

Opening to Intuition™

By Beverley-Anne



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This E-Book will help you through your Transformation to

Connect To the Source of All LIGHT



I am a Spiritual Life Coach, and I make use of various types of therapies to assist my clients to get rid of limiting beliefs, negative thoughts and , so that I can teach them how to connect to the Source of All Light. Thereby enabling them to create the life that they deserve!

LIFE COACHING AND WORKSHOP FACILITATION

With Beverley-Anne Bear

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FEEDING FROM THE TREE OF LIFE

In order to BE STILL, and hear from Source / Infinite Intelligence / Creator of all that is / God, you need to connect to and merge with the source of all life. To do that you must be prepared to let go of all limiting belief systems and open your mind.

According to the Bible, when God created Adam and Eve, all those years ago, He intended for them, and all their children, to walk and talk with Him on a daily basis. God wanted to have a relationship with Adam that is the same as that of a father and his child.

Having a pet, for example a dog, is wonderful; you can love and cuddle it, play with a ball, take it for walks and talk to it. But, this relationship can never replace one that a person has with another human being: someone of the same "type". Someone, that you can have a two way conversation with and that you can share feelings and emotions with: someone, who you can be intimate with; who you can love and who will love you in return.

Adam was created in the image of God. In other words, he is the same "type" as God. God longed to have the relationship of father and son, and as He could not have this with the Angels, He decided to create man. He later created a woman, a man with a womb, to enable them to pro-create, have children, and to be a companion for the man.

God created the Garden of Eden and planted many trees in the garden, including the Tree of Life, and the Tree of Knowledge. "Eden" translated means "*pleasure*" in Hebrew. God told Adam that he could eat of all of the fruits and nuts and everything in the garden except from the Tree of Knowledge, because if he did, he would surely die. Adam and Eve were to feed from the Tree of Life, which was directly from the source of life. Adam was never supposed to die, but was intended to live for eternity. The intention was for them to live a life of joy, peace and harmony. They were to live a life of pleasure, feeding from the Tree of Life; feeding directly from the Source of all Life.

Besides the many trees in this beautiful garden, there were animals too, each and every one living in perfect harmony together. There was perfect peace and great joy. They were constantly in communication with nature, with all the animals and were in total harmony with the environment and all that is and all that was.

After several years, Adam and Eve could no longer resist the temptation, and ate the fruit from the Tree of Knowledge (of good and evil), although God had specifically told them NOT to. They had disobeyed God. Before they ate the fruit from the Tree of Knowledge they did not know that there was good or evil, only pleasure.

Once they had fed from the Tree of Knowledge of good and evil, they started feeling ashamed of being naked and started feeling guilty for being disobedient and experienced emotions they had never experienced before. Up to this point, they had only experienced peace and joy, and had no knowledge of good or evil.

The "sin" that Adam and Eve committed was that of disobedience. Adam and Eve died, not physically but spiritually.

What Source wants us to do today, is to feed from the Tree of Life again. To communicate directly with the Source of Life. Not to hear what another man has heard from God and his interpretation thereof, but what we hear directly, via our intuition.

ACKNOWLEDGING THE NON-PHYSICAL

The first thing that I need you to understand is that you are more than just your physical body. You are a soul, but contrary to common belief, your soul is not on the inside of your body, your body is inside your soul. Yes your soul is enormous, and encompasses your physical body and your mind. Your soul is a non-physical body which is far greater, older, and wiser than you can imagine. Your soul exists in the non-physical reality, the spiritual realm, while your physical body exists simultaneously in the physical plain.

Many of you believe in a past life or that you are going to a non-physical dimension (Heaven/ Swarga Loka/ Valhalla/ Paradise/ Nirvana etc) when you die, but yet you find it hard to accept that you have a non-physical part co-existing with you right now. The non-physical part, your soul, is your more aware self, the real YOU! Your soul is filled with energy, inspiration and creation.

This physical body is merely a vessel or a space suit. Without your soul, your body would merely be a machine; likened to a computer, without software. It would be meaningless. And in the same way, without the body, the Soul will be unable to experience this physical realm.

