



Awaken to the love & freedom of essence  
being, aliveness, truth, love

## Your Secret Garden Guide: Awakening – Your Freedom in Being

Welcome! And congratulations on your desire to wake up and live life awake and alive. The most important adventure in life for you is this inner one!

The process of awakening can bring many questions and I hope and trust that this simple introduction can be helpful for you in your unfolding. For most of the people I've been blessed to know well and work with in this realm of consciousness, awakening –clear seeing, realisation - happens and then it disappears, it happens again –always beyond time & space or identity - then again it disappears.



The periods when contraction & limitation returns can be very painful indeed, if there is resistance to this contraction & expansion, which can go on for many years. Awakeness is not a thing to 'get' or chase.

We are here on the planet having a human experience, an embodied experience – what if all of it is seen to be miraculous, all ways. AND, there are qualities and behaviours that support awakeness and at the same time can improve every aspect of your life, NOW.

And in that waking up, there are particular ways of being we could label, just to help your minds and they are really simple, human, natural abilities our Western culture does not educate you in - and they are utterly *absent* when you are in your woundedness. It's common to distract yourself and live in trance.

**Do you long for more? To be alive is to embrace an urge to seek further, richer, deeper than what can be known - beyond your body, beyond yourself, beyond your idea of what's possible.....**

**Do you have a passion and a thirst for what is most precious; deeply known and yet unknowable...?**

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Secret Garden assists you in the awakening journey so that the disconnection from who you really are is dissolved. You are limitless consciousness, limitless love, limitless potential.

Western culture does not support this waking up, so you need to find support amongst mentors and like-minded friends and loved ones. There is a magic which happens when we gather together, minimise the habits of anticipating, resisting and fear and step into a potent not knowing.

Community, gathering with an intention of truth, brings the gifts of friendship based on realness, an increased capacity for true vulnerability and for transparency and an accountability for and witnessing of intentions that arise.

Online and live gatherings create a most extraordinary, ordinary, delightful and possibly wildly celebratory exploration for ourselves, each other, and our world. Healing is 'making happy'. The conditions that support your ongoing transformation are simple. Make them happen on a daily basis.

Nature -in you and around you - invites you into full intimacy with life itself every single moment that you breathe ...now, it's inviting you to wake up, what's happening, what is, now? This isn't intellectual knowing, it is energetic explosion into freedom.

My gift to you now is a powerful framework, below, for living a life that supports awakening. This kind of support and grounded clarity about spiritual living has helped thousands of people in my group facilitation work and private consultancy with individuals and couples.

These natural qualities and abilities below support **your waking up** to life *here now* and so enable your intimate connections with your own beingness, with others, with existence, to deepen.

Once waking up begins, it won't end. The imperative in the human being to consciousness cannot be escaped for long –so the suggestion is to actively co-operate

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with it and celebrate the journey of coming to live as life wide open. As this happens, the personality or ego or conscious mind can become a willing instrument of awakening. You know this is beginning to happen if you have a willingness to live all of the nine keys, below.

We open, we close, we rise, we fall, we follow through, we forget, we experience loss, we laugh, we make good choices that support the depths of who we are to radiate out and make a difference. And we do things that dull us –that’s called being human. And it is immeasurably magnificent. Always. If you have begun to taste this, there is so much more awaiting you.

Whatever your current circumstances or even challenges, give yourself permission to live this one precious, miraculous life you are with totality and passion.

Blessings to you,

*Joy Hicklin Bailey*

### Your Keys to Awakening

Here are some keys to co-operating with the natural process of human evolution, the process of awakening to who you truly are.

### Be Willing to Feel Deeply this Moment

It may seem counter intuitive but one of the keys to waking up is to **learn to, be willing to, feel deeply**. I don’t mean milk your pain, indulge it or get caught up in your personal stories. Deep joy comes from being willing to feel all of life, without resistance.

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Use difficult situations and emotions as opportunities for growth and greater understanding of life and others. Let challenge be an invitation to go deep and wake up to life's magnificence-anyway!

