

# The "Essence" of Source Within

Channelled by

*Maureen Becker  
& Guides*



**SOURCE** the  
**WITHIN** channelling  
chick

## A Note About Editing:

The Guides have a very specific way of speaking. They aren't overly concerned with grammatical words, of following 'the rules' of the English language as much as they could be. They make up words like 'manifesters', 'knowings', 'learnings', or they start sentences with 'but' or 'because' even though that isn't considered proper grammar. In their view, if you understand what they mean, then it doesn't matter if it is considered 'proper'. They are trying to get across their perspective, in plain language, so that you can understand what they are saying. And in some cases, the more grammatically correct they get, they lose some of their personality of 'what' they are trying to get across. Consider yourself warned. ;)

Thank you to Lisa Davis-Peters, my Assistant, for editing this book for other issues, and for going with the Flow when SAM would change the language or punctuation to their particular flavor even after she had so diligently edited it to be a better e-book. You definitely have trust in the Guides, Lisa. ;)

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## Foreword by Maureen Becker

So you have this e-book into your hands, and now you're wondering - what can Source Within and these guides do for me?

I think that answer truly depends on what you are willing to do for yourself. Do you feel ready to change your life? Are there issues in your life that you are willing to move through, because the thought of continuing to have those issues for one more day/week/month/year seems too much to bear?

I have learned in my experiences as both a Bodytalk practitioner and Channel that I can't make anyone change. Change has to come from within - the person has to want change, and be willing to see their issues from a bigger perspective, *a truer perspective* in order to change their life.

Is this you?

If it is, you've come to the right place. I laugh when I think about what one of my clients, Andrea Zappe, said in her testimonial video. She said, "If you don't want to change, don't take these courses." She ain't kidding folks! If there is one thing my Guides do, it is lead us through our baggage and sh\*t to really change our life for the better. And they do so in a way that is gentle enough that we can still go about our daily lives, even when we are dealing with really deep, core issues in our lives that we've never had the tools to deal with before. And that's what we want - deep change, right? Or is it?

There are times when we *think* we want change, but then we begin to fear the change. When do we avoid change? We'll let's see:

- when change becomes uncomfortable
- when there is a possibility that change in ourselves means a big change to our environment (new career, change in an important relationship, etc)
- changing old patterns within us means we have to be accountable and responsible enough to admit that perhaps these old patterns weren't the best to employ which means - gasp! - we made a mistake
- change means letting go of the old, and being in that uncomfortable void until 'the new' shows itself consistently as the new pattern...that can feel unsettling.

It makes me think of the saying "Better to deal with the devil you know than the devil you don't know". It's the same idea - some people would rather employ their negative habits and beliefs than not have a full sense of what the new patterns will be. What if the 'new' is even worse?

(Hum...okay...maybe. But what if the new is even better?)

There are more reasons for avoiding change but you get the drift. Change is great, but it can be hard.

However it doesn't have to be hard. My Guides have taught me that we have two ways to play this game of life - Easy Path or Hard Path. I used to choose hard path. A lot. Drama, drama, drama was the name of my game, and I was good at it. However I was quite miserable too. (Go figure). However these guides shook up my gameboard well enough to really make me think about *what* I was creating and *why*. They had an attitude of non-judgement and even a bit of humor as they helped me through my 'stuff'. It was enough to help even a fearful, resistant-to-change person like me. And now, I want to share this philosophy with you. Change is good!

I can't possibly put all of their philosophy in one book. I have some clients who have literally been with me since my first channelling days (I began June of 2006) and the reason they stay is because the Guides are constantly teaching us more and more skills in how to effectively play this game of life. So though these clients do feel empowered in their Essence connection, not all of them fly off. Some stay because as they say, 'the new learning is just so interesting!' And it's true - I'll give the Guides that...they do know a lot of 'stuff'. Just when I think I've got it all figured out, they unleash a new concept that shows me that really, we are only beginning to have a sense of how this world and game of life really works. They must chuckle at us humans - we think we know so much. But actually a lot of what we know is dogmatic in nature: religious dogma, spiritual/new age dogma, atheist dogma - that covers the religions. Then we've got childhood dogma (what we've been taught by our caregivers), societal and cultural dogma...there's a lot of dogma! Dogma that we just soak in as Truth, because *we are told it is Truth*, without ever stopping to think about it, *really think* about it, and discern if it is Truth **for us**.

One of the best things my Guides have taught me is to detach from the 'external lens' and instead tune into my own 'internal lens'. This allows me to think for myself, rather than be a mindless follower because 'others believe it so it must be true'. I am grateful for this discernment, the ability to find my own empowerment that comes from my Essence Truth. So I'll blow away one of your potential myths of these Guides right away. They are not looking to create a relationship with you where they become your guru and you need to constantly look to them for advice in order to lead this better life. It's quite the opposite in fact. These Guides are the first guides that are out there in the self-help world that are even trying to kibosh the New Age dogma of angels and other spirit guides being 'above us'. They are trying to teach Source Within clients how to have a 50/50, empowering relationship with all guides/Spirit. Anything less they say, is stripping you of your own god-given power. Oh yeah...did I forget to mention that you ARE god (or at least an aspect of God)? Yeah...kind of an important point...but don't worry, no matter what you've been told up until now or what you believe to be true, these Guides are simply offering a different perspective. You can hang onto all the beliefs you like. Just hear them out

(or 'read' them out in this case). You might just see your life from a more powerful perspective, and that might just inspire you to WANT to change your life.

