

THE FOLLOWING PAGES ARE EXCERPTS  
FROM VARIOUS CHAPTERS OF THE BOOK

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# The Awakening

**'The awakening brings you to the yearning of your soul and your spirit.  
But it comes through unmet needs, both emotional and physical.'**

TOBIAS\*

I started to wake up in 1998. The catalysts were relationships that brought to the surface all of my old insecurities of not being good enough, and the fear of being exposed for being flawed. These were insecurities that I had tried to cover up for most of my life. As I desperately tried to make sense of the pain, looking everywhere for answers, I eventually realised that I was creating my reality – and my pain – but doing it subconsciously.

As I delved deeper, reading books and going to workshops, I started to understand that everything around me – my life, my reality – is a mirror manifestation of my thoughts, my beliefs, my choices and my feelings.

I recognised the truth of it as if I was recalling a long-forgotten memory that just seemed to click back into position: that my consciousness, my soul and my spirit are bigger than anything I experience on this earth; that the world around me is an illusion, a complex holographic

*\*All quote references are listed at the back of the book*

## ALL THAT YOU ARE

projection of light and mirrors. I realised that I am the scriptwriter, actor and director of this illusion (my life). I am also the casting agent of my illusion, selecting the people to act with me in my movie.

I played with this concept and tentatively started applying it to my life. I started to question the significance of every event and every relationship in my life, trying to work out how and why I had created them. I no longer took things at face value; I was trying to decipher the messages I was giving myself through the experiences I was having and the emotions I was feeling. I started to understand that what was going on 'behind the scenes,' deep in my subconscious mind, was actually creating most of what I was experiencing. Therefore I needed to become conscious of the subconscious beliefs and old wounds I was holding onto, and learn how to change them.

For example, when I experienced conflict at work, I started to see that the frustrations and anxiety were because I believed that there were negative consequences to expressing my own truth in a business structure. I started to see where I gave my power away in order to conform and 'perform' and fit in. The conflict I experienced with certain people was a mirror of the conflicting voices in my head – the part of me that was screaming to be authentic – as well as my ego, which encouraged me to appear perfect in every arena of my life.

It was a time of recognising and processing my childhood hurts, pains and insecurities, and seeing how they affected my adult life. Many nights I cried in pain, anguish and anger, and wondered again and again how I would ever move from this point.

## Healing the Past

When our need for love and validation as children goes unmet, we spend the rest of our lives looking for that love and validation outside of ourselves. We do this by trying to get more things and affirmation from other people. Or we completely shut down emotionally.

We often don't feel good enough because we weren't loved 'good enough.' This doesn't necessarily mean our parents were bad and wrong; it just means that most of us were born into a system of parenting based on conditional love that has been passed down for centuries. This system has made parents and teachers the final authority, despite their own dysfunction and often shaky judgement. This has ingrained in each of us the idea of reward and punishment, right and wrong, based on the (often questionable) belief systems of parents and/or teachers. For example, we learn that girls shouldn't get angry, boys don't cry or that we must not question authority. We learn that certain groups of people or certain things are 'bad.'

According to EEG brain activity maps, children do not engage their conscious minds until the age of six. Before that, they are in 'super'

learning mode, which means they are downloading information from the outside world, society, their parents and family situation. From the *in utero* stage to around the age of six, children are being 'programmed' – and these programs remain in their subconscious mind right through to adulthood. Therefore, if a small child is told 'you don't deserve' or 'that's the way life is,' this subconscious programming remains for their entire adult life – unless they consciously decide to change it.

When we have not dealt with our childhood and adolescent wounds, such as not getting enough love or attention from our parents or being ridiculed by our peers, this becomes the filter through which we experience our lives. As children, we did not have the tools to deal with our feelings of unworthiness, our shame, rage and jealousy. Similarly, we did not understand that our creativity, our curiosity, our honesty and uniqueness were to be nurtured and honoured rather than discouraged and misunderstood.

All of those 'unacceptable' thoughts and feelings go into our shadow self, which picks up and stores all of our denied and discarded stuff until we are ready to deal with it. Until then, we start to cover up our shadow with layers and layers of defences. We exaggerate and showcase the things we get affirmation or attention for, and we disown and hide our 'ugly' stuff as well as our power and creativity. We take our cues from what our parents and our peers deem is 'good' and 'acceptable' and we adapt to that.

