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# **Pathway to Heaven on Earth**



Discovered through the grace of The Horse

**Jenny Pearce**

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Pathway to Heaven on Earth – that’s a very big name for a little book. But it’s not such a big name for a book that will bring peace on earth.

My name is Jenny Pearce and I work as an alternative therapist, as a “healer” for both animals and people from my home in Australia - work that I’m lucky enough to love.

My great passion, however, is my work with horses and people in training clinics where I teach people to connect with their horses’ minds and communicate in an extraordinary way, for extraordinary results. The clinics are called Spirit of Horse and are based on a book I’ve written, “Bobby’s Diaries – Straight from the Horse’s Mouth to You”.

“What the heck has that got to do with peace on earth?” you may well be asking. I’m chuckling as I’m writing this... Many of the stories in this book come from insights that have happened in the Spirit of Horse clinics. It’s through a combination of teaching this extraordinary connection with animals and my healing work that this book has been born and it’s the extraordinary beings that are horses that have made all this work possible.

The series of insights that have become this book are set out as I got them, so that you too can share in the excitement of discovery and the wonder of “getting it”.

I’m so proud of all the people in this book and so enjoy bragging about them, that it’s easy for me to forget that these stories are intensely personal and full of awesome transformations. So I’ve changed a lot of the names where people needed to protect their privacy.

So here’s to all the excited people that I’ve taught this to already, to the look of wonder on their faces as they “get” that this truly is a pathway to peace on earth, and to Barb in New Zealand whose face was most wondrous of all.

So here’s to your piece of heaven, to your peace on your patch of earth. And may that spread all over the world and bring peace to the whole of Earth.

Jenny

*ALL HER YOUNG LIFE SHE WISHED FOR PEACE ON EARTH  
- THE INSIGHT THAT ROCKED MY WORLD*

It was this healing session with young Jess that gave me the extraordinary insight that not all our thoughts are our own. That we all pick up on other people's thoughts so naturally that we think they are our own thoughts. That this is not just the gift of psychics or other specially sensitive people, it is a natural talent and a natural connectedness of all beings.

We were doing a Spirit of Horse clinic at our beautiful property in Tanjil South, learning how to work with our horses with an amazing mental connection, when 17 year old Jess came and asked if she could speak to me privately. Jess was a shy and timid girl, a black haired, dark eyed, tall, classic Italian beauty, who walked slightly hunched over as if protecting herself - a gentle soul, with an incredible gentle vulnerability about her.

She was extremely distressed about sexual abuse that had occurred when she was only six years old that had been preying on her mind all night. It was an abuse that had torn her father's family apart in a particularly horrible way.

She lay in the healing room, while I'm pouring reiki healing into her, her face stressed with a confession that she had been unable to tell anybody about because it was so horrifying to her.

For years now, when she looked at a small child she often had thoughts of hurting them and her arm was waving about in a chopping motion as she described the way she talked to herself. "This is awful. How could you even think of such a thing. That's not the sort of person you are. There's no way you could hurt anybody, let alone a little kid" And her hands were going chop, chop in the air trying to cut off these ugly thoughts.

I don't remember what led up to this moment in this healing session for me but I look up to the heavens and say thank you to the wonderful being who was guiding me. I got her to go back and remember the last time she was thinking like that and roll those distressing thoughts away from her like a wave, so that she could still feel them, but they were no longer overwhelming.

Then I asked her "Are those your thoughts...?"

With a dawning sense of wonder she said "No, they're not".

From that point on it wasn't rocket science for me, but then I asked "Whose thoughts are they?"

There are no prizes for guessing that the thoughts were actually those of her abuser. As Jess realized that the struggle to not hurt any more little children was actually HIS struggle and that that torment was HIS torment, her heart opened up to this man who had hurt her so badly and unconditional love poured from her heart to him.

The awesomeness of that moment for me was truly amazing. Not only was I privileged to get an insight into a truth so huge and so vast that it's going to change the world, I was also privileged to be in the presence of an awe-inspiring event.

I got that in that moment, this man had an opportunity for redemption that had not existed before. He may never see that girl again and if her family have their way that certainly won't ever happen, but at that moment, he would have felt that amazing unconditional love pour from that young woman to him.

Jess walked into that room that morning a frightened, timid little girl and she walked out a proud, tall and amazing woman.

And I got just the first glimpse as to how sexual abuse runs in families and how the abused can become the abuser and how we, you and me, can change that – and how Jess has changed that for the world.

So here's a toast to young Jess, whose courage to confess something so frightening and terrible, started me off realizing that not all thoughts that come into our heads are our thoughts. That other people's thoughts can come in so strongly that we actually think that these thoughts are ours. That if our thoughts are not consistent with "who we are", then they may well not be our thoughts at all.

And that this amazing and very natural connectedness to other beings enables us to understand them in a very powerful way - an understanding that when enough people know about it, will bring peace on earth – a dream that young Jess has been dreaming since she was a small child...

*NEUROTIC, NO – JUST MEGA SENSITIVE  
THE NEXT BREAKTHROUGH OF THE CENTURY  
IN HUMAN UNDERSTANDING*

This story about Sam, coming a day or so after the insights with young Jess, led me to realize that it's not just thoughts that aren't all ours, it's feelings too.

A day or so after Jess, I had another healing session with Sam who has often been considered neurotic. She's made her way from doctor to doctor, healer to healer, hunting for peace for her mind, which was overwhelmed with thoughts that didn't always make sense to other people and with an intensity of feelings that often frightened her. Coming so soon after Jess's session, I guess it's not rocket science for you to make the leap here with me either.

Yep, she's just extremely sensitive to other people's thoughts and feelings too, so when she can recognize whose thoughts and feelings they are and what her soul wants her to know about them, they just drop away and torment her no more. It's a huge issue and she was still struggling through this process a few weeks later as I wrote the first draft of this book.

It's very important to remember, that in this process, like in everything else that we do, we can try too hard. And Sam has certainly been trying very hard!

It's also important to remember that failure itself is just another change place on the way to our dream.

I've known for some three years now that there is a particular way of being influenced by other people's energy that drove me nuts. I've spent that whole time trying to clear away this sensitivity. I noticed that when I walk into a room and someone's doing "angry", I spark up angry too. When they're doing frightened, I feel anxious too, when they're doing sad, I do sad with them and so on.

***And there is no doubt whatsoever, in hindsight, that it was happening many more times without me being aware of it too.***

I had this dawning sense of wonder when I was working with Sam and later in other healing sessions, and I realized that this sensitivity wasn't a burden, it was a blessing. It enabled me to feel what the other person was feeling and to either know or do something about it.

In fact, these feelings were a message from my soul about something I had to know or do about the other person. Acknowledging this sensitivity has had me experience a connectedness to other people and animals and even to the earth in ways that has filled my heart with wonder.

Please note that I don't use the word "soul" in a religious sense, although I have great respect for other people's religions and beliefs. I am using the word "soul" to describe that amazing and always beautiful, inner "us".

Thus was born THE MAGIC QUESTIONS, the three most important questions in the world whenever I feel anything - angry or sad or frustrated or frightened or anything else:

- 1. WHOSE FEELINGS OR THOUGHTS ARE THEY? MINE OR SOMEONE ELSE'S?**
- 2. WHAT DOES MY SOUL WANT ME TO KNOW OR DO ABOUT IT?**
- 3. IS THERE ANY FEELING OR THOUGHT LEFT THAT NEEDS ME TO KEEP ASKING THE ABOVE TWO QUESTIONS UNTIL THE FEELING IS ALL GONE?**

And when the thoughts and feelings are all gone, then you have all the information that you need about that situation right now.

I promise you, it's not just sensitive little me who can do this. I've been exploring this with other people ever since I realized what was going on and everyone can do it. Some people can do it more easily than others. You will be able to do it too, exactly the way that your soul wants you to.

It's your first instant response to the question that's most important. Once you start dwelling on it, it's way too easy for your fears and old traumas and behavioral patterns to produce an answer. But even if you do bring old fears and traumas in by mistake, you'll know, because the feeling will only go away when you get the right answer, when you get the communication from your soul.

Have a go at this right now, close your eyes a moment and think about the last time you were annoyed at someone. Pick an easy one for your first "go" and work on an "annoyed" rather than a big "angry". Ask these three questions, think about and explore the first answer that pops up into your mind:

1. Whose feeling was it?
2. What do I need to know or do about it?

3. Has the feeling all gone yet? If not, repeat the first two questions until it has gone.

If it wasn't a "wow" for you yet, know that many people will take a bit of time to really get into it. Not to worry! You just need to do it gentler, over a longer period of time. Some big issues may need longer time for the insights to filter in too. Just notice the things that pop up into your mind over the next few days, or even longer in some cases. It may be in the words of a song, a line from a movie, something someone says, something you read, something that just "pops" into your mind – whatever. I've found that keeping a notebook can help you put the bits and pieces of the picture together when the insight comes in over a longer period.

I'll express this more clearly later in the book when I've drawn in the other threads that help us to understand, but failure is simply another thing that brings up emotion and you can ask the same questions about failure as you do about any other emotional issue and understand what your soul wants you to know about it.

1. Whose thoughts or feelings about failure are they?
2. What do I need to know or do about it?
3. Have the feelings and thoughts all gone yet? And repeat the first two questions until they have.

It was quite quick, only a matter of weeks, before I was doing these questions so automatically that sometimes I could even continue having a conversation while I was doing it! There are other times where I have to pause and think for a moment and also still some "stuff" that is so big that it still takes me a few days to get at.

Getting what my soul wants me to know or do about people in my healing clinic has become the most powerful healing tool that I have. Getting what my soul wants me to know or do about the horses and people in my Spirit of Horse clinics is the most powerful teaching tool I have. Getting what my soul wants me to know about my friends and family is the most powerful relationship tool that I have.

In fact, this is the most powerful tool for life that I have!



*ALL ILLNESSES, IF NOT ACTUALLY CAUSED BY BURIED  
EMOTIONS, ARE MADE WORSE BY THEM*

Our emotions are messages from our soul and there are no such things as “bad” emotions. Fear and anger and frustration and rage and grief and depression and even suicidal thoughts all are just messages from our soul and when we get that message, these emotions just drop away.

It’s recognized by many different alternative therapies and even by many doctors that our emotions are the cause of much very real, very physical illness. But it’s not the emotions themselves that make us sick, but how we deal with them.

HOW do emotions make us sick?

This is an oversimplification, but it will do for our purposes here.

