

HELPMATE FROM ABOVE

***From this Life to the Next
A Message from the Angels***



By Shannon Lynn

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I would like to thank all of my angels for helping me write this book. Without them, it would not have been possible. A special thank you to Archangels Michael, Sandalphon and Jeremiel. The following is a guidance of complete channeling brought forth with the angels from above.

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Helpmate From Above & Archangels From Above

From this Life to the Next

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Introduction:

Within these pages you will come and grow to know your true self, in whom God has made you all to be. It is within these chapters that you will see the true and just individual that we were intended; once and if you take the steps to make it so, for it cannot be if you do not do the work to make it so.

I have been shown the way and now you can too; once and if you are willing to open up your hearts and open up your minds to the greatness that lies within each of us. Ten years ago, I was given a gift. A gift that I had no idea even existed within this world that we all live in together, as one. In fact, I really had no idea at the time that there was even such a thing as us being as one. I was totally oblivious to the spiritual realm that surrounds us here on Earth, at this time and always. I now know better, of course. But back then, I really had no idea. What I did learn within this process was that what seems to be is not always the way that things truly are, and the way that we believe or have sometimes been shown is the correct way to be and do and have is not always the correct way either. But I have learned that that is okay, that this life is a process and that we are each on an individual journey of our own making. And really, would we even want to know everything; if we all knew everything about this world that we live in, what fun would that be? Just think about it for a moment, we would know everything, absolutely everything. How boring would that be, to never have a question, to never want to know the answers to some of life's grandeur questions that we all have within us.

Within these pages I want to share with you my individual journey. And I want you all to know that we are all on our own journey that each of us have co-created with God long before we came down here to live it.

Some of you will struggle with the material presented within this piece of work, but others will know immediately its validity.

It is within these pages that you will see your 'true self' emerge or come into the forefront and merge with yourself and others. It is within these pages that we are all shown to our true selves and the whole person in whom we were always meant to be, from God above.

You will find and seek, if you are willing and want to do the work to become your best self, in whom you were always meant to be. Only, if and when you are then ready to do so; meaning, do the work to make it so.

It is within these chapters that you will see your true self emerge, in every sense of the word; for in order to come and to then be and do this, it is in this you shall only see within this structure the true essence of your soul, within. Be true to yourself and you will see that there is no better way to become the true person in whom God intended for you to be; only and if you are then willing to do the work to make it truth.

It is within these walls of self-worth, that our self-esteem can be created and then mastered into all that was meant to be also; for it is within this structure that you will all see the pure and complete happiness that was intended for you also, here and now, and for always then.

Please come and join us now within this journey that we shall indeed take together; for you must know now and always that you are never alone in this, any of you... No, for this is the true and direct way to reach the Kingdom of the Heavens is within yourselves, at this time and always. For you are never alone, for we the angels are always there with you; forever, now and always in this. Be sure that you are never, ever alone in this... for we are always and we do say this wholeheartedly, always there with you and for you.

Firstly, these books are helpmates for anyone who has ever been involved in an abusive relationship of any kind; verbal, physical or otherwise. They will help these otherwise desperate souls, that are at their wits end... that a lifeboat or a lifejacket is being thrown to them and all they need do is grab a hold; meaning read the book and hold on tight; meaning to do the work and they will be saved; meaning that they will be brought out of their misery and back into life so to speak, as a much happier and healthier individual.

Secondly, these books are a tool to guide and teach others the ways in which they should be behaving or acting towards other human beings in order to reach their true potential in this lifetime.

Thirdly, they will offer support and guidance for others to dig themselves out of the depths of unconscious behaviour forced upon themselves by others, through abusive situations and left feeling as though they are no one and worthless. What these books intend to do is to boost their self-esteem so high that they can and will crawl their way back out of the depths of despair in which they have led themselves into, through others and bring them back into the light of day to a much happier and healthier point of view or self.

