

Life Saving Essentials

In the early '80s, armed with a business degree but with no other purpose in life than to get rich quick, **Susie Anthony** was on a hedonistic path working for some of the richest people on earth. It became a slippery slope that eventually led her to rock bottom, the victim of drug addiction. Then a near-death experience guided her onto a higher path of spiritual awakening. But not all remained well. Recently forced to fight for her life again, she shares her experience of the extraordinary power of the essential oils that saved her.

During my life I have received powerful initiations and divine wisdom. I've learned cutting-edge psychological and spiritual insights. And at last I discovered an ancient map that clearly describes the challenges and the experiences to expect during each of the Seven Stages of spiritual awakening – some call this alchemy. All that I have learned has enabled me to develop a practical formula for life-changing miracles based on this ancient map of the great hermetic sages, prophets and visionaries. Few yet know about such early alchemical maps. However, this very precious and unique 21st century guide to living in spirit at last makes it possible for every kind of spiritual seeker to rediscover their bliss and achieve a constant, upward spiral of spiritual growth, while contending with the demands and challenges of everyday modern living in a substantially toxic world. In November 2007, I met with The Hon Mr Al Gore, recipient of

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the Nobel Peace Prize and former US Vice President. He agreed with my theory that when we live out of harmony with spirit, we are more liable to cause harm to ourselves, others and to our environment. This is most often through a series of 'spiritual emergencies'. These 'breakdown to breakthrough' experiences can sometimes be mysterious and exciting, yet most often they are dramatic, traumatic and frightening. I was about to find out again...

Physical breakdown

I had finished writing my book in December 2006. I have to admit now that in order to get this book written, I had to work like a slave, running the spiritual community, running a holistic day spa, still presenting workshops, giving healings and talks to pay the bills. It was an exhausting schedule and somewhere along the way I forgot to live in harmony with spirit and rest. I was working from 5am to 11pm daily. To be honest I had done this since I opened the day spa. In retrospect and with deep humility, it was just all too much, but my desire to serve and help others was so powerful I kept on. The last words I wrote to end the book were, 'Summon the courage for the rites of passage, the initiations that lie ahead'. Little did I know that I was entering a huge initiatory period that yet again would threaten my very life. In February 2007, I was rushed to hospital one night. The medical team who worked on me took my blood. It had solidified and was very dark brown in colour. It looked like mud. My skin was blue and my oxygen saturation had dropped to dangerously low levels. I was diagnosed with 'ideopathic' (of unknown origin) double pneumonia and given 6,000 mg of antibiotics daily. I was told if I had left it one more day I would have died. Severely weakened and in shock, I was discharged from hospital after a couple of weeks. But after three days at home I collapsed again with the same symptoms, which if anything had worsened. I spent another two weeks in hospital on oxygen unable to breath, had various lung biopsy tests and was diagnosed with 'ideopathic' pulmonary fibrosis and given 3-5 years to live. All the alternative approaches available locally did little or nothing for me and conventional medicines didn't work either. I tried everything. In fact, the allopathic

drugs prescribed – high dose antibiotics, high dose steroids just made me worse. The steroids created two further terminal illnesses, Cushing's Syndrome and heart disease. The antibiotics left me with candida and a leaky gut. My kidneys stopped working, my adrenals too. I was losing my hair, 36 pounds overweight and escalating, I could not walk, talk or breathe. Students and friends turned their backs on me in this compromised state – consumed with shadow, rather than helping me they tried to take over my

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business interests. This was a test of all tests to keep the faith. I took nothing personally, letting go of people, places and things. It was such a test of detachment, acceptance and forgiveness.

Liquid gold

The reward for my tenacity and faith in God came in the form of a very unusual and powerful synchronicity. During the last ten years, I had been using the highest quality natural therapeutic grade oils (from Young Living in the USA). In May 2006, I had met Young Living's President and Founder, Dr Gary Young. His story is incredibly heroic. Gary told me all about what had inspired his own quest for knowledge and self-healing. He had survived a near fatal accident that left him paralysed and confined to a wheelchair nearly three decades ago. Unwilling to accept that fate, he had begun a search which still goes on today for natural ways to heal his body, which he has managed to do.

In his late 40s, Gary married a beautiful woman, Mary. She was around 50 and had never had children. Mary told Gary she'd like a family – quite a tall order given her age. He worked on a programme for Mary with the oils, made easier, Mary tells me, due to her background. She grew up with no white sugar, no white salt, no fried foods and no soda pop. Two years later she gave birth to Jacob at 52. He's seven now. At 58 she gave birth to Joseph who is now three. Mary won't mind me sharing with you that she's about 62 now but looks half that age, no facelifts and no surgery. Such is the power of these oils combined with right life style, and right attitude. Joseph and Jacob are both highly exceptional children. Gary and Mary are highly exceptional people and I owe them my life. They are sharing what they have learned about the oils with all. Ultimately Gary's pain and suffering had led him to his best self and revealed his best destiny – the pioneering work he is doing today in Ecuador with essential oils. The founding Constitution of Ecuador upholds and promotes research into and the right to practice ancient naturopathic ways of healing. This had allowed Gary to initiate some truly pioneering research work, together with the Medical Association of Ecuador, and a top US Gold Medal surgeon. This incredible team had been performing operations without anaesthetics, painkillers, antibiotics

or anti-inflammatory medications – using therapeutic-grade essential oils instead. I watched documentary films of them removing cancerous tumours in the lymph and brain tumours in this way. I studied statistics showing a minimum of 30% improvement in recovery rate, no fatalities and no side effects. This is truly miraculous stuff. At 18 months old, Gary's son Joseph was the first child in the world, under the age of three, to survive toxic black mould. This was directly attributable to a programme of healing with

colonic implants of Young Living essential oils. Like some sort of biblical plague, toxic mould has been creeping through homes, schools and other buildings across the US. Although press reports have focused on stachybotrys, strains of aspergillus and penicillium have also triggered their share of grief. At least two families have burned their homes to rid themselves of the contamination. Thousands more, including anti-pollution crusader Erin Brockovich, are suing home-builders, landlords and insurers for damages to their property and their health. Conventional medicine offers nothing to counter the effects of toxic black mould and in the UK relatively little is known about this despite the epidemic in the US. I wonder just how many respiratory conditions are due to the effects of micro-toxins from toxic black mould?