The front part of the brain is where all the really positive action takes place – where we can change our old ways of “doing” emotions. That’s where asking The Questions from the previous chapter takes place.

The limbic system, roughly in the middle, is where we feel the emotions, that’s where we feel the pain, the hurt, the anger, the anxiety, the terror, the grief, all the big stuff.

When we ignore these emotions or try not to feel them or when we’ve become so overloaded with intense emotions that we’ve gone numb, then they get shunted to the back of the brain - where we can “do” the emotion physically. That’s where we do our tantrums, slam the door, kick the cat (I’m kidding), throw the dinner at the husband (I’m not kidding), punch someone’s lights out (hopefully not, because that sort of behavior comes back at us!)

This back part of the brain is also where we can use physical effort to release the emotion. We can run until we are so tired that we drop, we can use a punching bag, we can use music and dance to release emotions instead of burying them.

If we don’t deal with it physically, then the brain pushes the emotion down to be stored in the body, it buries it. This is an ingenious mechanism - it clears the decks, if you will, for the next lot of emotions, otherwise we’d go mad with all these emotions swirling around in our head at the same time.

It is the result of the brain burying our emotions in our body that makes us sick. This burying of emotions in the body is the source of serious and often life

threatening and very real, physical illness. Everything from cancers and arthritis, to simple aches and pains are involved.

Almost all illnesses, if not actually caused by buried emotions, are made worse by buried emotions.

And the worst part about these buried emotions is that when we feel the same emotion some time in the future, the old feelings that we didn't do anything about in the past, come welling back up, often HUGELY INTENSIFYING what we're feeling about the current situation - making it bigger, stronger and more uncontrollable.

Emotions buried are cumulative, i.e. each "little" one is added on top of the last one until you have a giant that can be made up of small things.

It makes more sense when we realize that our emotions are messages from our soul. If we don't get the first gentle message, then our soul sends the message louder and louder, bigger and bigger until the emotion is so intense that we simply have to do something about it or burst!

*SO HOW CAN I CHANGE THE STUFF  
THAT HAS BEEN MAKING ME SICK?*

We can ask The Questions when we feel any emotions, so that the feelings don't get buried in our bodies any longer and so they don't come back to bite us on the butt in the future.

And ideally we can do that when the feelings are at the early warning stage, before the emotions get more intense and maybe unpleasant.

1. Whose feeling is it?
2. What do I need to know or do about it?
3. Has absolutely the last little bit of that feeling gone yet? Keep asking the first two questions until it has.

Very often, we spiritual people are the worst at burying emotions, because we are constantly trying to be serenity, sweetness and light – a beautiful goal, but it is definitely not achieved by trying NOT to feel our emotions.

We've been so afraid of what we considered to be the "dark" side of our nature that we've missed what our soul is trying to tell us, we've missed the messages. Trying not to feel the feelings has us actually burying them – which as we now know might be OK in the short term, but makes things worse in the long run.

*FEAR IS A VERY IMPORTANT SURVIVAL MECHANISM  
THAT WARNS US WHEN WE ARE IN DANGER.*

Fear is a very important survival mechanism that tells us we are in danger. Simple.

So what the heck are we doing when we try to ignore fear?

This danger can obviously be physical, but just as importantly, it can be emotional or spiritual danger.

If we ignore our fear and bury it, it intensifies in the future into panic and terror, confusion, maybe panic or anxiety attacks, a dulling of your senses into anxiety and dread, no sense of danger anymore, numbness or disconnection (it's not happening), anger and even rage. Yep, if we bury enough fear, rage is the result.

So I don't know about you, but it works best for me to ask The Questions on the very early warning signs of fear, the little tingles that for me tell me that something is not quite right and not wait until it's either terror or rage!

1. Whose fear is it?
2. What do I need to know or do about it?
3. Has it all gone yet? Has every last little, tiny, wee bit of fear gone? If the fear did not get smaller, then what you've come up with does not fit with what your soul wants you to know or do. If the fear gets less, but there's still a little bit of discomfort left (your early warning signal) then keep asking The Questions until every last tiny little bit has gone.

*IT'S SOOO... EASY TO CONFUSE  
EXCITEMENT WITH FEAR*

Recently I was talking to someone by e-mail about a horse clinic that I was teaching in New Zealand. She commented that she was almost afraid of what she was going to discover about herself and her horse. My reply was “that’s not fear, that’s excitement”.

It’s funny (peculiar) that I spoke (e-mailed) without thinking and that that such a quick, instant answer should have been the start of such a big light bulb moment for myself.

For a while after that light bulb moment, I noticed that I too could confuse excitement with fear. And that confusion had actually been behind some of my procrastination. And that it’s also been responsible for me not stepping out into some really exciting stuff. Woo...hoo!

I have realized since that I experience fear and excitement as physical sensations in DIFFERENT parts of my body. That’s what helps me to get the difference between fear or excitement through to other people when I’m teaching. For me, I generally feel fear in my solar plexis and excitement lower down in my belly. What will it be for you?

## *ANGER WAS SOOO... HARD FOR ME TO MANAGE*

The message of anger is that something is unacceptable to us - something is not OK. Seems pretty simple, really. So why has it been sooo... hard for me to manage? Some of you too, huh?

Anger intensifies into rage and fury when we ignore it. And I don't know about you but I can scare the heck out of myself let alone anybody else, when I go into rage and fury.

Like our other emotions, we get opportunities to do something about our anger when it's in the early warning alarm system stage, such as mild annoyance or even less than that, that feeling that I call "not quite right".

Then we can ask The Questions:

1. Whose anger, annoyance (or "not quite right") is it?
2. What do I need to know or do about it?
3. Has it all gone yet? Is there any anger, annoyance or "not quite right" still left? If the anger didn't get smaller, then what you have come up with does not fit with what your soul is trying to tell you. If the anger hasn't gone altogether, every last tiny, wee, little bit, then you haven't got everything that your soul needs you to know or do, so keep asking the first two questions until it has all gone.

If we don't deal with our anger as an early warning system, when it's only mild annoyance or "not quite right", deliberately and consciously - then we'll feel the emotion more strongly. Which is when we experience anger as an unpleasant or "bad" emotion. The unpleasantness of the stronger emotion often has us avoiding dealing with it, which ends up with it getting stronger and stronger, ending up eventually as rage.

If we don't do something like The Questions to resolve our anger, we can choose to work it off physically – run until we drop, use a punching bag, dance, use music, belt a bean bag with a plastic baseball bat from the kids toy store, tear up old phone books, lie on the ground and kick and scream (hopefully where nobody else can see or hear us, cos' we'll look a bit silly!)

When we don't do anything at all about our anger, that's when we bury it in our bodies, where it does harm, particularly to the liver - with long held resentment damaging the gall bladder.

Unfortunately the next time we feel angry, all the old angers come whooshing up with it, intensifying our anger into rage and fury, which is the stuff that we usually find so hard to manage.

**Whenever I feel anger, the right answers to The Questions will cause all the anger to just disappear. Even rage, if I can keep control of it long enough to ask and answer the questions, will just disappear when I get the right answer.**

I put an emphasis on this last paragraph because it's sooo... huge.

I've spoken before about calling my rage the "black beast". It's been my really big issue and I've had a whole bunch of eye openers about it. When I started to look at anger I realized that I was angry at loved ones who were doing things that I had never told them were not acceptable, never told them that what was happening was not OK.

In fact, I had never even **thought** about what was OK to me and what was not - let alone told my family.

I've had rage come bubbling up so fiercely that I've lashed out before I could even think and cussing has been a great outlet too. If you've been in this place too, then (like I had to) you might like to look in the mirror and decide if that's who you really want to be.

Once we've made that decision, then it's our job to do everything we can to protect other people from any of our rage and fury while we do what we have to do to get rid of it.

Asking ourselves The Questions is the most powerful thing that we can do.

1. Whose rage is it?
2. What do I need to know or do about it?
3. Has it all gone yet? And keep asking the first two questions until it has all gone – every last tiny little bit of rage and of anger, every last tiny little bit of annoyance or whatever your early warning signal is - all of it has to be gone for us to know what our soul wanted us to know or do.

I had an interesting insight one day about the desperate human need to be **RIGHT** being a form of **VIOLENCE**. That's another verry interesting thought!

And have you noticed how often we tell people we're angry about something and get an outcome that is the opposite to the one we wanted? Well, the great thing

about The Questions is that the answer always fits with who you really are and with your dreams. More about that soon!

**Shame and guilt are** another one of my patterns that I've done a lot of work to change. The trouble with shame and guilt is that they are neither productive nor useful. We can get stuck there and not make the changes that are necessary to bring peace and joy back into our lives and thus into other people's lives too. And that can make the rage even bigger. At these times, it's really ourselves that we are angry at, but in the past we didn't know what to do about it, we didn't have the tools. Well now we do.... The tool is in our hands, in the messages from our soul, in The Questions that allow us to hear the messages from our soul.



*FRUSTRATION IS SO SIMPLE  
THAT I CAN'T BELIEVE THAT I DIDN'T GET IT*

The message of frustration is so simple I can't believe how often I haven't seen it. This is what we feel when what we are doing IS NOT WORKING and we keep doing it anyway! If it's not working, change it. If that change doesn't work, think again and change again.

Frustration builds up when we continue doing the same thing that isn't working anyway. Duh!

The very definition of frustration is to keep doing the same thing over and over again, when it's not working and expecting a different result. Sounds kind of silly when put like that doesn't it? It's also the definition of insanity...

So when we feel frustrated:

1. Whose frustration is it?
2. What do I need to know or do about it?
3. Has it all gone yet? Has the last tiny little bit of frustration gone yet? If the frustration did not get smaller, then what you came up with is not the message that your soul is trying to tell you. If it got less but has not all gone, then there is still something else for you to know or do. Keep asking until it has all gone.

*SADNESS IS WHAT WE FEEL  
WHEN WE ARE ABOUT TO LOSE SOMETHING*

Sadness is often part of grief or depression, but in its purest form it brings healing tears and enables us to let go.

When we ignore or bury sadness, it intensifies into despair and a loss of heart and/or hope.

1. So whose sadness is it?
2. What do I need to know or do about it?
3. Has it all gone yet? Has every last tiny little bit of sadness all gone yet? If it did not get smaller, then what you are thinking is not the answer that your soul wanted you to get. If it got less but did not go completely, then there is still something that your soul wants you to know or do. Keep asking the questions until all the sadness has gone.

## *GRIEF – WHAT ARE WE REALLY MOURNING?*

Grief is about a loss or death that has already happened.

