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"I CONNECT WITH SPIRITS FROM ANOTHER DIMENSION"

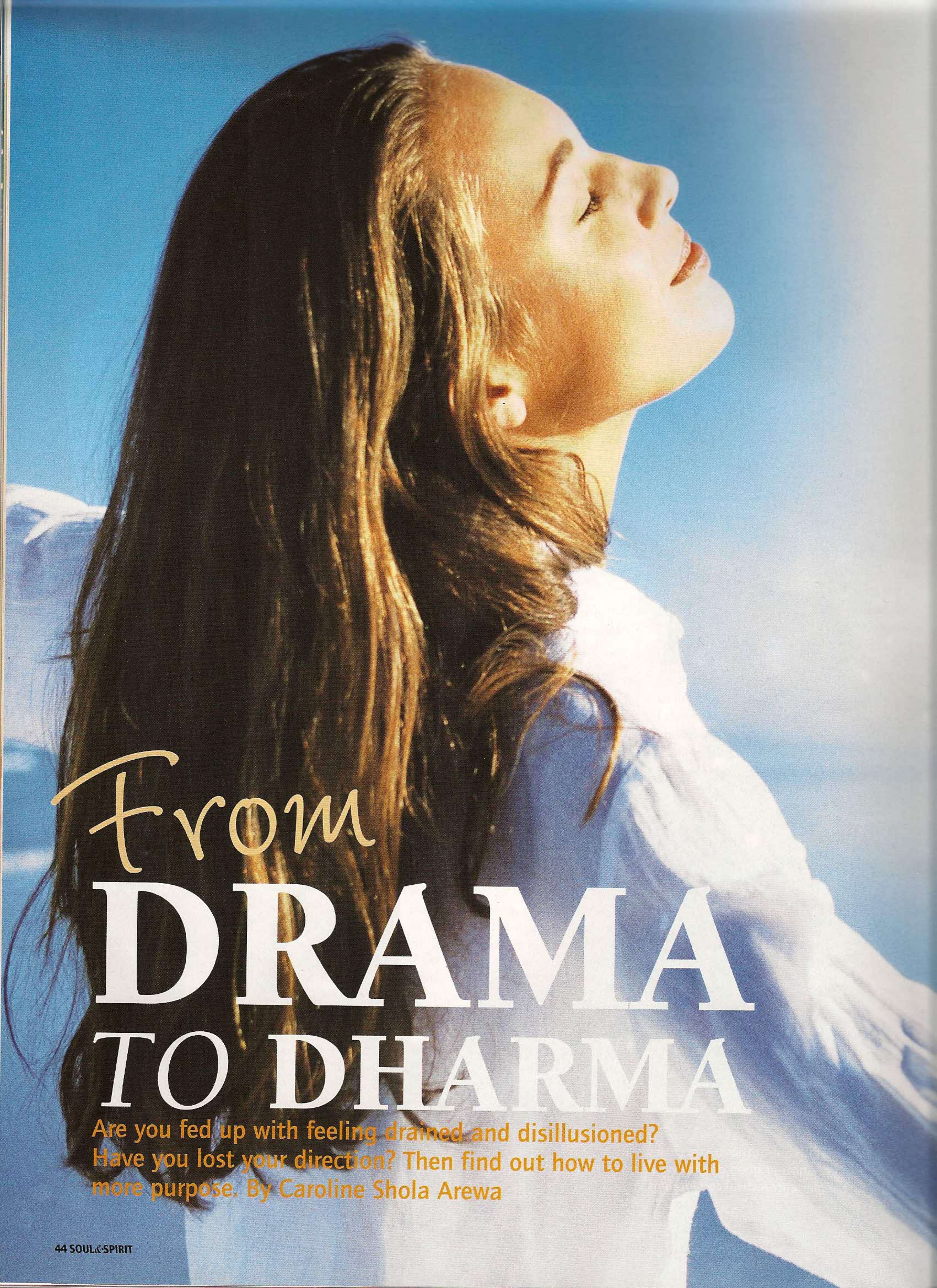
FIVE READERS REVEAL THEIR PSYCHIC ABILITIES

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A woman with long, dark hair is shown in profile, looking upwards against a clear blue sky. She is wearing a white, long-sleeved top. The lighting is bright, suggesting a sunny day.

From
DRAMA
TO DHARMA

Are you fed up with feeling drained and disillusioned?
Have you lost your direction? Then find out how to live with
more purpose. By Caroline Shola Arewa

These days we live in a fast, sometimes harsh, time poor, energy draining world. Life is often full of chaos and drama. And just when you think you have found a little peace and harmony, something else happens to knock you off centre.

