



**From Separation to Wholeness -
A Spiritual Approach to Professional
Transition Coaching**

Elsabe Smit

Finding Balance

This is a talk about finding balance and moving into grace or gratitude.

It is also about my own spiritual journey, which has been amazing. I've just "changed gears" and wanted to share this with you.

I have been aware for many years that I am clairvoyant. I have also been aware that the clairvoyance that I do is different from what other people do. It's not about having a spread of tarot cards and interpreting them – in fact it is not about any cards. It's simply about closing my

eyes, with your permission, tuning in, and conveying what comes from somewhere.

A very strong part of my journey has been to figure out what this is about. Where does this stuff come from? I wondered about this because there were particular themes that I started to notice over the years, that would come up time and again with different people who obviously didn't know each other. The people that I gave readings for

are so completely different, but the themes were the same. I started to wonder about that, and that is what I want to talk about.

Universal Themes

Whenever particular issues came up in the readings, I would think and ask, "Elsabe, are you a fake?" because you said one thing to one person two days ago, and now you are saying the same thing to somebody different. Each person's life is different. Surely you can't give one answer to one person, and somebody else comes with a complete curve

ball and you give the same answer. So, at the same time, I learned to trust. I learned that what I get makes sense and I could see on people's faces what a difference that makes. Their understanding was like a light bulb. "Ah, is that what it's about?" They went away, and I could see the difference, and they actually said to me "Yes, what you said make sense to me."

Time and Space

I started to investigate these things. Two particular themes came up all the time. One is about people worrying about the physical distance between themselves and other people. There is a space element there. People are worrying and blaming themselves about stuff that had happened in the past, so there is a time element there. People are worrying about where they are heading, being afraid of the future - again, a time element there.

I kept saying to them, "You know what? Time and space are man-made things. They are irrelevant. Time and space are really not relevant." I believe it. I firmly solidly believe it in my heart. But why? What on earth makes me say that time and space is irrelevant? How do I know it?

Until fairly recently, my answer was "I just know, and if I don't know, I trust what I get. When I close my eyes and I tune in, I get this and I have to trust. I've learned that even when it makes no sense to me,

when the words come from that special place, they make sense to my client. ”

But that’s not quite good enough for me. I want to always go one step further and get another answer.

The Spiral

The other thing that comes up time and again is what I got to know as the spiral, which you will recognize. Let me describe it. You come into

this world, and you are a baby, then an innocent child. You come in with the belief that everybody is here to serve you. People care about you, love you, make life easier for you, there's always somebody who's paying the bills, there's somebody putting food on the table, there's somebody dishing out hugs and telling stories. You feel entitled to everything that's good. And it's brilliant.

Then you get to a point - late teens, early adult hood - when you make particular life decisions. Now, those life decisions can be anything. It

could be getting a job; it could be that you make a career choice, which might mean further study. It could mean you get into a relationship which either is long term or short term and very destructive. You get involved with drugs, you get involved with wrong people... it doesn't matter. You get to that point where you make that life decision and initially it's fine, but then somehow it kind of gets out of hand. You know this because there are voices that go round and round in your head, sometimes for months, sometimes - I know from personal

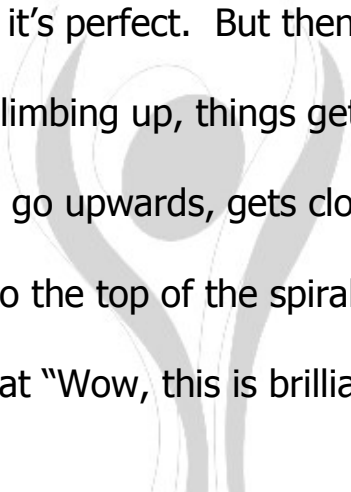
experience- for years. You can hear those voices and you encourage it. You just go round and round and round. Things happen, that makes this experience just more and more intense, until you think: "I want out. Really...I can't continue like this. I've reached breaking point." And then suddenly, something just snaps, something falls into place, something happens and you think "Ah, thank you, thank you."