Pretty cool huh?

I hope you get a glimmer of your own power as you get a taste of the way the guides teach, and 'what' they teach.

Namaste peeps...I hope you enjoy an overview of my Guides' philosophy on life.

Maureen Becker - just a normal chick who channels ;)

## Message From The Guides:

Are you wanting to learn how to live your best life? Are you wanting to learn how to empower yourself and create a life that you *enjoy*? We are committed to teaching you to do just that.

We teach you how to find *your own* empowerment.

We want to help you awaken to your own ‘source within’ (your own wisdom, intuition and knowing) so that you can create a more present and joyful life from this place of higher wisdom within yourselves.

What would this life look like?

It would look like *not* falling into the common pitfall of allowing societal pressure, expectations, and dogma to define your own personal ‘capital T Truth’. It would look like tapping into that highest power within yourselves to tell you what *your* truth is.

*This is the power of channelled guidance: we don’t want to do anything for you, we want you to realize that we are just like you – empowered, mindful, and wisdom-filled beings. We just happen to be on the other side of the veil.*

We want you to be more open to letting the highest aspects of yourselves come out to be a part of ‘the true you’. Your knowings, strengths, and compassion for yourselves and others can all come out to the forefront now. If you include in this our ability to teach you to see the big picture, see past false ‘Truths’, and be able to discern the highest paths for you to choose the best life, you have a recipe for solid change!

Maureen’s job as our channel is to relay this philosophy to you as a human and teach it to you in easy-to-understand ways. We like the fact that our dear channel swears, speaks her mind, and is just an everyday normal ‘chick’. She, just like you, has to go through the ups and downs in relationships, parenting, career, money issues and all the normal situations that everyone on this planet worries about.

By working with Maureen & Guides, you can improve your perspective of life to one where you no longer feel like a *victim* of your own life, because you discover your power to *create* your own life. And you will enjoy creating your life, with success, because you will *understand the game*. So, perhaps we should begin to explain this game called life...

# Chapter One

## Essence Lens

All that is in this world is energy, which is why you can replace the word “Source” or “God” with “*All There Is*” or “*All That Is*.” The chair you are sitting on as you read this, the computer or paper that you are reading these words on, everything you connect with on a daily basis, alive or dead, is based in energy. However, as part of this reality, you forget this fact, and often. In fact, you forget that you are of the same energy as the trees, the air, the water, the animals, and the Universe itself. You forget that you are all one. When you remember that fact, or even accept that this ‘oneness’ concept is possible, this puts your energy into a very different perspective.

When you open your mind to this level of remembering, true miracles are possible. (Miracles in our definition are simply a word to describe synchronicities and incredible alignments that benefit your life or others for the highest good). When you remember that you are a part of this Source, and all things are a part of this same Source, miracles happen because you can connect in with the greater powerful energy of All There Is. As a collective energy, it is most powerful because it is *of all things* – it is like connecting into the generator that fuels everything and everybody – how could that not be powerful? It is the Source of it all.

When you tune into Source/All There Is, and connect to this generator by re-awakening your own ‘source within,’ you allow this grand source of energy power, this generator, to be a part of your life, and your energy field. You allow the frequencies that are within this Source Generator (which are *all* frequencies, for it is All That Is) to be a part of your own source connection, for really, all you are doing is rebooting your own mini-generator of the bigger generator. Or put it another way, if Source itself is the master Generator, when you reawaken to your own connection, you have reignited within you the microcosm that is of the macrocosm – they are the same energy, the same frequencies, the same ‘stuff’, you just have a ‘mini-me’ version of it. Here at Source Within, we call this connector to the master Generator your “Essence.”

With Essence, you realize that it is a *gift* to be here on this planet in this time frame; that ‘whoever’ you are – you hold within yourself the power to be **MORE.**

You hold within yourself the power to be wiser in each step you take, so that each decision and ‘path’ you choose creates a better existence for you; an improvement from the day before. This is true empowerment. This isn’t about giving up any aspects of yourself or who you are, but instead is about integrating *all aspects* of who you are, the best aspects of who you are, into a being who is so sure of themselves, so pure in intent, that you can truly create your life from a place of purity, strength, and love. And so from this empowered state, from tuning into your

Essence or ‘source within’, you can begin to see this game called life from a different perspective.

Instead of seeing all that is wrong with the earth and its inhabitants, you see all of the positive changes that are occurring instead. No matter what your religion or belief system, you see that all human beings have an innate interest in being good. And this desire to be pure, to be wholesome, to be good, comes from your ‘source within’. And so with this Essence perspective, you will see the other people you relate with on a daily basis from a lens that is positive rather than critical, judgemental, or negative in its intent.