You need to understand that your body is an apparatus, and not the real you. Your SOUL, which is the real you, is a far greater being making use of this magnificent apparatus. The soul is unable to operate on the physical plain, and needs the body to be able to function in the physical realm. The body, the apparatus, is a means of COMMUNICATION between your soul, your mind and your body.

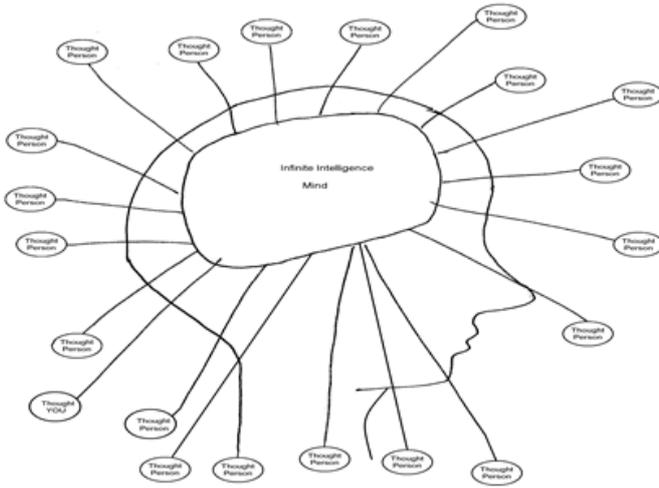
This is the most important thing that I need you to understand today. The physical body is the link between your soul, mind and your physical body. You also need to learn to interpret your body; i.e. use your intuition.

To be able to live in perfect harmony, you need to have a strong connection to your SOUL, whilst having this physical experience. There are three areas that we need to align, to enable us to have the strongest connection to the non-physical; the areas that we need to align are our Physical Body, Mind (Emotions & Beliefs) and the Spiritual Body (Soul).

Your soul is connected to all other souls, in fact we are part of a huge collective non-physical body known as Infinite Intelligence, Quantum field, Oneness or what many people refer to as God.

You need to understand that you are connected or plugged into Infinite Intelligence, which is a huge MIND with infinite possibilities. You are in the same likeness as Infinite Intelligence, therefore your soul is basically a MIND.

Infinite Intelligence showed me an analogy that I would like to share with you: Infinite Intelligence is a huge mind and every person is a thought. You are still part of the mind, but God is having an experience through you. Every thought is a person living a life on earth. See my drawing below:



The on-line dictionary says the following about **intuition**:

- ..the act or faculty of knowing or sensing without the use of rational processes; immediate cognition.
- ..knowledge gained by the use of this faculty; a perceptive insight.
- ..a sense of something not evident or deducible; an impression.
- ..knowledge or belief obtained neither by reason nor by perception
- ..instinctive knowledge or belief
- ..a hunch or unjustified belief

HEARING THE STILL, SMALL VOICE

People today are not listening to what Source is saying, they go to Church but have left God out of the whole thing, and are actually listening to some man's interpretation of the bible. I do not mean to offend anyone at this point, but it is the truth. We do not need to have someone else to hear from Source on our behalf, we are able to hear directly from God. We are to feed from the Tree of Life, as Adam and Eve did when they walked in the Garden of Eden and walked and talked with God, as per the Bible story.

We all have a conscience which sounds as though we are thinking which is how Source sounds when it talks to us. We need to learn to trust that voice totally and completely and then obey i.e. take action. Sure we may make mistakes, but as we listen more regularly and things do work out, our faith will grow.

In the beginning, when I started training myself to hear God's voice, it took a lot of faith, but as my faith grew, I started doing it without questioning. I remember one morning when we were on our way to church I placed a vase of flowers on the ground to enable me to open the garage door. I immediately had a thought that the wind could blow the flowers over and the vase would break. I dismissed the thought and went ahead with opening the garage door. After a few seconds, a gust of wind blew the flowers over and the vase broke. I was upset with myself for not listening to the still small voice, as the vase was a wedding gift and precious to me.

Another time, one evening when I got home from work, my cat was waiting for me outside at the garage. It was dark already when I parked my car and closed the garage door. I did not see my cat at the time, after all he is black and not easy to see at night, so I thought he must have gone to do his business and will come into the house later on.

