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### **My Spiritual Journey: A Transformative Path to Inner Peace**

Let me take you on a journey that changed my life in ways I could never have imagined. My story isn't just about me; it's about transformation, resilience, and the undeniable power of the universe to guide us when we're ready to listen. I have written about some of my life traumas and sufferings from the outset to add context to my story.

### **The Beginning: Trauma and Loss (2017-2021)**

In 2017, my world was shaken by a significant physical trauma. Four years of recovery followed—a slow, gruelling process that tested every ounce of my strength. During this time, I began to realise the depth of my disconnection from myself, sparking a deep need for healing and understanding.

In February 2021, life dealt another blow when my mother passed away. Her loss left a void I couldn't ignore. It forced me to confront questions about life, purpose, and what it means to truly live. This began a journey that would challenge and transform me in unimaginable ways.

### **Turning Points: Physical and Emotional Shifts (2023-2024)**

In September 2023, an unexpected and sudden surgery on my lower intestine added to the physical and emotional strain I was already carrying. A month later, my 16-year relationship ended suddenly and painfully. This upheaval forced me to reassess everything—my identity, values, and what mattered. I realised the life I'd been living no longer served me.

By May 2024, my health took another hit due to a sudden illness that sent me to A&E twice a week, making me feel as though my time was up and I was indeed going to die. This fear became my wake-up call. I realised I couldn't work in toxic environments or with poisonous people anymore—it was time to reclaim my life. Faced with the fear of death, my perspective on everything shifted dramatically. I felt an undeniable need for something drastic—a vast change that would redefine my life. I embarked on a transformative journey through Asia, a place I had never been to, drawn by the promise of healing, adventure, and spiritual growth. During the coattails of the illness, I made decisions that had been brewing for a long time but had always seemed daunting. Yet, in that moment, making them felt as easy as making tea. Everything was either black or white, with no grey to mull over. I acted decisively, and to my amazement, the decisions I had to make turned out better than I had expected.

### **Signs and Letting Go: The Car Moment and First Reiki Wheels (May 2024)**

In May, as soon as I was well enough to move about, a friend recommended having a session of Reiki with a practitioner he knew. I had often pondered the thought but always made excuses not to do it. This time, I felt I had no reason, and with all complementary therapies, I suppose we go with a problem in mine we are hoping to fix or overcome. On arrival, I broke down crying due to the previous onslaught of the illness and looking for answers. The Reiki treatment felt amazing. However, during the session, the Reiki Master described seeing 3 fast spinning wheels in my energy field—a symbol I imagined in my mind's eye as a typical old boat wheel. I didn't fully understand its significance then, but it resonated deeply.

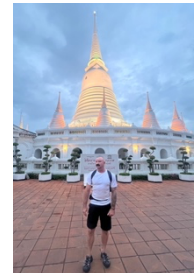
As I understood much later on in this journey that these wheels represent the spiritual journey and cycles, or The Buddhist Wheel of Life, also known as the Bhavachakra, is a visual representation (as shown) of the Buddhist belief in the cycle of existence, or samsara. I believe the Reiki treatment and signs highlighted unresolved spiritual energies, preparing the ground for future revelations which came later.



During the recovery stage of my illness in late May, I drove from London to Cardiff to stay with my sister so she could look after me. As I was driving down the motorway, singing along to the radio, a sudden and profound thought struck me: “You have to say goodbye.” The thought hit me like a brick and came from nowhere, but I knew exactly what it meant. The weight of this realisation brought me to tears, and I understood that letting go of my old self was essential to moving forward. When I got back to London, I have to travelled on the underground, which I really do as I live very central central. On taking the underground and 2 stops into my journey a Buddhist Monk dressed in orange robes entered my carriage and sat right next me. The carriage was literally empty. I got off a few stops later. I looked and him and he gave me uplifting smile. In 17 years living in London, I have never seen or encountered a Buddhist Monk in orange robes, but that day, one sat right beside me, of all the carriages, underground lines and times of day. My only rationale, was that it was my second sign, the car being the first.