These books are unique in that they are a guide for others to help themselves through Divine Help and Healing and what this means is that the Angels are giving us a guide to live by, and help us and others into the light of day, so to speak. Meaning that if they heed these words that their lives will become so much the richer for it and once they begin to heed these words enclosed, it is then that they will be so richly rewarded in all areas of their life here on Earth. And what that means is that when they dig deep for their own answers, they will come fleeting forth to reward and remind themselves what a unique and special individual they really are in the eyes of God as well as in their very own eyes. They richly deserve and will in the same breath be richly rewarded for their efforts within these books given to them from the Divine Kingdom.

These books are given to readers straight from a source not unlike their very own selves; what that means, is that the author is living the very same lives or has lived those very same lives that they are living and she knows all of the ins and outs of these situations that they have gotten themselves into, and it is through her very own words spoken to her by us that she is giving them to others.

The major points of value in these books are:

Firstly, as a Spiritual Helpmate for those in need of Spiritual understanding or anyone searching for Spiritual information and what God indeed wants and needs for them to be.

Secondly, they are helpmates for those in need of inspirational instruction in helping themselves out of the depths of their own despair caused by abusive relationships of all kinds. And what this means is that when others abuse them with unkind words or phrases or in any ways possible, it is themselves who need to bring themselves back into the reality of life and into their own. These books can also be given and used as a great tool in aiding in this process that so many are finding so hard to pull themselves out of; they feel trapped within their own skin and are unsure of how or even if they could pull themselves out of the depths of despair.

Thirdly, they are also a tool kit for others to come into their own in this world, to act and react in ways in which God had created for them. And what that means is that when they treat others in the same way in which they themselves would like to be treated and act

accordingly; it is within this concept that others will follow their lead and start to treat them in those same kind and loving ways.

Lastly, the author is encouraged to tell you to heed these words of wisdom from within these books, for society as a whole is counting upon you to do so, as are the Angels within the Angelic Kingdom. Accept this opportunity and bring forth this guidance, so that others can and will benefit from the actions within these books, for they truly are helpmates for the good of all mankind.

The primary subject of these books is a way in which to reach others as a helpmate, or tools to teach them what it is that they were put upon this Earth to learn, do, and become, which is their ultimate goal in this lifetime. When they learn what it is that they need to teach themselves and others, it is in this that they can and will become all that was intended for them to be and do.

These books were given to and for others to make positive changes within their direct lives, so that they themselves and others alike could benefit from their own as well as others actions within these books.

Readers will learn about Spirituality and a good and just way in which to treat others and themselves. We all need to learn the basics from God, which is to be a better person to others and they will become a better person in that same process. And what that means is that when we treat others as we ourselves would like to be treated and we change to become a better person, that in a direct way reflects back so that they may in return treat you in that same exact way. They are for everyone to learn to become a better person and to help others to become one in the same. And at the same time to redirect their own lives, or the lives of someone they love in ways they themselves don't even know in how to help those in desperate need of someone's help. They will be guided and able to help others by giving of themselves or in the gift giving to others so that they too can be reached in ways they themselves may never have been. Within these books are workmate tools for which all of mankind can work towards perfecting.

Ideally, the angels would like to see these books used as tools, or a workmate or helpmate for everyone in the world on how to treat others and on how others should be treated and act accordingly. If everyone could just do that, can you imagine what a wonderful place this place called Earth would be? It is almost unimaginable!

- The following story depicts life as it was in 2004; it has since then, changed immensely! The author is so very proud of whom she has become and the changes she has made within her life, here ever after... And so in this, she is showing all of you to the light of the lord within each of you! Peace be to all.

IT ALL STARTED way back when I was a little girl. I had deep brown eyes and jet-black hair. I knew little about this world except the fact that I was in it. Life was blissful when I was growing up and I had few to no worries.

Today is another story. I am a grown woman with children and I love them dearly. They give me the strength I need to go on. If it weren't for them, life would be much harder and I know it.

I never thought that life would be this hard. Times are much different than when I was just a little girl. Now I have many things to do with my time, I take care of my children and have many other chores to do daily. What this leaves me with is little time for myself. I am not complaining though, because as Oprah always says, "It is the toughest job in the world!" And we all know that Oprah is right about so many things. She is a being of true value and was sent to this Earth to help so many people with her talents. She truly is a woman of strength and conviction. So many are learning from her the right way to live and she will continue to grow in strength and love.