What is it that we are mourning? It's not always a death of a loved one. It can be the loss of something else. For example, it can be a relationship or a job, or a way of life (even when the change is positive and we're looking forward to it!)

Grief too is so often intensified by other griefs that we buried in the past because we didn't understand how to deal with them. When we ignore grief or bury it, it intensifies into anger and even rage.

The message of grief is about exploring and thinking about what you believe in. Was it Einstein who said energy cannot be destroyed, it can only be changed into something else? I was intrigued at reading some quotes from such a man (who is possibly the most famous scientist of all time) that showed what a New Age thinker he was!

I was privileged to help my husband give Reiki healing to his father as he was dying. It was a beautiful and peaceful death. Our hands were still running hot for some time after the signs of life were gone. Then the most amazing thing happened. The energy in my hands seemed to get a lot stronger for a moment and then there was a split second where there was this kind of a sound in my head. I have trouble describing this because there aren't any words that do it justice. It was a cross between a sound and a vibration and the most amazing, incredible feeling of intense joy. I have described it to anyone who would listen as "the sound of the angels singing".

I believe that I was privileged to see and feel for one tiny particle of time, where our souls go. And from that moment on I have had no fear of death. If that is what we are going to, then when it is my time - bring it on!

But it's not important what I believe in. There's little value for you in that. Grief is about YOU exploring what YOU believe in. You can set your intention to do that. Then you'll notice that you'll read something that will "fit" in your heart and feel good, you'll hear the words of a song, a line in a movie, someone will say something powerful or an amazing insight will just "pop" into your head. You'll hear me keep saying that, because if you pay attention, your life is filled with ideas that help you to get it.

You can find ideas that might give you the answers that you are looking for, in a church or in your home or you can find them in the street. If you keep a note of these thoughts that "fit" in your heart and are consistent with who you really are

and who you want to be, then you'll notice as you look back on the notes that there is a pattern emerging of what you believe in, that gives you great comfort in your time of grief.

You can use this process to explore about life, love and our place in the universe, why bad things happen to good people, why good things seem to happen to "bad" people. You can use it to explore your beliefs about all kinds of things including what happens to the soul after death.

I have found this to be the single most powerful thing I have done in my life – explore what it is that I believe in about a whole host of things - and it has brought me great peace and joy. May it bring you great peace and joy too.

There's a beautiful story about someone's experience of asking The Questions about their grief, later in this book.

So ask The Questions about your grief:

1. Whose grief is it?
2. What does my soul want me to know or do about it?
3. Has it all gone yet? Has all the grief gone yet? If it has not got smaller, if you have not found a measure of peace, then what you are thinking is not the message that your soul is trying to give you. If the grief has got less, but not gone altogether, then there is still something that your soul wants you to know or do. Keep asking the questions until it has all gone.

I have some ambivalence about that last paragraph. I know from first hand experience that it IS possible to ask the questions until you find peace and wonder, but I do feel ambivalence at making such a sweeping statement.

## *DEPRESSION IS THE STOP SIGN OF THE SOUL*

Depression is the stop sign of the soul. **Say it again. “Depression is the stop sign of the soul.”** Stop here, go no further, you are going the wrong way!

Depression often follows when we buried sadness, fear, anger, or grief. Buried emotions also cause a loss of energy and depression.

Depression is actually an ingenious survival mechanism when we are so “off our path” that our mind/body/spirit has no choice but to stop us from moving forward.

Depression takes over and consumes us when what we are doing and where we are going in our life isn’t what we really want, when something that we are doing in our life does not reflect who we really are. In fact, we can consider the loss of energy that is depression, as our emergency break.

The intensification of depression when masked or ignored and buried is loss of self; loss of life’s purpose; physical illness; suicidal urges.

Ask The Questions!

1. Whose is it?
2. What do I need to know or do about it?
3. Has it all gone yet? Is there any depression left? If the depression did not get less at all, did not even start to shift, then what you came up with is not the message that your soul is trying to give you. If it lightened up but did not go completely, then there is still something else that your soul wants you to know or do. Keep asking the first two questions until the depression has all gone.

In my experience there are a lot of buried messages from our souls involved by the time we hit depression. Some of these messages are still important, some not. You can probably expect to get one lot of answers that lift your depression and then have other layers of “not quite right” pop up for you to have a look at.

Be aware that there are physical causes of depression too. Some chemicals that we use in modern society, on farms and in cities, mimic hormones and can cause massive hormonal upsets in our systems. The “feel good” brain chemicals are all part of the intricately balanced endocrine system and are dramatically affected by hormone upsets.

Knowing when to seek help is a strength, not a weakness.

*SUICIDAL URGES HAVE A MESSAGE DESIGNED TO SAVE  
YOUR LIFE WHEN YOU UNDERSTAND THEM*

When we experience suicidal urges, the need for us to understand what our soul wants us to know or do is incredibly urgent.

Something we are doing in our life, some way of living our life actually has us in danger of permanent damage.

Say it again, because this is so important. Suicidal thoughts or urges are an extreme danger if the cause is not found and changed. **AND IT CAN BE FOUND AND IT CAN BE CHANGED.**

How?

Ask The Questions!

1. Whose thoughts and feelings are these?
2. What do you need to know or do?
3. Has it all gone? Have all the suicidal thoughts and feelings gone? If they did not get less at all, then what you came up with was not the message that your soul is trying to give you. If it got less, but did not go altogether, then there is still something for you to know or do. Repeat the first two questions until every last tiny little bit of suicidal urge or thought has gone.

Maybe by now, just from Jess and Sam's stories, you're beginning to understand what's happening when there's a run of suicides amongst people who know each other. When we experience someone else's feelings as if they were our own, it is a message from our soul about something that we can know or do to help either them or ourselves or both.

When you get the "stuff" here in this book, you will realize that we are ALL connected to you, thus your state of mind is important to ALL of us. By definition suicidal thoughts are a life and death emergency, so don't stuff around with them! Get help.

Apart from asking The Questions and getting help, here's some other suggestions if you have had suicidal thoughts:

- You could start exploring what you believe in, your values (what's important to you), ethics (what YOU believe is right and wrong, not anyone

else), attitudes, life philosophy, why bad things happen to good people, why good things seem to happen to “bad” people, your place in the world and anything else you can think of.

- Maybe you could think about doing some spiritual reading, joining some kind of group, meditation maybe, church maybe, whatever fits comfortably with you, who you are and who you want to be. You will be looking for ideas for change in beliefs, attitudes, values etc that suit YOU, now. You can find great ideas in the most unlikely places sometimes when you’re keeping your eye out.
- Often when we are experiencing chronic depression, there is a chemical imbalance in the brain that has resulted from old buried emotions - from chronic pain (mental, emotional, physical or spiritual). Even for those of us who prefer not to resort to drugs, there is no shame in choosing drugs that enable you to work through the process of what needs changing in your life, if that’s what you choose, in order to save your life.

I tell you again to make sure that you are hearing me. This is a dangerous emotion. Knowing when to seek help is a strength, not a weakness!

Remember, the feeling of pressure that we have, the feeling that we might explode from these emotions, from the pain of it all, is just the pressure of keeping the emotions buried.

When we bury this emotion, bury the suicidal urge itself, the result can be physical and immediate death or illness and disease unto death. Some illnesses are the result of a suicidal urge and can be healed by finding the source of the trauma and clearing it.

*“ESCALATING UPSETS”,  
HOW OUR UNSPOKEN “STUFF” BECOMES SOMEONE ELSE’S  
REALITY AND HOW TO CHANGE THAT – ANOTHER INSIGHT  
WITH ENORMOUS IMPLICATIONS*

From Sam’s session onwards, pieces of the puzzle were tumbling into place both in healing sessions and when I was working with my own feelings to find out what my soul wanted me to know.

This next story led to the insight about how our unspoken “stuff” - thoughts and feelings - can become someone else’s reality and how we can change that. This is the situation that led me to realize how not listening to the messages from our soul in our interaction with someone else, can escalate over and over again into actual conflict. In fact, this situation, coming so soon after the other stories here, led me to realize that peace on earth in our lifetimes was possible.

This insight came when Fred was telling me about a lady friend who was ringing him for advice about a horse that she was really frustrated with.

This lady’s horse was giving her grief in such a way that Fred could see the ugly progression that was likely to happen to the horse. Sold off as unmanageable, going through the sales a few times, maybe lucky enough to be bought by someone who knows how to fix what’s going wrong, but most likely to end up in a can of dog food eventually. That’s what happens to most problem horses.

So, here he is, listening to her, trying to be encouraging about the things that sound OK, because that’s the kind of person Fred is and wants to be, someone who is kind and encouraging. But underneath, Fred is thinking “bloody hell, why don’t you just do it properly? I’ve explained that Jenny’s clinics train you to connect with your horse in such a way that problems like these are easily overcome. Why don’t you just come and do a clinic with Jenny and sort it out? And why the bloody hell do you ring me for advice and then never take it? It makes me so frustrated!”

As Fred was talking, I got a clear vision of what was happening.

Fred was saying a bunch of nice words with his mouth, but underneath there was a whole bunch of frustrated and angry thoughts.

His lady friend was sensing these unspoken angry emotions **AS IF THEY WERE HER OWN**. She was already frustrated and angry with her horse and then she added Fred’s unspoken anger and frustration to hers and then she felt ree...ally



angry and frustrated. And when she didn't do anything about her feelings of anger and frustration either, then Fred sensed those unspoken / un-acted on feelings AS IF THEY WERE FRED'S OWN and then they escalated what FRED was already feeling.

And the escalation of what was originally a minor upset, kept happening until they both got off the phone having had a very unsatisfying phone call (that's the classic Aussie understatement!), both cross with each other and neither understanding what just happened - because neither of them understood the impact of their unspoken thoughts and un-acted on feelings on the other person.

No way was this lady ever going to be able to take Fred's advice under those circumstances - she was too busy defending herself against the yucky feelings that she was experiencing that were Fred's unspoken criticism. And then she got off the phone totally unaware of why she was resisting Fred's advice.

As I understood this, I could see how people could actually come to blows about these escalating upsets. Wow. And then to see how world leaders came to wars the same way ...

... And to see how we can truly have peace on earth in our lifetime...

*THE PHENOMENON OF "ESCALATING UPSETS"*  
*READ THIS DIAGRAM FROM THE BOTTOM TO THE TOP*

5. Now she's no longer just mildly frustrated and a bit annoyed, like she was in the beginning, she's **REALLY** angry too. And she has no idea why this whole conversation is so unsatisfactory or why she is getting so angry.