While I was lying relaxing in the bath later that evening, I realized that I had not seen my cat yet. The thought came into my mind that he is locked in the garage, but I dismissed it as my imagination, and went to bed later wondering where my cat was.

The next morning, as soon as I opened the garage door to get my car to go to work, a very cold and scared cat came running out of the garage. I almost burst into tears, as I realized the cat had spent the night in the cold garage, and felt terribly guilty that I had not listened to the voice in my head. The voice in your head, is your intuition.

AWARENESS

Intuition begins with awareness. It reminds me of the same process a fish would go through, if it began to be aware it lived in water. You can be so immersed in a substance or a process, that up until the point of awareness, you were completely unaware of its existence.

Intuition and the experience that you have is determined by the level of awareness of your consciousness; a person's awareness or perception of something. Your consciousness is the observer and the creator of your reality. The consciousness in most human beings is controlled by the ego-self.

The ego is a self-created entity that runs the mind of an un-conscious person. The ego is always concerned with the past or the future. The conscious mind is only concerned with the present moment.

Imagine what it must be like for a tree. The tree is not concerned about past or future but just exists in a state of being; In the NOW moment! If anybody were to ask the tree "What time is it?" The tree would say "What is time? It is right now! What else is there?"

Did you know that you can increase your intuition simply by quieting your mind? And in these quiet moments, you offer a space for insight, for knowledge and ideas to simply trickle in, as you are then accessing the Infinite Intelligence; the oneness MIND.

Learn to get into the habit of quieting your mind. This way you will be able to hear what the body, the link between non-physical and physical, is telling you. Meditation and quieting the mind also raises your vibrations, which will put you in a better mood.

In the next chapter I will assist you with ways to quiet your mind.

Grounding is a great way to also get quiet. You can walk outside barefoot on the grass, concentrating on the feeling of the blades of grass on your feet. Is it ticklish? Or hug a tree, so to speak. Trees have amazing energy. You can just touch a tree and ask it to give you some of its energy. Close your eyes and imagine the tree removing all your guilt, shame, and negative feelings, and then replacing those feelings with positive energy. Just being in nature, listening to the birds, watching a body of water, whatever you enjoy doing, will assist with quieting your mind, and grounding you.

Your soul communicates with you through your body, using feelings. These feelings come in various disguises – images, recurring dreams, information, memories or reactions that seem to arise out of nowhere. Whatever shape they choose to come in, they are messages or guidance from your soul, to enable you to evolve so that you can merge your soul with your physical self.

Once you are fully open to your soul, you will experience these feelings in your "gut" area, below your belly button; often referred to as a hunch. This is known as intuition. Most of you have no feelings at all down there, other than tummy ache, as you have sub-consciously ignored them, afraid to confront them. These feelings are guidance from our soul and have many riddles and clues to give us, that need to be explored.

The first practical way that I can suggest is to stop running away from these messages or feelings that you are trying to avoid and write down these recurring things or feelings that you have been avoiding. Keep a note book at your bedside table, and make a point of remembering your dreams. As soon as you wake up write them down immediately. If you do not, they will be forgotten. It is quite natural to be fearful but you need to face these fears to overcome them.

Feelings that are not acknowledged, do not go away, they become stagnant. These stagnant feelings keep your energy trapped, stopping the flow of your vital intuitive energy and creative inspiration.

Awakening your intuition meditation

We are now going to do a relaxation to allow our body to relax:

Concentrate on your feet first and feel your toes relax, then the arch of your feet, the soles, up to your ankles, your heels and to your calves, the knees, the thighs, up to the hip joints. Feel each muscle relaxing. Turn your attention to your arms, moving up from the fingers, into the hands, the forearms, the elbows, the upper arms, all the way up to your shoulders, concentrating on each section at a time, feeling every muscle relax. Do the same for your tummy area, your chest and then your back, neck and top of your head. Take your time, go to each area and concentrate on every part of your body to relax it with intention. Once you feel very relaxed, start using your imagination.

Now imagine you see a bright, gold, pillar of light coming down from above your head and pouring into you through your crown and filling your entire body. See the golden light go into your toes, your legs, hands, arms, every piece of you. Sense it. Feel the energy on the inside of you. Imagine you feel a tingling feeling on the inside of your body, as the light energy flows in. Once you feel that you are quite full to the brim.