I am writing this book today to help Oprah spread the word. No one on this Earth should be trying to control another. It is selfish and unloving to make someone be whom YOU would like them to be. Everyone is their own person and should be whom THEY need to be. No one deserves to be suffocated in their own skin, it is unnatural and undeserving. I am here today to help the world to see that this is an act not of love, but of selfishness and bitterness; not towards the person it is intended for, but towards the person closest to them. What they are really mad at is themselves, they cannot stand that they are not perfect in every way and they mirror that perfection onto the closest being to them which is of course their spouse; who is there day in and day out without conviction, and who stands by their side when times are tough. And let's face it;

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it doesn't get any tougher than this. I have been there and I know firsthand the hell that a person goes through to endure such a battle. I lived through it and I am here to show the world that anyone can live through it and survive. You may think at this time that it is impossible, but it is far from impossible. In fact, it is very possible and if you help me to guide you, I will show you the way out of it and into the light of day. All you need is a little help and encouragement and you will succeed. Trust me and I will give you the tools you need to dig your way out of the depths of which you now call your life. It can be done; don't be sceptical. I have been shown the way and now you can too. Let me help you as others have helped me.

The first tool you will need is confidence. Confidence in yourself and in your abilities as a unique individual with a similar problem to millions of others in this world, don't ever think that you are alone in this problem; it truly is an epidemic. You will receive the confidence you need when you least expect it, but you have asked for it. When you can no longer go on as you are and you truly are in need of help, all you have to do is ask and you shall be answered.

We the angels are here for you. All you have to do is ask and we shall be here to guide you, just as we have so many others.

The second tool you will need is love. Love for yourself and others. Love truly makes the world go round. Again, we can show you the way. Love yourself for the person you are, a strong individual worthy of love. You may feel weak at this moment, but your strength lies just around the corner. All you have to do is go looking for it and it shall find you. Let us show you the way.

The third tool you will be looking for is the acts of kindness. Kindness you will show towards others, not only to yourself. We will be beside you every step of the way to help and guide you.

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The fourth tool is consideration. Be considerate of others as well as yourself. That means not only to take their feelings, wants and desires into consideration, but your own as well. You are just as worthy as everyone else, don't let anyone tell you any different... If they do, they are wrong and you can be sure of that. What would make them any more worthy than yourself? Nothing, that's what!

The fifth tool you will need is self-confidence. Self-confidence to know that you can do anything that you set your mind to do, even if it feels out of your reach right now. It is totally within your reach and it is sitting right next to you, it is yourself... Now that might sound a little strange, but you are never alone because there is always someone with you, us. We will not leave you to battle this alone because we will be there. Again, all you have to do is ask.

The sixth tool is understanding. Understanding from its basic core and what that means is an understanding of human nature. To understand is to believe that all things in this world are possible, if we just believe... Belief in ourselves and our capabilities as a human being, and a belief in others as well as ourselves.

The seventh tool is gratitude. Gratitude for all that is possible in this life. We must thank God and ourselves, and others so that all things may be possible. Do not let negative shortcomings of others hail the way. Do not let your own beliefs stop you from becoming all that you are intended to be; become who you were intended to become.

The next step in your journey towards the light is a courageous one, but it must be taken. Do not hold back, jump in and test the waters if you must; but do not hold back. This step is crucial to your recovery. We will be there to guide you every step of the way, do not look back; there is only forward from here. You will soon see the light of day if you just believe in yourself and your capabilities. It is a leap of faith into the unknown and the undiscovered depths of your

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soul. We will be with you all the way so there is no need to be afraid, because you will never be alone for we are always there with you. Believe in us and we will show you the right way out of the darkness. There is light at the end of the tunnel and we are here for you, make no doubt of it. Continue to ask for loving support and you shall receive it. Continue to be who you were intended to be and you will be all that you are needed to be. Believe, just believe, that is all that we ask of you... Is that you believe in yourself and in others, the way that we believe in you.

