With Great Power Comes Great Responsibility   
One of the most important learnings that I have gained through my 40 years of healing is knowing when you can & when you can’t offer someone advice, intervene in their learning or offer assistance in their healing. I have often been seen as holding things back & not giving people full information even when someone is aware that there is more to what I see than what I say & there are some very important to me reasons for this & non- interference in soul growth is the primary one.

Having knowledge beyond someone’s perception of self doesn’t always mean you should give it & assisting someone without due care & attention to what is required by the soul, rather than what the personality thinks as this can be detrimental ,even if this means abandoning them to themselves & watching as they repeatedly make the mistakes necessary to evolve.

Soul need to come to its own knowing in its own time under the law of free will & assisting even in time of crisis may not be in their highest interest.  
 Some if not most healers will not even consider whether their help is actually needed or what the consequences of such healings taking place will be, someone comes to you for healing & you offer assistance, that is all, full stop, they have found you & placed themselves in your care after all, if it is not needed they would not be there right.

In my experience this is not necessarily the case & being able to discern, when you can offer assistance & when you can’t from a soul point of view is of utmost importance, if we as healers do not ask the question is this right for this soul at this time we can hinder soul progress, we can take away the soul learning by removing what is seen as the problem & treating only the surface symptoms does nothing for actual growth.

Healing is not just the alleviation of the surface symptoms or merely looking for the root cause of the issue but looking deeper at the why this situation is occurring in the client’s life & what the soul is learning through the situation at hand. As the old adage goes with great power comes great responsibility & in my experience just because we can do something doesn’t always mean we should.

For those that know me as a teacher or as a healer know that I am very weary of interfering with another’s soul learning but many do not know the reasons why I am so emphatic when it comes to this.

This sharing is my personal experience & why I believe that it is so vitally important to check whether our enthusiasm to offer assistance as a healer is well placed.

In 2000 I went on a journey of discovery through Nepal & Sikkim looking for the origins of hands on healing. I had just completed my Reiki Master’s & was looking for the origins of the system & where the use of its practices had come from.

My future husband was at the time an independent travel agent & arranged the trip for us. Not everything went according to plan as in actually the plan we had envisioned was not the one we were following.

This journey was soul led from the beginning & having been told whilst still in the U.K that Reiki was not known in Nepal or Sikkim we found our-selves at the Hotel Cindrella,Silliguri, we were not meant to stay in Siliguri, I can’t remember the exact reason for pulling up outside this particular hotel but we booked in for the night only to find that this hotel was a Reiki training centre, the owner at the time was a Reiki student & practitioner himself, under the tutorage of the Venerable Bokar Rinpoche, who held many Reiki training seminars & the Kalachakra practices from the very hotel that we had previously not planned to stay at, incredible right.

It was from this starting point that one of the most incredible journeys of my life would begin to unfold. The owner proceeded to provide not only a list of all the local monasteries we should visit & the Rinpoche’s we should meet but also provided a translator & a guide, & so the journey began.  
I had been having visions before leaving the U.K about various monasteries & my lives there with my past/future husband. I knew nothing of Buddhism as a philosophy, hadn’t read any books on it & had only my memories of people & places to go on. They would become more frequent as we travelled through Nepal, West Bengal & Sikkim .

Amongst all the Rinpoche’s that I met from Siliguri to Gangtok , the one who had the most impact was his Eminence Dinchen Rinpoche. We met him in the tiny village of Mungpo, the once small school looking building is now a complete monastery & the humble beginnings I saw is no longer. His Eminence had just arrived back from retreat & I was brought before him & as he did not speak English, the translator began to speak for us. I told him of my history & that I had been healing since the age of 5 why I had come to see him & what I was looking for whilst travelling, only to be presented with a young man who had since the funeral of his cousin been afflicted with a sickness that no-one could seem to cure. He was brought out on a stretcher sweating & mumbling paralyzed & unable to move. My test set by Rinpoche was to heal him.