As light is embodied so the shadows can seem darker and more obvious. Catch yourself if complaining or gossiping or contributing to drama & conflict-and stop. These strategies are ego defences created to avoid feeling what might feel frightening, even wrong, to feel. But opening to pain or the darkest shadow is a gateway to presence, love and joy. Sometimes we need support from friends, community and a guide, to be able to do this.

### Response-ability

**Know that you are 100% responsible for your life and the dream you are living.** Everything we experience is the practical manifestation of a thought or desire-these may be conscious or completely unconscious of course. The journey or process of making conscious what has been chosen is crucial. It must be clearly seen that **there is no such thing as being a victim.**

This means **there is no possibility of believing in complaint, or being hurt or disappointed.** It doesn't mean you might not momentarily feel these things, but there will be no story constructed from them. It is seen more and more clearly that things do not happen to people, people choose and create what happens to them. When this recognition is realised on every level each moment, it is seen that no one ever chose!

Until then these questions can be helpful.

1. What do you long for? What are your biggest dreams?
2. What gets in the way of your dreams? What limitations, outside circumstances, unconscious sabotaging patterns?
3. What are your gifts and resources? This might be kindness, or an eye for detail or engineering skill etc etc

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4. What do you wish for support to achieve in the next year? There may be a difference between what you feel drawn to achieve in the next year and what your overall big picture vision and life goals are.

Take lots of time to ponder these questions over the next weeks at frequent intervals.

**What does your soul say?**

These questions may seem simple but the mind's superficial answer is not what you are looking for.

Get on the Mat!

**Establish a regular practice that allows the possibility of that opening to your limitless nature.** Value this part of your day so that it becomes more important than worldly things. Once you taste experientially that you were never born and can never die, that all boundaries and sense of self have been constructed, made up, there will be plenty of motivation for this.

Once we get out of the mind (because this is very difficult to access intellectually) we may perceive living in the awareness and prior to the awareness that

nothing has ever happened and everything has already happened.  
And there is no-one.

This is the non-paradoxical awareness prior to consciousness, outside duality.

The more we meditate, the more that becomes our deeper reality, by which we live **an embodied yet illuminated life** in the world. What exists is a manifestation— the endless dream of the Nothing becoming the Something and the Something becoming the Nothing, for no reason. It is a temporary appearance arising out of No-thing. What remains after every feeling, every thought, every experience comes and goes? All is well as long as we understand that apparent reality is the dream, it does not satisfy us at our deepest and we can easily go deeper and rest.

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This is beyond the mind's consciousness. There is an apparent way to live non-paradoxically in the paradox of the world and the limitations of a body.

**Ask the questions Who am I? Where am I?** until it is seen that no-one does it, and place and time do not exist. There is a temporal, physical reality AND Absolute reality and realisation can happen.

### Self-Love

It matters to focus on –til you don't need to- allowing in the love life truly has for you. Life is wholly unconditionally total in its acceptance of your being in all its colours. Life has no judgement.

Align with life itself by loving who you are. Resisting or repressing takes up so much of your life force which could otherwise fuel your transformation into freedom and joy.

Love your shadows. Your fear, your blame, your 'not good enough,' yes even your hatred if that arises. Love is the universal solvent.

Notice often each day your own glorious qualities - your power, & your beauty & your heart & sensitivity and many others.

### Let Go of Wanting energy as it arises

This cannot be done as a decision, at the head level. It is a bodily and, ultimately, energetic process. Enjoy the process of **seeing through your beliefs & emotional habits**. Begin to notice how every action you take, word you speak, desire that arises may have at its core the energy of pure wanting.

**Find the wanting underneath, welcome it & let it go.**



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And notice that **beyond that wanting energy lie two essential core assumptions**, conditioned responses and to see these and to lovingly let these go.

This will take your consciousness to a much deeper level and open up extraordinary possibilities for you.

The beliefs & emotional patterns are made up, they are not who you are. Let go of the false, Letting them go allows the possibility of awakening to who you truly are – life itself, vast, impersonal, beyond stunning.