With the Essence perspective, instead of distrusting the earth and its inhabitants, you will trust the inner goodness of the whole, and look for that in each person. And yes, in some cases when you look for it, you will see that it is buried deeply within a person as they are not living from this empowered state. But then you will be able to see the bigger picture of this person’s pain and their detachment from Source. You will be able to then have compassion for their life experience that has gotten them to the place where they have given up on the goodness of life, and the goodness of themselves.

Instead of fearing a person, you will recognize yourself in them, for you will remember days where you were just like them. You will remember when you had no faith in the world, in who you were, or what you were here to do. And the only difference is, *you* were able to pick yourself up and dust yourself off while some of these people who have fully detached themselves from hope and from Source have not been as fortunate as you to share in a more hopeful perspective on the world or their journey.

*So where do you fit in on this spectrum?*

*How hopeful are you about the world, or your existence?*

Even for those of you who realize that you have very little hope at this point, there is help, and there is hope.

When you change your lens with which you look at the world, when you see things through the eyes of Essence, it can make your life seem more fitting as a whole.

*Seeing through the Essence Lens is about understanding the bigger picture; that we are here on earth to learn to be great beings of love and power, and to use that power to affect change in a good way.*

**Comment From Maureen:**

Some of you may already see the world from a higher level of consciousness...you are a cup ‘half full’ kind of guy/gal. What they mean by Essence lens goes much deeper than how positive of a

person you are. It means that in any situation, even situations that normally would cause us huge distress - natural disasters, deaths, accidents, loss of jobs, etc - that you are able to witness how these situations have played out for you and understand 'why' they have occurred. To have peace of mind, understanding the 'why', even when on a surface level the incident that has occurred seems to be random and appears to have no positive meaning. Did you ever have a parent or grandparent who used the phrase that there is a 'silver lining to every cloud'? Well there's more than a silver lining. When you really see your life from your Essence lens, you will understand why everything is playing out for you the way it is. You will be able to see why things are playing out for others the way they are. You will be able to even see big world events such as natural disasters, wars, famine in a different light. You will begin to see what the Guides mean that this is a 'game' and the peace this gives you...it is profound. Many people say they are 'happy' in their life and yet when they are asked, they still recount many fears and worries about the world at large. Wouldn't it be nice if you truly didn't have those worries, or feel like you and your loved ones were unsafe in this world, because you truly understood the game that you and everyone else is really playing? Seeing life through the Essence lens does that. It changes your life. And that is a good thing. ;)

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## **Easy Path Vs. Hard Path**

No matter where you are at now, you can make yourself into a person where you can not only change your own life, but the lives of those you love. This lens can give you an opportunity to focus on the goodness within you, rather than all of the doubt, fear, worry, distrust, etc. And with this Essence Lens, you can realize that you have a *choice* of how you view yourself and your life. You can learn the life lessons the easy way or the hard way. The Guides call this the choice between the Easy Path and the Hard Path (or the Suffering Path).

If you feel like a victim of your own life and of the circumstances within your life, then you do not feel empowered in who you are and why you are here. Living from this place of no power then makes it *impossible* for you to make positive choices consistently. When in this disempowered state, we as humans, then seek out power *outside of ourselves*, thus creating addictions to people/places/things that don't necessarily get us back into that empowered state.

False senses of power, however, can sometimes feel very *soothing*. Addictions of all kinds can fall into this category: addiction to Ego power, addiction to food, alcohol, drugs or cigarettes, addiction to shopping, sex, or pain/health issues or even addiction to self-involvement or being separate and disconnected from all around you (like depression for example).

These addictions feel good to employ in the moment, yet they are still coping mechanisms for more deeply rooted issues. The root of any addiction is that you do not feel safe in your life, safe

in your relationships, safe in your job or what you are set to do this lifetime. In fact, you don't feel safe here on earth as a human at all. And so you look outside of yourself for something or someone to make that all better (a co-dependent love relationships is another example of how that could manifest if the addiction is another person).

And at first it works; you enjoy the high of the addiction as it heals the wound. Or so you think. Over time, what it really does is make the wound *bigger*, for you are still disconnected from your power source, your own wisdom, your intuition, eroding your overall trust in your decision-making abilities. And so you then seek out *another* coping mechanism, another way to make yourself feel better, and the cycle continues.

Over time, you acquire a multitude of these coping mechanisms that in the end have made you unhappy. You have spent all of your money because you have an addiction to shopping and 'things' to make you feel better. Or you have health problems because your addiction to junk food or coffee or \_\_\_\_\_ has caused you to have hypertension, weight gain, and heart disease. Your life then becomes worse as you now have to deal with these secondary problems, which ultimately leaves you feeling even more victimized as life goes on. You are left wondering 'why all of this is happening to you', yet not realizing that it was *you* and your chosen disconnection that created the need for the addiction or coping mechanism in the first place.

**When you can get out of this cycle, when you can accept the fact that you create your life and everything in it, it is much easier to find that empowerment from within.**

When you realize that *you* created your money issues due to your fear of not being enough, you are on your way to healing. When you realize that buying that expensive house, expensive car, and closet of expensive shoes in order to fit in has only brought you more pain (by way of money issues, false sense of ego security, lack of connection to people because of your interest in 'things' to give you joy rather than relationships with people, etc) instead of success, then you are making the first steps on your way to healing.