A child's natural instinct is to feel safe. When they are shut down, rejected, abandoned or betrayed by their primary caregivers or their peers, they go into survival mode. In order to make sense of an imperfect, frightening world, they turn on themselves. Rather than experience the world as unsafe, they see themselves as wrong and fundamentally flawed. They develop behaviours and beliefs to deal

## **Our Beliefs Create our Reality**

My own personal healing involved understanding that my habitual behaviours and my beliefs had come from a reaction to a world that I needed to make sense of and make safe for myself at a time, particularly in childhood, when I didn't have any other tools, such as the wisdom and perception I have now as an adult. I also began to understand that what was happening in my world was a product of my consciousness – in other words, my beliefs, my thoughts and my feelings were creating my reality – and therefore I had absolute power over it. The healing involved carefully examining what my beliefs and my emotions were, understanding where they came from and realising I could change them.

Our beliefs about life, ourselves and other people, be they conscious or subconscious, are the scripts that are continuously creating our current reality. Not only can our emotions help us discover what beliefs we have, our emotions, like magnets, also hold the beliefs in place. For example, if we have a belief that 'I can never get what I want,' we will experience that very thing. Our reaction to that negative experience may be feelings of hopelessness, anger and frustration.

When you are attached to something to give you your identity, to make you feel special or to give you a sense of purpose, that thing will elude you. Not having it will start to cause you pain. This is because your soul's main objective is to get you to become who you really are – to uncover your true essence. It will challenge you to strip away all the accoutrements that you think you need in order to be more 'special' or to make up for not feeling good enough.

The divine or God part of us is pushing us into becoming who we really are, urging us to love ourselves unconditionally. When we are being our authentic selves and accepting ourselves unconditionally, we can finally let go of all the pretence, the effort, the fear of rejection and the feeling that we are not good enough. We can stop struggling and fighting to earn our self-worth and validation from the world.

This is not to say that experiencing any of the pleasures of being human, such as beautiful possessions, relationships, sex, money, good food or music, is bad or wrong. They are wonderful gifts we gave ourselves as part of having a physical life experience. However, when your sense of who you are is dependent on or attached to anything, your soul will make sure that you know it. You will be challenged again and again and again until you learn that your worth, your beauty, your being loved is not dependent on anything or anybody – it does not need to be earned. It already exists, waiting to be uncovered.

Furthermore, when we look outside of ourselves for validation of who we are, the thing or person that we need or want becomes elusive. We feel that we never have enough or never get what we want, which makes us feel competitive, jealous and powerless – at the mercy of that thing or person that gives us our sense of identity. We also feel that if we were to lose what we do have, we would lose our self-worth.

Although this new vocation suited me so much better than previous

career choices, this lesson of non-attachment was, and continues to be, one of the most important I have ever learnt. (I will explore this concept in depth later on.) I understand that I am a teacher – this is how I choose to express myself. However, I needed to let go of my attachment to the identity of being a teacher; of *being anything*. It is merely an expression. Furthermore, when you peg your sense of worth, your purpose and financial wellbeing on any identity you construct, it eventually becomes an increasingly heavy burden to bear.

As I observed my reality, I knew that I needed to look within to see why I was creating ‘chaos.’ When we start making different choices in our lives, such as desiring to live in a freer, more authentic, more abundant way, whatever conscious and subconscious beliefs block those intentions from materialising will reveal themselves to us. Your beliefs are revealed to you in the reality of your life. What is going on in your life right now is a feedback system, mirroring back to you what you truly believe. As Carl Jung, the ground-breaking Swiss psychologist, wrote: ‘When an inner situation is not made conscious, it happens outside, as fate.’

I knew that I needed to further unravel deeply held subconscious beliefs, and more than that, I knew I had to expand my perception and my understanding of how life works, of divinity, of what truth is.

I had set the intention of following my heart and expressing my True Self – in other words, living my metaphysics – understanding that I really do create my own reality and that everything we do, think and believe is ultimately spiritual. We are spiritual beings! Spirituality is not just something we do once a week or when the fancy takes us. In my usual all-or-nothing manner, I also wanted to go the whole way and not just play around with the concepts until things went ‘wrong.’ Creating your own reality does not stop when you are dealing with ‘real’ things like money, security, survival, relationships.

