

## WHAT ON EARTH IS GOING ON?

*By Chris Stormer SRN.SCM. HV. DipR*

Isn't life amazing? Just when we think we have got it, we have no idea what on earth is going on? And this is only the beginning of an on-going phase of personal and en masse confusion and unpredictability! Never again will life be as we knew it in the 20<sup>th</sup> century.

The wave of worldwide chaos, global troubles and general uncertainty, evident since the onset of the new century and millennium, is intentional. It brings with it unexpected opportunities for extra-ordinary human growth and development, as hard as that is to believe at the moment.

To begin to understand why, we need to remind ourselves that everybody and everything has its own cycle, each of which is intricately intertwined, and a century is no exception. The first 25 years are the century's spring, when new concepts begin to emerge, the second quarter is its summer, when these ideas blossom and bloom, which is followed by 25 years of autumn, when everything comes to fruition and we reap the harvest, whilst the last 25 years are winter, when things begin to quieten down as old thoughts wither and die.

Think about it! The greatest inventions of the last century were up to the 1950's and 1960's after which these developments were expanded upon, fine tuned and sophisticated to suit modern needs.. Now we are experiencing the remnants of the 20<sup>th</sup> century's winter, which is still causing fearful upheavals that are taking on a variety of unexpected forms, such as the notorious "foot and mouth dis-ease", tragic train crashes, horrific plane disasters as well as a series of personal crisis. All this is causing a great deal of uneasiness and a horrifying escalation of dis-ease.

Clues as to how individuals are feeling can be gauged through expressions such as "sick to the stomach" of the situation, "down on one's heels" "dragging one's feet", and "had it up to the eyeballs". We give ourselves so many vital hints of how the current situation is affecting us but we forget to listen or take notice. So it has been with the Universal "nudges" over the years.

We are experiencing a mammoth Universal "wake-up call", which has to be on a noticeable scale because, for too long, we have passed the buck asking "what THEY (i.e. governments) can do" at times of crisis, instead of "what can I do?" The measures may seem extreme and unfairly harsh, but previous opportunities" to clean up our act" were ignored. The most significant of these was the tragic death of our much-loved Princess Diana, which generated a wave of unconditional love momentarily worldwide but soon dissipated. Drastic steps are now the only way to gain global attention once again.

We are being encouraged to take our lives into "our own hands" and be personally responsible for the way we think, feel, act and react. To this end our bodies are being infiltrated by high frequency Universal energies that are rapidly increasing our vibrations to "flush out the old to make way for the new". This is why every body, including "healthy" souls, are experiencing changes in sleep, eating and work patterns, are becoming more forgetful (regardless of age) and less efficient, as well as becoming more clumsy. In short, people are feeling different as they are in the transition stage of evolving into the next exciting stage of their existence on earth.

Greater understanding of the current energies will help individuals utilise this situation to their advantage as they learn to tap into these extra-ordinary forces and beneficially use them to enhance lives everywhere. This is why it is such a great privilege to be on this planet at a time of incredible transformation, although this is unlikely to be the view of those who enjoy on-going consistency and certainty!

Universal energies are intentionally "knocking us off our feet" and shoving us from static positions of complacency so that we come "to our senses" and enjoy a more fulfilling and meaningful life that is completely free from the concerns and worries that plague us today. How we respond will determine the outcome. Those who resist will experience hell, whilst those who have faith and go with the flow, will ultimately discover "heaven on earth" with many unexpected but worthwhile surprises along the way.

The reality is that the world is as it is because of us, so we are the only ones that can return it to its natural state of glory and global peace. What can we do to prevent a complete standstill and to reduce the growing incidence of dis-ease? Simply sort out our own state of affairs by "putting our homes and lives in order" and adopt a positive attitude.

In this way, hidden talents and unbelievable resourcefulness will be rediscovered and when utilised will contribute to an en masse raising of consciousness. This may seem rather Utopia-ish, but what is the alternative? If we continue to lead artificial, bitter and critical live styles and continue to be in a state of constant conflict, we shall ultimately destroy ourselves and end all forms of life on earth. Alternately by tuning into the Universal wavelength and asking for Divine guidance, unbelievable insight can be gained that will open each individual to endless possibilities. The choice is ours. Heaven or hell?