3. Now his lady friend is feeling all of her own frustration and anger and all of Fred's as well—**as if it was all her own**. And she's still not paying attention to these feelings, because nobody ever taught her how, so up it escalates again.

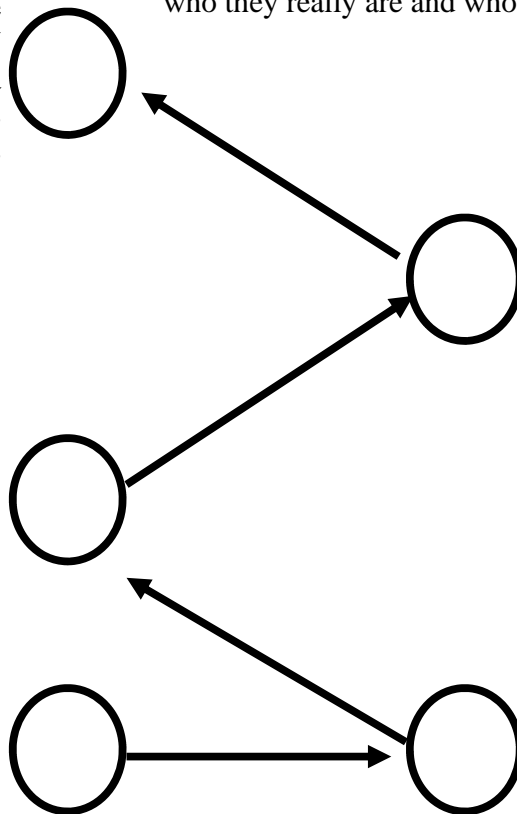
**START HERE**

1.. Here's Fred's lady friend ringing Fred, frustrated and worried about the situation with her horse but pretending not to be.

6. So they both get off the phone, each of them having escalated the upset feelings of the other because they had no idea that what they were experiencing was actually each other's feelings. Feelings that would go away when they understood that they were simply messages from their soul about what they could know or do about the situation. Feelings that if they were listened to and acted on, would produce an outcome that fitted with who they really are and who they want to be.

4. Fred still doesn't understand how to stop the escalating upset, so as the phone conversation goes along, he adds hers to his again **as if it was all his own** and feels even more angry and frustrated and now he's starting to get **REALLY** angry.

2. And here's Fred, feeling that frustration and anger **as if it was his own** — but he's not paying attention to these feelings, so that **increases his own originally mild frustration** and then that's picked up by his lady friend.....



So, how could either one of them, have handled this differently? I'll do it from Fred's perspective, *because it only takes one person to understand this process and act on it - to not only defuse it, but give the best result possible.*

As Fred felt that annoyance and even anger rising up in him, he could have paused for a moment and he could have asked himself:

1. Whose annoyance / anger / frustration is this?
2. What do I need to know or do about it?
3. Has it all gone yet? If the frustration and anger had not lessened at all with the answers Fred came up with, then they would not have been the message his soul was trying to give him. If the feelings got less but did not disappear altogether, then there would still have been something for Fred to know or do. So he would repeat the first two questions until all the frustration and anger had gone.

The answer to those questions would have been his soul's communication to him about how to get what he wanted.

And what Fred wanted was be a useful friend to this lady and to save this lovely little horse from the consequences of bad behavior with humans. So the answer he would have gotten from asking The Questions, would not only have stopped the cycle of frustration and anger with each other, it would have produced the outcomes he wanted too.

Wow...

*HOW UNDERSTANDING THAT IT WAS SOMEONE ELSE'S  
FEAR AND WHAT TO DO ABOUT IT, KEPT ME SAFE.*

This is another story that emphasizes the same point - that our emotions are messages from our soul and how we can listen to them in order to have an easier life.

In the midst of this bunch of insights, I had a lovely old lady bring me in her giant German Shepherd for a healing session about some behavioral stuff that she was anxious about. Betty had rescued Cody from unsatisfactory circumstances as a full grown dog and loved him to bits in a very short time.

Cody paced around the room as I started the session. As I'm working away, I felt a little uneasiness to start off with and then fear started to build in me. So here I am, watching him like a hawk, trying to figure out why I was getting more and more afraid.

Then I wondered "whose fear was this?" ... (At the time I didn't have the understanding about The Questions that I have now.)

And the answer was that it was Cody's.

The story unfolded with me getting some impressions and Betty filling in the gaps. We, particularly Betty, needed to know that Cody was petrified of biting someone; that he had lost his last home/pack/family over some kind of fright. I got the impression that he may have even bitten them.

Betty had a frequent visitor that made her very uneasy about Cody. She would put him away when this lady arrived and then the lady would ignore Betty's wishes, open the door to let the dog back in and then torment Cody in what Betty described as silly, stupid ways.

Cody adored Betty, loved his new life and was petrified that he would lose it again if he behaved badly and that was why he was so frightened. By going through the motions of "what do I need to know or do about it" (even though we didn't clearly understand it as that at the time) we understood that Betty needed to take a firm stand with this lady and forbid her to go anywhere near her dog. It was such a big issue, that Betty decided that this visitor would have to be told she was unwelcome to come back if she ignored her wishes again.

As we worked this out, all my fear dropped away and so did Cody's.

As I've practiced over the last month or so, the process of asking these questions has become easier and better understood. Now I would simply ask The Questions when I felt the first tiny uneasiness, which I call "the early warning signal".

1. Whose fear is it?
2. What do I need to know or do about it?
3. Has it all gone? And I would simply keep asking the first two questions until every little shred of fear had gone.

Do you get the parallel between these last two stories? I was experiencing Cody's fear as if it was my own. I was experiencing his fear **AS IF IT WERE MY OWN REALITY**, as if it was **MY** fear.

If I had not "gotten" the message from my soul, then I would never have understood that Cody was so afraid nor would I have understood what to do about it **AND THE UPSET WOULD HAVE ESCALATED!**

It was only by asking The Questions that I realized it was not my fear, but Cody's. And by asking The Questions, I understood what to know or do about it - that was the message from my soul. Then the fear simply vanished – no more message necessary, so no more fear.

At some point in all this, I started to think, how often had I experienced other people's or animal's fear and anger, rage and frustration, sadness and grief as my own?

The more I experienced over the next few weeks, the more I realized that vast amounts of the anger I had been working on for so long **WAS NOT MINE**. I had considered anger and rage my *bête noir* (my black beast) because I had to do so much work on it, constantly trying to get to the bottom of it. It was other peoples' anger and rage that that I was experiencing as my own reality and because of the work I do with animals, it was the animals' anger and rage too.

A much loved friend said to me when I explained this to them, "Be careful Jen, it would be real easy to fall into the trap of dismissing everything as belonging to someone else!"

But that's the beauty of The Questions, if you get the answer wrong, the feeling doesn't go away! So if you are angry and you ask "whose is it?" and think "oh that's yours" and you are wrong, then the anger simply doesn't go away. Your soul won't allow you to kid yourself like that – and these feelings are messages from your soul.

*HOW EASY IT WAS IN THE PAST  
FOR ME TO DUMP ON OTHER PEOPLE*

Those of us who work in alternative medicine areas have known for a long time that not speaking about our feelings was “bad” for us. We knew that we had to speak up about our feelings in order to have healthy bodies and healthy relationships. But all this honesty within relationships often didn’t produce the outcome that we wanted – and then I discovered why...

I have a dear friend, Freda - a wonderful, generous and special woman who has devoted significant time and money to helping other people. She calls in often to see me. Unfortunately, I had a problem that was getting worse and worse – I got so that I couldn’t stand to be around her. It got so bad that I spoke to my spiritual mentor about it. I couldn’t understand it, here was this lovely, warm, good, generous woman and I was really uncomfortable around her, to the point that I didn’t want to spend time with her. This un-comfortableness didn’t make sense, I didn’t want to feel like this and it sure as heck that wasn’t who I wanted to be.

At a point when I’d gotten about half way through understanding how other people’s unspoken feelings affected the way we react to them (Escalating Upsets again) I got how this made sense of what was going on with Freda and then joyfully told all this to her. Can you imagine what she felt about being told how uncomfortable I had been around her? Can you imagine how she felt about being told that there was stuff she wasn’t talking about and that I wasn’t talking about, that had me feeling like I didn’t want to be around her?

I didn’t imagine that at all, though. I’m almost cringing as I’m writing this. I was just obliviously rattling on, dumping all my feelings cheerfully. I was so excited about what I’d discovered, and was feeling so much better in myself. But as I look back now, it certainly wasn’t a pleasant experience for Freda. It left her confused and unsure. That was not who I wanted to be.

It certainly points out just how generous a spirit that Freda is that she was even talking to me afterwards!

When we ask these questions,

1. Whose feelings are these?
2. What do I need to know or do about them?
3. Are there any feelings left, do I need to ask these first two questions again?

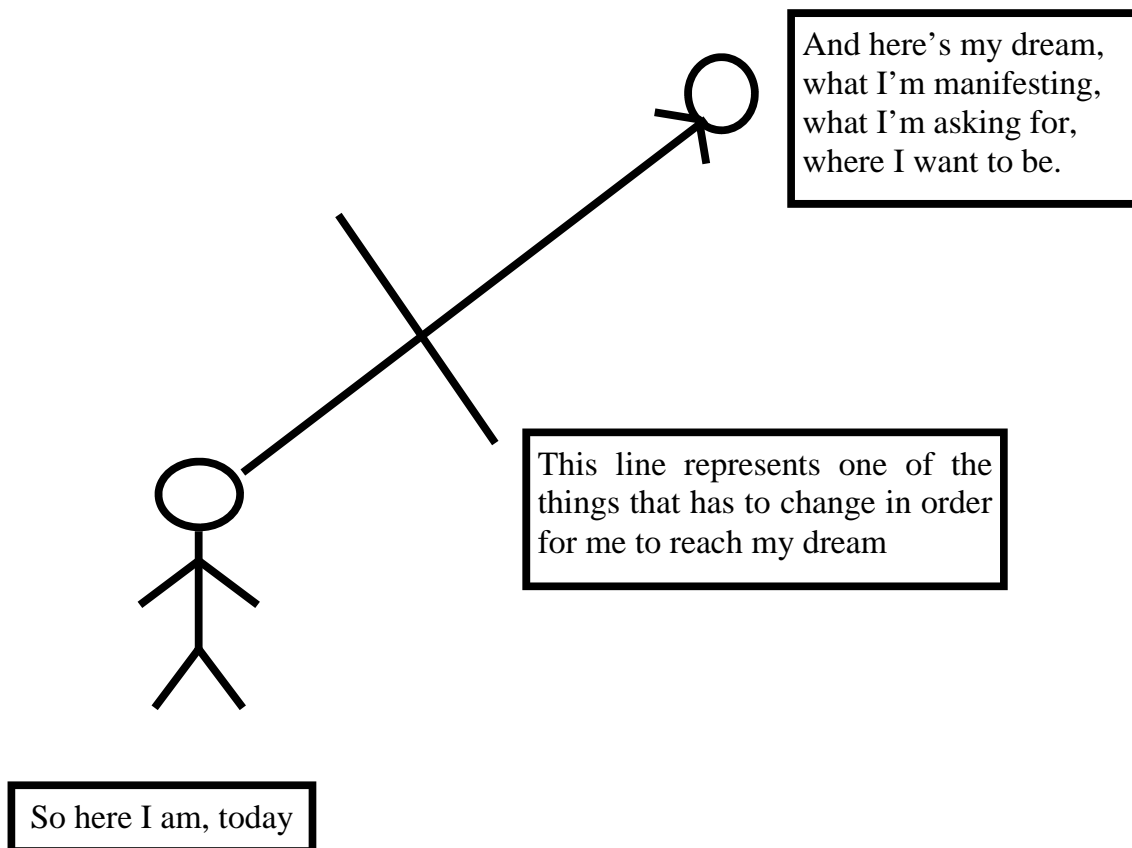
... then the outcome always fits with “who we want to be”. Our soul never gives us a bum steer, never steers us wrong, never sends us in the wrong direction and is absolutely reliable in giving us exactly the outcome necessary to produce what it is that we are looking for.