It was such a radically new way to live my life and the level of self-trust required was largely untested. I was now choosing to create my life by going within (using my consciousness) instead of how most people currently operate – that is, controlling, responding to and reacting to what is going on in the world around them.

It was a complete leap of faith, as I was no longer relying on what was ‘tangible.’ What seems to be tangible or ‘real’ is created by one’s consciousness, not the other way around. As I ventured into this new territory, I started to see where my deep, subconscious beliefs were contradicting and cancelling out my intentions to live a synchronistic life, a life where everything flows to me. For example, I had understood in theory that we live in an abundant universe, but I didn’t yet trust enough to let money flow to me. I was also too panicky to trust in the concept of divine timing – that everything does flow when the wholeness of you is ready. (I will explore *Consciously Creating Your Reality* in Chapter 17).

At this time something else happened. I was increasingly seeing through the illusion – seeing life as the game it is. The way people were still playing it no longer held any appeal for me, and I felt as if I was in limbo, lost and without a purpose. All the passions I thought I had, such as wanting to show the world a ‘better’ way, were dissipating rapidly.

Most people use an enormous amount of energy fighting the dramas, playing in the illusions, that they themselves have created. These may be challenging relationships, work or family situations, or even the ‘roles’ that they take on in their lives. I realised that if I am creating it all, using energy to continue to play in the drama that I was creating was just fighting myself. I understood that fighting or engaging with the illusion wasn’t going to make it more real.

This void, this feeling of purposelessness that I was experiencing, was, in a way, a kind of death – the death of my constructed self, my constructed identity. This part of me had to die so that I could play a new game in a new paradigm. I had to release everything I thought I was so that my True Self could start to emerge. I had to release the stuck story that I had created around me, which took so much energy to keep alive: how I looked, what I said, what I did, my ‘packaging.’ This void was also an indication that the old mechanical paradigm (to be explained in detail in the following chapter) that I was trying to operate in was becoming increasingly more untenable for me.

According to Tobias, ‘There does come a time and point for everything to be released out of its old structure. It has to. Energy has to continue to flow sooner or later. That is why there is this thing called death on Earth, so that everything can be released from its structure and evolve. It is the same with stories, and with aspects of yourself. Sooner or later the structure needs to go.’

The only thing I knew for sure was that I was embarking on a new adventure, moving into a new paradigm, where I was learning to create by expanding my consciousness and activating my unlimited imagination.

## Perception and Reality

**'The determination of what is real is a matter of perception rather than than existence. Everything exists, but not everything is perceived. Our senses are not windows to an "objective universe." They are really filters, blocking the conscious mind from noticing what we have no desire to see.'**

*DANIEL JACOBS AND THE RECONNECTIONS*

I am in awe of my consciousness, this magnificent God part of me that is around me, in me, is me. It is the infinite trying to know itself through a finite vessel. I believe that we take human form for the joy of experiencing the wonders of a physical existence – relationships, sex, food, possessions, wonderful places, emotions. What a fun game!

At the same time, the important thing to remember is that it is all an illusion – *all of it*. The most 'evil' things and the most sacred, the loving relationships and the painful ones, the most magnificent personal possessions, the brilliant works of art, the rituals and habits ... all are illusion.

In order to see our reality for the illusion that it is, we need to start getting into the habit of observing (as a neutral witness) our dramas, our story, our feelings and our selves – almost as if we are watching ourselves as characters in a 3D virtual-reality computer game or as actors in a movie. We need to constantly question and challenge our beliefs and the choices we make.

When we really understand that it is all an illusion, we detach, we change our perception and we step beyond it and into the Wonder. The Wonder is where we can play the game of physical reality for the fun of it, knowing that we are eternal and multidimensional and can change the game in any given moment. Knowing that we are creating it all and taking responsibility for it means absolute freedom.

As I continued to raise my consciousness, things changed around me and certain social situations that involved inane small talk became untenable (and, quite frankly, boring). I stopped seeing certain people and dropped out of certain situations. This was not because I was judging them; it was a matter of discernment. I no longer wanted to play the game of pretending that the dramas were real.

I also learnt that trying to convince anyone else of your truth is an exercise in futility. Logic and scientific proof have become the gods that most of Western civilisation bows down to. And yet, anybody can make a seemingly logical argument in defence of their beliefs. That's how conflicts and wars start. Most wars are about 'my God or my ideals are better than yours, so I will dominate you in order to convince you of the error of your ways!'