Then become the light. Imagine that you are the light on the inside of your body. Feel inside your legs and your arms and each area. Be aware of the inside of your body. Once you are comfortable that you are feeling inside the body, by using your imagination, then begin to feel yourself settling down inside. Feel your bottom on the chair where you are sitting, feel the back of your legs on the chair, and put all your concentration onto your gut area. Become grounded.

Feel the emotion in your gut, below your navel. That is where you will sense your intuition. Once you are feeling a good emotion, you can continue. The first time it may take a while, as you may not be sure what it feels like. If you are struggling to get a good emotion, think of a good thought. Sing a song. Do something to elevate your mood.

This feeling in your gut will vary and fluctuate during the day between an amazing feeling of excitement, to peace and to love and joy and then you will know that you are still on the right track. You will eventually get so used to that feeling that you will almost not even notice it other than an amazing feeling of wellbeing. But, as soon as something is not right, you will know it loud and clear, as you will be so accustomed to the wonderful peaceful feeling.

THE MIND

One of the greatest tools that we have at our disposal is our mind. However, our mind is running on autopilot and controlling us. Have you ever tried to meditate, but found thoughts kept whirring around in your mind, despite your efforts to stop them and you were unable to switch them off for longer than a few seconds?

What I am going to show you is how to take back control of your mind, and be able to meditate effectively, giving you the “peace of mind” that you desire and so rightly deserve.

You would first have to change your binding beliefs about yourself in order to do this, but once you realise that you are capable of doing whatever you set your mind to, literally, then you are on the right track.

I will explain later how focusing our attention or tuning in, is how the body is set up to process information from our outer and inner reality. The human body is no more than a biological holographic computer.

So let us compare the similarities between a computer and the biological holographic human computer, which is obviously much more advanced and complex.

The MIND is made up of two parts: The sub-conscious mind and the conscious mind (Not Consciousness).

The subconscious mind acts like a huge supercomputer hard drive. It stores every experience you’ve ever had; your memories, beliefs, emotions, values, imagination, intuition, habits, experiences and ideas, and also controls all your bodily functions. The subconscious stores these experiences as a SNAPSHOT of the 5 senses, in a very efficient filing system.

Example – a digital camera or cell phone takes a pic which you can store on a computer as a .jpeg image. The subconscious mind is exactly the same, except it takes a snapshot of the 5 senses. What are the 5 senses? Sight, hearing, touch, smell and taste.

Most people don’t even acknowledge that their subconscious mind is in play, when in fact the subconscious mind is a million times more powerful than the conscious mind, and that we operate 95% of our lives from subconscious programs.

If you look at an ice berg that is floating on the ocean, what you see above the water is only a small percentage of what the actual size is, as the 90% odd, is below the surface of the water, and is unseen. This is how the subconscious works. The conscious mind, which is what we are using to think with, to analyse and our will power, is only about 10% of our mind.

According to your sub-conscious mind, you are the only person that exists. Therefore when you judge or criticize someone else, or you say bad things about

them, your sub-conscious mind thinks that you are talking about yourself.
Incredible!

According to the bible, Jesus taught in Matthew chapter 7 “Do not judge, or you too will be judged for in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.”

Taking into account that the sub-conscious mind thinks that you are the only person in the universe, this scripture takes on a new meaning. As we criticize others, we are actually criticizing ourselves, therefore as we judge others, we are in fact judging ourselves. Ouch!

Your subconscious beliefs are working either for you or against you. The truth is that you are not controlling your life, because your subconscious mind supersedes all conscious control.

There are many little voices in your head, which can be likened to little monsters. I believe each little monster has its own personality and is a part of the Ego. As you learn to “still” or quiet the mind, you will start to recognise the different little voices.

To find these little monsters, you need to really watch your thoughts and acknowledge these voices, but tell them that you have decided not to take their advice at this moment. However, you need to be able to be in a state of awareness to discern them.