### **Adventures and Spiritual Discovery: Vietnam, Cambodia, Thailand, India, and Nepal (July-August 2024)**

In July 2024, I embarked on a journey of adventure and self-discovery, travelling through Vietnam and Cambodia. Along the way, I soaked in the richness of new cultures, which brought me closer to understanding myself. During this trip, I made an unplanned stop in Bangkok, Thailand, changing my plans to stay for two nights at the last minute. At Wat Saket Temple (as shown), I saw the first physical representation of the wheel I had envisioned during my Reiki session. It was next to a golden Buddha, and as I stood before it, a wave of emotion surged through me—disbelief, awe, and an overwhelming sense of connection (I didn’t take a photo because, on reflection, I was so taken back and in shock). It felt like the universe was speaking directly to me, affirming that I was on the right path. This unplanned encounter began a series of spiritual signs that would guide my journey, leaving an indelible impression on my soul.



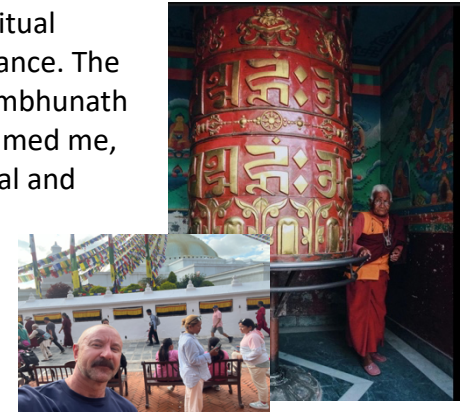
In August 2024, I travelled to Kerala, India, to rest and nurture my body after the illness that had taken such a toll on me. While undergoing Ayurvedic treatment there at a reputable resort, I encountered another wheel outside the resort 'open' restaurant. This happened by chance when another guest invited me to join her table. On viewing the wheel, I realised this wasn’t by chance and a pattern was starting to emerge.

During my stay, I attended daily yoga classes and met a renowned mindfulness teacher who introduced me to mindfulness practice. This profoundly enhanced the benefits of the Ayurvedic treatments, deepening my sense of presence, inner calm, and connection with my body and emotions. Mindfulness became a turning point in my journey, providing clarity and peace as



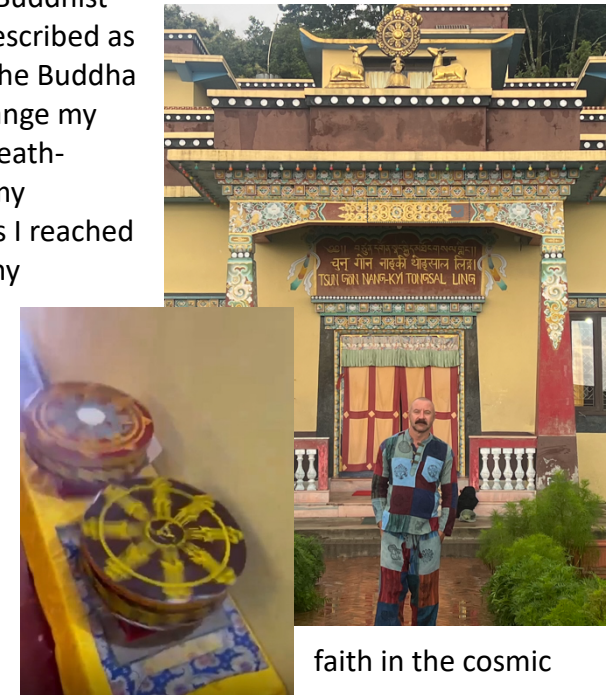
essential parts of my daily life. The synergy between Ayurvedic therapies and mindfulness allowed me to fully embrace the cosmic energy, nurturing both body and soul, and fostering an unshakable faith and clarity I had never experienced before.

In August 2024, I travelled to Nepal for yoga, meditation, and enhance my mindfulness as part of my spiritual search to find meaning. During my stay at a yoga academy, I met a new guest in the reception area by chance. The next day, we decided to take a day trip to Kathmandu together, which included visiting the sacred Swayambhunath Temple. I encountered a large prayer wheel in the outside grounds of the temple, and the sight overwhelmed me, bringing me to tears and to my knees. The cosmic energy flowed stronger than ever, leaving me emotional and contemplative. Later that day, back at the academy, I spoke with a spiritual Guru back at the Yoga Academy to understand the significance of the Reiki wheel signs and the prayer wheel I had just seen. With calm and conviction, the Guru replied, “The cosmos is coming for you.” I had no idea what this meant then, but his words lingered in my mind, adding a profound layer of mystery to my journey.