The next step we must take and I say we because I want you to believe that you are not alone in this. We are always and I say always there with you, in times of need as well as in times of joyous happiness. It takes courage to take these leaps of faith that we ask of you, but again, they are a must! Please believe in yourself that you are more than capable of doing this, you are a superior human being capable of miraculous things... Believe that you are this and you shall be.

Let me tell you a story about a queen who once didn't believe in herself and all that she could be. Once she started to believe, miraculous things started to happen to her and now she believes fully in the power of prayer. She is finding it hard to believe as she is writing this that she was once a queen to an entire kingdom because of her strength, but she definitely was. She was as strong a person that you can imagine and she did great things for this kingdom. She is a superior being and until this very moment she has always felt less than, only because in this lifetime she did not get the formal education that she believes is necessary to become someone special. We are telling her now that she is as special as they come, and believe us now when we tell you she is here to bring comfort to many in this world today. She is sitting at her computer in awe of what is happening to her, but she is now a believer and great things are about to happen. She is amazed at how fast she can type these words that are coming to her as her fingers fly around the typewriter. She is a believer and you can be too. Just believe...

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On with the story at hand... We are writing this to help millions of you out there feeling the same way this queen has felt. Worthless, tired, ugly, and definitely not worthy of what she is now receiving; Divine guidance and Divine love, along with a belief in herself and others. She will be a leader in this lifetime too. A little late she is thinking to herself, but better late than never. She too is scared of what this will all entail, but have faith because she is a strong and devout leader also, and she truly does care about the world as a whole. Help her to help others to spread the word about Spirituality.

Believe, believe, believe; that is all that we ask of you. That is not so hard, is it? We believe in you and all that you are capable of, so why is it so hard to believe in us? Is it because up until now you have not seen or heard from us? Well, let us assure you that we have always been here, right next to you whenever you may have needed us. And we will be here the next time you need us too, all you have to do is ask.

Do not continue to abuse yourself with unkind words or phrases in your mind, and do not continue to let others abuse you with those same unkind words or phrases. Let you be you and you will see that you are someone special, and you deserve to be all that you are and can be. Do not let someone else destroy that part of you that makes you who you are and do not let them take that part away from you. That is the core of your existence and if you let them escape with that, you will feel empty and you will be empty. We have filled you up to be who you really are... Do not let someone take that away from you. You are worth it! You are worthy to be anyone and anything that you desire. Think it, wish it, be it. Live it and you will see that in this life all things are truly possible. Just believe. Let us help you to believe, if that is what it takes to believe that you are a worthy individual capable of giving and receiving love and affection.

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And we really must address this issue of women feeling unworthy of their children. If you put them first on your list of priorities, how could you possibly not be a good mother? You are a great mother! Don't ever doubt that just because someone has made you to feel that you are not a worthy individual. You are more than worthy; you are indescribably perfect in every way and don't let anyone tell you any different; they are the ones who are wrong and YOU are the one who is right. Don't doubt it; believe it and it shall be.

The writer of this book is once again astounded with this work and she is so indescribably happy because she knows deep down in her core that this book is going to make such a difference in so many people's lives, just as it has in her own. She is much happier now and is more fulfilled than she has ever been in her life. She feels secure and stable, and in one piece once again. And, Wow, does it feel good! She came to believe, just as you shall too. Now you are saying to yourself, yah, well, she is a queen or was a queen. She was a queen in a different life, but in this life she is just like everyone else. She is no different than most of the women this book will reach. She is forty years old this year and she has children and a husband, and a wonderfully supportive family that will believe her when she tells them about this book, because most of them already knew that she was someone special and she was going places in this world, someday. As she writes this story, she is happy in the knowing that she will not be shunned by those closest to her, because they are what is important, not what others will say about her. She is very family oriented and she loves her family very much, and cares for them deeply. She is a bit of a loner, because she has to be to get all of her writing done, but if her family needs her she shall be there for them at the drop of a hat. That really is the person she has become.

A Message from Archangel Michael:

Oh special one, this is so hard on you right now, but you will soon see that this is necessary for your growth and the growth of so many others. You are strong and proud. You are a leader and you can lead many others out of the darkness and into the light. We will be there to help you every step of the way. We know that you already know this, but it is still comforting to hear.