Every time that you give in to the monster little voice, that is a negative voice, you are going against what your truth is. You are in SIN. My interpretation of SIN is that you are in “Self-Image Nullification” mode (SIN), which goes against who you truly are. Therefore, to get rid of SIN, you need to stop that negative thought, or little voice, and do what you have set out to do. There are several little voices that keep on trying to get our attention. One of the Little Voices can cause you to get into FEAR. Fear can be overcome by taking action. E.g. If you decided to only have one slice of cake, and then the little voice says “another piece won’t hurt”, you are in SIN. Your self-image will take a knock, because you will feel guilty and ashamed of yourself. So, to overcome this SIN, you need to take no notice of that little voice, and only do what you have set out to do. Each time you achieve this, your self-image will improve as well as your confidence.

There is a meditation called “Middle Mind” which will help you to get into awareness. Because you are looking at the world through your eyes, which is basically at your forehead, you are associating yourself with this physical point of view. Whereas, if you take your awareness to your brain and take it to about the middle of your brain, you will disassociate with the Ego and be in a state of awareness. Try it now!

Did you notice that for a few seconds there was stillness in your mind?

The experience of quieting the mind, of being still, Jesus tried to explain to his Disciples on several occasions. He spoke of the servant who will be blessed if he

is found watching when his master returns, as the master will prepare food for him and serve the servant. If the servant is found watching the second and third time he comes, he will be very blessed. If the master knew when the thief was coming, he would have watched at that time and not allowed the house to be broken into.

Jesus said that they must be watching, so that they can be ready, as Christ is coming at an hour that they do not know.

What do you think Jesus meant by watch? Look at? Be alert? Look at what?

Jesus was very disappointed in his disciples in the Garden the night before he was crucified, as when he returned from praying his disciples were sleeping. He asked them if they could not even keep watch for a little while. Watching for what? They were outside. No thief could break-in to steal anything!

They had to watch their thoughts, to still their minds, to get to the quiet mind and connect with God / Source / Creator of all that is! Being alert!

You need to understand that your body is an apparatus, and not the real you, and that you are a far greater being, making use of this magnificent apparatus.

Now let us take a look at the Conscious Mind – What is the PURPOSE of the Conscious mind? (We are the only animal on the planet that has a conscious mind.). The conscious mind is the door-keeper to the filing system of the sub-conscious mind.

How it works – the first thing it does is filter and the second thing it does is predict, to keep us safe.

To Filter – we have the equivalent of 300 billion bits of information coming at us each second. Luckily we have a conscious mind which filters all that and takes that 300 billion bits of information and filters it down to 2000 bits. That's a lot of information that it gets rid of. The Conscious mind decides which information is important and is allowed in, and the information that is not important stays out.

Example: You are buying a new car. You have decided on the car make and model. Suddenly you begin to see them everywhere!! Why? Because you told the door-keeper or guard at the gate that this information was important. So it lets that information in!

To Predict - The conscious mind uses the filtered information to predict whether a situation is dangerous or not. How does the conscious mind know whether a situation is dangerous or not? It bases its prediction on PAST EXPERIENCE.

Which is stored in the Subconscious mind!!

“A practical metaphor to help understand: The Conscious mind is like GOOGLE! All of the filtered information in the 5 senses coming in is like the result of a Google search.

The Conscious mind reverts to the Subconscious mind and pulls out ALL of the Past experiences that look something like this particular situation and just like with Google, there will be 1 Past Experience that comes to the top of the search list, just like there is always one website that comes to the top of the Google result list.”
(Taken from *The Fairy Godmother’s Guide to **Getting what you Want*** – Donna McCallum)

Consciousness (Not the conscious mind) is the person who is typing the information on the key board to instruct the computer how to select the information to manifest reality. It is a computer programmer who has the ability to rewrite the entire program of the holographic computer. In other words, consciousness, is you, your SOUL.

Imagine you can clearly see yourself running a race and winning. You see yourself running in front and clearly see yourself winning, and experience the emotions of elation that you feel at the winning post. Then, when you actually do run the race you **will** win. But, you have to believe it without a shadow of doubt. How much can we achieve if we imagine and believe that we lose weight, or receive money?