Once you can see that the choices that you made were fed by a lesser consciousness within yourself (that which we call Ego), and that you have actually gotten you *to a worse place*, a place of disconnect, then you are ready to empower yourself. For it is from this place of awareness that you can discover the Truth.

### Comment From Maureen:

This is what I love best about my guides. They really don't care WHAT we have done. They know that we are here to learn, and so they know that we are going to screw up...mistakes are guaranteed on this journey. So they don't judge our negative thoughts, addictions, or coping mechanisms. They see no point in judgement - why would you judge someone for going down a

more 'negative' path if it teaches them a lesson their Soul needed to learn? Was going down that path even 'wrong' then, or necessary? Granted, the person could have chosen an Easier path to learn that same lesson, but how can you judge someone for not choosing Easy Path, when they haven't yet learned that concept?

Do you see what I'm getting at? I tell you...these Guides really are non-judgemental. This is a game. Sometimes you play a good hand, sometimes you don't. Sometimes you collect \$200 as you reach Go in Monopoly, sometimes you land on Go To Jail. Everything that occurs teaches us something. Our goal is to learn our lessons as we play this Earth game in the easiest, gentlest way possible - Easy Path all the way. So even if you do have some coping mechanisms or negative patterns that you aren't proud of, don't judge yourself. The point is to get to a neutral enough place that you can acknowledge they exist, so that slowly, when you are ready, you can replace these negative patterns and coping mechanisms with more positive supports. And how long it takes you to do this, or how you do this, is up to you and your Essence. So let go of the judgement...no one is looking and no one cares. We all f\*ck up. That's what makes us human. Often times if I get frustrated with something I do the Guides will say to me, "You ARE human, are you not....?"

Enough said.

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## Chapter 2

### The *True* Game Explained

And what is the Truth?

You are enough, just you. You, as this glorious, ever-present being is enough. You do not have to have that perfect job, perfect house, perfect marriage or perfect body in order to be accepted by the world. The very idea that you are broken to begin with, that there is something wrong with you that needs to be fixed, is ironically your first sign of disconnection from Source.

There is nothing wrong with you, other than your memory loss that *you are in fact God or Source* (whatever you call that greater force).

In the game of being human, part of being able to play out this game or particular *play* on your gameboard, is to *forget who you really are*. How would you learn lessons of forgiveness or compassion or generosity, if you already remembered you were God, and had all that you needed? If you could remember that, would there even be a game to play?

No, in fact the *gift* of this game is your disconnection. You heard us right. There is an innocence when you really believe you are John, Tom, or Mary on this earth, in this ‘earth suit’ or Ego costume, playing this game forgetting all that has come before you. With this innocence, you can truly be like the eager young student who first goes to school, so eager to be taught what life is truly about. If as a young child, you already came to school with a grade twelve education, would you have the same enthusiasm for the game of school? Not at all. There has to be an absence of memory, a forgetting of *who you truly are*, in order to be set to play out this ‘play’ or game effectively.

If you forget that some of the core players on your gameboard are in fact core *teachers* for you, it makes it easier for you to look at them in the costumes they currently hold – your mother, your boss, your significant other/partner, your child, your neighbour, your friend, your enemy, your government officials, your famous actor idol, etc. If you hold as part of your Truth that this time you are solely yourself, in your current costume of Jane or Tom, and forget all of your old connections to the group of Souls that travel with you to play out these plays or games, it is easier for you to see them in their new roles, based on their chosen costumes *this time*. And thus, the game begins.

And what is the true game, really?

This world you live in is a deeply and intelligently constructed game.

This world, this game, is constructed by each and every one of you as a Soul, in order to learn about and explore many different experiences of love. You explore both the lack of love and the acquirement of love, the sharing of love with other beings, and with the planet itself. The experience of the game is truly a journey of discovery; a journey from a place of fear and discontentment to a place of peace and knowing your place in the world.

**In Truth, there is no right and wrong in this game, as much as there are  
*different* games to be experienced.**

No religion is right and the other wrong. Instead, all religions and choices of belief systems need to exist in order to give the player of the game the opportunity to explore the many different facets of this game experience. For you would agree that you could live a very different life on this planet as a middle-classed woman or man in Canada or the USA versus as a middle-classed woman or man in a third world country, could you not? You would both be part of the same game (planet earth) and yet you would have a completely different experience, based on the ‘costume’ and tendencies you chose to explore this lifetime.

Why would any Soul choose to play such a game?

Because your other choice of just connecting with the bliss state of All There Is, is not as fun at it seems. If you were to constantly be in a peaceful state, for years at a time, with nothing else to learn because you remembered all, with no need to experience love in its many forms because you already *were it*, what would you *do* as you stayed in this state of bliss? Could you see that perhaps you could tire of it eventually? Those of you who are *not* in a state of bliss currently as you play this game would say, “I disagree. I would absolutely want to feel this bliss on a daily basis, forever.” And yet, we challenge you on that. You did feel that bliss before this lifetime and yet you chose to play this game as you are here right now, reading this. So why did you choose that if you were so happy?