Here I was a western woman who knew nothing of the beliefs of Buddhism or Bonpo ; the shamanic teachings of Tibet presented with a young man that I was asked to heal on demand, not what I expected from a first meeting . I looked at what had happened to cause him to be in this state. The vision that I had was of the funeral procession & that something had leapt out of the coffin and attached itself to him, I did not know the beliefs of the region & it was my first encounter in a healing situation with entities & demons. The Tibetan way of dealing with such demons, which are believed to run rife across the land is to simply take on or embody a bigger demon to chase the smaller one away. I could not do this, not knowing such a thing was possible and there was little I could do other than report to Rinpoche what I had seen, the origins of what had occurred & what ailed him.

He then told me of the practices of demon embodiment &transmitted the process of how this was done, not verbally although we were having what seemed to be an ordinary conversation, but through mental telepathy & direct transmission, for anyone who has experienced this you’ll know what I mean when I say we were having two conversations at the same time. Dinchen Rinpoche then offered me a 3 year studentship under his guidance, to see who I was & if I was indeed a Rinpoche myself in order to be recognized by the Dalai Lama .

This was not something that was offered lightly to not only someone he had only met once, but a westerner & more incredibly a woman. This was seen as highly unusual at the time by the entourage that we had with us as many practices & teachings were kept highly secret from westerners, with the responsibility of such knowledge they are not passed on easily & many are not taught at all. We continued to talk for a while being in two places & having two consecutive conversations in one time & left with me agreeing to return one day to see him. He has since then re-incarnated as many of the Rinpoche’s I met have the wonder is now whether they would remember me at all.   
There was one other practice that he taught me that day, one that would become relevant a few weeks later when I returned to the U.K . I didn’t not take the studentship as I had to return to the U.K for my 3 young children, being a healer, teacher & a full time single mum has not always been easy & some opportunities I have had for my self-understanding I have had to let go of, but things work out as they should & I have been very lucky to have the encounters & assistance I have in abling my re-membering.

Having mastered the two separate healing techniques shown to me by R.H Dinchen Rinpoche, circumstances came into my life to test these new found skills. I found that you can embody archetypal energies if they are already a part of your energetic make-up by embodying the resonant frequency that you already contain. When we are calling on what are seen as Angels, Demons or Deities we are in fact when done consciously calling on that energy within ourselves.

There is a process to this that I will not go into here, but needless to say we all have certain archetypal energy types that we resonate with & carry we are mainly just not aware of ourselves enough to know that we can call on those specific frequencies for assistance. These are not some higher powered being but our own version of the archetype, the danger here is in our own ignorance .. if we call on these energies as something outside of ourselves not knowing that they are a part of us, we give away our power to entities called by the same name, we have as a species put Gods, Demons , Angels & Deities outside ourselves for so long they have in effect taken on a life & consciousness of their own, et voila an entity is born that requires us to feed off & keep giving our power away to, we created the Gods , the Demons & the Angels by accepting the belief of separation & that higher powers exist above & beyond ourselves that work as intermediaries between us & source/God.

I have found that we can only call on those we have sympathetic resonance with working with the self & understanding what they are, we can then emanate that energy as a form of attunement to others. There is a geometry that goes with each also, some mantra can establish this geometry through using seed syllables in particular frequency bands that align with the chakra system each chakra is activated in a sequence the line of quantum geometry from one sound / light vibration to the next connecting the relevant points in space & thus connecting the dots so to speak.

Through learning this process I know now this is how Tibetan Rinpoche’s give empowerments for various deities as they are the archetypal energies the Rinpoche’s themselves have mastered to the point of being able to emit that frequency as a guide or template for others to find those frequencies within themselves. They may not tell you that or may not even know that themselves but that is in my understanding what is happening.

So what does this have to do with soul learning & why I have such a regard for non intereference..

Well the story goes something like this……

I was at my then future husbands house, where we were about to watch carnival with friends, my Kabbalah mentor & her partner had arrived & it became apparent that he was very unwell.

