

***SUMMON THE COURAGE FOR THE RITES OF  
PASSAGE...  
THE INITIATIONS THAT LIE AHEAD...***

Kindred Spirit's September issue last year referred to me as a Rising Star. I felt deeply honoured by this although somewhat surprised. I have not sought out a high public profile. Instead, quite simply my focus has been on authenticity – walking the talk. Truly ***becoming and being*** spiritual integrity is something I value above all else. I do my best to achieve this each day through rigorous daily spiritual and psychological disciplines, which help me maintain a connection to love in all its guises, wisdom and power.

In the last ten years working behind the scenes I have taught all kinds of students and discovered that what's worked for me works for others too. When the results were consistently encouraging, along came the offer of a book publishing deal. I didn't seek this out. Thus it was that my first book, 'A Map to God – Awakening Spiritual Integrity' (O Books) was published in May 2007. Without striving to promote the book, out of the blue came an ITV appearance on This Morning in the very week the book came out. On the couch with Philip and Fern for a nerve-racking forty minutes, I was invited to tell the story of my life so far. Dr Credo Mutwa, the spiritual leader of the Zulu's once told me the importance of story-telling. So, here goes...

In the early eighties armed with a business degree, with no other purpose in life then but to get rich quick, I descended a hedonistic path where I worked for some of the richest people on earth, traversing a slippery slope that eventually led me to rock bottom despair, the victim of drug addiction. This temporary insanity culminated in a near-death experience, during which I experienced a divine intervention by an arch-angelic teacher and other super-luminal beings, who

guided me back onto a higher path of true spiritual awakening. They have never left me.

Sixteen years later, my life is still immeasurably changed and ever changing for the better. For the past 5 years I have been most privileged to share my home with like-minded others in a spiritual community I have been guided to form close to the powerfully transformative energies of Glastonbury.

My role of the way-shower is where I have found my true passion and joy. Helping others to conquer denials, align to selfless service, showing others how to develop the discipline required to stay connected to spirit daily is my true bliss. It keeps me on track too!

Oscar Wilde said, "Every saint has a past and every sinner a future."

More generally, my work centres around my experience that the most enlightening experiences in my life have come from mistakes, heartbreak, and pain. My book, *A Map to God* contains extracts from my own personal story of awakening. As a result of a series of near death experiences in fact, I was blessed to receive through 'direct knowing' vital spiritual knowledge (gnosis). I was given to understand that all kinds of gifts and tools for transformation are being made available to us at this crucial crossroads in human evolution. I was then guided through a chain of synchronistic and unusual events to various spiritual and psychological teachings. I met powerful spiritual people who recognised my awakening state. Each teacher was expert in his or her own field and was able to assist me to heal a different part of myself. I accessed powerful tools to begin to open up and re-connect to my inner world of invisible helpers.

I have learned from Native American Indians, an African Shaman – Dr Credo Mutwa, Tibetan Lamas, Chinese Shaolin, Japanese Shinto and Buddhist Monks. I have also learned from Druid, Qabbalah and Essene experts. I have been initiated into some of the greatest grand master spiritual lineages on Earth. I am also an initiate of the Shamanic Path, I have studied many of the most powerful energetic healing modalities of the world. Almost effortlessly, through word of mouth alone, I have been blessed with the opportunity to work with some of the most amazingly interesting people... royalty, heads of multi-billion dollar corporations, MPs, spy chiefs, actors, musicians. Somehow the rich, the powerful, the famous, the influential have discovered my work and been helped. To stay in balance, I also work with those less fortunate who have little or no money. In humility this has all just flowed to my door... I have seen the same kind of abundance consciousness develop in students of mine who have mastered what I teach.

I received powerful initiations and divine wisdom. I learned cutting-edge psychological and spiritual insights. And at last I discovered an ancient map that clearly describes the challenges and the experiences to expect during each of the Seven Stages of spiritual awakening – some call this alchemy. All that I have learned have enabled me to develop a practical formula for life-changing miracles based on this ancient map of the great hermetic sages, prophets and visionaries. Few yet know about such early alchemical maps. However, this very precious and unique 21st century guide to living in spirit at last makes it possible for every kind of spiritual seeker to rediscover their bliss and achieve a constant, upward spiral of spiritual growth, while contending with the demands and challenges of everyday modern living in a substantially toxic world.