I am here to tell everyone to listen to the words of wisdom within this book and to believe that there really is a life after death. Do not be afraid and look into the light when your time has come. Walk forward and we shall meet you and guide you the rest of the way to reach the Kingdom of the Heavens. Come my children and do not be afraid, for the end is near; not the end of life, but the beginnings of a new life with everlasting joy and happiness. In a world where this does not seem possible, I know it is a hard one to believe. But it is true and you must be a believer to warrant the true happiness that awaits you in every aspect of your life, here and ever after. Come with me my children and love one another for who you all are; individuals each with unique talents and differences. Come together and be whole together in love. Love makes the world go round. Love makes the world go round. Believe it, for it is true.

I only have one last thing to say for right now and that is that this life only comes around once, so why not make the best of what you are given and work towards the rest, so that you too can become famous in your own heart. Trust in yourself to make the right decisions for yourself and believe in your capabilities as a unique individual. Believe that you can and will become the best person possible and it will be yours. As soon as you believe it is possible; it will not only be possible, it will come to fruition. This is the word of the Lord, thanks be to God.

Sorry I want to touch on one more thing that just came to mind and that is religion. I am not going to say much, because as a whole you are all doing pretty well. But there are some

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things that are totally out there, and just know that when you look inside yourself and it doesn't feel right, it isn't. No matter who is saying it, believe in yourself and your feelings. Like the old saying, if it doesn't feel right, it isn't. Please trust in yourself to know the difference. That's all. Just remember to always trust in yourself, no matter what. ***

Back to where it all began. This book is really an extension of a book started way back when Shannon was just a little girl. She doesn't even remember it being started, because it wasn't her that started it, it was her grandfather. A grandfather that she doesn't even know about, he was her fathers' father's father. His name was Joe. That is really cool or freaky to her, because she calls so many people in her life Joe... from her children, to her dog, and even occasionally her husband, "Sam". He is a major contributor to this book also, although he has no inkling of it as of yet. But, he will, he is just not ready to accept it as truth, not yet anyways. We are going to walk our way through their life and figure out why it is that people act the way that they do towards each other, it all stems back to our childhood and the way that we were raised. Sam was raised a devout Catholic and attended church every Sunday with his family. Shannon, on the other hand, was not raised so strictly when it came to religion. She was given her wings to search for herself. She was given tools through school that aided in her search, but she was not pressured to be something or someone that she was not. She had a great mother, and her mother learned how to be a great mother from her mother. You see, things really do get handed down from generation to generation; it is just the way it is. But, here's the clincher, we really can change it if we really want to. How, you ask? That's how! Just ask. If you need something and I know I am repeating myself, but I believe it needs to be said over and over again, **JUST ASK!**

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Next, I want to deal with issues of abuse. We'll get back to Sam and Shannon's story a little later. Abuse comes in so many forms it really is too numerous to mention. I will start with a few, just to give you an idea of what I am talking about. There is verbal, physical, a combination of both, as well as numerous ways in which each of these abuses occur. The cause for concern right now is abuse as a whole and where it fits into this lifetime. NO WHERE! NO HOW! AND NADA! Is everyone getting the message! It doesn't belong in a world that should be filled with love and reassurance between individuals that are supposed to give and receive love. It just doesn't belong and there is no place for it. So let's get rid of it, once and for all! NOW! Help us to help you and everyone it involves to bring it out into the open, to discuss it and let it go. If we make this a joint effort, everyone can benefit from it in one form or another. Even if you don't think that you are needed and it doesn't concern you, you are wrong. This kind of abuse concerns everyone. Get involved and get it out, this is the only way we are going to ever stop it. BE AWARE!!!

We never mentioned sexual abuse before because it deserves a place all of its own. Sexual abuse is the most horrific, unimaginable, disgusting abuse any one person can go through. And we say any one person, because this is the only time that you truly are alone, we are not there; we cannot be there. We are not able to stop these creatures from taking over your bodies and we cannot stand to see an individual in such horrific pain as what these creatures put people through. We cannot say enough about the disgust we feel when we know this is happening. It truly is a disgrace and it will be the hardest to stop because these people... No, these creatures are just that, creatures. They are taking everything that is good and kind and loving, and destroying the very nature of it. It is indescribable. It must be stopped. NOW!!!

