't do is all part of it.

Considering my spiritual ignorance and the life choices I'd made, I journeyed an extraordinary distance towards recovery while still Divinely unaware. It wasn't that the earlier choices I made were wrong, it was how I'd looked out for myself within those choices. Or more correctly, how I didn't look out for myself. One cannot move one's Self out of hopelessness if one has no regard for her. It was losing Self that had created the difficulties.

My longing was finally relieved by Reiki. The powerful and gentle healing technique of Reiki is thousands of years old and heals by directing the flow of Universal energy through the hands. Two friends, who were members of the original writing group, appeared at my front door late one afternoon. I hadn't seen them for years. They'd been to a Reiki workshop and felt I needed to know about it. Up until then I didn't know Reiki existed. It was to be a stepping stone to healing for me.

When I finally did the Reiki courses I not only met up again with my two friends, but with quite a few others who had been in the writing group. All of them were practising healing in some way - Homoeopathy, Kinesiology, Shiatsu, as well as Reiki. People come into our life not for the purpose we think. We were a group once again, but this time healing was the focus.

I remember the night Giet and I made our first connection. Some people at the Reiki centre began channelling 'guides', one after the other. It was the domino theory effect but I was

one who didn't fall over. I wanted a guide too, but some were trance channelling in a way I wasn't comfortable with.

One night I was lying in bed asking for a guide, saying I wanted to do it this way and not that way, when, *My name is Giet*, was suddenly there.

'Are you male or female' I asked. And when I received the answer, *Yes*, I promptly went to sleep.

The next morning I remembered my question and Giet's answer, but not her name. Night after night I lay there asking for the name again, consciously straining to pick up the words, not aware that consciously trying to bring in, or hold, anything from Divine phenomenon disperses the energy of the vibrations.

I started to use a pendulum, an amethyst crystal on a gold chain. Though the pendulum is a way of divining information from within, in those days I thought the guidance came from up-there, somewhere. Pendulums make you work at questions. Learning the importance of asking short direct questions on a focused subject in order to receive a *Yes* or *No* answer didn't happen overnight and wasn't easy. Often my mind would influence the answer by wanting a specific outcome. Or I'd get careless asking questions, then become confused with the resulting answer. When my expectations weren't met I would always blame Giet. It took me months to realise that as well as the pendulum becoming still for *No*, a *No* could also mean *No*, *you are not clear*, or even, *No, I don't know*. That Giet loves to teach me like this didn't click until much later.

One day I realised - the name given to me on that night and the guidance through the pendulum came from the same source. I asked if we could spell the name. I went slowly through the alphabet and the pendulum swung, *Yes*, at each letter in Giet.

I had no idea Giet was my Soul, I thought she was a spirit guide. I was at a crossroad when I began to channel her. I had regained my health and I'd just completed the masters degree. When, through Reiki, certain ridges of energy within me were intensified, my crown chakra opened. Giet had been waiting for something like this to create the opening. It meant she could begin the work she came back to do - which was remembering me to our knowledge. If I was willing - I had to be willing. Not that she asked the question and I said yes. Free will and choice is demonstrating by action not sit down discussion.

When Giet finally did manage to turn me on to my spiritual journey, she then had to shatter my many misbeliefs and misconceptions (one of which was that she was a guide), in order to awaken me to who she was and who I am. Even when we began talking to each other, free will and choice meant the journey was not smooth sailing - it was more, one vessel, two captains, one tiller and a constant struggle as to who was steering the way.

Sometimes, when I look back on my life as it was then, I'm Alice following the White Rabbit.

# READING BEACHES



We beach on rocks,  
circle each other with riddles and rhymes.

I watch waves pull back,  
reach out, never far enough.

Wait for you to choose, to roll wet  
ripples of truth to my feet.

The answer was to listen always to my inner voice, Giet said. I didn't take the time to work on hearing my inner voice. My head was whirling with distinguishing the difference between my thoughts, and channelling from Giet. Not to mention all the unsolicited information from her.

When you offer information Giet, what then?

*When we say we are not all-knowing we mean we think like you and make misjudgments like you as well. We operate much as you, but on a higher level. That is why we can help and advise but not always know for sure or fix everything. Circumstances change with yours and others free will and choice. When we offer information it is from a bigger picture view, a bird's-eye view if you like, but again, as was this morning - a guide only. We explained about the difficulty of the name. And a sound is the best we can do sometimes. Do not rely on us for accurate knowledge about others you cannot get yourself. We can give knowledge about you and healing. The rest we like to do but we are only as good as you. It is not us, it is you.*

I could be accused of making excuses here, but I think handing over responsibility is a common mistake when new to channelling. Unfortunately, some get disenchanted and quit before learning the guidance received is not all-knowing. And some quit before realising that 'we' are not here and

'they' are not swinging on a star somewhere looking down.