I had a lovely healing session with Freda just a couple of days ago. She was able to apply these questions to gain insights about strengthening her immune system that are a bit too personal to talk about here. It kind of made up for the jerk that I had been a few weeks earlier.

I am in absolute wonder at all the different ways of applying these magical questions.

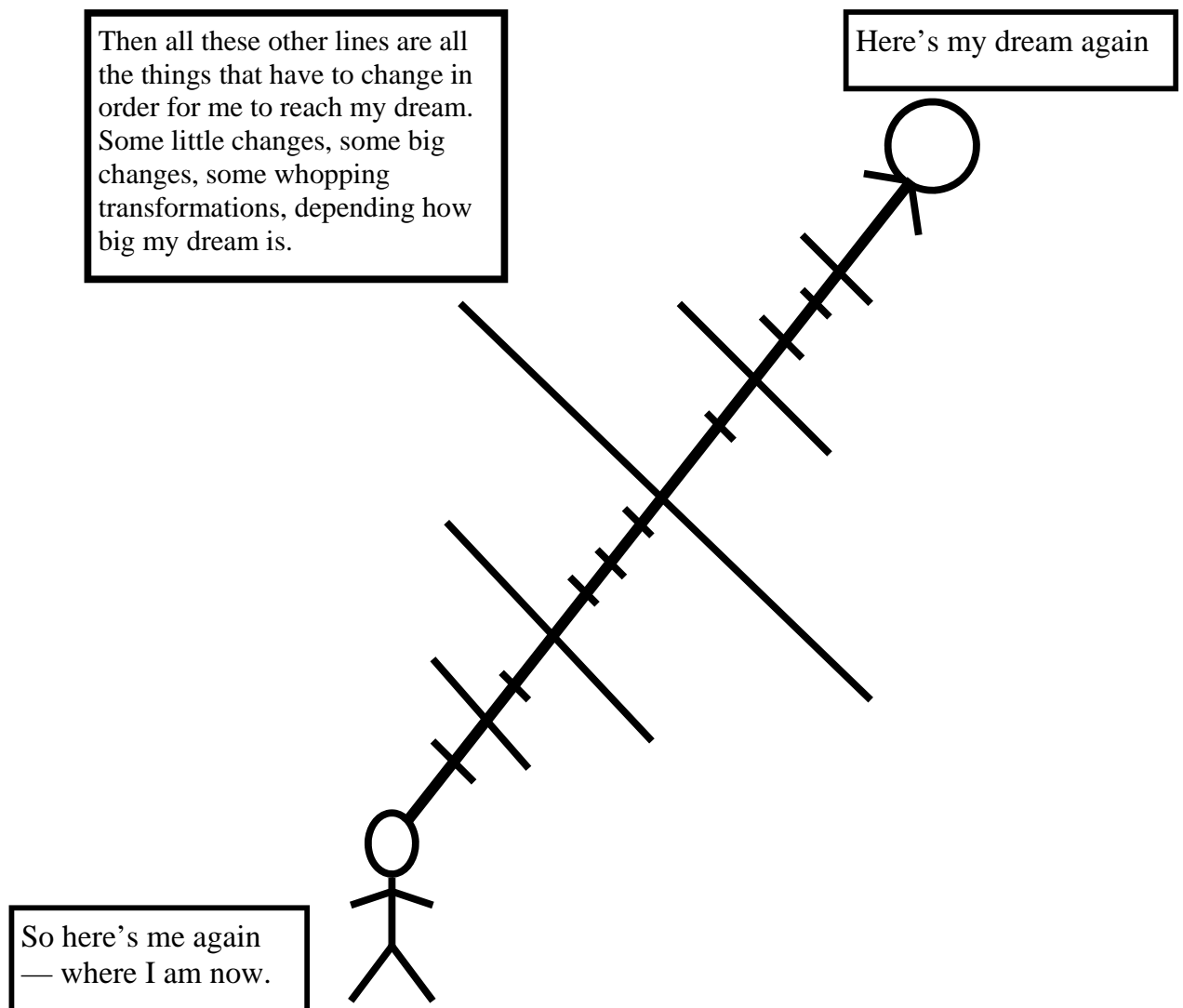
*USING YOUR EMOTIONS TO MANIFEST YOUR DREAMS  
- YET ANOTHER WORLD CHANGING INSIGHT*

*Read this diagram from the bottom of the page*



Here on the diagram is where I am now and up the top of the page is the dream that I'm headed towards. For me to have what I want, my dream, then something has to change, depending on the size of the dream, probably many more than one thing.





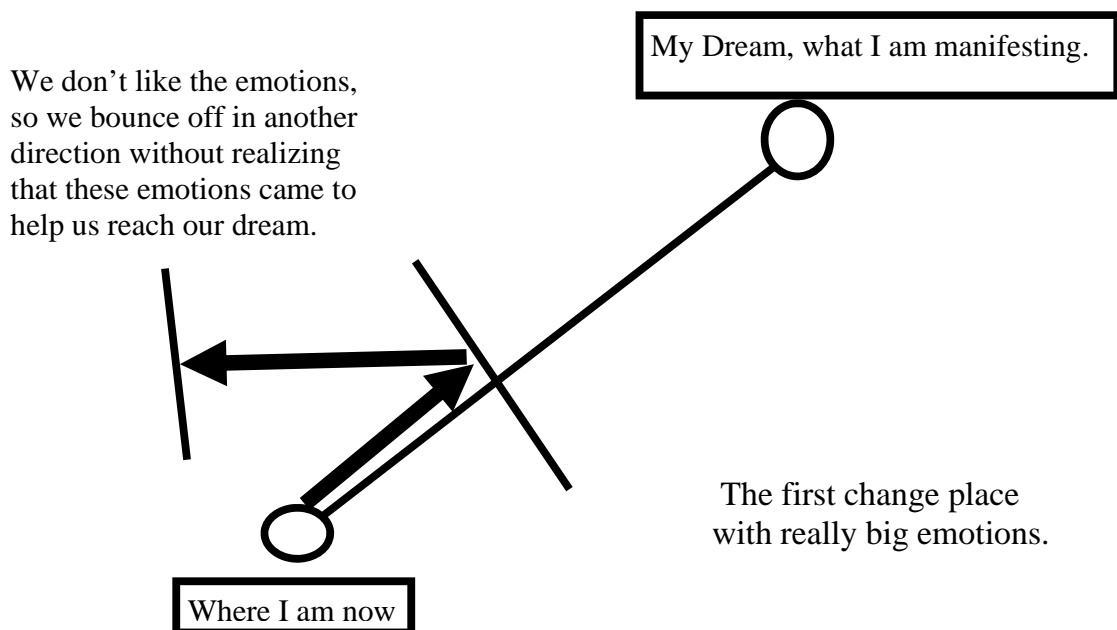
All these lines along my path to my dream, represent the things that have to change in order for me to reach my dream. The bigger the line, the bigger the change that has to happen to reach my dream. And here's the key issue, *my soul uses my emotions (the only conscious method it has) to tell me what it is that needs to change in order to reach my dream.*

The bigger the dream is, the bigger the change and the bigger the change is, often the bigger the emotions that are raised. And, of course, most of us have bunch of different dreams, of different things that we want out of life.

I'll say it again because this is sooo... important. *The emotions are messages from your soul. They are simply the only conscious way your soul has of communicating with you about what has to change in order for you to reach your dream.*

What happens when we don't understand the process of manifesting, when we don't understand the process of getting what we want, is that we get to a place of big change or transformation that has to happen in order for us to reach our dream *and we don't like the emotions that come up as part of the process.* Most of us have never been taught how to understand our emotions or deal with them thus we have experienced these so called negative emotions as something unpleasant to be avoided as much as possible.

