



ANTHONY GRZELKA
WHISPERS
FROM BEYOND

*Soul
Journey*

*A diary of your personal
passage through life*

By Anthony Grzelka and Denise Gibb

INTRODUCTION

Often, it is our problems that send us on a 'soul-searching' mission.

Are you at a stage in your life where you're asking yourself:

What is life about?

What is my purpose in life?

How can I find peace of mind?

Why do the same things keep happening to me?

How can I share the lessons I've learned so I can help others?

Ironically, soul-searching questions such as these result in many of us seeking professional counselling, or signing up for yoga classes, or visiting clairvoyants, or grasping on to just about anything that promises to make life 'happier'.

The truth is we cannot avoid life's problems, but we can change our reaction to them. If you choose to face your challenges, and trust you'll be guided by unconditional love from the spiritual realm, you'll find the solutions to your challenges.

The Soul Journey Diary has been written to help you celebrate your passage through life despite the ups and downs. Within a short time, the practice of keeping your Soul Journey Diary will:

- reward you with an understanding of yourself and your life; and
- give you a lifelong sense of fulfilment, satisfaction and purpose.

Over time, you'll begin to know yourself as high-energy vibration. A person living from the loving energy made available to you from your spirit family and guides within the spiritual realm.

The following pages explain how to take the first step on your Soul Journey.



How to use your Soul Journey Diary

Your soul journey diary is a window to your life and a mirror that reflects your connection with the spiritual realm. Confide in it as you would a trusted friend. Use it to ask questions. Talk to it as you would your loved one passed or spirit guides.

Your soul journey diary is your place to express your thoughts without fear or judgment. Write about your dreams. Explore your dreams. Look forward to the joy you'll feel when you discover the signs and symbols your spirit family and guides use to communicate with you.

Your soul journey diary is a safe place to describe your 'seeing' experiences. You'll soon discover 'coincidence' is actually guidance from the spiritual realm. All you need to do is:

1. Make an entry in your diary every time you ask your loved one passed, spirit family or guides a question.
2. When you receive your answer, go back to your diary entry and record the answer you were given.
3. If you receive messages from a loved one passed or your spirit family or guides without asking a question, write it in your diary.

In quiet moments, reflect on your dreams and seeing experiences. Within a short time, the practice of keeping your soul journey diary will:

- reward you with an understanding of yourself and your life; and
- give you a lifelong sense of fulfilment, satisfaction and purpose.

Over time, you'll begin to know yourself as a person living from the loving guidance made available to you from the spiritual realm.

Understanding your soul journey starts here. Turn the page. Your passage through life should be celebrated. Happy or sad, rocky or smooth, life events offer an opportunity for spiritual growth and should not be feared or thought about with regret.

Live, love and enjoy.

EXAMPLE 28 March 2005

Today, I asked the spiritual realm the following question:

Spirits, right now I need a little guidance. I need to be shown which direction I need to take next. I have the chance to start a new job with a franchised day care company. It's offering to train me to a higher level in child care, but the pay is less until I finish my training. That catch is, I can't afford to take a pay drop over the next 12 months.

Can you please show me which direction is best for me?

(If you didn't ask a question, but feel you've received guidance from the spiritual realm in a dream or meditation for example, write about it below. (Remember to tick how you received the guidance.)

Date: 30 March 2005 **The guidance (or answer) came to me:**

- in a dream during meditation during a ritual
 during the day (seer) other _____

Amazing! Only now do I realise my spirit guides have answered my question. Yesterday, the boss of the day care centre called us all into a meeting. She talked about policy changes and current staffing levels. It seems in the next few months my boss will be reviewing staffing levels in accordance with their new minimum qualifications policy. Reading between the lines, it is going to be up to individuals to gain higher qualifications in their own time.

From the guidance I've received, I'm going to do the following:

I think taking the job offer from the new franchise child care company is the right thing to do. There is a chance that in the next few months my current employer could replace me with someone who has higher qualifications. That will leave me with no job at all. Taking the position offering me further education seems right, but how will I cope with less pay? I'm not sure if I'm making the right decisions. Thanks for your signs so far spirits, but I'm still a bit confused about it all.

REMEMBER TO THANK YOUR SPIRIT FAMILY AND GUIDES FOR THEIR HELP

Date: _____ Today, I asked the spiritual realm the following question:

Blank space for writing the question.

(If you didn't ask a question, but feel you've received guidance from the spiritual realm in a dream or meditation for example, write about it below. (Remember to tick how you received the guidance.)

Date: _____ The guidance (or answer) came to me:

- in a dream during meditation during a ritual
 during the day (seer) other _____

Blank space for writing the guidance received.

From the guidance I've received, I'm going to do the following:

Blank space for writing the actions to be taken.



SUNSET MEDITATION
Relax in front of the setting sun. Focus on your breathing. Breathe out your tension and frustrations. Breathe in the positive energy around you. Soak in the last rays of the sun. Let it fill you with warmth, creativity and strength. Sit with the setting sun until it has disappeared below the horizon. Look forward to tomorrow with joy.

REMEMBER TO THANK YOUR SPIRIT FAMILY AND GUIDES FOR THEIR HELP



Soul Vignette

After the recent passing of a pet, it is quite common to sense their presence. Some people report hearing the bark, miaow, squeak or squawk of their beloved pet days, weeks or years after their passing. One of the most common experiences is feeling a beloved pet passed jump up on the bed at night. Sometimes, pets can show up as orbs or partially manifest, but this not common. So don't be disappointed if you haven't experienced something like that.

Pets in spirit love us unconditionally, just as they did when they were on the physical plane. However, our pets aren't always hanging around. Just like our spirit guides, they too have duties in the afterlife.

Most times, pets come through with a spirit guide when the person I'm doing the reading for is an animal lover or there is a specific reason for them to come through. If you feel you had a special soul connection with a pet, talk to them as you would a loved one passed. They can hear you.

Animals can be our totem spirits. If you see an animal in your dreams, meditations or connecting rituals, ask yourself, "What does that animal mean to me?" Many people choose to learn the meanings associated with certain animals as understood by Native American or other indigenous people. Your spirit guides will work with what you understand. So if you follow traditional Native American teachings, your spirit guides will present to you the appropriate animal for the message they are trying to get across to you.