

An Easy Handbook for Life

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Introduction

On a journey of self-discovery, I was told to write a book of life's answers for everyone. Why do self-help books always have to be so complicated? Doctors or people with PhDs, and years of experience in the psychology industry seem to write them. Why can't *anyone* be told to write, not only to help themselves in life, but to let others know how. You don't have to be a doctor, or anyone special, to find the unique path you can follow, leading to your own life meaning.

Where are all these life answers now? Hidden in complicated literature and open to many different interpretations. Why? And why didn't the planner (God, Creator, Spirit or Source – whichever you choose to use) ever make things simple and talk to us as was the case in ancient times? Surely we weren't always to be kept in the dark until we died? Well, my answer came. Not as a burning bush, but as a still small voice that came into my mind with a book called “An Easy Handbook for Life”.

Why are we so separate from this planner? Nobody seemed to ever converse and if they did, (such as Neale Donald Walsch, “Conversations with God” in the 1990s), the response by most people was, “What drugs are you on?” This is what I was confronted with

when I tried to tell people that I had been told to write a simple book that all people could relate to. Just laying out basic questions and from there giving straightforward answers. “Help them to reconnect with Me as we are one anyway”.

This connection came from sitting on a beach, staring out to sea. The waves relax the body and free your mind. Suddenly the words, ‘Why don't you write a book?’ came into my mind. All I thought was how could I do that? I was an English teacher yes, but hadn't spent years imagining and constructing the perfect novel, painstakingly examining every word and after ten or so years, to be rejected by a publisher. This seemed to be the typical writer. I couldn't relate to that at all.

Why would I put myself on the line and my life on hold to write a novel that would only draw criticism? I just thought derisively, “No I'm not interested. I couldn't do it anyway and what's the point, I want an easy life.”

Months went by, and always “An Easy Handbook for Life” was there in the back of my mind. The thought, “It won't be difficult and when it's ready a publisher will be there”, was always paramount. I couldn't tell anyone this as I would be considered as totally mad. I always saw the novel published and sitting in bookshops from the start.

I realized God speaks all the time to everyone. It's just that most are closed, and few are willing to listen. This openness would lead to

cries of blasphemy from religion and naivety from the rest. But I didn't care. If we're not here to stretch and discover ourselves, what is the point of life anyway?

Okay, so this was the crossroads of my life. Sit back, do nothing and let it all pass you by as most do, or grab the bull by the horns and move decisively forward. It took a long time to think about this. In the end there was no choice – I just started by typing “An Easy Handbook for Life” on the front page and there it was. On days the link came through (when I was “in the zone”), the words just flowed. On other days, trying to write was useless.

“When I work, it's as if I was supremely helped by someone” - Matisse.

That quote made me understand any human undertaking, whether it be an invention, a painting, a bridge or a novel, if it comes together and works properly, always comes from that ultimate link. Most people wouldn't acknowledge this and just say, “I just thought of it suddenly”, or “I pulled it out of thin air”. Even these expressions concede that great ideas come from our knowledge, but that little extra comes from outside ourselves.

But why would anyone believe me? I've always known in this life that I was not alone – I have always felt a presence with me. Sometimes for years, I'd ignored that presence and did exactly what

I'd wanted to do.

Then I realized the presence was still with me. I suddenly knew that I wouldn't be alone writing "An Easy Handbook for Life". No one would believe me of course, as I was no 'authority' in any way on anything. Only that I met the basic criteria of being here and being a seeker. We all are this and we're all searching for how to live.

Still the voice guided me on and answered all the questions I was inspired to write. The answers are often different to what many would expect. If you have started reading this book, you are ready for the next step on your spiritual journey. I am only an instrument, a messenger. Read this book with an open heart and mind.

Open your mind to the presence as it's always with you – even if you've forgotten.

Enjoy.

Chapter 1

Who Am I?

What would be the point of an all-powerful energy source never creating anything?

What is the most powerful creation – a mind and body that includes a spirit. A physical, as well as an ethereal, experience.

So here you are – A tiny presence amongst billions of others. But know you are all special, unique and individual. The power of one is thought not to exist. The power of one is the only power. You are all-powerful. What you want, I want. You have total free will. Nothing is pre-ordained, except by you. You decided on the setting for your life. You chose your birthplace, parents and circumstances long before you entered this life. Your soul has chosen this in order to experience itself physically.

From these early basic choices, once you are in a physical form, where your life now goes depends on you.

You have had many lives and have chosen different circumstances for each. Each choice was perfect for your soul at that

time.

Ultimately, you return from whence you came – to pure energy, pure peace. This state continues until you again choose to experience a physical life.

So often we flounder around in this life, never really making any decisions beyond allowing life to just happen haphazardly. If our parents want us to get a job or study at university, that's the way to go. We meet someone there who we like and get along with – why not get married? The relationship is as good as any other. Children come along and the cycle continues. Events and accidents happen along the way, “Well, it must be what's meant to happen. I can't control it.” And so it persists and then finally, there you are at the end of your life wondering what happened. “That passed very quickly, but what actually happened?” Is this to be the normal pattern of our lives - just doing the best we can with whatever comes up?

This is the time you ask, “Was I really happy and if so when? Did I give and receive as much love as I could have, or did I cut myself off? Should I, to receive that illusive feeling of inner peace, have done something extra?”

How do you answer those questions? Can there ever be an answer or are you all destined to never know these answers?

There can be an answer and there is. The truth will finally be revealed and your questions answered. Your world, you will finally

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