That is the end of the family argument. My child got a partner that I can actually approve of. My child put drugs behind them. I've made the

career change that I should have made 20 years ago. You have that moment of "This is great. This is good, and life is worth living again." And you just cruise along, until one day when you wake up and you think, "God, I'm in it again." This time it's a different reason, but I could recognize this. "I'm in this thing again," and the whole cycle starts again.

Now, the way I was given to explain that to people is that you go through life in development cycles, like spirals. So, you're at the bottom

of the spiral, and it's fine, it's perfect. But then you start climbing up that spiral. As you start climbing up, things get more difficult. It gets steeper, the circle, as you go upwards, gets closer and narrower, and then eventually, you get to the top of the spiral, that's when you have that light bulb moment that "Wow, this is brilliant. This is what I've been looking for."



The top and bottom of the spiral

When you again get to the point where you know something is not quite right, the way I explain it to people is that they've reached the top of the spiral, which is also the bottom of the next spiral. But they get so involved in what they are doing...they get so involved in this quagmire of just going round and round and round that they don't recognize they haven't started from the bottom again.

I actually learned that I actually became stronger in climbing up the spiral. So, when they get to the top of the spiral, which is the bottom of the next one, they tend to look up and think, "I'm not going to make this. I am never ever going to make this." They don't even look down and say "Ah, I've done this, I've done that, hmmm, been there, done that, okay fine, bring it on. I'll go about this one quicker, and I'll reach the top of this spiral quicker."

You do get there

These are the two recurring themes that came through with my readings on many, many occasions. I also experienced the same thing in my own life. About two years ago, I had reached the top of the spiral, and I knew that. I mean, it was perfect. It was just so wonderful.

Then, all kinds of different opportunities and stuff got thrown my way.

Where my life was complete, it was perfect, everything suddenly is

chaos, and I think, “God, here we go again.” But by now, I know that I’m listening to the recurring message of “Don’t look down, look up, but if you want to look down, look at where you came from with gratitude, and don’t look up and get disheartened. You’ll get there.”

Quantum mechanics

You know, it’s amazing how at a particular point in your life, people cross your path, and they just bring these little bits of information that just makes complete sense to you. My own journey has taken me into

quantum physics. Now, I'm not going to make this complicated at all because I need to understand it myself. Initially, around the 1700s, scientists believe that the smallest unit that you can get is the atom. They described an atom as something the shape of a billiard ball. Then, closer to the 20th century, they discovered that the atom is not solid, but that it has a nucleus of protons with neutrons and electrons orbiting around the protons. Later on in the 20th century, someone said "Ah, but there is something that's called consciousness, and

actually, an atom is not always an atom, it's only an atom when we want it to be one." So, that's where the Wave and Particle Theory came up. The theory says that everything around us is waves. All information around us, all the knowledge, all the creativity, everything around us is waves. A wave only becomes a particle when we go and look for it.

For example, I want to write a book about adopting children. I don't know anything about adopting children but there's lots of information on the internet. So, if I want to write a book about adopting children, all I

have is waves, lots of waves of information. I go to the internet I'll find bits and pieces. Why do I find it? Because I go looking for it. I turn parts of those waves into particles, and I can now gather these particles and I can thread something out of it. Brilliant! End of story.

Fermions

Actually, not. There's still a lot for me to learn, but I recently discovered that these particles actually consist of things called fermions and bosons. That's really very interesting. A fermion is a little thing that only

materializes, that only becomes something when you go looking for it.

It's a very selfish thing. A fermion is about "I", it's about "me", and you can have only one fermion occupying a particular space at a particular time. So, that fermion is based in space and in time. They are all over the place, in our heads as well. We have loads of these fermions in our heads but because they are limited to space and to time.