### Treasure the Body

**Spend time in nature –alone- every day** –ground. Rest. Relax. Let nature remind you of your essential beingness, your naturalness, your freedom. Can you fully relax into being who you are, as you are, right now?

Can you allow beyond question not just that you have a right to exist, but that you DO exist? And is this human being-ness absolutely enough?

Shed those layers that keep you from feeling free to be real, open and naturally resting in your human nature. Discover and choose that which empowers and enriches your whole self- body, mind and soul.

Do some kind of **movement** exercise –find what works for you, For some it is running, for others it is dance or walking, for others it is tai chi or football. Eat as much **natural, simple food** as possible and drink pure water. **Be discriminating** about what you read, what you watch on tv, the music you listen to.

Engage in a creative act (where you don't know the outcome) at least once a day. Simply do nothing, just being, silently every day. **Silence** is good until it isn't needed anymore –this is because words create time and space and that can create confusion when truth isn't lived and realised fully.

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### Get Clear about your Intentions

**Get clear about your intentions in each area of your life.**

Eg in your career - on a daily basis what do you wish to be experiencing, thinking and feeling?

Eg. In your relationships - on a daily basis, what do you wish to be experiencing, thinking and feeling?

Then **regularly surrender any dissatisfactions** or fixations or trying, to whatever represents for you something bigger than your personality – God, Life, a higher power. Practice gratitude for what is. The high vibration of gratitude releases limitations effortlessly. Accept imperfection, otherwise judgement will surely remove your awareness of all that is already imperfectly perfect and that which gives your potential the opportunity to blossom.

### Increase the vibration of your relating life

Life is relation-al. Self-love allows you to be available to truly begin to be love for others. Find ways of self-nurturing. Book a regular massage. Stop yourself –tenderly!- from being harsh or judgmental toward yourself and choose love and acceptance instead.

Relationships are the most powerful invitation to wake up. Assist this natural process. Grow your capacity to **authentically express yourself to others**. Use simple language and talk only about your own experience or inner life 'I feel...' 'I have learned...'

If you get triggered, it can be useful to ask yourself 'Would I rather be right, or would I rather be peaceful & free?' this question can be applied about yourself or others or aspects of life. Step back from conflict and consider the most loving and respectful

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response for all. If you feel called to be present for someone in need answer the call without holdback.

**Be clear about your boundaries in any given connection or situation** and the okayness of saying no (and where you know you are hitting resistance to this, seek support and reflection).

**Own your needs and allow yourself to receive love and attention** from others. 'I would love if you....' And be willing for the answer to be a yes or a no - let go of agendas & manipulations.

These practices not only **heal the pain of the past & create beauty and innocence in connection**- they also create the most fertile ground for **complete dissolution of hidden blocks to love and intimacy**. Secret Garden live circles and online courses directly support the development of these qualities.

Find conscious community & high quality support

Find mentorship & quality community. **Choose to be in the company of those who support your interest in transformation**, rather than those who dismiss it or are threatened by it. Conscious community is gorgeous for its laughter and love, and it accelerates how quickly you become the greatest possible version of YOU! The personality can be tricky and subtly hide its resistances and judgements. **Spiritual community & regular high quality reflection** are essential to counter this and if you really mean to heal & transform your life so that you can wake up out of conditioning, unhappiness and limitation, into potent, awake aliveness.

What is the deepest truth you can find?

At times of choice or challenge, look deeply into **what action, response or choice is most deeply true**, underneath your conditioned or habitual pulls to keep the peace or

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withdraw or blame or act from panic. When we are entangled in a mire of conditioned should's and shouldn'ts, of regret, fear, old hurt, of addiction to food or sex or drink or others' approval, our gifts and beauty and natural intelligence get buried.

Honour that truth rather than stay in safe and familiar territory. It takes courage, self-honesty and commitment to make choices align with your deepest values, live your gifts, your nature as this man or woman you are, but when you do, everything falls into place. You unleash your True Self, your heart sings, and your inner and outer life is so much richer & more meaningful for you. And by grace that aliveness and awakens becomes the open door to that which is unattainable by 'you' and yet right here. Always.