We’ll tell you why - because bliss is boring. Bliss is static and unchanging. It is a lovely state all right, but there is no learning in that state, as you already know and feel it all. You are at one with the Universe, at one with yourself and all other beings, at one with ‘the game’, and there is nothing at all to do. This earth game on the other hand, well there is a lot to do here and there is much to experience. The ups and downs of life give you much more of an exciting and rich learning ground, a playground in fact.

**And so, you choose to play this game again and again, continuing to learn  
different pieces or lessons of the bigger picture each time, becoming wiser as  
you continue to experience this game.**

As a Soul, you keep coming back to play out more ‘plays’ in different costumes, because you don’t learn it all in one time. It is impossible to experience every angle of anger and forgiveness,

or poverty vs. wealth, or true gratitude vs. benevolence. Sometimes it can take many successive experiences focused on the same concept in order to really feel like you have mastered that lesson. And so, you choose to play this earth game again and again, even centering around the same concept, so that you can learn what you need to learn.

### Comment From Maureen:

Don't panic if you don't believe in 'reincarnation' or really don't know what to believe. If you grew up with Christian dogma for example, and still believe that when you die you go to Heaven, or if you are Atheist and don't believe you go anywhere, you can still benefit from the Guides' teachings. The only time they ever talk about past lives is if they influence your current life now. For example, if on a Soul level one of your lessons is to learn how to be more confident in who you are, it stands to reason that some past lives where you failed at coming into 'who you truly are' would plague your Soul's memory at times. No differently than we think back to things we've done in the past with embarrassment or regret, so does our Soul. So if your Soul is still focusing on the past, to the point where in this lifetime, you are still not confident to really shine, the Guides may see the past life that your Soul still has regret about. If this past life is in the way of your Soul really shining in this lifetime, than no differently than us speaking to you about something that happened in your childhood that really affected you negatively, the Guides will speak to you on a Soul level about something that happened negatively in another life experience. Your Soul gets the closure and resolution, makes peace with the situation, and loses the regret. And tadaaaaa - a long standing issue that you couldn't seem to get any movement on, all of a sudden is resolved. So past lives *can* come into play. Having said that though, please don't throw Source Within into the stereotypes of being obsessed with past lives. The Guides really don't care if you were born in the age of Atlantis or if you walked among Egyptian goddesses or even if you were Hitler. The only time they bring up past lives is because it is the Soul who is stuck...it is the Soul who needs the aha moment, and that aha moment is not to discuss something that has happened between your birth and now, but is something that happened to your Soul 'before' in another lifetime.

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## **Ego, Soul, Essence: The Breakdown of ‘Who’ You Are**

**Your Ego, the lowest consciousness within you, is the unique costume that your Soul wears in each lifetime.**

It is essentially a “blockhead” in that it takes on belief systems without the wisdom or discernment that your Soul has. Your Soul is at least more discerning as to ‘what’ it is taking in as Truth, and questions whether it really is truth since it has more past experience. Since it is the first time you have had this unique combination of your Soul wearing this particular costume of ‘Tammy from Carolina’ or ‘Asan from Egypt’, the Ego (Ego Costume) has no past wisdom to go on from other lives – it’s a naive, newborn babe, and takes its learning from its childhood conditioning and environment. So Ego takes the word of what its environment is telling it with less discernment and says, “You say it is so? Okay..then it must be so.” This is why positive affirmations can work for some people - you are simply retelling your Ego mind what to think. The reason they don’t work for all is because sometimes your Soul still refuses to believe what your Ego is willing to take on as Truth.

**Your Soul on the other hand, has more wisdom than your Ego.**

Since it has played this game before, it can look back into its many records to assess whether any beliefs are in fact Truth. Here is the potential glitch though; the Soul has its own baggage. Due to the Soul’s past life experiences and current belief system on any issue, this ‘baggage’ can affect your current lifetime. For example, if one of your lessons that your Soul is trying to learn in a group of consecutive lives is about poverty vs. wealth, due to the experiences it has had up until this point, your Soul will have strong opinions about money and abundance. Some of these opinions may be Truth, some of them may be jaded based on negative experiences that your Soul has had. This ends up being ‘baggage’ to the Soul, no differently than a negative childhood experience becomes ‘baggage’ to the Ego. This is where the need for a connection to a purer thought process, to Source itself is necessary - as your Soul can’t go to Ego for Truth, nor can Ego always trust Soul for Truth. It needs a source that will help it see past its own baggage and its Ego costume, to see the Source-based Truth.

**Essence, as your connector to God/Source/All There Is, is the Truth.**

Essence knows what is truly out of balance, whether it is your Soul’s baggage or your Ego baggage. Your Soul has the potential to interpret situations with an Ego-like tendency (from a wounded consciousness level, rather than from that pure Soul “I am love/god” level). So due to your Soul’s baggage, it is often unable to read certain situations with Truth.

**When your Ego and Soul connect and integrate with your connector – your Essence connection – then you are able to discern and see your situation**

## through the Essence Lens.

Then, with this God-like clarity, you are able to see the Truth. Being integrated together with Ego, Soul and Essence is what we call being an *Integrated Being*.