So this is what happens:



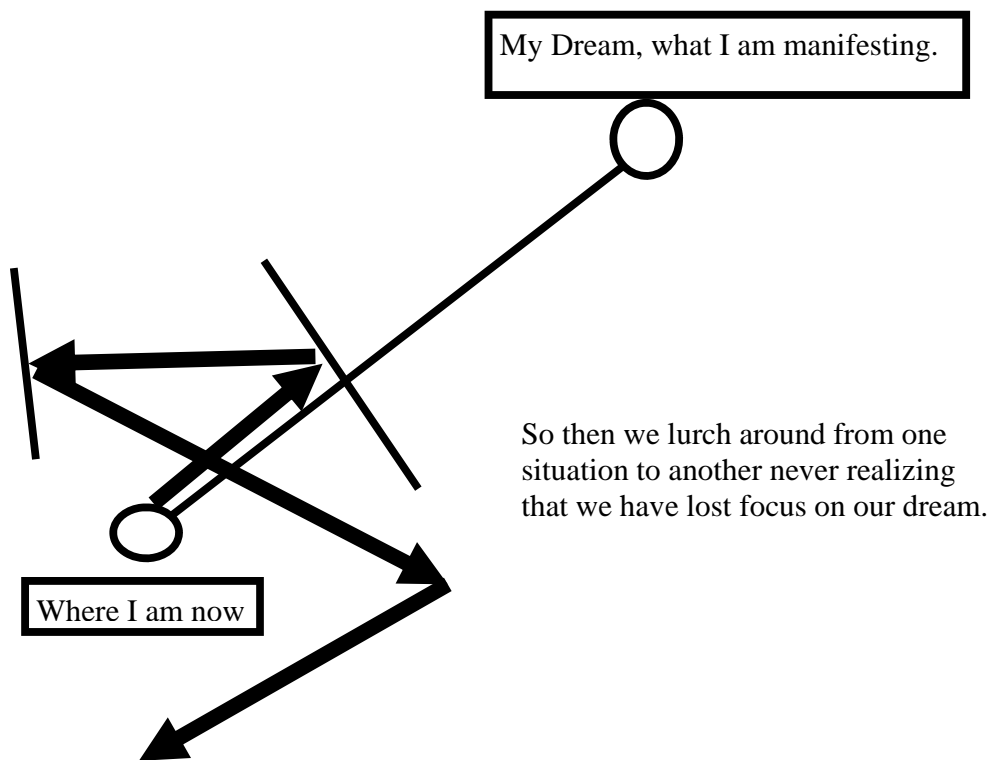
Most of us think of anger and fear and frustration and sadness and grief as negative or “bad” emotions”.

So, because we don't like feeling “bad”, when we get to the first “change place” of high emotion, we bounce off in another direction without ever realizing that that

“bad” emotion was simply a message from our soul about what had to change in order for us to reach our dream. And that the emotion was only “bad” or bigger than it needed to be, because we didn’t recognize the early warning signal that would have told us we needed to change something in order to reach our dream.

So all of a sudden, we’re headed off in a new direction, away from our dream, without even realizing that we’ve done it! Then we think that life’s tough and how hard it is to get what we want.

And then we don’t like the emotion that comes up from that new direction either, so then this happens:



So here we are, lurching around from one situation to another, from one lot of “bad” emotions to another, never realizing that we have lost our focus on our dream – never realizing that these “bad” emotions were simply the only conscious way that our soul can tell us what to change in order for us to get what we want.

That’s when life feels like it’s really bouncing us around, from one negative situation to the next. A friend of mine put this beautifully once, “it’s like we are a boat and the waves are just washing the boat around wherever the sea wants to

take us and what we really want to do is to drive the bloody boat where WE want to go!

So how can we “drive the bloody boat”?

We drive the boat by recognizing that every “bad” emotion is simply a message from our soul to help us to change whatever it is that we need to change in order to reach our dream.

So we drive the boat by answering the four magic questions (notice that it’s four questions now!)

- 1. Whose thoughts or feelings are these?**
- 2. What do I need to know or do about it/them?**
- 3. Are the thoughts or feelings totally gone? And if not, repeat the first two questions until they have.**
- 4. And sometimes you may be ready to get the answer to this question “How does this fit with my dream?”**

Understand that it’s OK to change the dream too. There is absolutely nothing wrong with getting to a place of high emotion and big change and say “Humh! This dream is not worth what I’m going through right now – I’m going to change my dream.” And re-focus.

The story of Sam earlier in the book is a classic example of this. Her dream is to be an extraordinary healer - not a good healer, an extraordinary healer. And to be an extraordinary healer, then some pretty extraordinary changes and transformations have to take place. (I can tell you this from VERY personal first hand experience in my own journey!) Any time Sam wants, if the changes are too big and not worth it to her, she can change her dream.

The only place I no longer want to be, is with the waves pushing the boat around all over the place, constantly hitting change places and bouncing around in all sorts of directions, with no focus at all on my dream and never getting there! I am sooo... over the struggle of that!

And I’ll repeat again what I said earlier, failure itself is just another change place on the way to our dream. That makes more sense now, doesn’t it?

*WOW, DOES THIS MEAN THAT EVERY FEELING AND EMOTION THAT I EXPERIENCE IS A MESSAGE FROM MY SOUL ABOUT HOW TO MANIFEST MY DREAM?*

Wow, does this mean that every feeling and emotion that I experience, every single last one, is a message from my soul about how to manifest my dreams? Yep...

The more I have practiced, the easier it has become and that process is still improving. Over the last couple of weeks, sometimes the process is almost instant, with a couple of big messages taking a few days. But even these big ones were reduced to small uneasiness's quite quickly (rather than the big panic they were originally). And I can almost always see how that fits with my dream.

And I'm watching other people go through the same process, getting better and better at it.

Last year, before I got the insight of The Questions and Escalating Upsets I had a lulu of an example (a really big one!) of something that had to change in order to reach my dream, that made me see this whole process really clearly.

Someone close to me questioned my competence and my integrity in a really big way - so big that I agonized over it for months, doing healing session after healing session to get rid of the intensity of emotions that I was experiencing about it, which was the only way that I knew at the time to deal with it.

The last of the negative feelings about this incident dropped away when I realized what I had to know, and how that fitted with my dream (even though at that stage I hadn't understood "The Questions" as I now know them).

The story goes like this ... I've written an amazing, very unusual and different book about communicating with horses in an extraordinary way. I am deliberately manifesting selling a million copies of that book in the next five years and making it possible for a million horses to bring their million people to the light of understanding and joyful communication.

Now this book is sooo... different and sooo... unusual, that to sell a million copies in any time frame is going to have a certain number of people questioning my integrity. And if I haven't learned how to think it through, question my shortcomings, methods or motives - tick the boxes and then feel secure in my integrity, then I'm gonna' get creamed, then I'm going to have a miserable time.

This wonderful lady as far as I know, is still unhappy about my competence and integrity, even though I've gone through the process of ticking all the boxes. Even so, how can I hold it against her for helping me to manifest my dream? There had to be SOME situation similar to this that enabled me to question my competence and integrity in order for me to get the necessary understanding. So, in fact, I owed her thanks for helping me to manifest my dream.

Many of us on a path to be the best person that we can be, have been taught that acceptance of what happens to us is an important ingredient.

I'm here to tell you from first hand experience that it's EASY to accept what happens to us, when we can see how that fits with manifesting our dreams. It's easy to be actually grateful for a lesson like that when we can see how that fits with manifesting our dreams.

Who in your life has been helping you to manifest your dreams? Like my friend who questioned my integrity, who in your life have you been mistakenly blaming for that?

## *JOYFUL LAUGHTER AT STAGE 2 CANCER*

The information in this book is tumbling in so fast, that this example is from my healing clinic only yesterday as I write this book.

Franky came into my clinic with a breast lump that she's had for two years in her search for a solution that didn't involve drugs or surgery.

When I was in New Zealand I came across a couple of people who were able to use the same techniques to get rid of pain. So when Franky had a number of different ways that her soul used to give her a message, I was not surprised. There was a roll of energy through her abdomen that she needed to look at, there was a pain in her head and then of course, there was the lump in her breast and her feelings about it.

I can't remember what actually came up for her in the process of clearing these emotions away, it's obviously not the important part of the story, but it came up in the conversation that the lump had been diagnosed as a Stage 2 Cancer.

I felt a wave of her emotions as she said the words "Stage 2 breast cancer". So I got her to repeat the words "Stage 2 breast cancer" and as the feelings welled up in her, she asked:

1. Whose is it? In this case it was "Whose feelings are these? Whose pain is this? Whose roll of energy was this?"
2. What do you need to know or do about the feelings, the pain, the roll of energy?
3. Has it all gone yet?
4. How does this fit with my dream?

And we kept asking The Questions and getting the answers that were messages from her soul, with the feelings and the pain getting less and less, until her face came alight with laughter as she said the words "Stage 2 breast cancer".

The words had no more power to hurt her and the feelings, which were a communication from her soul, had given her an insight into what she needed to know in order to manifest her dream of getting rid of that cancer without drugs or surgery.

Now stop right there if you are a cancer sufferer that is reading this book. I'm sure that the surgical and drug option are a hundred per cent OK, and useful to vast numbers of cancer sufferers. You just have to remember that doing it without

drugs or surgery was Franky's dream and she was prepared to put her life on the line for that dream ...

The power of what happened that day was so huge that I wouldn't have been at all surprised if the lump had gone, but weeks later, when we're editing, that is still not the case.



*APPLICATION OF "THE QUESTIONS"  
TO A FINANCIAL SITUATION*

This story is about someone who applied The Questions systematically to improve their financial situation.

Tiriana lives on a lifestyle block, newly built home, waking up to her horses outside, her life time dream. However, she complained that she and her beloved new husband and children lived from payday to payday and were always too broke to afford things that they wanted – even some things that they considered essentials, like shoes for her horses and simple treats for the children etc.

So that was her focus for the few days that we worked together on a Spirit of Horse camp. An unusual focus, but an amazingly wonderful thing to do as it turned out.

Throughout the week, every time feelings came up for her, Tiriana would stop and ask “Whose is it?” and “What do I need to know or do about it?” and “Has the feeling all gone yet?”

The answers were buried in what she described as her heart breaking past. You see, her lifestyle dream was only made possible by her first husband’s estate and this brought many problems into her relationship with her new husband and her children from her first marriage. Tiriana gained insights about how she, her new husband and her children, had been feeding each others’ feelings of lack until they were all locked into this poverty cycle.

The insights she gained about her financial situation brought great peace to other areas of her life too, because in her case, the finances were intricately tied in to her first husband’s death. She left the clinic with a clear vision unfolding about how to solve the situation. And she did it all herself!

See, what Tiriana was manifesting was a resolution to their financial situation. So, the emotions that were coming up from the moment that she manifested it, were messages from her soul about what had to change in order for her to get what she was asking for. And that’s exactly what’s still happening weeks later. All the steps are continuing to fall into place, the actual finances themselves improved a little almost straight away, by the time we were editing things had improved a lot and plans are in place for things to get even better!

Wow, the power of that!

*HOW TO AVOID ESCALATING UPSETS OVER WHAT WE  
THINK IS "RIGHT" FOR SOMEONE ELSE – THE NEXT  
EXTRAORDINARY INSIGHT*

In my work as a “healer”, I am so used to my knowledge and experience of how frequently physical pain and illness is caused by buried emotions, that prior to editing, I had missed how awesomely important this understanding is going to be for most of the people who read it.

But it was Graeme Trotman, my intrepid and ever suffering editor, who saw the importance of the second half of this story. So read on ...