These fermions, at some point, make a kind of a quantum leap, where they, shall I say jump out of their skins? When they make that quantum

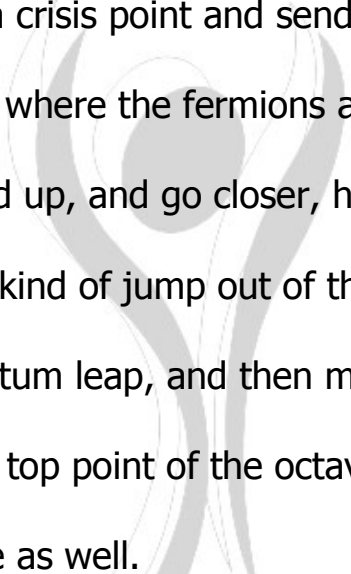
leap of understanding, it's like nerve endings coming together, and they form what is called bosons. That is a completely different thing. You can have many different bosons occupying the same space. So, whereas the fermion is a selfish separated thing, when two fermions become a boson it all comes together, and where it comes together, there is no time, and there is no space.

And I thought, "Yes, I've always known it." There is no time, there is no space. Time and space are man-made things. Time and space are

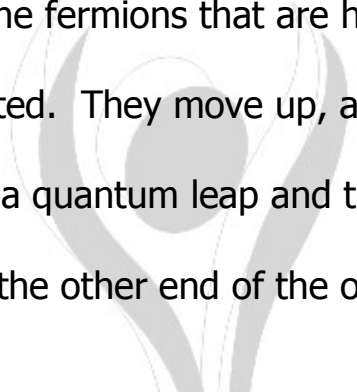
man-made because they express the separation. So, fermions are in time and space. Bosons are beyond time and space, and that is what happens when fermions become whole.

Look at an example of these spirals that I was talking about. This is the kind of thing that happens. You become aware...there is an awareness in your consciousness. From these, life happens, all kinds of things, and it gets more intense, and you go around and around and around, and as you go up, as it gets more intense, these circles gets smaller and

smaller, until they reach a crisis point and send you to the top. Now, this here at the bottom is where the fermions are in time and space. As you move up here, up and up, and go closer, here somewhere in the middle of the spiral, they kind of jump out of their skins and they move up and they make a quantum leap, and then move from the bottom point of the octave to the top point of the octave. Now, that's a lot to take in, it took me a while as well.



Let me say that again. The fermions that are here at the bottom of the spiral, individuals, separated. They move up, and eventually they get to a point where they make a quantum leap and then move literally from one end of the octave to the other end of the octave, and there, they become bosons.



Bosons

And what is a boson? A boson is where the human will gets in line with the Divine. It's that light bulb in your head. It's that moment of "My God, I have never seen this before. I have never realized this before."

It's a state of grace. It's a state of gratitude, and that is the top of the spiral. We have these glimpses of our next state of grace before we move up to the next spiral. How do we know that we have achieved the state of grace or gratitude? When it happens in your body, you actually

change physically. You glow. You look relieved. You look relaxed. Your heart and your mind, in that moment, becomes one, and you experience an incredible love.

Helping clients

I have had clients that I have managed to help with this process of becoming whole. At the end of the process, I would see them glowing, feeling different, feeling relieved, feeling loved. I want to live. The reason I no longer experience the tension is that the integration is in

me. It's part of me. I don't need to deny it any longer. It's another element of me, it's fine, this is who I am, and you experience the incredible relief that goes with it.

My own spiral

Now I understand why this whole theme of spirals and climbing, that time and space is all man-made, keep coming into our consciousness all the time. I'm now at a very interesting point at the bottom of my own spiral. It's like a new world that is being opened up to me.

Everything I have done over the past 30 years in my career is coming together where I, again, moving into a completely different career change. I'm moving out of what I am doing, and I am moving into a role that I would like to describe as Life Transition Facilitator, which is where I would take clients through the process of identifying inner conflict, limiting beliefs, and energy blockages.

I will take clients through the most appropriate process for that person to help them go through life transitions, not over a period of time, not

like therapy and “Come back next week, and we’ll contemplate your navel from a different angle...”

I actually get the client into a room with me, and do not let them leave that room, until that light bulb moment has been there, and I can see physically from their bodies, from the way they behave themselves, from the way they react, that they actually have achieved that moment, and that they know it.

So, that is what I would like to do from here onwards. I would like to help people to, within a day, make that change and move on and achieve their life purpose.