Your goal is to make use of your Essence connection to tap into the highest wisdom within your Soul and Ego costume, and to start releasing the bastardized versions of Ego and Soul - the mistruths, the negative patterns, the fears and beliefs that hold the Soul back from a better journey than last time.

As an Integrated Being, you are accessing the highest wisdom within your Ego and Soul, as your Essence connection is ‘taking them to school’ and teaching both Ego and Soul the Truth, raising your consciousness as a result.

The more you integrate, the better your game becomes because it is as if your Soul starts to focus on its positive qualities, rather than its negative baggage, due to Essence’s influence. Your Ego raises its consciousness to one that is discerning, rather than continuing to be the blockhead. Over time as you integrate, you become a wiser being and are able to play your game from a raised consciousness state. We call this *playing the game with Essence lens*. For all intensive purposes, your Essence takes both Soul and Ego to school, teaching these aspects to be improved versions of themselves.

# Chapter 3

## Uncovering Your Own Version Of Truth

It is your religious right to believe whatever you wish to believe and we honour that right. In fact, this earth game works best with many different contrasting belief systems and philosophies. These differing belief systems actually create the contrast that offers you the opportunity to view all that is out there and the opportunity, using your own inner discernment, to decide what is your Truth in this lifetime. What we present as our philosophy may be a part of your Truth, it may be your whole Truth, or it may not represent any aspect or facet of your Truth at all. In any regard, this is okay.

So what if you're in between? What if this activates some old belief systems in you as you read this, and you're not sure if you believe all of this as Truth for you? And what if you're not even sure about where you are at with this whole concept of 'God'?

If you are able to open yourself to the *potential* that you could in fact be an aspect of God yourself, that you have a connector to this God/Source, then you are in the perfect place for our teachings as far as we are concerned.

This is what we have been doing with our fellow Soul Seekers since June 2006. Many came from other belief systems, some with religious dogma beliefs firmly intact, and some who thought of themselves as bound by no religion but were 'spiritual' or 'New Age' in nature. These people came to us over the years because their seeking had guided them to discover that though they knew they believed something different from the norm, they still didn't quite know what to believe, or how to achieve that peace without the framework of religion. Even being 'spiritual' was confusing to these Soul seekers, for in the New Age movement itself, there are many different templates and frameworks and so it was difficult for many of them to discern 'which' one, if any of them, they believed in. So, something about our collective energy field at Source Within felt peaceful, felt Truthful, and felt appropriate for them.

There are still clients many years in, who still remain embedded in some of their old belief systems about what they truly believe God to be, because they have chosen to keep these beliefs as part of their Truth. We at no time have any requirements of you to 'leave your past behind' in order for you to be open to this material, or to our energy. Not at all. In fact, we understand that whatever you have believed up until this very moment is your security blanket. It is what you have been taught as your fail-safe. Why would we want to take away the very thing that makes you feel safe?

However, the longer these fellow Souls work with us, allowing us to help them shift what gets in their way of their own strong Essence connection, they discover and uncover *their own version*

*of Truth*. They have been empowered to find their own ‘source within’, their own aspect of God, their Essence. And they have improved their relationship with the Creator.

The fact that the true Creator has been themselves all along, well, this is just but one of the many ironies that is discovered once you remember more of *who you truly are*; a Soul who is playing this game to learn and experience joy.

## **A Breakdown Of The Source Within Philosophy**

*At Source Within, we believe that you are here on this Earth to learn.*

You are here to learn both the positive and negative sides of the coin, joy and suffering, for example. And at any given time, you can empower yourself to choose one over the other. Understanding that both do in fact exist (joy and the absence of joy), you can choose which aspect of this you wish to be a part of your daily experience.

*You experience contrast by your choice.*

Many of the lessons on Earth are taught *by contrast* in fact. As a human, you can learn what it feels like to be monetarily rich by experiencing large wealth, but you can also learn what it feels like to be rich by being the contrast - by being the one who does not have much money or anything at all. You can experience wealth by having it, but then become more grateful for it when aspects of your wealth are taken away.

*You learn lessons every day, either by being in connection with, or in disconnection from any person/place/thing.*

By experiencing this contrast, you become a powerful decision maker. At any given time, using your gift of free will, you can decide which side of the coin with which you wish to experience your lifetime. If you wish to experience the **negative side of the coin (Hard Path)**, you can experience it – you have chosen contrast as your teacher. If you wish to experience the **positive side of the coin (Easy Path)**, you can experience it – you have chosen positive experiences as your teacher.

*How do you have so much control over ‘what’ you experience?*

*Because you are the maker of your own reality.*

You *create* what you experience. You decide through your energy and thoughts *what* you are going to experience. *You* decide the template.

## Regardless of how you choose to experience your life, you Soul will try to 'learn the lesson'.

By your daily choices, thoughts, and actions, you create what you experience and learn the lesson. For example, if you are currently learning through the negative side of the coin by not having a job for 6 years, if you then finally land a job, you will experience gratitude for your work. This would be what we call a contrast experience. If you are learning through the positive side of the coin by experiencing a lovely daily working environment, you will also experience gratitude for your work. This is what we would call learning from a more positive experience. Either way, the lesson of having gratitude for your work is learned, you simply chose Hard Path or Easy Path to learn it.

