

© Find this article in the
Energy magazine

May/June 2024 Issue

SUBSCRIBE HERE:

[EnergyMagazineOnline.com](https://www.energy-magazine.com)



To Be or not to Be Authentic – That really isn't a Question

*Other events (traumatic or not) can add to the bucket that is our stress and anxiety, and impact our health. Not many of us are good at emptying the bucket—we just get on with life until eventually...**wham!***

Ruthie Moriarty and Alan Sanson

In Energy Magazine's Jan/Feb 2022 edition, we wrote our article: *Your Journey Makes You Who You Are*. Our journey, as yours, continues. In this article we share some personal experiences to show how we have both recently released long-held trauma in order to restore our wholeness – our authentic self.

Yes, we could have carried on the way we were – our health would have worsened and our lives would not be authentic nor so joyful. We tell you our stories in the hope that our ideas inspire you in releasing your traumas.

A traumatic event may happen directly to you; or you witness someone close to you suffer such an event—which can sometimes be even more traumatic. If we don't deal with a traumatic event in a timely manner, we know it can build in our mind, body, and spiritual self to become an overpowering trauma. Then other events (traumatic or not) can

add to the bucket that is our stress and anxiety, and impact our health. Not many of us are good at emptying the bucket—we just get on with life until eventually...wham. What we have to make it happen for ourselves – to release traumas and restore our authentic self – is huge. Yet it is do-able and the benefits will be tremendous.

In essence, what we first had to take was the profound step to admit that the coping ways we had used over the years had not fully released all that was needed, and external help from professionals was required. Then we learned to....

- Fully listen to the right professionals and to our mind, body, soul, spirit and higher energies, trusting in what they were telling us.
- Be open to ideas and ways that were new to us, to play with them and allow them to absorb into us, to help us.
- Really do these things, not just think/feel we are doing them.



RUTHIE'S CONTINUING JOURNEY

Recently I knew that I was not feeling “quite right,” yet could not put my finger on why. Within two months I had an intuitive reading, an amazing treatment (Léethérapie – Liberation of Energies and Emotions whilst in France) and an appointment with a nutritionist. They, and the DNA health-check, all said the primary problem was Trauma; which I had been holding within me for decades, along with Traumas from past lives. The Traumas had been creating physical and emotional havoc. I do not believe in coincidence. Meeting these three wise women had a reason. I now know why - I needed someone outside of myself to tell me, to explain what was happening. They told me I had put an emotional and energetic barrier around myself to cope and survive. The Traumas and this barrier had even pushed my aura out of kilter, which was allowing negative energies to hit me full on. No wonder I was not feeling right!! To avoid becoming seriously ill I had to change my ways. I had reached breaking point.

As a Lightworker all my life; seeing and feeling lighter, higher energies; a Reiki Master Teacher and Aromatherapist for over 20 years; a teacher in Anatomy, Physiology and Holistic Therapies; author of books about Meridians and Harmonising Chakras; I study, believe in, and utilise natural health remedies. (And I have meditated for years too.) I know a great deal about healing energies and thought I was helping myself. However, this was not the case.

ESSENTIAL NEW WAYS

I have had to majorly reset how I feel about myself. At long last realising that it is okay for me to be confident in my abilities, I now have a stronger belief in myself than I can ever remember. To stop constantly doing; to appreciate that white space (1) is in fact essential, is innate. I allow myself the time to physically, emotionally and spiritually rest, digest, recharge, to Be. Giving time and space to enjoy my

life and handle situations that crop up in a calm and controlled manner. With Alan's help, I am learning to slow down, to feel the benefits of these new ways. Asking my Guides to slow the intensity in which they work with and through me, allowing me to properly listen to their and my inner wisdom. Allowing the Intuitive to access and rewrite parts of my Akashic records to address some of my past life traumas has been a great relief.

The benefits in such a short time are stunning. The release of the heavy, stagnant, negative energies of the Traumas is being rapidly replaced with lighter, higher vibrations giving me a new sense of life, a wonderful appreciation of all that is around me, even to cope with new stressful and potentially traumatic events in a better way, to avoid them becoming major Traumas. It has and continues to be a glorious revelation and is changing and improving my life for me and for those around me. It has only taken me 60+ years to restore my authentic self.

ALAN'S CONTINUING JOURNEY

The big blasts of my traumatic events occurred some years ago and had become small ripples with the help of a clinical psychologist. However, some of these ripples still existed, causing ongoing nightmares and frustrations. In the last few months of 2022 I felt like a buzzing bee was inside me. It felt like stuck, active energy, causing health issues. I needed help. A visit to a kinesiologist, spiritual and energy healer friend of Ruthie's, came at the perfect moment – a cancellation the very day I contacted her. She said that being a person centred in the 5th Dimension, the buzzing was related to the higher energies, they were guiding me to move forward, like jiggling these old vibrations to get them released. I knew nothing of other dimensions so the kinesiologist and Ruthie explained further. It made absolute sense to me; eventually, the buzzing ceased as did the bad dreams. It was a sudden shift where old energies had been completely removed and replaced with new, vibrant ones. An amazing feeling.



ESSENTIAL NEW WAYS

This opened up a liaison with my higher energies. One of these includes being a channel for poems, which “just come” and have to be scribbled down very quickly. Abstract ideas also come through, strange for I have always been a very logical person. I have learned to trust them, to love them and to go with them. Ruthie is teaching me about the beauty and power of crystals, Angels, higher energies and other dimensions. With these new ways my imagination, intuition, and creativity have increased hugely. These new ways are now proving to be channels where any potential negative energies of trauma or frustrations have nowhere to reside or hide. The free flow of energy is massively positive, beyond compare.

When you find this release of your old trauma and the wonderful new vibrant energies, take yourself to a place (for real or in your imagination) and feel the openness, the beauty.



THE POWER OF QIKI GONG

With our old heavy, dark, negative energies replaced by wonderful light, bright, higher energies, our higher dimensions fully engaged, our Guides and Angels love being with us, our Ethereal self takes over, off we went to the nearest hill by an ancient tower to produce this magical movie just for you: [Ethereal movie \(https://youtu.be/FmXQY50urzS\)](https://youtu.be/FmXQY50urzS)

As you watch, listen, and play-along, we ask you to feel and imagine your lighter, higher energies flowing

through you. Focussing on your inner-being, your “ethereal self” to help you regain wholeness in your spirit and soul.



Now, we wish, is the time for you to celebrate the emergence of your glorious wholeness, your authentic self. ☺

With our love,
Ruthie and Alan – the Qiki Peeps

To find out more about our art of Qiki Gong (pronounced cheeky) and for links to all our books, movies and published articles please visit us at www.qikigong.co.uk

Disclaimer: Trauma is a significant condition. The authors of this article are not engaged in rendering medical, psychological or other professional services. If expert assistance or counselling is needed, the services of a competent professional should be sought.

References: <https://zenhabits.net/space/>

Inspire your Imagination
www.qikigong.co.uk