I had to learn that guidance from within is not all-knowing. And if a spirit entity outside me comes to guide me, they are not all-knowing either. If something does come from an all-knowing source, which is rarer than I thought, it's an unforgettable, awesome experience, and cryptic. It's part of my journey to become responsible for my own spiritual development, to connect to my inner guidance, to work things out for myself. That's what I am here for and there are no free rides. Even guidance from my Soul can only urge me to advance spiritually, help me repair the damage I've taken on and spur me into remembering who I am. The actual advancing, repairing, and the remembering, is up to me and I have to choose to use the information and do the work.

*Do not grasp too tightly or too lightly. If you mind it matters, but not desperately. Know that it will happen. Live that it will happen.*

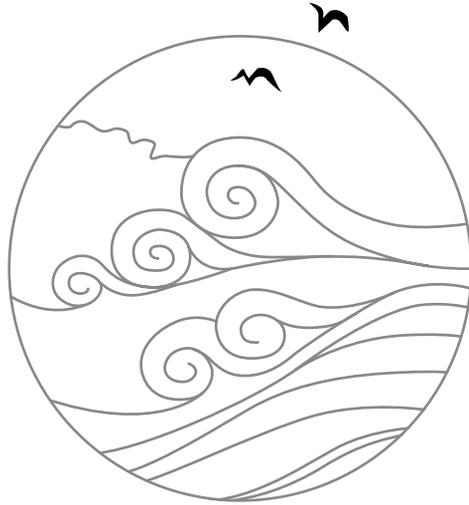
This was one gem that I didn't let float by without a second glance and in hindsight I can see it made the journey much easier. The words 'mind' and 'matter' can be used in both a positive or negative way. Using 'mind' and 'matter' as nouns, I could 'mind' - direct mental activity to bring to me what I wanted, and have it 'matter' - materialise and become what I wanted. Whereas, using 'mind' and 'matter' as verbs, which I did quite often - 'I don't mind' (indifferent), 'it doesn't matter' (doesn't materialise) did nothing for me.

In the very first tarot reading through Nye, I was told: 'Be ye clear of what you want. Like attracts like, like begets like in spiritual science.' I was also told to develop my myths - this was what God wanted. I had to set up the vibration of words, they were magical wands. The word wasn't the wand, it was the vibration that evoked the form. I was to be careful of what I asked for because I was going to get it, Nye said.

I have since come to know through experience that the vibration of words can indeed call up miracles, or change the energy of a situation from negative to positive. I have learnt not to say 'I'm having a bad day.' Instead, I say my day just keeps getting better - and it does. How I speak influences the energy around me.



# WAVES IN BETWEEN





Nye rang to suggest we spend New Year's Eve together, see the new year in with lots of candles, written wishes and tarot.

*This time with Nye is an enlightening time for you both. Your time together is important. He has information for you. You have information for him. Tomorrow will be a blessed day. You are discovering information that is very important at this time. Do not forget the bigger picture. You are going into a new year full of change and challenges. Do not allow doubt and fear to dissipate your energy. You are protected and blessed.*

It was an excellent New Year's Eve which brought about many changes. We cooked dinner together and ate on the tiny balcony breathing sea air and watching stars. I lit candles floating with roses in bowls I'd place around the living room. We wrote a list of emotional garbage and habits to leave behind in the old year and a wish list for the new year to bring; had them ready to burn at midnight. I was new to this letting go the old and bringing in the new on New Year's Eve, but it's a practice I've kept up ever since.

Nye did another amazing channelling session for me that night. There was so much knowledge given to me I was thankful we were allowed to record it on tape again. And again, I needed to listen to the tape many times over in the weeks to come.

I was to look at using my anger as an energy source. Use it as a fuel. Burn it off by using it to accomplish goals. This would also achieve peace of mind. So in the first few days of the new year I tried this idea out. I cleaned the flat to gleaming point, cleaned out cupboards and wardrobes, gave away anything I hadn't used or worn in the previous twelve months. It was a small goal as goals go, but I did feel lighter and brighter.

I also decided to increase my walking time and pace. I wanted to lose weight and get to a certain level of fitness. I was already walking along the beach front most days. I made a resolution to power-walk morning and afternoon, before and after work, and on weekends. Giet said I could

do healing or affirmation work as I strode along. She didn't waste a minute of my time.

Nye's channelling also said I was to look at each thought as an atom. One stray thought, not energised, could leak to my heart and have a devastating effect on my life if it went unchecked. Thoughts seep from brain to heart like water from a dam. This is how a thought could affect reality. But a thought could be split like an atom. When I spoke or acted on a thought I energised it. That was how the thought was split. Speaking the thought, or acting on the thought, energised and split the atom. I was to remember to go within, that micro affects macro.

This built on what I had received earlier about words being important; the words as wands image. Only this time I took it to mean resentful or angry thoughts from everyday encounters with others; those explanations and retorts, apologies and self-defence, that went unuttered and had built up into resentment or guilt behind my silence. Some have no trouble responding verbally but I was storing the unspoken words in my brain and they were leaking.

Like a big toe testing the bath water, I started to split atoms. It certainly clears the head - and sometimes a room. Unexpressed thoughts need watching. It's easy to slip into guilt-ridden or resentful thoughts while I'm doing everyday activities which don't need much thought, like gardening, or housework, or stirring the sauce.