## The Universe is a direct mirror and supporter of your experience.

The Universe is a direct support of either way you choose to experience your life, negatively or positively. The Universe mirrors back to you the energy of that which *you* exude out; your thoughts, your emotions, all that is in your energy field. The Universe does not pick favorites or have a power that says, "You are good so you get this, but you are bad so you get that". The Universe does not have the power, you do. You decide what you want to experience here as you play this earth game. You decide whether your life and all of your interactions will be Easy Path or Hard Path. The Universe simply mirrors back to you whatever you choose. It...is...a...mirror.

The more you doubt, the more the Universe *mirrors potential opportunities that can either resolve or create* further issues of doubt. The more you believe you need to suffer in this life experience, the more the Universe will mirror opportunities for you to suffer, that is, until you discover you no longer need to experience this negative side of the coin to learn. The more you believe you must be poor in order to be a good person, for you employ the belief system that 'the rich are evil', the more you will continue to have mirrors or feedback from the Universe that states this is true.

## You...create...what...you...experience.

If this is true, that you create your experience, then becoming a *master* of your personal interrelation with the Universe is quite important. The more you understand this game, your players within your game, and how to best interact with them, the more you can control and create a more positive life for yourself. With this power of understanding your true inner power, you can unleash not only a more positive world for yourself to live in, but you can then aid others in experiencing a more positive world as well.

Think of it as the ripple effect. As you become a key manifestor in your own experience, and actually enjoy what you are experiencing, your Light begins to shine. And then others see your Light and begin to awaken to their own inner power and potential as well. Thus, the ripple effect

begins. You do not have to 'do' anything to affect these other people; your very presence and knowing of how to interact positively with the world shows in your everyday life. And so others begin to pay attention to what it is you are doing that is creating more peace, joy, and feelings of safety. And this occurs even when there is chaos around you, because you become more neutral to the dramas of the world, understanding that in the bigger picture, these dramas are all facets of the game.

And this is where your Essence connection comes in. As you begin to discover your own inner intuition and power, you realize that the more you tune within, the greater you are at making decisions. These decisions end up creating a better life experience for you and those that are affected by you, so you begin to lose the 'victim' standpoint and realize that you are not *a victim* at all. You realize you are in fact *a creator*.

### This game comes with many fail-safes.

One of them in fact is the angelic realm and spirit guides. All of you have connection to this aspect of Spirit, whether you are aware of their existence or not. These guides are helpers who are there to help you see past your Ego version of who you are (pure disconnection from the deeper remembrance that you are a Soul playing this game). These guides can and do try to support you energetically in seeing the grander Truth. They are allowed to intervene for your highest good, under certain circumstances. Sometimes, it is for your highest good to 'fall off your bike' and have a really negative experience, in order to learn your lesson if all other efforts to guide you down a better path have failed. So in this case, we would think it is fair to say that all spirit guides/angels/help from the other side employ 'tough love' at times, as a last resort.

Again, it isn't up to Spirit to decide whether you are playing this game Easy Path or Hard Path. That choice is up to you. Consider this analogy:

Someone is trying to get your attention. They throw pebbles at your window but you don't hear them. The person really has an important message - it needs to be heard! So now they throw rocks at your window! But you still don't hear. Well now this message is urgent..no time to waste! So a brick is thrown through your window. Ah...now the person has your attention...pretty hard not to hear a brick crash through the window.

Spirit or Essence/the Universe (this game of co-creation) is the same way. Easy Path is the pebbles, maybe even less than pebbles. Easy Path is like rainbows and sunshine shining through your window to get your attention - that's a nice way to get a message isn't it? So if Easy Path is the rainbows and sunshine, maybe pebbles at the most, then you know what Hard Path is. Rocks, Bricks, a Bulldozer...whatever it will take to get that message to you.

Do yourselves a favor. Choose Easy Path.

## Becoming Essence-Led: Being Your Own Angel

Ideally, the goal is to become your own spirit guide, your own angel.

The goal is for you to be so tuned into who you truly are (God/Source/ All There Is) that you don't need these guides and angels as fail-safes. By knowing who you truly are, you actually become your own fail-safe! Whenever chaos ensues, you don't need Universal or spiritual intervention to help you out, but instead you can go within and get an immediate answer of what to do, what to say, how to act. You become your own best teacher, your own best guide.

So the guides are there for us as our teachers. They are our back-ups and our supports, but they too, want the planet to evolve to the point where *you* are able to hold your own power as an enlightened being and *lead yourself*, rather than always being led by them. As this, in of itself, is still an act of disempowerment. How can you share true power with Spirit if you put them up on a pedestal because you need them and because you do not believe you can rely on your own inner wisdom and goodness, your own guide within?

However, due to current dogmatic belief systems on this planet, it can be more difficult for you to find your own inner power because you have been trained that *it is not there!* And yet it is.

So for those who do not believe in their own inner goodness or 'godliness', guides intervene more than ever, especially to those that are 'praying' or asking for help from outside sources. They do this because you have asked them to, because that is the game of free will. So if you have spiritual intervention happening in your life, it is because some aspect of you, even unconsciously (ex. Soul), is begging for help.

