

BOO... Wake up!



WAS I REALLY THINKING OF THINGS AND SEEING THEM HAPPEN INSTANTLY? WHY THEN DID IT HAPPEN SOMETIMES AND NOT OTHERS? CAN YOU IMAGINE HOW I FELT WHEN I DISCOVERED WHY AND, MORE IMPORTANTLY, THE MAGIC OF HOW IT IS DONE!? THIS IS WHAT HAPPENED TO ME...

“If you believe you can or if you believe you can't, you are right!” *Merry Ford*

From the moment the bones of the story I wrote were committed to paper on that extraordinary October night in 2007, I never ceased to be amazed at I watched the story I had written start to become real around me. I was its main character and the other characters and events in the story began to show up!

Can you imagine writing something and then seeing it literally become real in front of you in an instant?

And then, during this period, I noticed that sometimes I would think, write or know things which would then happen almost instantly and yet other times they would not. Why was this? What was the magic that was creating the instant manifestation?

I began to research energy, the calibration

and frequency of energy, and its relative effect upon manifesting thoughts and knowing into reality. I spent time with scientists, pioneering medical professionals and many other people researching the same question and was astonished to see what they had unearthed.

I was presented with the proof that our thoughts create our reality, but more importantly, that over 93% of the stimuli that the brain responds to is directly from the heart. The heart is predominantly creating our reality! Wow! Imagine, what knowledge to understand there and then? I knew within me that this must be true because I, myself, had been experiencing just this! Since my own journey had begun, I had been following the voice of my heart implicitly - my intuition - which I now understood to be the measurable

endorphin released by the heart. The HEART and not the HEAD literally creates our reality. “I must be missing something!” I considered. “There must be something critical which would allow this magic to happen consistently...”



It was then that I met Alannah Lurie. Alannah specialises in aligning your core beliefs so that you can powerfully create the reality you truly desire. Actually we met through synchronicity on a boat in Antarctica after a good friend of mine asked me to come and speak on an expedition he was running there. Returning one afternoon from climbing an ice glacier together, Alannah turned to me and said “I

was so incredibly powerful and I knew that I had completely transformed an old limiting belief into a wonderful, new and empowering one. It is this feeling of such transformation and empowerment that now inspires me to help others to realign and transform their core beliefs... to believe in themselves! Changing your beliefs literally changes your life!”

Alannah had my attention! From that moment, I began to explore my core belief systems with her and I was astounded as she guided me expertly through a process which produced extraordinary transformations within me so instantly. She uncovered deep destructive beliefs within me that I had no idea existed. Once discovered, she helped me to change them, and instantly, my life changed to reflect these new empowering beliefs.

I asked Alannah to share with us some of the reasons why realigning these core beliefs can assist us all in the process of ‘waking up’. This is what she had to say...

“People may not be aware that the subconscious mind is in fact the knowing that is held in every cell of your being. It is at this level that your belief system really exists. So, although you may think

level to create your desired reality, this is when the magic really begins!

Many people ask me ‘How do I know if my core beliefs are not supporting what I want to create?’ The answer is that they can see in their life certain areas which they would want to change.

Here are some examples:

- Financial struggle and stress
- Attracting romantic relationships that do not work
- Addictions and poor health
- Lack of concentration
- Limited success and not achieving your goals
- Lack of confidence and self-esteem

They wonder ‘How could core belief alignment potentially help me?’

- Remove stress and free up the flow of money
- Create healthy and harmonious relationships
- Remove addictions and improve health
- Become focused and efficient
- Become successful, achieve your goals and fulfil your dreams
- Install great confidence and self belief

So many people are creating a reality that they do not want because they have been conditioned since birth with negative self beliefs. In the years from 0-6 years old, we reside in a theta/beta brainwave state and are, quite literally, programmable sponges absorbing everything we experience in our environment as the foundation of our core belief system.

What so many people also do not realise is that it is so easy to change this. Through this process of realigning our beliefs, we are literally reprogramming ourselves so that we are able to live a healthy and abundant life, allowing us to achieve our greatest desires and wishes.”

For me, just a few of the amazing things that core belief realignment sessions with Alannah have brought me are total trust in myself and my abilities, deep and unconditional love in relationships and a great peace as everything happens with such ease.

All of these have played such a pivotal role for me in ‘waking up’!

To watch a ten minute interview of me with Alannah exploring this further Hop onto my blog page at my website www.boo-wake-up.com or visit my ‘BOO wake up!’ YouTube channel. For more information about Alannah, please visit her website at www.alannahlurie.com

I am running two Sacred Effic Path retreats in April. One is in the UK and one in Cyprus. For those of you who would like to explore this, please jump onto my events page at www.boo-wake-up.com. Details of my upcoming events and books are there too.



realised today as I climbed that glacier, that I had been more comfortable over the past few days trusting the instructors with the safety of my life than trusting myself. How crazy is that? It was only today when we were asked to climb 25 metres to the top of the glacier laying our own ropes and ice screws, that I finally learnt to trust myself. Instinctly I had panicked, believing somewhere inside of me that I could not do it. Yet, when I climbed with great hesitation, every step I took saw that belief disappear further until, when I reached the top, I cried. In that moment, I finally believed in me! The magic of that moment was quite incredible, as if a veil had literally lifted from my eyes and I was able to see the magnificence and beauty of everything around me so clearly. This feeling

that you believe or feel something at a conscious level, it is actually from this deep subconscious level that you are creating your reality. Studies in neuroscience are proving that the actual percentage at which your subconscious is creating your reality is 99%, a higher percentage than ever previously realised.”

I knew this to be true as I had spent time with Bruce Lipton, a cellular biologist researching this area, who had shown me the evidence he had unearthed to substantiate and prove this.

Alannah continued:

“So when you realise this and take action to align your beliefs at this deep subconscious