I was recently coaching a client, Sarah*, who was telling me about the pain of her divorce, plus her worries about how this might affect her children. She also felt guilty about not spending enough time with her ageing parents, was under pressure at work from a demanding new boss, and in the midst of all this was studying to become a nutritionist. She was so tired, angry and negative about her life and everyone in it. It wasn't so much her situation but her response to it that got me thinking. Sarah was allowing life to really get her down; her energy levels were low and as far as time was concerned she was in debt – she simply didn't feel as if she had any. I felt Sarah was becoming addicted to the many layers of drama in her life, and this in turn was creating a chemical craving for more of the same. You see, there are numerous chemicals flooding through our bodies all the time, and

according to psychopharmacologist Dr Candace Pert, we can become addicted to these chemicals. "When a person is angry they create a specific chemical signature in the body; if they get angry time and time again they can become used to this chemical signature and need to find things to get angry about in order to create an inner chemical

"When you take time to be still, amazing sensations can be experienced within the depths of your being"

fix," says Dr Pert. Other emotions can also trigger these chemical reactions, including whinging and complaining. Candace's work investigates what happens to our molecules during emotions, and looks at how we can get addicted to the internal chemicals our own dramas create.

Do you ever find yourself beginning a sentence with the words, 'I am always...' or 'I could never'... or 'That's not really me...?' All these statements limit your identity and keep you trapped in the drama. Now, I am sure we can all whinge and tell a good story, with just enough

exaggeration to get VIP seats at the best pity parties, but when it comes to excessive negative energy, it may be time to think again.

When you take time to be still, amazing sensations can be experienced within the depths of your being. You can touch your true essence and meet your higher self. You can tap into a power, an energy that is constantly flowing through and around you. Eckhart Tolle, author of *The Power of Now* (Hodder Mobius; £8.99) says: "You are here to allow the divine purpose of the universe to unfold. That's how important you are." The Sanskrit word

for describing this divine purpose and universal law is 'dharma'. There is no direct translation for the word in English, but it generally means 'holding our true essence'. I like to think of it as living life with purpose and direction; living in a way that elevates your body, mind and spirit. So what does all this mean? Plain and simply it means life is too short for overindulging in drama! But how can you start living life more positively and with purpose? The following seven steps will help you to do just that. Shifting awareness from drama to dharma.

1. GET OUT OF YOUR HEAD AND INTO YOUR BODY

Drama is very 'she did – he did – it's not my fault'. It requires a lot of thinking and mind games. So if you are ready to experience something deeper in your life, press the mute button and start to feel the sensations in your body. Deepen your breath and simply enjoy being alive. Despite all that has happened to you, you are still here, so give thanks each day.

2. ELEVATE YOUR AWARENESS

What is really going on? Feelings of hurt, pain and rejection often hide behind all the drama. Like watching a movie, allow yourself to see, feel and acknowledge the deep emotions. Then, whenever you are ready, you can fast forward to love or an emotion that feels good for you. This is your life and you have the power to choose the way you want to feel, no matter what your circumstances.

3. IDENTIFY YOUR PASSIONS

When we are not expressing ourselves fully, we create more drama. Children do it all the time. When they're bored they create trouble to entertain themselves. Adults are no different. So ask yourself what is deeply important? What are you really passionate about?

4. MAKE A COMMITMENT

Once you've identified your passions, take steps to start honouring them. Write them down and pin them up where you will see them daily, if it helps. Open your heart and promise to embrace your passion and the powerful essence of who you really are.

5. ASK FOR GUIDANCE

Humble yourself and ask for guidance from that which is greater than you. It may be a spirit guide, angel, creator, divine essence or the universal life force. Whatever greater force you believe in, and whatever name you give it, don't feel afraid to ask for assistance.

6. MEDITATE

Take time to be still. Simply tune into the constant movement of your breath as it flows in and out of your body. In the silence, be sure to listen to the answers to your questions, as this is more likely to be your true intuition rather than the constant mind chatter we often experience.

7. DON'T DREAM IT – BE IT

Know you are the divine essence expressing itself. You are pure divine spirit, manifesting in a physical body. Expand into that vision and purpose for yourself. Through stillness and meditation you can leave the drama behind and connect with your life's higher purpose – your very own dharma.

Caroline Shola Arewa is author of *Opening to Spirit and Way of the Chakras* (Harper Collins; £14.98 and £8.99). She is also a yoga master, spiritual coach and motivational speaker (shola.co.uk). Shola presents the Energy 4Life workshop and has appeared on radio and TV worldwide (energy-4life.com)



* Names have been changed to protect identity