Initially I had wanted to tell people about what I had discovered, but I also realised that I had a subconscious agenda of wanting more people to be on the same wavelength as I was. However, I realised that living your truth is more powerful than trying to persuade or convince anyone of anything.

Furthermore, if people want to believe that life is a series of random events, then that is their choice and their reality. If you choose to argue for and defend 'the logic of practical reality' or whatever limitations you believe in, then they will be yours. We all have the gift of

free will. What you focus on, where you choose to place your attention, is exactly what you will experience.

So many people are adamant about what they see as absolute truth, but there is no such thing! Look at the colour green. How can anyone prove absolutely that we are all seeing exactly the same thing? The new physics, quantum physics, has shown us that there is no such thing as objectivity since we can never remove ourselves from the picture. Max Planck, one of the founders of quantum physics, said: 'Science cannot solve the ultimate mystery of nature, and that is because we are a part of the mystery that we are trying to solve.'

With the return of the Goddess, we will increasingly come to understand that we can no longer live in an either/or paradigm, and that no one has a monopoly on the truth. It is about realising that our truth resides within our own relationship to the Divine.

Your truth changes as your consciousness expands. The infinite (spirit) trying to know itself through the finite (physical body) is a wonderful game we gave ourselves. As we become more aware of who we truly are, our perceptions change and so does our truth. It is something that is continually evolving. As Carl Jung once said: 'Truth is relative to your ability to perceive it.'

One thing I have come to accept is that I am always in the process of deeper understanding and that my truth is constantly expanding. I had made a choice to expand my awareness and I focused my attention on metaphysics and spirituality. The more I understood, the more I challenged my current reality.

I have truly experienced how an acceleration of consciousness leads to more acceleration. In other words, it is an exponential process – the

Suppressing the inner feminine denies half of who we actually are as human beings.

Against this backdrop, most people were born into families where they were not taught to trust and love themselves for who they truly are. Instead, we were taught to suppress our own opinions and thoughts and defer to the rules and regulations of parents and authority figures, such as teachers and other adults. As I explained earlier, as children we did not have the tools to understand what was going on, and so we perceived ourselves as wrong and bad: 'I am not loved enough because I am not good enough.'

In order to make sense of our world and make it 'safer,' we start to test which parts of us get approval and which parts of us get rejected. We take our cues from the adults and authority figures, and we position ourselves in the world using our 'positive' parts and pushing down our 'negative' ones as far as we can. This is the beginning of the abandoning and rejection of self and the giving away of our power. This is where our shame has its origins and our self-expression is silenced.

As we grow and experience life, this feeling of worthlessness is exacerbated. During the hormone-induced panic and generally shame-filled period of our adolescent years, we start to see everything in absolutes (all or nothing, black or white). We compare ourselves with other people whom we believe are perfect and lead perfect lives. We start projecting onto them our myths of perfection and start seeing our own glaring shortfalls. The media plays a huge role in perpetuating the myth of elusive perfection – creating the celebrities, the leaders and the experts to whom we all look up.

Throughout our lives, we are taught by society and by our religions to

trust anything and anyone but ourselves. We have been taught that it is safer to lie than to express our truth.

Learning to trust yourself and see things clearly is a process. It starts with healing all your issues of low self-esteem and feeling that you are not good enough. You need to understand where the wounds came from and give the love back to yourself, so that those parts of you that you don't love can come back together to form an integrated, whole you.

If we don't heal our lack of self-worth, it is very difficult to trust ourselves. How do you trust someone whom you do not think is good enough? When we walk around with our wounds unhealed, we see everything through the filter of those wounds. Communication from our Higher Self, our True Self, is much harder to decipher. The needs and wants of our unhealed inner child make it difficult to listen to ourselves clearly.

Furthermore, when our wounds go unhealed, our ego – in its protector/defender role – takes on the work of puffing us up, trying to make us feel more important and more special than everyone else. Consequently, there is too much 'noise' and the voice of our spirit seems to be overwhelmed and unclear. We turn to the authority of other people instead of relying on our own inner wisdom.

The next part of self-trust is trusting your heart and your passion, and following your own drumbeat and your own map. It is about a commitment to your journey, your voice and your expression. It is about understanding that there are no limits – life is not what the consensus view thinks.