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One thing more we would like to say in regards to the topic of abuse is that no individual, we don't care who you are, is better or more superior, or justified in these acts of aggression. We are all equals and need to address each other as so. That means to treat each other with respect, kindness and courtesy.

On to the topic of criticism; there is no need to criticize anyone for anything. No one person is better than the other, so why would there be room for criticism. There isn't!

Another thing we would like to say is that there is also no room for abandonment. Do not abandon your beliefs that all people are unique and yet one in the same. We all want to believe that we are better or more knowledgeable than one another, but the truth is that we are all one in the same and deserve to be treated accordingly. Do not believe yourself any better than someone else... But do not also believe yourself any lesser than that same individual.

What we need to address next is the idea of associates. Associates being those individuals not worthy to be our friends, for they are not like us. It is true that individualism is a great thing or we shall all be bored with being the same. But these associates can make our lives fuller if we just let them be a part of it; they can introduce to us things that we are not even aware of, because they are things that we don't even necessarily think about or act upon. But make no mistake these individuals can fulfill our lives in ways we never even dreamed of... Make them a part of your life and your world, and you shall be the better for it.

Tell us what to do about criticism! We are at odds up here as to what needs to be done to stop all of you from criticizing each other. We are hoping this book helps, but we are afraid that this is an even bigger problem than we anticipated. Why do you criticize? Think about it. Does it make you feel good or superior, because it belittles someone you are intended to love, or someone who continually makes you mad and breeds your contentment of yourself? We mean

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why would you be so mean to the people you love and whom you associate with... Is it to make you feel bigger in some way? We are trying to understand this, because we are truly baffled at the way this is growing to epidemic proportions, also. We need to know, so that we may help. Spread the word. We are here and we really do want to help, sometimes we just don't know how to. Shed some light on this topic, so that we may shed some light upon it too!

What is next is something we have been wanting to know about for some time, but were unsure whom to ask. What is it that you want out of this lifetime? If we are all unique individuals, but yet are all the same; why are we struggling to be at each other's throats, instead of being one in the same? That is a question we each need to ask ourselves to truly make this world a better place.

We would like to discuss what it means to be a whole person. A whole person is someone who thinks for themselves and lives life for themselves. It is not a person who tries to be someone whom he or she is not. A whole person is that happy go lucky one that has a stride in their step and a smile on their face, knowing that they are being true to themselves and the full person they were meant to be. One way or another, they have worked towards becoming whole and have succeeded in it. They are the ones who love life and everyone in it. They are the people who let everyone be who they are, unique and the same. When we stop worrying about the Joneses so to speak, we come into our own and are able to be just who we are inside. Let your light shine through. Be you!

Back to Sam and Shannon. Their lives really are not much different than everyone else's. Sure, they may have different jobs and lifestyles, but as we look around we notice that we are all living pretty much the same life just under different circumstances. Shannon is a stay at home mother of two and Sam is a farmer through and through. He was raised on the farm and really

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knows nothing else. He at times wants to be someone else, somewhere else, but his roots are just far too deeply imbedded in the soil. Times have been tough for Sam and he has triumphantly pulled through, but not without the help of others.

Shannon, on the other hand has lived a rather ambiguous life, having nothing at all to do with the light of the land. That is where their differences end, they are very much two in the same; they both like the finer things in life and are both looking for the love and acceptance of another.

Sam and Shannon met at a time in both their lives that they needed someone desperately to fulfill a deep desire within themselves; they were looking for a being to complete the second half of themselves when they met. They had both asked for it and what they had prayed for were all too eager to find for them. But somewhere along the path of life, things got distorted and things went awry. It was neither of their faults; it was their intended passage into the light of day. They have and will continue to learn from each other about compassion and companionship. Their lives intersected, because they were meant to be, in this lifetime; they are meant to fulfill each other's destiny of learning by example. Live as others have shown you to live; be as others have shown you to be. Live and let live! These are the lessons they are to be learning and living, and how they have been living them! They butt heads at every turn and challenge each other like no other is able to. That is their destiny, any way you look at it.