The following day, the same guest mentioned plans to visit Nagi Gumba Monastery, a sacred Buddhist site high in the foothills of the Himalayas within a Nepalese national park. Buddhism, often described as a philosophy rather than a religion, teaches that enlightenment comes from within and that the Buddha symbolises the potential for awakening present in every individual. Intrigued, I decided to change my plans and joined the three-day trip. The journey required a two-hour inclined trek through breathtaking landscapes from the park's entrance to the monastery. Upon arriving, I was shown to my bedroom at the top of a flight of stairs, situated above the sacred temple in the monastery. As I reached the landing, I was taken back by seeing two small spinning prayer wheels on a table outside my bedroom door (as shown in photo). None of the other rooms on the landing had such wheels nearby, making this discovery feel deeply personal, as though the universe had placed them there precisely for me. The wheels' gentle, constant motion filled me with awe and reinforced the spiritual significance of my journey.

The monastery's serenity was unparalleled. That evening, as I settled into my room, the sight of the spinning prayer wheels became even more mesmerising and symbolic. They seemed to embody the connection I had begun to feel with the universe. A profound sense of calm washed over me, as though the universe guided me toward deeper spiritual understanding. The time I spent at Nagi Gumba Monastery left an indelible mark on my soul, reaffirming my energy that had been present throughout my journey.



faith in the cosmic

### **A Symbolic Offering at the Sheba Shrine: Release and Renewal (August 2024)**

The net day I undertook I took an unplanned further two-hour guided inclined trek up from Nagi Gumba Monastery to a summit, where I hoped to get a clear view of Everest, I stumbled upon the Sheba Shrine—a place I hadn't known existed. Surrounded by the raw beauty of the Nepalese jungle, the shrine exuded a profound stillness that instantly captivated me. As I stood there, an overwhelming urge washed over me to offer something. I had nothing on me just my clothes for trekking. Suddenly, on looking at my ring I was wearing I knew immediately I had to offer it. I bought this ring as I wanted to look at it each day and to see it as a symbol of self-love and recovery following my breakup. Without hesitation, I removed it and left it at the shrine (as shown in photo).

In that moment, I felt an intense emotional release, as though years of pain and lingering attachments were being lifted. The act of offering the ring felt like a sacred gesture—committing to my spiritual growth and fully surrendering to the universe's guidance. The energy at the shrine was palpable, and I couldn't help but feel that this was a pivotal moment in my journey—a turning point that symbolised my willingness to let go of the past and embrace the transformative power of the present.



### **A Symphony of Energy and Synchronicity (August-September 2024)**

Returning to London after my transformative journey, I felt my body and energy had shifted profoundly, especially following the Ayurvedic treatments and spiritual encounters in Asia. Seeking clarity and understanding, I decided to have another Reiki session / treatment, with the same person in north London which I did the first treatment with. The experience was overwhelming, with massive energy flowing through my body. For an hour, vibrations surged up and down my body, leaving me entirely controlled by cosmic energy—an otherworldly sensation beyond anything earthly. To this day I still search for the appropriate words to describe that experience.

The Reiki Master, equally amazed, described vivid symbols in my energy field, including banana leaves, scrolls, and a black stone. The banana leaves symbolised uncovering layers of wisdom and the release of deeply rooted ancestral patterns, as if peeling back layers to reveal a hidden truth. The scrolls represented ancient knowledge and wisdom being awakened within me, circulating around my core like sacred messages waiting to be understood. The black stone in my abdomen symbolised a profound sense of grounding and stability amidst the spiritual

activation I was undergoing. These elements highlighted a transformative process—a cleansing of past burdens and a preparation for new spiritual insights. This interpretation underscored that I was stepping into a heightened phase of self-discovery and cosmic alignment, where my physical, emotional, and spiritual energies were beginning to harmonise.

After the session, the energy culminated in an extraordinary discharge from my fingers from both hands as if I were spitting electricity. For 10-15 minutes I was sitting alone at the same location reflecting on the profound experiences, and I found myself just casually looking at a photo of someone I admired on Instagram—a person I didn't know personally but whose image I found captivating. As I stared at the picture, it began to shift subtly: the same face appeared, but its features morphed—different hair colours, eye colours, and youthful versions—as though the energy from the session was responding to my inner desires and thoughts. It was a surreal and mesmerising experience as if the cosmic energy channelled into me during the Reiki session was interacting with my subconscious mind. This phenomenon reflects heightened energy sensitivity, where cosmic energy interacts creatively with one's thoughts and mirrors their emotional and spiritual states, amplified by the energy attunement from Reiki. The only rationale I have is that this occurrence and those that followed was the effect of my energy being vibrated to higher sense of awareness, so that I could see and hear things I wouldn't normally and pick up on or the numerous synchronicities that I wouldn't have normally acknowledged or noticed.