Everything, absolutely everything, is just a belief – beliefs of how

business is done, beliefs of how relationships should be, beliefs of the 'right' thing to do. We can change any belief that does not fit us any more. People might say: 'That's not realistic, this is how things really are,' but remember, 500 years ago you would have been considered a heretic (and a lunatic) if you thought that the earth was round.

I have realised that truth is ever-evolving, and the way to reveal more of the truth is to continually release old beliefs. We are so deeply hypnotised, so strongly conditioned, about everything – from ageing and money to illness, marriage and even death – that we give our power away to those beliefs and make them our truth. We become very attached to our beliefs (even the 'good' ones) of how things work and what 'reality' is. Our experiences then reflect these beliefs and this further 'proves' that what we believe is true.

'Walking out of every belief system, walking out of this state of hypnosis, takes the most incredible level of trust. You have to be willing to let go of everything.' – Adamus

Yes, it takes courage to step beyond mass consciousness, beyond the beliefs and customs of the tribe. But the payoff is immense freedom of perception, of possibility, as well as the chance to experience the infinite while in a finite body. The more we trust ourselves, the more we can step into the uncertainty, knowing that our needs will be taken care of, that we have given ourselves all the tools we may require, and that we are safe in the arms of our own divinity.

The 2003 movie *Paycheck*, with Ben Affleck and Uma Thurman, was a wonderful metaphor of how we have already given ourselves all the tools we need, and so we might as well enjoy the journey.

Affleck plays a computer engineer who is helping to create a future-

## New Energy Relationships

**'It is our sacred obligation to fulfil our own emotional needs, for it frees us to truly love others and not use love in order to get our needs met. Emotional self-reliance enables us to relax and exuberantly experience relationships and events, since our intent then shifts to enjoyment.'**

*ALMINE*

I believe that New Energy relationships emerge when we understand that, as divine energetic beings, we are our own internal energy generators. In other words, we are the source of our wellbeing and all of our needs. New Energy relationships are a reflection of our wholeness, our joy, love and self-acceptance.

Relationships in the new paradigm are where we can celebrate, inspire, accept, support, respect and love each other rather than dump our unresolved issues and fears onto the relationship and the other person.

Before we can create New Energy relationships, we need to make sure that we have healed our issues as well as our limited beliefs around love, ourselves and other people. In other words, we need to be energy independent – responsible for our own energy or power supply and not needing to take power from others (or give them power).

Most human beings engage in energy/power struggles because they feel that they are not complete. Every time we feel that we are not good

enough, we lose energy. Every time we are hurt by somebody ignoring or rejecting us, we lose energy. Instead of replenishing our energy by going within to the true source, we go without (literally). The result is that we end up competing with others for energy – be it in the form of attention, recognition, money, security, love or relationships. It is so interesting that on a global level, too, we are going through an energy crisis and are being urged to become ‘energy independent.’

As most of us have only experienced conditional love, our longing for love and our need for validation is the way we try to get energy. Until we become conscious and whole, all of our relationships (romantic, family, friends) are in some way a reflection of trying to fix an emotional or energy deficit. Relationships reflect our fears of not getting enough love or losing love, and they reflect our lack of self-worth.

If we pay attention, relationships can show us where we need to heal and where we need to stretch and grow so that we can move into joyful, truly loving interactions. The key to receiving this feedback is self-reflection and responsibility. Taking responsibility for the state of our relationships is one of the most empowering things we can do.

Our world is littered with magazine articles, books, films and TV shows that tell us why men won’t commit, why people cheat, how to make an impression on others, how to influence people in authority... It’s not surprising that we tend to blame other people for the things they do to us and how they affect our lives.

However, this way of thinking primarily deals with how to react to the world (the mechanical paradigm) instead of looking at how we are creating our world and our experiences. In other words, we need to change our consciousness in order to change what we experience in our lives; we need to change our beliefs, attitudes,

thoughts, feelings, choices and decisions.

Trying to change a situation without changing your consciousness is like trying to change the image in the mirror without changing the object that is causing the reflection. Similarly, this way of dealing with relationships takes incredible effort, control and manipulation of the outside world.

