

# Introduction

As a psychic medium and life coach, I spend my working life inside the lives of some beautiful souls. In fact everyone I have met has had beauty, love, light and passion at their core. Sure, they may not lead perfect lives, may have made a few questionable choices, lost track of life a little, even hurt and been hurt along the way. But truly, if you could see the goodness that resides in each of us, you'd know why I am so passionate about helping everyone to achieve peace and happiness. All any of us truly want is to love and be loved. That's it. You're all bloody beautiful inside. I just wish you could see it.

Most of my clients have suffered from a crisis of confidence at some point in their lives, as have I, and have found themselves paralysed by fear — of the past repeating itself, of making a mistake or simply of what might or might not happen if they dare to change. We all have desires, ambitions and wishes for our lives, yet many of us are unable to move forward into the future we deserve because we're chained by sad memories and experiences of the past.

We are all born with an equal ability to have a wonderful life. Of course

we all have different backgrounds, talents, interests, skills and ambitions, which means that our paths are very different. But there is no reason why each and every one of us can't be happy and successful in our own way.

However life is no garden full of roses. I believe we are here to learn and grow and develop, not just as humans but also as souls, so we face numerous tasks, choices and difficulties in order to test our strength, evolve spiritually and teach us more about ourselves. How we deal with these lessons will dictate whether we have to keep repeating the same lesson or we move on having grown and empowered ourselves.

Having dealt with difficult situations in my own life and helped others to work through theirs, I fully believe that the trick to getting on in life is hidden in how we manage our personal power and how we align with our true purpose, how honest we are with ourselves and how well we make our decisions in line with this.

Our journey through life takes many unexpected turns and it is often then that we seek outward guidance, a reassurance that everything will be ok.

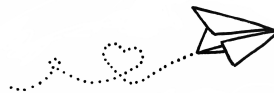
Clients often tell me they simply want to be happy, to have peace of mind — my response? 'Take your power back' and then I work on seeing how that applies to them as individuals.

In my own life, when I struggle with a situation or feel worried about something, I stop and remind myself that I'm giving my power away. Simply acknowledging this starts an internal dialogue and then, using the strategies in this book, which work every single time, I have a solution to my concerns and instantly change my perspective from helpless to empowered.

As much as I enjoy seeing my clients' potential futures, when someone in need of reassurance comes to see me, I have always been guided to give more than just predictions. The momentary joy felt by a client who hears 'all will be fine' is often heavily outweighed by the reality of returning home to their problems and wondering 'But how?' and 'When?'

As much as we like to know what's going to happen – for it takes away the fear of the unknown - when you simply tell someone the future you see for them, you replace potential action with hope and remove any personal responsibility. You take away their personal power.

Throughout this book, just as in my private readings, I will help you to see your present situation more clearly, release the shadows of your past, and present, and empower you to create a happy future for yourself. This, I believe, is worth far more than giving away empty promises of what 'might be'



This is a book about you - your journey, your transformation - your access to your true self. During this journey, I will transform you from the passenger of your life to the pilot.

Every chapter has a 'Power Up Practice' with thought provoking and empowering activities for you to do. You may be asked to write down your thoughts, read a story or answer a few simple questions that will quickly dig deep into your soul.

I hope you enjoy the diary aspect to your journey, and rather than just read the words, allow them to work on you, to imprint your soul and ignite your soul. Then, one day, when you have long since transformed into the pilot of your life, you may well pick up this book and see how far you have come. There is nothing like observing your growth to feel a sense of self-pride and accomplishment.

I've split the process up into 28 'power up' strategies, each one powerful on its own. The concepts are really pretty simple in their essence — for the best advice in life is always simple and never complicated. However, it's not just 'knowing' that will help you to regain your personal power, it's doing, being, living, absorbing and understanding.

Enjoy your journey into your own self, taking back your personal power and determining a future that you alone desire.

Never apologise for being you. You are already perfect in your own imperfect way.

It's time to take your personal power back...

*Lucy*