Jesus said that if we can believe in something with all our heart, it will happen. He used the parable of the mustard seed. Jesus said that if you have faith the size of a mustard seed, you can move mountains. A mustard seed is a tiny black seed, about the size of a grain of salt, which incidentally grows into one of the biggest trees as a full grown mustard tree. When seeing that tiny little seed, you would never imagine that it would sprout and grow into an enormous tree.

There are a few things that we need to do, but the first thing is to take control of your thoughts, to take back control of your mind: the machine that pumps out thoughts at ‘1000 words a minute’. But how do you do that?

Through my training as a Past Life Regression Therapist, I discovered the technique of hypnotherapy, which is merely deep relaxation and deep breathing. By putting your focus onto something else, you remove the focus away from your thoughts.

Normally we are trying so hard to stop thinking that we do not, whereas, if we just thought on something else, we would automatically stop thinking, eventually anyway. This is something that you need to train yourself to do. What is actually happening is that you are taking control of the “thought machine”, the mind, and using it for your purposes, and not the other way around. Not the mind running the whole show.

Have you ever looked at a beautiful view, like a sunset, and it took your breath away? For those view seconds you had not thoughts, you had a quiet mind. What an amazing peaceful feeling, not so?

I know that there are tons of books on how to meditate. Take the example of “watching the candle”. You look at the flame of a candle, watch it for a while, then you close your eyes and imagine the flame. Once the image of the flame disappears from your imagination, you open them again and look at the flame again, until your eyes burn then close them again, and imagine the flame.

!

I went to an SOM Church service one morning, and we meditated through one track on a cd, and all had to think a specific sentence, over and over in our minds. For example “I am at peace and one with all that is”. We repeated this thought over and over again in our minds, whilst taking deep, slow breaths. With the in breath you say “I am at peace” and with the out breath you say “And one with all that is.”

My thoughts stopped for a while. My “monkey brain” became still and I remember feeling very peaceful after the service. I tried that often and had more luck with that exercise than with the watching of the candle flame. However, the thoughts only stopped a short while and then the “Monkey Brain” returned, as the thoughts came flooding back as if they had never left.

The secret is to do it more often until your analytical brain gets bored, and you go into the theta state. Practise it over and over again, until you get the hang of it and get better at it. Why do you think we refer to a “Spiritual Practise”? Because that is what it is, practise! There is no short cut, but practise and perseverance!

You need to understand that you are always connected or plugged into Infinite Intelligence, the Source of all Life, all the time, you just need to tune your vibrations to be receiving the correct “radio station”.

Remember, there is a River of Wellness that is flowing toward you all the time. NON STOP! It is only you that is stopping the wellness from reaching you. Through negative emotions, doubt, or just plain trying. When you try, you are paddling against the stream, so you need to stop trying, and have faith by letting go of the oars, so that you can flow downstream with the river. Thereby allowing the river of wellness to flow to you. There is NO sickness, NO evil, nothing bad at all. We just experience that because we are not allowing the Wellness to flow to us!

Isn't that a wonderful thought? Nothing can harm us, unless we actually allow it to. We are the creator of every experience that we have in our lives.

I want to leave you with this last thought! It is believed that the sub-conscious mind, is in fact your SOUL.

I EXISTED

I existed. I was alone. I am pure energy. I was lonely. I decided to create another one like myself, to enable me to see what I looked like; to experience myself.

It was an instant action, and made a loud sound, similar to a thunder bolt, but on a scale too enormous for your earthly minds to comprehend. Many of you call it the Big Bang.

I experienced, I enjoyed. I grew and evolved. I created more of me. I created universes, I created planets, I created stars; I created all things that pleased me. I was having fun. I created from the smallest atom and bacteria to the largest universe. I love creating whatever I think of. I am creative. I enjoy being. I want to have fun. I want to play. I am you. I love to be. I am.

You have forgotten. But I have chosen this, for I am you. But I remember.

Let me remind you, for we are one.

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Recommended Reading:

Ask & It is Given	Esther & Jerry Hicks
The Power of Now	Eckhardt Tolle
Synchrodestiny	Depak Chopra
Your Word is Your Wand	Florence Scovel Shinn
The Game of Life and How to Play it	Florence Scovel Shinn
The Fairy Godmother's Guide to Getting what you Want	Donna McCallum

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