



THE JOURNEY®

LYDIA'S STORY

What is The Journey?

It is a proven method that works with your subconscious to help you release repressed emotions and to forgive past hurts, enabling healing at a cellular level. This promotes physical, psychological and spiritual wellbeing, which leads to healthy and nurturing lifestyle choices.



Have you always worked in the life transformation environment?

No, my background is actually in IT. My involvement in The Journey started in 2000, when my mom phoned me out of the blue after watching an interview with Brandon Bays, who pioneered this incredible work. The nature of the call was so bizarre, she said that as she listened to Brandon, she realised something had happened years ago that could make me seriously ill one day.

She told me that when she was pregnant with me, my dad said that I wasn't his child, and moved out. He returned before I was born, yet, watching the interview, my mom realised that as a fetus, on some level, I could have been conscious of my dad's initial rejection, and may have developed feelings of being unloved, unwanted and not belonging. You could've knocked me over with a feather, as my dad was my biggest fan, and I even have his birth mark.

So was this true, were you affected by this pre-birth experience?

Yes, definitely. On hearing this story, it was as if a puzzle piece fell into place. I had felt throughout my life that I didn't belong and that there was something wrong with me. Even my external appearance was different from my siblings, who all had very fair skin and straight black hair, while I have an olive complexion and a mop of unruly, curly hair. Growing up in a small Afrikaans country town, being different was hard for me, and I experienced some of the pain of discrimination when even my best friends would suddenly refuse to play with me because I was too ugly. I couldn't understand why people didn't see the real me, who is loving, kind, fun and humorous.

After hearing this painful revelation and understanding that it could have health consequences, I read the book, *The Journey*, and signed us both up to attend the next Journey Intensive workshop.

What do you learn at a Journey Intensive?

You get introduced to Brandon's healing story and the science underlying the method, and you also learn and undergo the basic emotional and physical processes. The physical Journey is a guided visualization where you intuitively Journey inside your body to uncover any blockages that are stored at a cellular level.


I went to my heart and uncovered a memory of my dad's passing. He had suffered multiple heart attacks from the age of 41 and died at the age of 44. I wasn't home on the night of his final attack, and didn't have a chance to say goodbye. I was out with people I didn't even like just to feel that I belonged. The process revealed that I had been carrying a huge burden of guilt that had permeated all aspects of my life, and that was why I always felt guilty that I wasn't a good enough mother, wife, sister, daughter, friend. The constant striving to be better was hugely stressful internally, and also for my kids who bore the brunt of my rigid perfectionism. *Six months after this process my heart murmur had healed, and my heartbeat returned to normal.*

What were the next steps on your Journey?

The work spoke so deeply to me that I immediately signed up for the Advanced Skills training, and again experienced the miraculous effects of the process. I had been suffering from ongoing, severe lower back pain for about three years, and was a regular visitor at the chiropractor. This time, I went to my spine and uncovered the memory of an armed robbery during which we had been tied up. Just three months after that Journey process, I woke up one morning and realised that I had no back pain whatsoever.

Did you gain any emotional benefits?

Oh definitely. Just before I discovered the Journey, I had experienced betrayal by family members and I went through a divorce. So looking back, The Journey could not have come at a better time. It helped me to get to a place of deep understanding and true letting go of these issues, and also to honour myself by making healthy, self-nurturing choices.



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Did you ever access a memory of your experience in the womb?

Yes. In 2004 I finally got access to that cell memory. At the end of that process my soul said that it was now time to step into my life's purpose and I signed up for The Journey Accreditation Programme. It required a lot of trust and faith, as slowly our IT business came to a halt and The Journey started occupying most of my time.

How did you become the caretaker of The Journey Africa franchise?

One of the training retreats is called The Manifest Abundance Retreat, where you identify beliefs that limit your potential and prevent you from living as a true expression of who you really are. It was here that I put out an intention to work with children, as I had realised that if I had had access to The Journey tools as a child, I would've lived a life based on conscious, healthy choices.

After receiving my Accreditation in 2005, I applied to be the Administrator for the Journey Outreach Office in South Africa and so that wish came true. Then, in 2008, my partner John and I took over The Journey Africa franchise. And we are currently living an intention I set to be debt free. By trusting my life's purpose, and after giving and receiving countless Journey processes, today we live on a beautiful little farm growing nuts, with stunning beaches close by.

www.thejourneysa.co.za

Some Upcoming Events:

- **Journey Intensive Retreat**
- **The Manifest Abundance Retreat** (Pre-requisite: The Journey Intensive)
- **Out of The Blue:** Freedom from the real causes of Depression
- **Conscious Communication** with John
- **Full Journey Accreditation Programme** offered for 2016

**JOURNEY
WITH
LYDIA**