Shannon is thinking as she writes this, I intended for this! Yes, you did! This is what you were brought here to learn and teach others, as you are finding out as we speak.

A Message from Archangel Michael:

Yes my child, you have been brought here for a special purpose and that is to teach yourself and the world to be true to yourself, and good things will happen. You are a perfect example of it!

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And we want to thank you for being and doing all that you were intended. You were a little bit stubborn upon your awakening, but we cannot fault you for that, for it is just a part of who you are.

We believe in you, just as you now believe in yourself. You will be a force to be reckoned with, so look out world here she comes! No one can or will tell you that you are crazy or wrong, because you know that you are not. And you are here, ready, willing and able to perform whatever duties are asked of you. We are so happy that you have awoken and are ready to take on the world. Good luck is yours, but you will not even need it. Luck is yours for the taking, just for being true to yourself and who you really are. Trust in yourself Shannon and the world is yours for the taking, not in a destructive way, because that is not who you are. You are a helper of many and that is what you are here to do, help. ***

What we need to discuss now is our appreciation of the finer things in life. It really is okay to want and need what the finer things in life can give to you. It is not dirty, nor is it wrong or anything even close to that. It is what everyone deserves. When you think that it is a terrible thing to want things in life, think again. That is only your ego talking telling you that, "what makes you think you deserve that!" We are telling you now that everyone deserves to have nice things in life, and all you have to do is work for it in your own special way and these riches will come fleeting forth to help you along the way. Ask and do the work and you shall receive. It's all about the giving and receiving.

Now we really need to address poverty. Poverty is in a world all of its own. It is lessons needed for those of us who believe that we should be given, only because we need to be given; we deserve to be given. To get, you must give. That is the universal law of outcome. Ask and

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you shall receive only works if you are willing to put in the time and effort needed to make it a success. Success comes to those who are ready, willing and able to work full throttle to get it. We are here as guides to help you along the way, but the work is truly yours to do. What you deserve you shall receive, we will make sure of that. No worries. Just believe.

Next, let's talk about the give and take in relationships. We know that we are jumping all over the place, but as things come up we are addressing them. There is so much to be said and learned.

These are the tools many will need to forge forward with their plans. Firstly, you must never forget that your partner is a human being equal to yourself in every way, not to be thought of or treated as less than. Secondly, do not, and we say, DO NOT belittle anyone on how they think, act or react just because it may be differently than you yourself do. Show compassion, always. It is very important to show compassion towards fellow human beings. Always remember, you are certainly no better than anyone else. In thinking that you are, you therefore become less than what they are.

Now let's talk about what we are all on this Earth to do. We are here to help one another any way we can; the possibilities are endless. So when you see an individual in need and you are able to lend a hand or an ear to their cause, you are expected to do so out of love for one another.

We will now address what we should have addressed from the very beginning, but were afraid to do so... It is the issue of jealousy. When jealousy rears its ugly head it is because of fear and fear also comes in many forms, or should we say for many reasons. It could be jealousy over a job or another human being, or any of the other ways in which jealousy comes. What you must be aware of with jealousy is that everyone decides for themselves what they will and will not do, so worrying about what someone might do really gets you nowhere. Rest assured that it will all

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work out one way or another, depending upon which path a person takes or at what point they are at in their life. Do not give into jealousy, it is pointless and it eats away at your self-esteem. You are better than that and don't you forget it. If someone wants to take a different path, who are you to say it is the wrong one to take. Let it be. What you need to be worried about is yourself and your life because that is the only life you should have control of, your own. Test the waters and see how you fare. You will soon see that that is truly where happiness lives.

We are on this Earth to be true to one another and as helpmates. When you are at your happiest you will know that you are on your intended path, so go with it and enjoy the fruits of your endeavours. Be true to yourself and you will be true to the spirit that lies within you which is your light upon this Earth. Act in accordance with what feels to be your rightful direction and purpose, and you will be being true to yourself. Trust us when we say, when you are on the right path you will know it with every fibre of your being and we will be right beside you cheering you on every step of the way. Trust in yourself and your capabilities.

