

Life's journey in a nutshell...

An Air Traffic Controller for almost thirty years, Barbara received her first wake-up call when the stress of the job began to have a detrimental effect on her health and sense of well-being. She realised she had to change and the only person who could do that was her - no more blaming others for **their** inadequacies, she had to take full responsibility and claim ownership of **her own!** Naturally, this also required letting go of her very lucrative source of income.

Starting again...

In 2001 she entered a period of intense inner transformation, whilst undergoing four long term courses: Classical and Intuitive homeopathy, Pure Life healing, and Infinite Tai Chi teacher training, including Infinite Chi Kung and Infinite Meditation.

She offered complementary therapies and taught tai chi, chi kung and meditation for five years before surrendering all in favour of the creative process awakening within her.

...and again!

During the summer of 2005 following a retreat at Samye Ling monastery in Scotland she created her first drawing, "*Emergence*." The golden 'Being' in the background appeared as she was doodling.

Reflecting on the completed image, she thought '*my God, what have I drawn?*' Then burst into tears as she gazed upon the most benevolent being she had ever laid eyes upon. Gradually more and more drawings and beings began to emerge and '*Visions of Reality*' was born. Over time poems began to form, which evolved into seed thoughts during the publication process of her first book, '*Visions of Reality: Art of Synthesis*.'

Stumbling....

In 2006 she 'stumbled' across sacred geometry. A spontaneous visit to the yoga show in Manchester found her drawn to a stand, run by western Buddhist monks, displaying beautiful 3d mandalas, including 6' meditation pyramids, used as tools for healing. Needless to say she came away with a car load - including a pyramid! (you can see it in the photo below) The positive life changes occurring as a result of working with these tools could not be denied - she wanted to know more.

Another 'stumbling' coincidence led her to the work of Drunvalo Melchizedek and the Flower of Life organisation. The merkaba meditation became her gateway to higher consciousness. Advanced geometry workshops with Ron and Lyssa Holt, directors of Flower of Life Research (now Seed of Life Institute), followed over the next two years including meditating with dolphins in Mexico.

Sacred geometry and its application to expanded levels of conscious awareness has become the cornerstone for all her writings and shared teaching; it is the foundation for the *Art of Synthesis*.

The journey continues...



It seems publication of her first book was just the beginning. Shortly after its release she entered the USA 'Best Books' awards, just for fun! You could have knocked her over with a feather when she was nominated as a finalist in the category 'Best New Non-Fiction.' Six months passed and she published her first pack of contemplation cards '*Visions of Reality.*' '*Stillness Speaks*' and '*Nature's Way,*' two further packs, followed shortly after.

Understanding as to their significance emerged during her '*Walk the Rainbow*' program. They were renamed '*Key of Light*' contemplation cards, owing to their intrinsic connection with the number 144 (the number of light) and the Christ Consciousness grid (144 facets); there are 144 cards and symbols across all three packs!

Questions from students inspired in-depth reflection upon their connection to authentic esoteric teachings as well as to modern day science through simple physics and human biology. The result of her research has evolved from simple hand-outs to three comprehensive guidebooks. She intuitively marries her creations with ancient wisdom teachings (sacred geometry, the seven rays and chakras), and grounds it into everyday life through their obvious links to the endocrine and nervous systems of the human physical body. The end result is an all-encompassing method that assists fellow travellers in realising their ultimate potential - to know themselves as multi-dimensional beings of light, whilst being grounded in the ordinariness of everyday life. Currently standing at more than 300 pages, it is shared with all participants who enrol on the '*Walk the Rainbow*' program. Publication, in the form of ebooks and traditional paperbacks, is anticipated in the near future.