My book carries a powerful warning in that if we seek to go too high in consciousness without healing our shadow world hidden in the depths of our

unconsciousness, then we are unbalanced. This is potentially dangerous and with the best will in the world true spiritual reconnection will always elude us. A Map to God offers all we need to understand and do to actually become our enlightened best selves. It contains the first four stages of the map of spiritual awakening, identifies clearly all the emergencies, challenges and pitfalls to be encountered and overcome at each level, and gives us all the different types of tools for transformation we will ever need to overcome the obstacles to living with authentic spiritual integrity.

In November 2007, I met with The Hon Mr Al Gore, recipient of the Nobel Peace Prize and former Vice President of the USA. He asked for a copy of my book. He agreed with the themes in the book I outline that all of contemporary society's problems stem from a loss of connection to spirit. He agreed with me that our technology-based, do/have/consume lifestyles cause so many distractions that we forget 'best self', and thus our lives lack any real purpose, passion or bliss. He agreed with me when I said that I believe loss of connection to spirit ultimately disconnects us from the rest of our world. He also agreed with my theory that when we live out of harmony with spirit, we are more liable to cause harm to ourselves, others and to our environment. What my book states is that this is when, typically, best self then calls us to awaken. This is most often through a series of 'spiritual emergencies'. These 'breakdown to breakthrough' experiences can sometimes be mysterious and exciting, yet most often they are dramatic, traumatic and frightening. I had just in fact survived yet another one...

I had finished writing the book in December 2006. I have to admit now that in order to get this book written, I had to work like a slave, running the spiritual community, running a holistic day spa, still presenting workshops, giving healings and talks to pay the bills. It was an exhausting schedule and somewhere along the way I forgot to live in harmony with spirit and rest. I was working from 5 am to 11pm daily. To be honest I had done this since I opened the day spa. In

retrospect and with deep humility, it was just all too much, but my desire to serve and help others was so powerful I kept on.

The last words I wrote to end the book were, ***'Summon the courage for the rites of passage, the initiations that lie ahead'***. Little did I know that I was entering a huge initiatory period that yet again would threaten my very life. In the book I make it very clear that without the ancient maps and a teacher, the quest to restore our spiritual integrity may take an entire lifetime, or due to unconscious psychological blocks and denials may never happen at all. Each time I have been tested along the way, the teacher has always appeared to assist and this time, thanks to God, was no exception.

In February 2007, I was rushed to hospital one night. The medical team who worked on me took my blood. It had solidified and was very dark brown in colour. It looked like mud. My skin was blue and my oxygen saturation had dropped to dangerously low levels. I was diagnosed with 'ideopathic' double pneumonia and given 6,000 mg of antibiotics daily. I was told if I had left it one more day I would have died. Severely weakened and in shock, I was discharged from hospital after a couple of weeks, but after three days at home, I collapsed again with the same symptoms, which actually if anything had worsened. I spent another two weeks in hospital on oxygen unable to breath, had various lung biopsy tests and was diagnosed with 'ideopathic' pulmonary fibrosis and given 3-5 years to live. Ideopathic means of unknown origin.

All the alternative approaches available locally did little or nothing for me and conventional medicines didn't work either. I tried everything. In fact the allopathic drugs prescribed – high dose antibiotics, high dose steroids just made me worse. The steroids created two further terminal diseases, Cushings Syndrome and Heart Disease. The antibiotics left me with candida and a leaky gut. My kidneys stopped working, my adrenals too. I was losing my hair, 36 pounds overweight and escalating, I could not walk, talk or breath. Students and

friends turned their backs on me in this compromised state, consumed with shadow rather than helping me they tried to take over my business interests. This was a test of all tests to keep the faith. I took nothing personally, letting go of people, places and things. It was such a test of detachment, acceptance and forgiveness.

### **Divine Intervention saves my life again**

The reward for my tenacity and faith in God came in the form of a very unusual and powerful synchronicity.

During the last ten years, I had been using the highest quality natural therapeutic grade oils (from Young Living in the USA) In May 2006, I had met Young Living's President and Founder, Dr Gary Young. His story is incredibly heroic. Gary told me all about what had inspired his own quest for knowledge and self-healing. He had survived a near fatal accident that left him paralysed and confined to a wheelchair nearly three decades ago. Unwilling to accept that fate, he had begun a search which still goes on today for natural ways to heal his body. He has done this.