Let's begin by talking about what you need to begin your path back to the real you. If you are feeling inadequate and doubtful, you are certainly not alone. There are many who need assistance in being brought back into the light of day. The first step in this is to believe in yourself, the second step is to be true to yourself, and the third is to lose the negativity in your life. You must draw upon the positives and if you feel that there aren't any, then you must find the drive within you to muster up the courage to give it to yourself through positive thinking. Each and every day, you must tell yourself all of the things you know deep down inside to be true. Things such as, I AM WORTHY! I AM SPECIAL! I AM UNIQUE! I DESERVE THE BEST! I DESERVE HAPPINESS! Whatever it takes to wake you up from this hell on Earth you have led yourself into, by just letting things happen to you and not saying NO!!! I am a positive

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thinker and a positive being, and I will make a positive and worthwhile contribution to this Earth and all of its inhabitants. Just watch me! Prove those naysayers wrong and be who you are capable of being. Knock everyone's socks off, including your own. All with positive thoughts! You have no idea how powerful they can be! Just ask Shannon how she came to be the author that she is today. It was a dream of hers that she never felt worthy of or expected could even be possible. But look at her now... You too can be all that you were intended to be. Just do it! And, DO IT NOW!!! We want to end with saying that anything is possible if you just believe in yourself! Do not let anyone stand in your way!

Let's begin this section with the study of the occult. Occultism is a general term for Spirituality. In each and every one of us there is a spirit being wanting to get out and touch the world in a better way. Through talking and listening we all work together to make this a better place in which to live. Be patient when you are listening. We are here to help, but sometimes we have a hard time being heard. Just trust in the process and it will be. Take the time to wait for your answers before you move onto something else. You will see a shift in attitudes once word gets out and people become believers. Believe and have faith that everything that is inherently good will come to you. Have faith. Believe.

Now, we must look at the Earth as a whole and what is expected of you. What is needed and expected is for the good of all mankind. Peace. We all need peace. Peace within our own minds to start with, but also peace within the countries. Do not expect this to happen overnight for this is an ongoing process that may take centuries to complete, but know that we are at work to make this a better place for you to live. With your help, we can make a difference and stop the bloodshed.

This book is a continued piece and will be forthcoming in the months ahead. Peace be with all.

THE AUTHOR

Shannon Lynn is a Sylvia Browne Board Certified Creation/Regression Soul Therapy Coach who uses Hypnotherapy as a Tool for Success with her clients! She holds a BS in Metaphysics from AIHT and is the proud author and Spiritual channel who leads the Tools for Life Creation Series, Formula for Success Workshops in Creating & Living Your Best Lives, the Lives of Your Dreams, in the Now! (All Divinely Guided Materials)... For further guidance, please visit: <http://shannonyunghypnosis.ca>



Lynn has been involved in Counselling as a profession intermittently over the past twenty six years. Her extensive study within the realms of Self-Empowerment, Spirituality and Metaphysics has proven a solid foundation for her profession as a Spiritual Hypnotist, Soul Coach and Author. She has helped guide many clients along the way to their own *True Selves* and consequently, to their own *True Destinies* as well with the compassion, companionship, humor and a down to earth manner that is truly and uniquely her own. Lynn continues to be a dedicated Success Leader & Coach in the Service of Others, helping to inspire one and all to reach *within* to access *their own* true potential, and to Create and to Live Their Very Best Lives... Now! She has been given the Tools in Creation to Help All Others along their way(s) in this lifetime, here on Earth; Now and Always! Amen...

Lynn is passionate in sharing her message and helping others to become *their* best selves (by being true to themselves), and to feel empowered to live their *very best lives*... according to *their own wants, needs and dreams* and not in accordance with the wants, needs and dreams of others, because of her own personal experience... "*To lose yourself so completely that you become only what others wish, want and then need for you to be, for them that is!*" Her life lived this way is exactly what has brought her to the here and now... BUT NOW, here today... she is here to show one and all, the one true way to their '*true selves soul*'... which always does and always will, *reside WITHIN!*