

SpiritPath—a personal journey

Lyn E. Ayre © October 2003



There are as **many roads to believing and to living a Spirit-based life**, as there are people who take them. Each thought, each action, and each intention that I have ever held has led me to this moment. I have found it is the path, not the goal that is important. There is always another path – another way to go. I am never stuck if I just keep taking the path instead of focusing on the goal.

Living in the NOW is truly the path to peace.

N notice

O only

W what's in front of you

If I can keep this in mind and not worry about what's ahead of me, I will be truly living.

My journey has taken a twisted path. As a baby, I was baptized **Anglican**. I started attending Sunday school at the **Salvation Army** in New Westminster

at eighteen months. A woman named Winnie Cooper picked us up each week for about eight years.

Then for two years, we went to the **United Church** across the street from our home in Ladner. At 13, I was put into foster care with an **Anglican** minister and his family. I was **confirmed and received the sacrament of Holy Communion** whenever it was offered. While in foster care, I attended AYP A-Anglican Young People's Association, and **took religious studies in world religions.**

I was astonished to learn so many other people in the world held vastly different views from me. I read the Bible, the Koran, and the Tibetan Book of the Dead. I started to talk to people about their beliefs and experiences. I sought out people who were different from me so I could learn from them.

I began to delve into **Spiritualism and Psychic phenomena.** I looked into **UFO's** and people from other planets and other dimensions. I guess I didn't think our own folks were strange enough. I read books about the continent of **Mu and Atlantis.** I pondered **pyramid power.**

When I was 21, I had a **near-death experience** that completely changed my view of things. Elizabeth Kuebler-Ross became my favorite author. I was also an avid reader of Jane Roberts and the **Seth series,** JZ Knight and **Ramtha,** **Edgar Cayce books,** and Richard Bach of "**Jonathon Livingston Seagull**" fame.

At times, I would experience the gift of knowing before something happened. I would sense it. This is called **Claire-Sentience** or clear feeling.

I've had good success with **hands-on healing** over the years. For example, when my son was younger he had terrible pains in his legs and when I touched his legs in a soothing way with the intention of taking his pain, he would have a wonderful sleep. Often, one of my family asked me to put my hands on them, when they were in pain.

I've detected **charkas and auras**, and done **aura cleansings** on my family and friends since the early 1970's. I can both see and feel the aura.

In the early 80's, I went on a **hands-on healing** weekend with my partner, at the time. I didn't understand or use what I learned and I honestly can't remember much about it except it cost my boyfriend about \$800.00 for both of us for a 2-day course. When I saw the word Reiki, it really resonated with me so I think it may have been Reiki and I just wasn't ready for it. Having since studied **Reiki**, some 22 years later, what happened to me then doesn't even come close to what happened to me this time.

Early in 1985, I began an almost two-year odyssey learning **Hawaiian Huna Healing and Shamanism**, and NLP (Neuro-Linguistic Programming).

Then, for nine years, I **studied Astrology with Donna Wells from Pitt Meadows, Sandy Hughes from Surrey, and Brenda Shauer from Coquitlam.** I've read **rune stones, tarot cards, zena cards and done numerology.** I've

tried to work with dowsing rods and pendulums (they don't work for me), and I was a member of the **Kabalarian Philosophy** for a few years, even changing my name to Lorallyn Banner.

I've sat in **healing circles** and sent **distant healing** of various flavours, and taken many courses on the art of meditation.

Everything I've done and learned, all of the people I've met, the things I've given to others, those I've taken for my Self, and the things I've left on the shelf have all helped me to become the person I am today.

For 26 years I was privileged to have **Louise Campbell Silver** as my **Spiritual Mentor and Guide**. She passed away September 2001 at the age of 81 $\frac{1}{2}$. She is still with me and I can feel her beautiful spirit around me. Over the years, she taught me many things about time packages; about how to 'protect' myself in the company of those who may not have my best interests at heart; about moving forward through the pains and sorrows of life; about leaving my mark on the heart, now on the earth; about gleaning every lesson to be learned from every experience I have; about the joy of love and laughter; about the sacredness of life; so many lessons; such a good example for me. Together, we walked shoulder-to-shoulder; I would sit at her feet and enjoy the benefit of her deep wisdom; I would rise up and pull her with me, when needed; I would challenge her by running ahead a bit; every time we were together, she would challenge me to my very depths; tell me to lighten up and not take it all so seriously; and then gleam that blue-eyed smile and say, 'I'm so proud of you, dear child.' I work with her on the energetic level, now

There are three very special women in my life – my Mom, Louise, and my best friend, Carol Moberg – all crossed over. These women and I form a **dynamic diamond** when I do healing work. This just came to be, one day. I can see the bands of white light joining us as an energetic team. I feel their energy, their love, and intuitively sense their guidance during the course of the session. Our relationship has shifted since their crossing and I appreciate their help and advice more than ever before.

As an **Usui Reiki Master/Teacher** and **Karuna Ki Reiki Master/Teacher**, I have sessions with clients and teach all levels of **Reiki**. I also do sessions and courses in **Crystal Healing, Chakras & Ch'i, Meditation, and EFT (Emotional Freedom Techniques), sound healing, coaching,** and many other modalities.

In September 2003, it was my honor to teach the first course in meditation at night school in Coquitlam School District 43. Up-coming, I will also have had the privilege of teaching the first meditation course at our local art centre – Place des Arts, also in Coquitlam. I've found my calling and my passion.

It is my belief that we are born with all of the value we will ever have. We have everything we need to be anything we want. We just need to awaken and remember. This is what my life is all about – connecting others to their Inner Light and helping them to remember.

And so, on this path of coming to believe in the Spirit of All That Is, I find I'm like Dorothy from the Wizard of Oz who is told by the good witch "You've always had the Power to choose, my dear."