Bev was another person on the same Spirit of Horse camp as Tiriana and the way she had been experiencing messages from her soul were as pains in her body. In my work as an alternative therapist, I’ve noticed that it is common to experience old buried feelings as pain. Boy, was this clinic an eye opener for me about the different things you could do with The Questions and the different ways you can use them!

Thus, every time Bev felt a pain, she would ask The Questions:

1. Whose pain is it?
2. What do I need to know or do about it?
3. Has the pain all gone yet and if not, ask the first two questions again until it has absolutely ALL gone.

Bev used these questions and the answers to them to clear vast amounts of old emotional trauma that were causing her pain - some connected to frights on her horse, much totally unrelated to horse stuff at all.

And she walked out of that clinic, pain free, tall and proud and confident and looking about ten years younger. I love this work.

Bev emailed that she arrived home from the clinic on a high and that, weeks later, she is still pain free - just frustrated that she couldn’t get a friend to join her on this amazing journey.

Now, here’s the second part of the story that Graeme said was “bigger than Ben Hur” (an old, epic movie) and that he wanted you particularly to focus on. He wrote to me “you have popped this GEM into a paragraph without a heading and it is nearly worthy of another BOOK!” So, thanks to Graeme, here it is with all its extra emphasis...

My email back to her said:

“It is impossible for your friend to NOT be affected by the change in you, provided that you ask The Questions about any frustration or disappointment that you feel – otherwise your friend will be reacting to the unspoken judgment as if it were HER OWN.”

Now let’s examine this email from me to Bev and break down what I was talking about:

1. The changes that Bev made by releasing her buried emotions, by asking The Questions and getting rid of her pain with the answers, ***will have an effect on everyone that she comes in contact with from that time onwards.*** Because of the connectedness that we’ve talked about in different ways in this book, every single person who comes in contact with her will respond differently to her, including her friend.
2. What COULD reduce that positive effect would be if Bev was feeling frustration and disappointment about her friend not following the same path to happiness ***and did not figure out what that message from her soul was about*** – then...
3. ... that judgment about what was or was not “right” for her friend could easily trigger an Escalating Upset, ***where her friend would take on the frustration and disappointment as if it were her own.*** And how much more difficult it would be for her friend to make positive changes in the middle of an Escalating Upset?
4. So if Bev uses The Questions about her feelings of frustration and disappointment to find out what her soul is trying to tell her, ***then she will get an answer that fits with what she is manifesting and with who she really is and who she wants to be.***
5. That answer will also “fit” with what her friend is manifesting, because Bev’s friend is also the creator of her own dreams. ***Thus, Bev will have the privilege of being able to help her friend reach her own dreams too - whatever they may be.***

Wow ... the wonder of this.

*CRIPPLING BACK PAIN COMPLETELY GONE  
BY ASKING THE QUESTIONS*

This story is about applying The Questions deliberately and specifically to pain.

Georgie came into my clinic at the time I was writing this book, limping up to the house, taking very small steps, bent over in pain. From a previous healing session, I knew that some years earlier she had been in a long term violent relationship.

We cleared a couple of old buried emotions, one of which was panic and then went straight into The Questions about those feelings.

“Whose fear is it?” I asked.

“Chloe’s” she replied. Chloe is her daughter.

“What do you have to know or do about that?” I asked.

“Make her feel secure” she replied. A simple answer and some of the fear dropped away, but there was still a little left.

“Whose fear is it?” I asked again. And we went through the process five more times, each time the fear got less and less, the last one was just a little discomfort in her solar plexis. Once, the fear was her ex-husband’s, twice it was her own fear and once it was related to a place where intense violence had occurred.

Her answers to “what do you need to know or do?” were also simple but effective in getting rid of the rest of her pain.

Can you see how Georgie and her ex’s unspoken / unacted upon fear and rage became the other person’s reality, like it did with Fred and his friend in the much milder story about the horse? Do you see how, Georgie and her ex-husband fed each other’s fear and rage with Escalating Upsets until ugly violence was the result? Neither of them had any idea that their fear and anger were messages from their soul about how to get what they had asked for, which was probably a peaceful and happy life.

Georgie is long out of that relationship as a wife and partner, although she still has a relationship with him as her children’s father. Can you see how she could change the whole circumstances of that relationship now and avoid Escalating Upsets by asking The Questions every time she feels angry or afraid?

Georgie got off the clinic table, fifteen or so minutes later, with no back pain whatsoever – completely gone. And I was left shaking my head at another example of the power of our own minds in hurting our bodies and then the power of our own minds in healing them.

*MESSAGES FROM HER SOUL INTERPRETED BY HER HORSE  
- OUR ANIMALS ARE MORE CONNECTED AND MORE  
INTELLIGENT THAN WE THOUGHT*

Philippa came into a horse clinic with a shell around her so thick that it took her really dangerous horse to actually generate enough fear to get through to her. She had probably disconnected from her emotions when she was sexually abused as a little girl and didn't know what I was talking about when I talked about the physical "feeling" that I got in my solar plexis when I was afraid or angry.

Philippa's magnificent and compassionate horse, The Bear was her guide at the beginning of this journey with The Questions. Because at the beginning, she didn't feel anything, The Bear showed his displeasure by going back to grumpy looks and sometimes even threatened to bite again. That was her signal that it was time for her to ask:

1. Whose is it?
2. What do I need to know or do?
3. And has it all gone yet? And keep asking the first two questions until The Bear, the kindly and gentle giant, warmblood horse gave her a warm look that kind of said "Well done Mum!"

You may find it hard to believe, but I know from the consistency I've seen with others, that this magnificent horse was acting absolutely deliberately - working as a sentient, thinking healer with this "used to be wounded" lady. This deliberate healing seems to happen most often when the horse is completely unafraid.

From this process, Philippa has started to feel again – which has opened up her ability to feel incredible joy too.

I had tears of joy in my eyes when I saw them dance together, horse and person, sooo ... connected and swaying in exact unison, forwards and backwards, side to side - this supposedly dangerous horse and his incredibly courageous "mum."

Since the clinic, Philippa has discovered a connectedness to other people and animals and uncovered an amazing talent as a fledgling "healer".

Go girl!

I spoke to Philippa just this morning as I was editing the book. She talked about a ball of "stuff" that she had felt in her stomach when we were doing the Spirit of Horse clinic, that she had not been able to identify when she asked The Questions

at the time. She's since had word from England that her mother has bowel cancer and doesn't have long to live. Then she felt the "ball in her stomach" feeling again. She asked if it was her mother and it went away ... Imagine what other ways a daughter so far away from her mother could use such a beautiful connectedness!

There's another important point to be made here. **You might not always get it straight away, but keep your eye out for it – you WILL get it!**

If this story strikes a chord and your pet acts out of character, you might like to ask yourself The Questions too and see what comes up!

*FROM LOSS TO REASSURANCE  
AT THE DEATH OF A LOVED ONE.*

This story is about one person's very personal experience of grief and how she used The Questions to get the reassurance that she wanted.

Horses are amazing creatures and Rebekah's horse Tui was the instigator of a wonderful experience during another one of our Spirit of Horse clinics. During the clinic, her grief at the recent death of her father became the predominant emotion for Rebekah to look at.

So it was about her grief that we were asking The Questions. "So whose grief is it?" I asked her. "Mums" she replied and some of the intensity of it dropped away. "Is there any feeling left?" I asked. "Yes" she replied.

So we kept asking "whose is it?" and "what do you need to know or do about it?" I can't remember the answers now, even though they were important. The last question and answer were so big that they overshadowed everything else that I remember.

There wasn't as much intensity left in the grief by the time we got to the last question and I can't remember exactly the sequence of events, but Rebekah got to "what do you need to know or do" and had the profound experience of hearing the voice of her father saying ... "I'm OK". And her grief dropped away.

Now I know that it's possible that this was not really her father talking, although there are more things in heaven and earth than we can touch and see, so I wouldn't be too quick to label it vivid imagination. I too, had had a huge sense of his presence around her the whole day.

The fact remains, Rebekah's grief dropped away and she found peace. So if all our emotions are messages from our soul, then it is difficult for me to believe that grief is any exception. I have believed for a long time that the message of grief is to prompt us to think about what we believe in and to examine that in great detail.

It has been my personal experience that to explore what I believe in, not what somebody else thinks I should believe in, has been an incredibly profound experience for me. To explore what fits deeply into my heart has produced a deep faith that I expect to remain unshaken.

For those experiencing grief right now, please don't misunderstand me. I am not making light of the depth of your grief. No two people are the same; no two



experiences are the same; no two answers will be the same. I just invite those that are filled with grief to work their way through the process of asking:

1. Whose is it?
2. What do I need to know or do about it?
3. Has the feeling all gone and if it hasn't, keep asking the first two questions until it has.

And I invite the rest of you not to wait for grief to prompt you to think deeply about what you believe in. A technique for this that I have suggested a few times is to carry a note book around, so that you can make notes of things that come up about what you believe in.

Once you've set that intention, you will find that something that you read will "fit nicely and comfortably into your heart", so you'll jot that down. Then someone will say something and that too will fit nicely into your heart, so you'll jot that down too. Then a line of a song will do the same, so it goes into the notebook. A thought will "pop" into your mind – in it goes too.

And so on, until one day, you'll look back over the notes you've made and find that there's a whole pattern there about what you believe in that makes sense to you - that fits nicely and comfortably into your heart.

I know that I personally have found great peace and, I think, great strength from that process.

## *VIOLENT RAGE & THE IMPORTANCE OF THE EARLY WARNING SIGNALS*

I had a very violent dream last night. Somebody had stolen my husband away from me. (Interesting concept, hey, how can somebody steal something that you didn't "own" in the first place?) Never mind that, the emotions were violent and so were the actions in the dream – and I am talking about my reaction being so violent that ‘fessing up here is just too uncomfortable!

I woke up saying to myself “What the hell? And later as I was lying there allowing this book to float into my mind, “Why am I doing a dream like that? That’s not who I am or who I want to be.”

Now, because of young Jess’s story at the beginning of the book, when I get thoughts that come up that do not fit with who I really am or who I want to be, I go into the magic questions.

So I went into “whose thoughts were they? (The answer was “mine”) “What do I need to know or do about them?”

And then I got it. I got that the violence in this dream was an example for this book. Hopefully I’m way past that kind of rage but for those of you who don’t know me, rage and anger have been my “black beast” that has kept me searching for a practical solution. That anger and rage was sooo ... not who I wanted to be.

And that of course, is the first step, *to decide that that is not who you want to be*. If rage and the violence that comes from it has been your experience, then this dream was for you.