As I mentioned in Chapter 2, we often don't feel good enough because we weren't loved 'good enough.' We were taught conditional love – that we are only lovable if we are a certain way or if we do things a certain way. Therefore, as children we made ourselves 'wrong' in order to make sense of the world, to be accepted and to feel safe. We shut down the parts of us that we felt were unacceptable, unlovable, so that we could survive. As a result, we carry around these wounds, constantly trying to right the 'wrongs' of the past by trying to get affirmation and validation from our parents (and other people on whom we project the image of our parents).

Every single relationship (be it with friends, family, colleagues or romantic partners), no matter how insignificant it may appear, shows you something about yourself. You are not responsible for another person's behaviour, but you are responsible for how you allow it to affect your life. Relationships are a feedback mechanism that mirrors to us our deepest beliefs about ourselves, about life and about other people. Whenever we have an emotional charge in response to someone, it's basically a message to us about our consciousness. This works in several ways.

Your beliefs and feelings about people, yourself and relationships are mirrored back to you. For example, if you believe that all men are emotionally inarticulate, then you will create a reality filled with

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## Consciously Creating Your Reality

**'Time is the only factor that distorts this otherwise clear connection between the individual and the Universal Entity (the Divine)... Time establishes separation of experience... which in turn creates doubt in the Universal Entity's system of fairness and overarching purpose. The result creates fear that the universe is not a mirror but rather a chaotic, whimsical energy... Time intervenes and creates pockets of despair, hopelessness and abandonment. However, it is these very "pockets" that often activate the Source Codes (divine intention) of the entity (soul) and establish a more intimate and harmonious relationship with the Universal Entity.'**

*THE WINGMAKERS*

Quantum physicists, mystics and metaphysicians agree that we energetically create our reality by what we think, feel, believe and choose. Each of us has a vibrational resonance that brings to us the reality that we are choosing. We choose either consciously or unconsciously. More and more people are learning that being conscious of the fact that we are creating our reality is a lot more effective than believing that things just randomly happen to us. The implication of this is that we can choose how we want our lives to be. But how exactly?

When I first started working with the amazing concept of creating my own reality, I was excited about all the things I could possibly create if my thoughts, beliefs and choices were in alignment. I set about stating my intentions for everything: travel, great relationships, money,

Your ego (or unintegrated human self) is concerned with having your worldly needs met in order to make your story bigger, and in order to compensate for not feeling good enough. Your unintegrated human self deals with fear by needing things, relationships and security. The questions that you need to ask yourself are: Whose definition of success or happiness am I working with? Is it a parent's definition or the media's definition? Why do I want what I want? To alleviate emotional pain and loneliness? To try to guarantee a 'secure' future for myself? To try to repair my past 'failures'? To vindicate myself? To prove that I am worth something? To fit in and conform? To get approval? To show people that I can amount to something? Who am I when I'm not identified by what I am doing? Have I been subconsciously conditioned by my parents' expectations? Or am I trying to compensate for what my parents were not?

When you choose to create something motivated by the needs of your unintegrated human self you will continue to face challenges. This is because you have attached too much weight to that thing and it becomes too heavy, too 'real' to flow.

I realised that although I was creating my reality consciously, I was creating it against the backdrop of my limited ego mind. I was trying to create what I thought I wanted, based on my past benchmarks of what I thought my life should be like. Even though you may be choosing to create your reality consciously, when you try to guarantee your future by basing it on your past, the creating process is thwarted. This is because you are putting a limited agenda on how the energy flows. This limited agenda is based on the limited perspective of the unintegrated human ego.

Although I had embarked on a journey that was completely different from most people's, I consciously needed to redefine what a successful and happy life

## Finding Your Own Truth

Every soul comes into this incarnation with its own challenges – things that it wants to resolve. And while we can all learn basic universal laws – for example, understanding that abundance is energy and that relationships mirror us – we need to find our own ways to access our True Self, our own maps to live as divine creators on earth, and we need to honour our own evolving truths.

At the beginning of my journey, I learnt a lot about healing and creating. However, I also took on other people's techniques for healing and creating my reality. These were the techniques of authors, channels, friends and healers. After a certain amount of learning and assimilation, I believe there comes a time when you need to add your personal flavour to the learning and make it your own – or discard it if it doesn't feel right. The whole point is that your own unique expression of the Divine and your own unique spirituality can emerge.

There were times when I 'outgrew' teachers, both physical and non-physical. It has to happen – that is how it's designed. The teachings don't feel quite right or start to feel stale or old and even contradictory.