He was running a high temperature, hallucinating & he had a gangrenous leg which was obviously the cause of his other symptoms. Not having had such severe symptoms when they had left the house the onset had been extremely rapid.

So I set about putting my newly found technique into practice & began absorbing the negative energy from his leg & using my body to transmute it into purified light. This was exceptionally painful for me & I was at the time bouncing off the walls as the process took place. The energy required for this kind of transmutation needs to be done when one is in a good state of health & not under the influence of any form of toxins, having had a couple of drinks I was not in the best state to do this ,but here he was & I had the opportunity to assist he was there right …

After working on him for around half an hour the pain in my body subsided a normal indication for me that the energy had shifted, I often feel people’s pain within my body & use that as my guide to know when no more is required.

He had at that point come out of his hallucinations, his temperature had come down & he became lucid. It was decided they would go home & allow him to rest inspite of his reluctance at then wanting to be carry on watching the carnival as planned.

I was told in the morning that his leg had fully recovered & that you would not have thought anything was ever wrong with it, my Kabbalah mentor could not believe that he could have gone from where he was before I saw him to getting up making them breakfast with no mark or wound in sight. Miraculous healing is not something we are used to & these things should not be possible & yet he here was completely recovered.

He stayed in this way for 3 days & then the symptoms returned to exactly the same stage as they were before I had seen him. I questioned what I had done wrong, why it hadn’t been a permanent change if something like that is possible & clearly from his initial recovery it was, why did he revert back to exactly the same stage of illness he had had before I had seen him?

I meditated on this & this is the answer I had… Just treating someone’s symptoms without First looking to what the learning is in the process of the life circumstances will not last, I saw the bigger picture & that it was part of his understanding to have to go through this learning process of recovery, that he has patterns that he needed to deal with & he had not had the realizations he needed in order to become more conscious within himself.

I had in effect interfered with his soul learning only for a short period of time before his soul took over & took him back to where he needed to be, but I had interfered.

Just because we have the power & knowledge to do something does not mean we should & we are only postponing soul learning by doing so. A Great understanding & one of the reasons I believe the way that I do about non- interference it does not work if the soul has not completed learning & no alleviation of the symptoms will occur permanently if that is not heeded to, we are merely postponing resolution in this type of assistance. Looking always to the soul itself for guidance on whether something has been completed is I feel a necessary requirement if patterns are to be completely removed & this can only be done when the soul determines that it is ready to take those steps free will of the individual must be taken into account there is learning in there.   
I have had many come to me over the years that believe in their personality that they are ready to shift their patterns only for them to re-surface later, the transformation has not been completed fully & back they go repeating the same lesson over & over again until they get to the truth of understanding they need.

In this all one can do is sit back & be patient & allow the unfolding to occur interference is pointless as it will not stick, not only that but the next installment in my own learning I hope will be serve as a warning to those , who believe they know better than the soul does itself.

I paid dearly for my mistake of interference , no matter how well intentioned & how much we think we are doing the right thing for someone else , we do not know what the soul is learning through any experience unless we ask & that is my past failure & one that I still see playing out in others .

The hope now is that others may use my learning & my mistake to not make the same mistake in their own lives. If that is your learning of course so be it, but it doesn’t have to be forewarned is fore armed as they say….

I had at this time been friends with a young a woman, who like myself was a living as a single mum of 3 boys, her partner was in prison, she was heavily into drugs, her life was utterly chaotic & the children were running riot, discipline went from nothing at all to physical abuse in order to re-establish some form of control over her wayward brood.

Having witnessed the suffering of her children, I had involved social services firstly to protect the children & also in the hope that they would be able to assist her in dealing with her life circumstances. She also had me to lean on & I went out of my way to help my friend in need.

My life at that point was pretty sorted, I was keeping down 2 part-time jobs, all my bills were paid in advance, money was no issue I did not rely on or claim any benefits, all was of my own making & my boys wanted for nothing. I had a good relationship with the boy’s father & we were finally working together for the best interest of our children. I was spending quality time with them & being as good a role model mum as possible, I had & was it all in my eyes, I was establishing my healing practice & teaching locally too & everything was looking peachy.

