

AWAKENING THE TRUE SELF

INTRODUCTION

This is the story of a soul's journey. It's a story of courage, love and transformation and it has a happy ending. So, in some ways it could be likened to your favourite novel or film, yet it also seems a very ordinary story about a very ordinary person who has a dream about peace. Not just peace between people and nations but between all beings, including animals and our environment. It's a big dream and it starts with finding the peace within.

As well as being an interesting story, (who doesn't like reading about the lives of other people?), it also has the potential of being a spiritual 'toolkit'. I'm not suggesting you have to be of a particular faith or even have a faith for these tools to be useful to you. I'm merely inviting you to explore the opportunity for getting to know your true self and celebrating exactly who you are right now through experimenting with these tools. It isn't a case of reinventing ourselves. It's more often a case of reframing how we see ourselves and our journey thus far.

So let me introduce you to the storyteller.

I was born Jacqueline Iris Daly, on 27th June 1952 at 0.45am, the eldest child and only daughter of an Irish father and Yorkshire mother. It's only now as I see those descriptions written upon the page that I feel truly grateful for the choice I made. Yes, I do mean choice. In my current belief system, the child who chooses their parents to learn their life lessons and hence access their life's purpose. As a child, I chose to think I had no choice in the matter, and that became a pattern of my life.

I believe that before coming here I had accepted a mission to bring about world peace. The moment I was born it was erased from my memory. For nearly fifty years I wandered in the wilderness before reconnecting with it. It's from this place that my story starts. I'd like to share with you from a place of I, how the re-awakening to my life mission unfolded and what strategies and tools I've used to make this dream a reality.

This book is an invitation for you to share part of my journey and in doing so I'm also grateful to be part of yours. I've been inspired by many things in my life. With people it has often been the telling of their stories, the sharing of their gifts and talents or travelling with them on part of their journey. At other times nature shows me her beauty and I feel full of the wonders of this fantastic planet. It may be a satellite photograph from space, a visit to a beauty spot, the cleansing feeling of a rainy day, the excitement of thunder or a breath-taking sunset or sunrise. Watching with awe as a new born lamb or calf unsteadily finds its feet for the first time. Sometimes it will be when I see a wood softly carpeted with bluebells or daffodils or smell the sweet scent of freesias or roses. On other occasions I'll respond to my fingers touching the trunk of an old yew, feeling at one with its cracked bark and craggy twists. Being at one with myself, with others and with my environment leaves me with a sense of peace and it's from this place that I know I have plenty.

When I see the world as my mirror I am truly inspired and grateful for the knowledge that I have the opportunities to heal every moment of the day. I also acknowledge that I have free will. This means I can choose to be awake or not and if awake, then I can choose to heal or not. There is no judgement on whether I do, just an acknowledgement that it is my choice. For me, my time

on this planet is all about choice and taking personal responsibility for my life and therefore my thoughts, words and deeds.

Each one of us will make our own journey and experience different situations and challenges in helping us find the person we were born to be. It is hoped that we will find our own inspirational voice and creatively express it. When we choose to share it – it becomes our gift to the world.

During the following pages, I shall illustrate how I reconnected with my soul, Source, spirituality, wholeness, community, love, peace, acceptance, joy, compassion and play whilst honouring the pain, tears, depression, loneliness, emptiness and separation. I shall be sharing many of the ‘tools’ that I discovered along the way and referring to people and places without whose help and guidance I would not have discovered the woman I am today.

The story will start on New Year’s Eve 2001 and will take you up to the present day, 2008. It will refer back to my childhood, maidenhood, motherhood, grandmother hood and bring you up-to-date with the acceptance of being the wise, older woman I am beginning to know and love. Yet the lessons are there for all to see and connect with because this is not just a story of women’s life, or even of a British women’s life. It’s the story of a soul, a person’s true-self, which remembers that we are all one, where barriers between gender, race, sexuality, age, religion, abilities melt away and the joy of peace is a reality, no longer a dream.

Our heroine takes full responsibility for her memories of the life she has led, the choices she has made and she fully accepts that anyone who has shared all or part of this journey may have different memories and realities to her. They are all truths and maybe it’s our reaction to them and the consequences of those

actions that are the real truth. This story is told from a place of love, acceptance and gratitude for those fifty years of wandering through the wilderness and for the people and events that have touched this soul. So you are invited to join me on this journey in whatever way honours your path. Feel free to engage with the ‘toolkit’ exercises or not. Read from the beginning to end or dip in and out as you like, let it sit on the shelf till the time is right or even reject it. Whatever your choice, it feels good to have made the connection with you thus far.

So let the story begin.....