In his late forties, Gary married a beautiful woman, Mary – in her early fifties and post menopause. She became his next breakthrough. Mary told Gary she'd like a family, quite a tall order given the chances of this at her age, being two years or so post menopause and also having some fairly challenging health issues, which he discovered. He worked on a program for Mary with the oils, she was healed, her hormones were naturally brought back into balance. Two years later she gave birth to Jacob at 52. He's seven now. At fifty-eight she gave birth to Joseph who is now three. Mary won't mind me sharing with you that she's about 62 now but looks half that age, no facelifts and no surgery. Such is the power of these oils and how Gary teaches us how to use them. Joseph and Jacob are both highly exceptional children. Gary and Mary are highly exceptional people and I owe them my life. They are sharing what they have learned about the oils

with all. Ultimately his pain and suffering had led him to his best self and revealed his best destiny – the pioneering work he is doing today in Ecuador with essential oils.

The founding Constitution of Ecuador upholds and promotes research into and the right to practice ancient naturopathic ways of healing. This had allowed Gary to initiate some truly pioneering research work, together with the Medical Association of Ecuador, and a top USA Gold Medal surgeon. This incredible team had been performing operations without anesthetics, painkillers, antibiotics or anti-inflammatory medications - using therapeutic-grade essential oils instead. I watched documentary films of them removing cancerous tumours in the lymph and brain tumours in this way. I studied statistics showing a minimum of 30% improvement in recovery rate, no fatalities and no side effects. This is truly miraculous stuff.

At 18 months old, Gary's son Joseph was the first child in the world, under the age of three, to survive toxic black mold. This was directly attributable to a program of healing with colonic implants of Young Living essential oils.

Like some sort of biblical plague, toxic mold has been creeping through homes, schools and other buildings across the USA. Although press reports have focused on stachybotrys, strains of aspergillus and penicillium have also triggered their share of grief. At least two families have burned their homes to rid themselves of the contamination. Thousands more, including antipollution crusader **Erin Brockovich**, are suing home-builders, landlords and insurers for damages to their property and their health.

Conventional medicine offers nothing to counter the effects of toxic black mold and in the UK relatively little is known about this despite the epidemic in the USA. I wonder just how many respiratory conditions are due to the effects of micro-toxins from toxic black mold?

In May 2007 I met up Gary Young again and mentioned my challenges. He listened intently. He took a closer look at me, seemed to look right through me. Deeply connected to spirit and receiving guidance, he said 'I think you have toxic black mold – come to Ecuador – this is your only chance!' Instantly, I felt the truth in his words.

A clear picture of the map of alchemical awakening flashed into my mind. I realised there and then I was experiencing the testing that the ancient hermetic sages called Fermentation and Putrefaction. This stage eventually leads on to Distillation & Incineration and then Coagulation. Level 5 of the path is about regeneration through putrefaction and fermentation (mold or fungus representing spiritual chaos). I had certainly experienced the spiritual chaos of extreme exhaustion due to overwork. I had opened my holistic day spa and was under capitalised. I was losing lots of money and I was too proud to ask for help and too loyal to abandon ship.

Level 5 of this 'maps to God material' is where the new self is destroyed, instilled with new life and reanimated. I took courage from my own teachings, this ancient map. I felt Gary's work could help me achieve the purification I needed to create a new life force. Levels 5 and 6 of the path go hand in hand. Simultaneous to the putrefaction and fermentation, we also enter a period of incineration, where our false interpretations of experience are cleared. I knew I could manage this part with my own tools for transformation, but I needed Gary's expertise to help with the purging, cleansing and detoxing of the mold.

At the higher levels of the map, we become truly purged to refine our emotional nature to highest purity. Finally, if we make it through these two stages we experience what the ancient sages called Coagulation where the Higher Self, best self, incarnates. Here we discover that the ultimate goal is the reunion with our divine essence and the alchemical transformation of the very substance of our base (physical) being back into its true spiritual essence, which is light. The alchemists of ancient Egypt and Medieval Europe and the yogis and yoginis of India and Tibet spent their lives in pursuit of this sacred destination. The Egyptians even believed that through this practice, it was possible for a human being to realise their immortal body of light and become a star in the heavens.

### **Proof positive and an earth angel appears...**

When I returned home the next night, I happened to reach for a book off the shelf in the master bathroom of my newly rented property, a renovated 16<sup>th</sup> century Manor House. With book in hand, something made me really look behind where the book had been, on the recently re-plastered, newly repainted wall, there was a large patch of black mold. Here was the proof... I had the mold tested. The results showed not one but two different strains of toxic black mold... ***Aspergillus niger*** and ***Penicillium spp.***

Out of the blue, a wonderful young woman, a client of mine, Venessa Cowham gifted me the cash I needed to heal. I will always honour her tremendous kindness and outstanding generosity of spirit, which has saved my life.

