

# *Spirituality - Diving into the abyss*

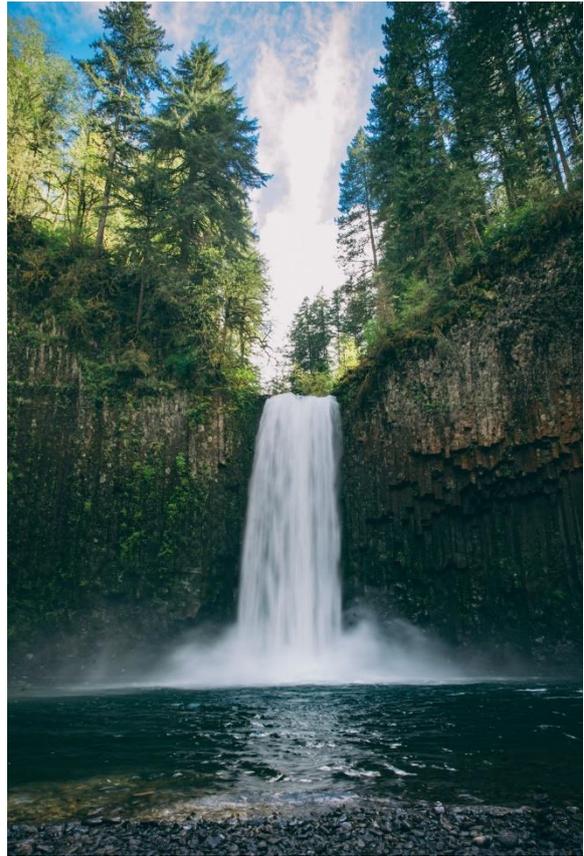
I stood on the edge of a cliff; waterfall thundering down beside me. There was no doubt what I needed to do. I was to allow myself to freefall, down into the torrent of mist and water and nothingness... and just trust the journey.

So, I did... according to my dream, I was to let go and allow myself to fall into the abyss, the unknown, the place I'd never been before and didn't know if I would return from. I was at a cataclysmic crossroads in my life. My 20+ year marriage was at an end and the level of transformation I needed to be able to not only survive but to completely change my life, was monumental. And only by letting go of every context that had delineated me, was I able to explore who I was, what I wanted and how to rebuild my life from what felt like, millions of little pieces.

Our spiritual journeys are profound. They define our days, our hours. If we are going to thrive in this world, we cannot ignore the messages that come to us from the Universe, God, our Higher Power. These messages come through nocturnal dreams, serendipity, chance meetings, persistent messages from writings/poetry... even noticeboards. Anything that gets our attention and makes us question our current reality, can be a message from beyond, a message from our guides who are prompting us and assisting us on this precious earthly journey.

My dream of diving into the abyss was one of several dreams, that had very powerful messages that challenged me to my core. I was in a desperate place in my life and the level of emotional pain that I wanted to somehow deconstruct, made me sit up and take notice of my dreams and other messages coming through my waking hours.

Do you feel stuck? Are there areas of your life you'd love to radically change? What repetitive messages are coming to you now? Or do you have reoccurring night-time dreams that puzzle you? I encourage you today to start a dream journal. Start taking



notice of common patterns and symbology that are appearing in your dreams, both now and also themes that have occurred over the years. Write down (and sketch if you desire) what keeps coming up for you and spend time asking your intuition to bring revelation into your world to aid you in deciphering these incredible messages from your soul, to help you live a far better, more aligned life. See what treasures you can unlock! What an exciting journey!

I have been processing my dreams through keeping a journal and recording my night-time dreams. From this exercise, I have discovered very important keys to living a more authentic life. You see, your Soul communicates through your dreams. When you're asleep, your rational mind isn't running the show at that time. Another part of you gets to 'speak'. Therefore, our dreams are such incredible gifts for us.

The waterfall dream I mentioned, started a cascade of life-changing events for me. Big, hard decisions had to be made. It really did feel like I was diving into the unknown, with no way of ascertaining whether I would live or die after the 'jump'. But I left my destructive long-term relationship, took myself away to Europe for three months on a giant adventure and when I returned to Australia, I housesat for two years. No regrets, no looking back, total life transformation! Really hard, really scary but really worth it! And part of that decision-making was by me paying attention to that dream.

What are you dreaming of recently? Dreams appear to help us. What are your dreams telling you? I encourage you to start a dream journal today. Jot down even the smallest 'shard' of a dream as you wake up and come back to it later in the day if you need to, to further understand what it could mean to you. Dream dictionaries can help beginners. Find some books at your local libraries to search online for some dream dictionaries. A good one I use is <http://www.Auntyflo.com/dream> Take it slowly and the more you work with your dreams, the more your personal symbology will start to take form 😊 Dive in today! xxx

### **Recommended Reading:**

*'Dreaming the Soul back home'* by Robert Moss

If you enjoyed my story about embracing your dreams, I'd love to journey with you more 😊

### **Ways we can work together:**

- **Soul Portraits** are spiritual intuitive paintings, to bring forth a profound message for your soul; a heart opening, an aligning with the greater purpose of your



life. If you're in need of inspiration and Soul recognition today, read these exciting success stories [here](#).

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"I first met Alli over five years ago when we began our journey of training in art therapy together. Since that time, I have admired her incredible journey through art, and I am amazed at the talent and intuition that she has shown in developing her art and her art-inspired offerings. I am the proud owner of many of her beautiful artwork prints and I purchase her cards regularly to use for both

clients and for friends and family. Seeing her artwork in real life is the only way to feel the joy of how beautiful Alli's work really is! I highly recommend her artworks in all forms."

Mel, Albury NSW AUSTRALIA

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*Alli xxx*