As you become more aware that you are in fact *pure* as a Soul who is playing this game, for you come from this aspect of God/Source/All There Is, then you become less dependent on the guides and more independent with your own inner wisdom. This natural process of inner empowerment can take years, and quite frankly, lifetimes.

But that is where we, here at Source Within, come in.

It is within the teachings of Maureen & Guides that you can learn how to connect with your Essence, discover your own empowerment, and learn to play your game from this empowered place. Consider our teachings the 'fast track' to this 'I am God' learning for your Soul and its unique Ego costume.

Why take lifetimes of playing this game to figure out that you ARE Spirit and therefore have the right to be at equal footing, in equal power with Spirit/God/All There Is?

If this material is resonating it is because your Soul is ready for its empowerment. It has played this game enough times with a dogmatic lens (hierarchies of power) and THIS TIME, it wants to share power with Source.

And of course, if you read all of this and find that you do not want to empower yourself, then this is your right. Then this simply means that you still want to play this game with the dogmatic lens of religion or inequality in place. As we said before, it is a free will game, thus whatever you choose is okay with us. We all learn what we need to learn, and we all do that with different resources. We realize we may not be the flavor or resource for everyone. That is okay too. Isn't it wonderful that in your earth game you have so many different frequencies and resources to choose from? What a wonderful game!

### Comment From Maureen:

So how are you doing? I know, it can be a lot to soak in. When I first started learning this philosophy, I wasn't at the point of channelling books where they could lay it all out for my clients like this. We learned it one step at a time. And you can too. This e-book is considered an overview of the most basic concepts. In the Courses that we are offering as a Service, you will be able to learn these concepts and more, step by step. The Guides realize that there is a priority order for you to learn how to connect with your Essence, trust it is there, and then learn how to use it. Now do you see why in the "How Long Does Significant Change Take?" video on the website the Guides say it can take a while?

In order to 'change', we have to override our past dogma and belief systems that up until now, we swallowed as Truth without even considering what we were being told. Unravelling those beliefs can take a while. At the same time, we are being offered new considerations...new Truths for us to discern. But again, until we have solid discernment in place, how will we know if what these Guides are saying is Truth? Or if it is Truth for us?

This is why the first step is for the Guides to help you find *your own Essence connection*. Until you can tap within to your own inner power and discernment, you won't know what is your own version of Truth. So the first step is to help you find your Essence. Once you believe it is there, have proof from the experiences in your life that this inner power, intuition, and knowing does work for you, THEN you can start changing your gameboard to make a better game for yourself. One.Step.At.A.Time.

[Back to the channel from the Guides...](#)

# Conclusion

## **Building An Essence-Led Life**

We realize that we are not the first channelled guidance out there to reach people. There have been many others who have ventured into the world of channelling, bringing forth true, helpful material. Our niche, our job, our Soul contract in fact, is to channel through Maureen to give you detailed, practical, consistent advice of how to discover your Essence connection and implement this connection into your daily life in order to improve every aspect of your life experience (and doing so while still feeling normal!).

You don't have to declare yourself a New Ager or 'spiritual' with the stigma that can unfortunately sometimes attach to that. You can still be who you are right now. But you will begin to see your life differently and play your game differently. You will become more careful of the company you keep and more conscious to create positive contracts with other Souls. You will even have the opportunity to shift negative patterns or contracts that you have played out with your core game players for years.

*As you begin to follow our techniques and strategies on a daily basis,  
you will not only find your inner connection but you will become more  
Essence-based in how you live your life.*

By offering you different ways of interacting with us and learning these concepts day-by-day, we offer you the opportunity to learn more about how to change your perspective of this game, and yet do so at the pace that you need (in some cases this may be baby steps, in other cases, leaps and bounds). The longer you give yourself to really try out Essence as an interpretive lens and viewpoint of this world, the better your chances to really shift some deep core belief systems that have potentially held you back your whole life, or many lifetimes. Even if you feel that a belief system or pattern is very heavily ingrained (and we're sure it is), it can be changed. Once you 'learn the lesson', see your accountability in what was yours to own, and forgive the others involved for how they were involved, you can let go of even the most disturbing issues. And you can do so, one step at time, with Essence guiding you through the maze of priority order – telling you what to focus on to unravel this problem and get to its root or core.

So consider joining us on this expedition towards a better life for yourself. If you have been following other methods and resources up until now and yet have still not discovered how to create a balanced, Essence-led existence practically in your daily experience, perhaps the teacher for this knowledge has finally appeared. Again, the choice, this being a free will game, is always yours.

We look forward to working with you, either through the courses, teleconferences, or through

private sessions. Both hold different offerings, so we suggest you read the Services section of the Source Within website to consider which support would be the best match for what pace is best for you to learn. You know best what supports would help you learn this philosophy in an Easy Path style. You have an opportunity for deep change here, if you so choose it. We look forward to supporting your discovery of your own inner empowerment and a joyful life.

Namaste,

*Maureen & Guides*

[www.sourcewithin.com](http://www.sourcewithin.com)