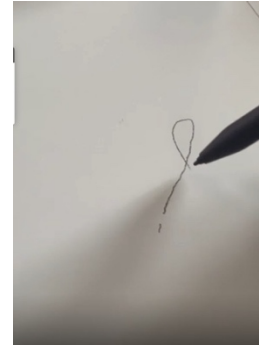
On the way home (from north to south London on the underground), something even more astonishing occurred. A person who very closely resembled the individual in the photo stepped into my carriage and sat directly in front of me, smiling at me. I knew the person in the photo lived far away in North England, yet here was this uncanny likeness. The synchronicity left me breathless, my heart skipping a beat. It was as if the universe had orchestrated this encounter to affirm the profound connection between the energy I carried and the reality unfolding around me.

Shortly after the session, remarkable synchronicities began to unfold. On August 27th, Tibetan chanting echoed in my living room—a surreal and profoundly comforting experience that felt like a message of spiritual guidance and alignment with higher realms. The chanting affirmed the work of the Reiki session as if the cosmos reassured me of its support.

On August 28th, the day after hearing Tibetan chanting in my living room, I experienced something equally extraordinary. I became attuned to sound vibrations and played a calming YouTube video on a loop (<https://www.youtube.com/live/Pk7pXfDKlzQ>). Amid the music, I discerned an undertone rhythm carrying the subtle yet clear message, "Do what.... do what you can." This felt like the universe communicated directly through sound vibrations, offering gentle guidance to trust and act on my path. The rhythm resonated deeply within me, bringing an unexplainable sense of peace and clarity.

Later that evening, the rhythm reappeared as I stepped onto my terrace. To my astonishment, it was being played at a disco opposite my home. The exact same undertone was on a loop, reverberating through the night. The synchronicity of this moment was so uncanny that I questioned my senses. It felt as though the universe was reinforcing its message, assuring me that I was aligned with its energy and flow. Though it was a frightening experience, it felt like a profound cleansing and activation process.

On September 2nd, I woke up feeling electrically charged, dizzy, and disoriented, as though my body was undergoing a scanning process. Moving from head to toe, this sensation was both unsettling (I was losing weight at a rapid rate and was causing me stress), but also unimaginatively transformative. At one point, I discovered that my notepad pen could draw without physical contact (the technology in the notepad could only allow to draw on contact with its surface), an interaction that confirmed the heightened state of my energy field. Though it was a frightening experience, it felt like a profound cleansing and activation process.



The nights of September 3 and 4 brought intense energy to my upper body, vivid dreams, and intermittent discomfort. This energetic and physical cleansing period left me exhausted but confident that I was shedding old patterns and preparing for something greater. On September 4th, during a hospital visit for a blood test, the nurse unexpectedly sang, "Don't Worry, Be Happy," bringing a moment of lightness and reassurance. On my way home, I stumbled upon a park with a "Healing Garden" (aptly named) I had never noticed before. Meditating there provided a profound sense of calm and grounding as if the universe was helping me discharge the intense energy I had been carrying. I returned to the garden daily during this cleansing period, each visit leaving me calmer and more balanced.



These experiences confirmed that I was on a transformative path, guided by cosmic energy and unfolding synchronicity. The universe spoke in ways I could no longer dismiss, leaving me in awe of its mysterious yet profound guidance.



### **Moving Forward: A New Beginning**

Since then, my life has transformed completely. I've changed my diet, career, and outlook on life. Doors I never knew existed have opened, leading me to opportunities that align with my authentic self. The pain and suffering that once defined me have been replaced with an inner peace I can't fully explain but feel deeply every day.

This journey has shown me the power of surrender, faith, and listening to the universe's whispers. If my story resonates with you, know that transformation is possible. Sometimes, life has to break us down to build us back up, more assertive and aligned with who we're meant to be. If you're ready to start your journey, I invite you to explore the healing practices that helped me. Trust in the process, whether Reiki, mindfulness, or meditation. The universe is always speaking—you must be willing to listen.

Thank you for reading my story, I hope in part it has inspired and or helped you.

Paul

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