Life injection

In May 2007 I met up with Gary Young again and mentioned my challenges. He listened intently. He took a closer look at me, seemed to look right through me. Deeply connected to spirit and receiving guidance, he said: 'I think you have toxic black mould – come to Ecuador, this is your only chance!' Instantly, I felt the truth in his words.

A clear picture of the map of alchemical awakening flashed into my mind. I realised there and then I was experiencing the testing that the ancient hermetic sages called Fermentation and Putrefaction. This stage eventually leads on to Distillation and Incineration and then Coagulation. In my 'ancient map' stage five of the path is about regeneration through putrefaction and fermentation (mould or fungus representing spiritual chaos). I had certainly experienced the spiritual chaos of extreme exhaustion due to overwork. I had opened my holistic day spa and was undercapitalised. I was losing lots of money and I was too proud to ask for help and too loyal to abandon ship. This is the stage where the new self is destroyed, instilled with new life and reanimated. I took courage from my own teachings, this ancient map. I felt Gary's work could help me achieve the purification I needed to create a new life force. Stages five and six of the path go hand in hand. Simultaneous to the putrefaction and fermentation, we also enter a period of incineration, where our false interpretations of experience are cleared. I knew I could manage this part with my own



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tools for transformation, but I needed Gary's expertise to help with the purging, cleansing and detoxification of the mould. At the higher levels of the map, we become truly purified to refine our emotional nature to highest purity. Finally, if we make it through these two stages we experience what the

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ancient sages called Coagulation where the Higher Self (best self) incarnates. Here we discover that the ultimate goal is the reunion with our divine essence and the alchemical transformation of the very substance of our base (physical) being back into its true spiritual essence, which is light. The alchemists of ancient Egypt and Medieval Europe and the yogis and yoginis of India and Tibet spent their lives in pursuit of this sacred destination. The Egyptians even believed that through this practice, it was possible for a human being to realise their immortal body of light and become a star in the heavens.

Oils in, toxins out

When I returned home the next night, I happened to reach for a book off the shelf in the master bathroom of my newly rented property, a renovated 16th century manor house. With book in hand, something made me really look behind where the book had been. On the recently re-plastered, newly repainted wall, there was a large patch of black mould. Here was the proof... I had the mould tested. The results showed not one but two different strains of toxic black mould... *Aspergillus niger* and *Penicillium* spp. Out of the blue, a wonderful young woman, a client of mine, Venessa Cowham, gifted me the cash I needed to heal. I will always honour her tremendous kindness and outstanding generosity of spirit, which has saved my life. Using dark field microscopy, and other cutting edge scientific research processes, Gary Young identified toxic black mould in my blood. He shared with me what he uses to destroy toxic black mould. It truly works. It's a 100% pure, organic blend of plant extracts that Young Living have formulated called 'Thieves'. Thieves is so safe and non-toxic that it is used and approved in the US as a food supplement and a food additive. I underwent a rigorous programme of healing with daily chelation therapy for 12 weeks, daily colonic implants of the oils inserted using a standard bladder catheter into the anus, I had a peripherally inserted centralised catheter placed in the main pulmonary artery via the elbow to deliver the oils straight into the lungs. I had all kinds of vitamin injections. I fasted, did powerful cleanse and detox programmes, rigorous workouts to clear the lymphatic system using traditional work out machines and NASA

approved hyper-gravity machines. There were synergy machines to drain lymph, daily colonic irrigation therapies, daily Young Living Raindrop Oils Massage, including Vita Flex Therapy and Neuricular Therapy to balance the para-sympathetic and sympathetic

nervous systems. My diet was changed to lower cortisol in my system, the death or stress hormone... I was also given all kinds of naturopathic injections to rejuvenate, regenerate and heal, especially GH3. I drank Quinton (sea water) to become revitalised. I reconnected to my spirit powerfully. All this powerful purification work was successful. I was given a clean bill of health. Not only was I cleared of toxic black mould, my hormone levels were improved, my thyroid function was normalised – these had been totally dysfunctional.

In November 2006 the University of Manchester published findings from their extensive research on the action of essential oils on the hospital super bug MRSA. In every case study it was found that the essential oils used in Young Living Thieves Oil destroyed MRSA 100%. My own personal journey has shown it also 100% kills toxic black mould. The Thieves Oil formula which includes cloves, lemon, eucalyptus and rosemary stems from the days when 15th century thieves rubbed these oils on themselves to avoid contracting the Plague while they robbed the bodies of the dead and dying. Additionally I have learned that no virus is able to replicate in clove oil, as used in Thieves, or indeed in many other high therapeutic grade essential oils. Could this be the way of the future? I certainly see a bright future for high therapeutic-grade pure essential oils and thanks to these oils I can see my own bright future. *ks*



more information

- For more information on Young Living Oils visit www.youngliving.com
- For details on Susie's work visit www.psalifemastery.com Susie's book *A Map to God* is available, O Books, £10.99
- Read Susie's incredible life story in issue 88 (Sept/Oct 2007) of *Kindred Spirit*.