I, like many of you, found out what on earth is going on, the hard way! Having been born and educated in Kenya, I trained as a nurse, midwife and health visitor in London, and soon became vastly overweight and a manic-depressive with suicidal tendencies. Even a short spate of nursing in America did not help; it was my brutal divorce that was my turning point. I was left with my two beautiful young sons and barely any funds, which forced me, whether I liked it or not, to do something worthwhile with my life, and that's when I really "found my feet". Twenty years on I am now considered to be a world authority on natural healing; I am the author of five popular books on the subject, and am affectionately known worldwide as the "Universal Foot Lady"!

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## MEMBERS PAGES MEMBERS PAGES MEMBERS PAGES

### **EDINBURGH DUO RECEIVE AWARD FOR SERVICES TO MASSAGE THERAPY – PRESS RELEASE**

“The Scottish Massage Therapists Organisation (SMTO), the leading Massage Therapists Organisation in Scotland, held their annual Conference in Edinburgh on 24<sup>th</sup>/25<sup>th</sup> March 2007. This year’s sell-out event was hosted by Art Riggs, a respected author and International Lecturer from the United States, who presented a hands-on workshop to delegates, from all over the UK, on 'Deep Tissue Massage & Myofascial Release'.



“Every year an award is presented to the person/people who the SMTO feels has done the most for Massage Therapy in Scotland and beyond. This year the Nick Carter Memorial Salver for Promotional Services to the Massage Industry was awarded to Alan and Corina Lunn from Edinburgh, *shown in the photograph being presented with the award by Maggie Brooks-Carter, Chairman of Scottish Massage Therapists Organisation.*

“Alan Lunn DARM RMT DSM DOSM SMTO is an exercise and rehabilitation specialist, an Advanced Remedial Massage Therapist and is course leader for the Scottish Massage Schools’ Remedial & Sports Massage course. He is a CHEK Level 3 Practitioner, Holistic Lifestyle Coach Level 2 and is the founder of Optimal Fitness and Rehabilitation.

“Corina Lunn DARM RMT DSM SMTO is a CHEK Level 3 Practitioner, Holistic Lifestyle Coach Level 2 and an Advanced Remedial Massage Therapist, for which she won the award for Most Outstanding Graduate of her class. She is also a course leader for the Scottish Massage Schools’ Remedial & Sports Massage course.

“Optimal Fitness and Rehabilitation also run workshops in Edinburgh in subjects varying from Stretching to Core Stability. For more information on Optimal Fitness or to book an appointment visit their website at [www.optimalfitness.co.uk](http://www.optimalfitness.co.uk) or contact them on 0131 662 1896.

“Next year’s Scottish Massage Therapists Organisation Conference 2008 is being presented by Thomas Myers, USA, who will be presenting a two-day hands-on workshop entitled ‘An Anatomy Trains Tour through Feet, Hips and Shoulders’.

“All Massage Therapists are invited to join the SMTO at this event, places are limited and the Conference is filling up fast. For more information and to secure a place please call 01224 822960 or email [info@scotmass.co.uk](mailto:info@scotmass.co.uk) or visit [www.scotmass.co.uk](http://www.scotmass.co.uk).”

**Photographs from this year’s successful weekend can be seen on the front cover of the magazine. Our thanks must go to Art Riggs for coming to Scotland and presenting such an interesting and informative workshop for Scotland’s (and beyond’s) Massage Therapist community.**

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Throughout the UK, during this June and July I am thrilled to be, once again, presenting a series of exciting seminars, that are generally described as innovative and highly informative; as a channel for this Universal wisdom I can honestly say that I love the way I am “kept on my toes” and am constantly open to sharing more. The aim is to create greater awareness of the next step in health and healing, so that you, as an individual, can decide for yourself what are the most appropriate steps needed to make the most of yourself and others. The spin off is enhanced personal well-being as well as a better world in which to live.

I am also passionate about Africa and love to share some of what it has to offer. Twice a year I take small groups to swim with the dolphins in Mozambique, walk with the elephants in the Pongola Game Reserve; connect with the lions; meet the incredible souls of Soweto and to enjoy a full day of pampering at an African day spa. What more could one ask for! I am really blessed and know it! Please do come and join me this summer in the UK and then in September in Africa!

***Born in Kenya and living in South Africa, Chris Stormer, affectionately known worldwide as the "Universal Foot Lady" first stumbled into feet, through reflexology, in 1987. Since then she has been in great demand and presented papers at International Congresses worldwide as well as numerous workshops and seminars on almost every continent. Chris Stormer is also the author of 5 books, published by Hodder and Stoughton, UK, two videos, seven charts and a set of audiocassettes and there is much more in the pipeline!***

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***Please see diary dates (pages 34-36) for information on Chris’ workshops in England, Northern Ireland, Ireland and Scotland in June and July 2007.***