I got her a job where I worked, to help her out of her poverty, we shared childcare so we could both work, leaving my children with her reluctantly, I had thought maybe my children would also set an example of behavior for her own. She was not a bad person by any means just had a shitty start & difficult circumstances. So in my wisdom I looked at what issues needed to be healed within her & asked if she wanted to have reiki to assist. If only she could start dealing with her own abuse from her childhood she would be living better for it .. After weeks of nothing coming into alignment finally the day came when we do her Reiki 1 attunement & she would start to take control of her life. Did I ask if this was needed ? No, why would I ? I had assumed as many healers do that she was in my life for a reason & that was for me to help her, being a healer that meant healing didn’t it ? .. Over the next few weeks she worked on herself with her new tools & her life improved , her bills were paid not only on time, but she was getting ahead, she quite the drugs , her relationships with her children were getting better & their behavior was changing more miraculous healings of life circumstances & all was good in the world ..

But for me , my life started to fall apart, where I had been on top of my finances I was suddenly presented with bills I could not pay, money disappeared , my life had become chaotic . My children were feeling the brunt of me not being at home, the house became a mess & when asking them to do anything the passive loving mum had turned into shouty, screaming mum going from one extreme to another trying to get a grip on my life being passive one minute & aggressive the next … so what happened how did I go from being pretty peachy to in utter chaos & dire straits?

Another lesson in non – interference & the transference of circumstances such a harsh lesson, but perhaps a necessary one, what I came to understand through putting my life back together, through leaving my job & focusing on the needs of my children, through living through & clearing her life lessons that I had taken on as my own is this … No-one knows what any soul is learning from their circumstances & no-one knows better than the individual soul what they require to grow unless asked. This lady needed her circumstances, needed her learning & I removed them for her such interference I have learned comes at a great price & from seeing that understanding & knowing it through living with the consequences of my actions, in my failure to see the bigger picture, in my not asking if my assistance was needed from a soul point of view, I took over responsibility for the learning she failed to complete.

Lesson learnt, & another reason I am now so up on soul interference & allowing each to choose their own way, Free will always, even if it means watching the repeating patterns , even if it means witnessing the suffering again & again until someone has got it for themselves. As hard & as painful as that is I now know when it is appropriate for me to speak, when it is ok for me to offer assistance & when I have to remove myself from someone so they can come better into their own understanding. There is learning in it all, for all & each Must choose freely which way that comes about.

Point in case & just to ram the learning home , I had the hardest test of non- interference I think anyone would ever have to put themselves through..

When my son was first diagnosed with cancer, we had our usual 10 minute prison allowed phone call where he said “Mum going through this, having cancer is the last thing I have to go through before I reach enlightenment ” my response was “well now you just have to decide which way that will be best for you & whether you are going to leave the planet & be enlightened somewhere else or whether you are to do that & embody yourself here” He did not answer at that time , his cancer swiftly progressed from a brain tumour to spinal cancer & we went through the process of his death together , all the while I knew that I had the power within me to heal him, to take away his pain & suffering & to save the life of my son. I was even called out on it , someone who knows me spiritually very well asked “You know you have the power to heal him , You & I both know you could just end this all now & stop his suffering , Why are you not doing anything, are you just going to watch him die? “   
MY answer was this ..”That may be what I want, what everybody wants but that is my will, not his”.   
Did my personality want to save my Son of course it did, what mother wouldn’t want to do everything in her power to alleviate their childs suffering, did I want to watch him go to prison for crimes he did not commit, or witness the system of abuse he had to suffer, the complete injustice of the last few years of his life, did I want to see the bruises on his wrists from handcuffs that were chained to his hospital bed when he was recovering from brain surgery, what my family & I have witnessed through my son’s journey has been utter hell for us all personally & NO I didn’t want any of it , No-one wants to stand by & witness someone else’s suffering, especially not their own son, but none of this was my call & it all had to play out as it was for the learning of everyone involved.