From the simple act of deciding that rage and violence is not who you want to be, you will be manifesting the change places on the way to your dream *that DO fit with who you want to be* and then what you need to know or do to change it, will flow naturally.

You too, can search for and act on what I call “the early warning signals”, so that the rage doesn’t get a chance to come flooding up (remember how all the emotions intensify into rage when we ignore them.) At one stage my early warning signal was a tight, yucky feeling in my solar plexus, high up in my gut. At the time of editing this book, I am working on an absence of peace or joyfulness as an early warning signal that I need to ask The Questions.

So, if you are in a place where your emotions can come surging back up as rage, then you can urgently ask and act on The Questions at your first early warning signal:

1. Whose feeling is it?
2. What do you need to know or do?
3. Has it all gone yet? Has every last tiny bit of that early warning signal completely absolutely and totally gone yet? (Keep repeating the first two questions until they have)
4. And maybe, when you're ready, how does this fit with my dream?

It sounds simple because it IS simple.

The feelings are ALWAYS a communication from your soul. And your soul NEVER gives you a bum steer (that's Aussie slang for giving you the wrong information, or sending you in the wrong direction).

For me, I was staggered at how little of the anger and rage was mine. How often when I asked "Whose is it?", it was the other person's or animal's and I needed to know that in order to change what I was doing to help them reach either my dream or theirs. Very little of that anger and rage was mine at all.

My personal experience has been that as I "get it", as I understand what my soul was trying to tell me and act on that, then I no longer feel that big rage stuff (I bloody hope not ever again, because that's not who I want to be!). What happens is a lesser and much more manageable feeling, getting less and less the more I practice. And the more I practice, the easier it becomes and the less the intense the feelings become.

Although I must say that, now I know how to do this, if I ignore the milder feelings, the big, intense ones will come up pretty hard and quick and that is definitely not who I want to be!

It's turning out to be much easier to deal with them as "little feelings" or early warning signals!

*SO HERE IT IS – THE PATHWAY TO HEAVEN ON EARTH,  
THE PATHWAY TO PEACE ON EARTH*

So, here in these stories we've seen people experiencing their emotions in different ways – as pure emotions, as upsets of one type or other, as uncomfortable feelings in different places in their bodies, as pains and as persistent thoughts that were not consistent with who they really are and who they wanted to be.

We've seen people use The Questions to understand messages from their souls about different emotions, use them to understand many different types of situations and to solve many sorts of problems. And I think that we haven't touched the tip of the iceberg yet! People reading this book and hearing myself and others talk on the subject are going to take this to heights and places that I can only dream about right now.

So how can YOU have your piece of heaven on earth and how can you bring that to the world in your lifetime?

You can decide to notice it whenever you get a so called “negative” emotion or whenever you get a feeling in your gut or anywhere else in your body. You can decide to notice it whenever you have a pain or a persistent thought that is not consistent with who you are and who you want to be. For you animal lovers out there, you can decide to notice it when one of your animals is behaving out of character. Explore what signals your body gives YOU and what signals your life gives you.

Explore it for yourself under as many different circumstances as you can - when your partner upsets you, when the children start to push you to the limit again, when your boss or a co-worker gives you a hard time at work, when you're just having a crappy day, when you're sitting there in despair looking at those bills, when you're feeling frightened, angry, frustrated, sad or in grief or even when you're feeling “not quite right”. **WHENEVER** the feeling / pain / thought appears – your soul is trying to communicate with you about something that has to change in order to have your dream, trying to communicate about whatever it is that needs to change so you can have what you wished for.

Train yourself to trust your first instinctive thought. The most likely right answer is the first one that pops into your mind. After that, you can still get the right answer, but you are more likely to be coming from your fears or reactions to old trauma or old behavior patterns. So don't bother trying to analyze it, don't try and

force it to come. You'll know whether it's the right answer or not because the feeling / pain / thought will get less or go away altogether.

The Questions:

1. **WHOSE IS IT?**  
*Is it yours? Is it somebody else's? Or both? Are you feeling something for a whole heap of people at the same time?*
2. **WHAT DOES MY SOUL, THAT INNER PART OF ME, WANT ME TO KNOW OR DO ABOUT IT?**  
*If the feeling/ pain / thought gets smaller, you're on the right track. If it stays the same or gets bigger, you're on the wrong track.*
3. **HAS THE FEELING / PAIN / THOUGHTS ALL GONE YET?**  
*Notice the emphasis on ALL? Keep going, asking the first two questions again and again until the feeling has ALL gone. And no "yeah buts" or "it's just a little something" here. It's not just a little feeling that's OK to ignore. The little feelings are the early warning signals so that we don't have to feel the yucky bigger negative feelings.*
4. **And "HOW DOES THAT FIT WITH MY DREAM?"**  
*It ALWAYS fits with our dream even if we haven't understood how yet.*

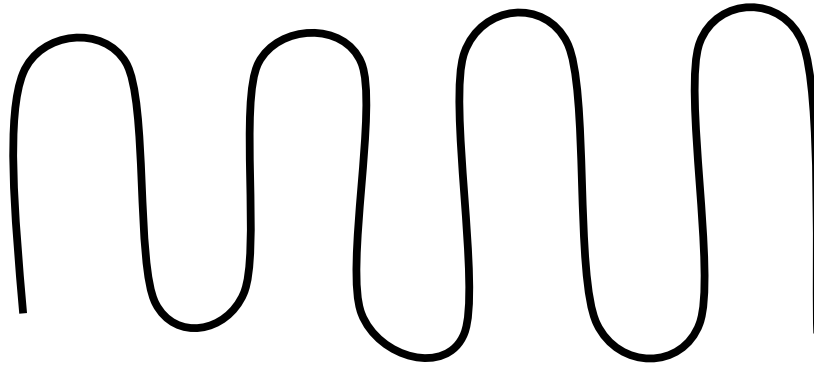
If the answers don't come straight away, don't try to force it, they WILL come. The minute you try to do The Questions intellectually, by thinking about the answers, you just bring all your old fears, traumas and behavior patterns in and it won't be the right answer.

I've said it before, but I'll say it again because it's sooo... important. Allow the answers to unfold. Pay attention to things that come up over the next day or so, maybe even longer for some of the really big deals. It might be a line in a song that makes sense of it, a phrase out of a movie that rings bells in your mind, something someone says or does, something that you read or something that just "pops" into your head, whatever...

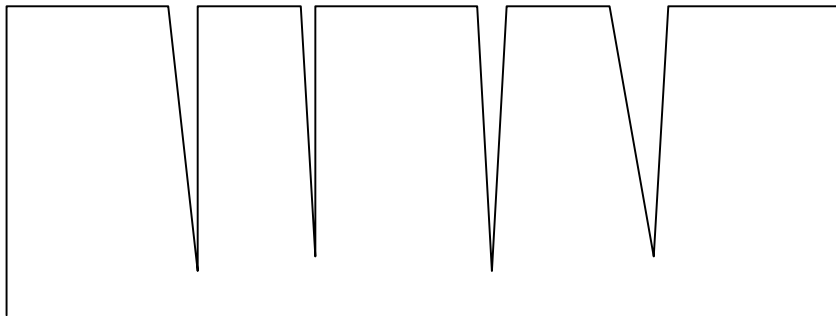
For some people it helps to write down the smaller insights in some sort of notebook so that you can look back over the notes and speed up the process of understanding "Whose is it?" and "What do I need to know or do?"

**Remember, you don't have to worry about getting the wrong answer. If the answer is completely the right one, ALL the feeling, upset, thought or pain just vanishes – cos' you got it!**

For some of you, asking The Questions will be a little like pulling you back to the dark ages, because you've already made the leap to the answer before you even ask The Questions. That's excellent. I suspect that most of the rest of us will get there with practice too!



Here's a visual idea of what the normal ups and downs of life looked like for me in the past. It's like I couldn't get the ups of life without experiencing the downs too. I've also figured that when our dream is really big, that big "downs" had to go with the big "ups".



Now that I understand the process of manifesting my dreams, my experience is that there is no need to spend so much time on the "downs" of life. When we ask and get the answers to The Questions, we speed up the process of the "downs" of life quite dramatically and a picture of our ups and downs of life look more like this.

So what's the final piece of the puzzle for gaining peace on earth in our lifetimes?

It's when we decide that peace on earth in our lifetime is what we want, that peace on earth is what we are manifesting and then sit back and pay attention to what our soul tells us about all the things that we have to change or transform in order for that to happen.

Then, every time an emotion, or a feeling, or a pain or a persistent thought comes up, then we can ask The Questions, so that we understand what we have to know or do in order to manifest our dream of peace on earth in our lifetimes.

And if peace on earth in our life time is not something that you're looking for, then maybe peace and joy on your little personal patch of the earth is, so manifest that. Then sit back and wait for the messages from your inner self on what has to change for that to happen.

And then spread this book around, so that everyone has the opportunity to get it.

So here's how you can do it. Email this book to your friends or print it out and make a gift of it to someone. But don't just email it to your whole email list willy nilly. This book is way too important to get lost in someone's emails.

Use The Questions yourself first and then you'll have exciting results to share with other people ... Then tell them, one by one, about your exciting stuff... then send them the book... And then they will be inspired enough to actually print out the book and read it and then to do the same for someone else...

And then we'll have peace on earth in our lifetimes...

You can choose to pay for this book if you haven't already, by going onto my website [www.bookswithspirit.com](http://www.bookswithspirit.com) and paying \$10 ... or not. Or get a friend to do it for you.

There are many people who will say I'm nuts to be allowing you to choose whether to pay for this book or not, they'll say that you won't value it if it costs nothing and let's be clear, I would certainly like everyone to pay for it...

But the price of this book is a lot bigger than \$10. The price of this book is peace on earth in our lifetimes. So spread it around.

## *SO I GIVE THANKS*

So I give thanks to the glorious creatures of the earth, particularly to The Horse who not only started me on this journey but kept my nose to the grindstone ....

I give thanks to the One that is All and the All that is One ...

I give thanks to my wonderful editor, Graeme Trotman, without whom these books would be seriously less readable and harder to understand

I give thanks to all the people who have helped me manifest my dreams so far, whether appreciated at the time or not – particular appreciation to Linda Kohanov who in her book “Riding Between the Worlds” brought Carla McLaren’s work on the messages of the emotions to my attention.

And I give thanks to all the people who are yet to help me manifest my dreams.

I give thanks to and for all my loved ones.

I give thanks to the divine in you and the divine in me.

And I give thanks to God, whatever name you give him or her.

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