Using dark field microscopy, and other cutting edge scientific research processes, Gary Young identified toxic black mold in my blood. He shared with me what he uses to destroy toxic black mold. It truly works. It's a 100% pure, organic, blend of plant extracts that Young Living have formulated called 'Thieves'. Thieves is so safe and non-toxic that it is used and approved in the USA as a food supplement and a food additive.

I underwent a rigorous program of healing with daily chelation therapy for 12 weeks, daily colonic implants of the oils inserted using a standard bladder catheter into the anus, I had a peripherally inserted centralised catheter placed in the main pulmonary artery via the elbow to deliver the oils straight into the lungs. I had all kinds of vitamin injections. I fasted, did powerful cleanse and detox programs, rigorous workouts to clear the lymphatic system using traditional work out machines and NASA approved hyper gravity machines. There were synergy machines to drain lymph, daily colonic irrigation therapies, daily YL Raindrop Oils Massage, including Vita Flex Therapy and Neuricular Therapy to balance the para-sympathic and sympathetic nervous systems. My diet was changed to lower cortisol in my system, the death or stress hormone... I was also given all kinds of naturopathic injections to rejuvenate, regenerate and heal, especially GH3. I drank Quinton (sea water) to become revitalised. I reconnected to my spirit powerfully. All this powerful purification work was successful. I was given a clean bill of health. Not only was I cleared of toxic black mold, my hormone levels were improved, my thyroid function was normalised – these had been totally dysfunctional.

In November 2006 the University of Manchester published findings from their extensive research on the action of essential oils on the hospital super bug MRSA. **In every case study it was found that the essential oils used in Young Living Thieves Oil destroyed MRSA 100%.**

**My own personal journey has shown it also 100% kills toxic black mold.**

The Thieves Oil formula which includes cloves, lemon, eucalyptus and rosemary stems from the days when 15th century thieves rubbed these oils on themselves to avoid contracting the Plague while they robbed the bodies of the dead and dying. Additionally I have learned that no virus is able to replicate in clove oil, as used in Thieves, or indeed in many other high therapeutic grade essential oils.

My mission is to share this life-changing information with all those who are looking for the truth and knowledge that may bring healing in many different ways as well as freedom from the captivity of poor health and emotional servitude. Could this be the way of the future? I certainly see a bright future for high therapeutic-grade pure essential oils and thanks to these oils I can see my own bright future...



**Afterword: For Details on Susie's work visit**

**[www.psalifemastery.com](http://www.psalifemastery.com)**

*A new spiritual awakening is occurring in human culture brought about by a critical mass of individuals who are beginning to experience their lives as a spiritual unfolding. Without a map this journey of enlightenment can take decades or even lifetimes. With a map and a teacher, however, the journey is made simple and becomes radically fast-tracked. My workshops and my book contain the map of that unfolding and describe the quest of the true initiate. Its axiom is that the core purpose of life is a return to wholeness. The process by which life supports that return to wholeness and awareness of 'authentic or best self' is called alchemy. As each of us commits to rediscovering our best selves, mind-body-spirit and emotions are awakened. Thus begins the challenge of turning the lead of personality into spiritual gold. Overcoming the chaos of transformation and living a best potential destiny daily, in moment-to-moment awareness, is the journey of the spiritual hero. Once we are made aware that something is imbalanced in our lives, we can learn how to transform it. Inspired choices lead to positive changes. As each one of us truly becomes our best self, our world also becomes better.*

*True spirituality requires work not only with the light, but also the dark shadow aspects of our personalities. It is by thoroughly reviewing our lives, and especially by examining our anti-social, compulsive, destructive thoughts and behaviours that we discover how and why we have deviated from the path to wholeness. Resolving these issues is absolutely necessary for success in spiritual alchemy.*

*Finally, spiritual alchemy may begin with knowledge, but knowledge not lived and mastered is just so much mental baggage. This book does more than inform. It provides the vision, the lived examples, the attunements and the practical work necessary to guide the reader effectively step by step through the progressive stages of spiritual awakening all the way to enlightenment. The work of awakening spiritual integrity fulfills Socrates' injunction to 'know thyself'. When we know who we are, we will discover the true purpose of our lives. Then our actions will reflect our higher purpose and make this world a better place.*