For myself the inner turmoil of knowing you could do something & yet cannot was incredible, the guilt of standing by & doing nothing, the should & could of it all was such an incredible burden to carry, especially when my son was dying but I KNEW I had to watch my son go through his process, his journey whilst knowing full well that I actually could have prevented it, & that wasn’t some deluded fantasy I absolutely KNEW I could have saved my son. But I also know that although our personalities may want something so desperately that we would do anything to intervene, to stop the personal suffering for everyone, there are some lines that should never be crossed & the soul beats to a different drum.

I went to the hospital everyday & helped him with removing the patterns of head trauma, watched him in fear, in the incredible pain brain cancer causes stooped over a chair screaming , not able to stand on his own, & watched him in what others would just see as his babblings & hallucinations as he re-told his soul story re-membering the lives of a warrior, the lives where he had been held down to have tattoo’s that he didn’t want to have, & the life of the baseball player who played the world, (World series) I later found this person my son had been & he actually looked very similar to Laurence.  
 I knew with every fiber of my being this was his path, his soul journey & his understanding ..   
But how could I be sure? How can anyone be sure this was his soul journey & not just a cop out of actually using the power I had & saving him, because of two things he said to me before he left.

In a lucid moment he said “ You know mum , all of this , this whole thing ,some of it is for you “

Because I needed it, because I needed to witness the process unfold to know what I believed & my theory about death & the process the soul goes through to be true & I knew instantly what he meant. We can only truly know something through experience anything other than that is just an opinion based on an idea & theory.   
The second was this, before Laurence died I tracked his soul journey to where he would be going next, I helped him on a soul level look at his next state of existence & what realm he would call home.

I mentioned this to several others at different points & told them I knew where he was going , & that he was going to the 9th dimension of Pleiades .Whether they believed me or not at that point or thought I was completely insane I don’t know , but they were in the room when he said the following..   
“I’m in the 8th going to the 9th, Mum’s there, following ”

When asked who was following who he said I’m following Mum.

That was complete confirmation to me that he was going home, that I had tracked where he needed to go & that he would follow me & that was all I needed to know, that my boy was safe, that everything I had seen & all my understanding had been true. I wasn’t making it all up in my own head it was real & now I can speak from experience not just a belief or opinion but knowing it fully. What an incredible gift.

I have come to know through my experiences that just because we as personalities may believe that we know better, that what we want is how it should be, that the soul of every individual is on their own journey even our children & there is nothing in the universe we can do to prevent the learning we all must go through, whether our personalities like it or not.

I have learned that just because we can do something it doesn’t always mean that we should & I have learned the hard way at times when to intervene & when not, what I can say & what I cannot, what I can do & what I cannot do & how in every moment that one move has the potential to cause deviation in soul learning & the consequences that holds for everyone involved. What we see on the surface is not always as it is from a soul point of view & what look like dire circumstances are required to work through and often much needed to purge us of all non-soul-self -programs & patterns we carry.

To those reading this especially anyone working in healing or giving advice, I say this be careful with your knowing, be careful that you are working with the souls best interest at heart & not through your egoic personality that believes it knows it all, when working with others be careful to always ask is what I am doing for the best soul growth & learning for all or am I causing deviation by even speaking a truth they are not ready for ?.. Use my mistakes & my learning for yourself if you choose I have been there & failed so you don’t have to. None of us know fully what someone is knowing through their circumstances all we can do as humans let alone healers ,is be there waiting for them to re-member themselves, point them in the right direction & hold space for their journey to unfold.

As ever I can only speak from my own knowing, what you make of it & what you take from it is your own. They say that ‘With Great Power Comes Great Responsibility’   
knowing when & how to wield this power does take an incredible amount of soul responsibility, & I for one know this only too well.

With soul friendship K xx