#### A few daily Invitations to you

Below are simple invitations to attend to the simplicities and find your next layer of embodiment and understanding of what is opening in you. Practice, repetition, reflection, support and encouragement matter in all areas of learning in life. Integration of the awakenings to vastness & mystery is a challenge. It takes time, patience, humility, discipline, self-love & kindness for our fellow travellers.

If we do something often enough it becomes natural and the more we integrate it, the simpler it feels. If it's something of real value, the more we get to know it, the more it reveals its depth. We move beyond where it once seemed to end. One of life's paradoxes- things of value become simpler, yet deeper, the further we enter in. After years of exploration, we return to the beginning and find that everything was already here in its most essential form.

*'And the end of all our exploring will be to arrive where we started and to know the place for the first time'. T.S. Eliot*

Do **you** wish to live **awake, joyful, alive, free, loving**? A foundation of Secret Garden is that freedom begins with true, deep self-love & the potency that arises from that alignment with the love in all creation. Awakeness & Aliveness is the reward. The perfect antidote to soul-less modern living is Secret Garden. There you learn how to

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receive all of life joyfully, in all its colours. Secret Garden assists you in the awakening process as far and deep as you wish.

### Your Practices

Waking up **cannot be taught via a written guide** but you can sign up for the next upcoming Secret Garden event to support your home practice. If you want a deep dive, ongoing facilitation and the holding of authentic community, choose the Essence explorations. Right now, here are a couple of simple Home Practices to raise energy so that can really shift your experience of your life-and of course we dive far, far deeper in ongoing explorations.



Go to <https://secretgarden.co.uk/product/joyful-loving>

to find out more about the rare opportunity which begins right now. Act now and you will catch the deadline for early booking and extraordinary Bonuses!

Secret Garden live events are an initiation into ever present connection with the intelligence of Life itself. It shows you how the gift of every struggle or sadness you ever thought you had in relating is Your own awakening. But while there is still a sense of a separate self or me, then you do need practices, ways of being, experiential education, tools, that can invite you into awakening beyond that even if it's for a moment, the one glimpse that is nectar to the soul. And then the more quickly awareness recovers from being triggered or feeling a core pain.

### Your Lone Self-Love practice

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For the next two weeks every day spend five minutes just looking deep into your own eyes in the mirror. If you have never done this before it can be a very difficult exercise & you may find resistance to seeing yourself or somehow want to 'forget' to do it- know this as resistance & gently let it go.

Go beyond the fear or embarrassment & look deep into your own eyes. You can begin to really see yourself from the inside, you see that you contain all & everyone.

Let go of all that is known

### Presence & Willingness to Feel & Receive

Essence and Being ongoing work enhances depth of presence massively. Can you, right now, be utterly awake to this body first, not busy over there. What do I feel? It's not even an investigation, it's just ....be it, full on life, sensational life, presence to the life, not over there "is there milk for the tea?", not "is he about to arrive?", fully here, feeling you all, you can do this too, FEEL everyone here, it's glorious. What else is there to do in life?

Presence, presence to your own sensational life, presence to the words & perfume & feelings of another, this enables intimacy. Presence is a being with, an embracing, of what actually is, not what the mind thinks should be happening. Every Secret Garden exploration invites you into all of these things & transmits full embodied presence so you can realise..... Life does too, each moment. Are you willing to let life & those outside of you in? Are you willing to allow them to affect you without blaming them for that?

Do you truly have willingness to be with one's own feelings & those of others without blame –in other words a being intimate with one's own being- is essence-ial in awakened intimacy with your being, with others, with existence

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Self-responsibility is the only way to do this. No matter what the story. It's all me, nobody did it to me. This is mine, I feel it to the bottom. And now ... What do I choose? In your wounding you can't do that can you? We are all unlimited in our potential

### The Importance of Commitment

The truest deepest commitment you can make – Totality is invited, don't mess about, don't say "well I'm half in & I'm half out", it's really dreary, & it's pointless. Ok some of you make a small commitment, to reading this or to an online course. Some of you make an ongoing commitment to this work, beautiful, more riches. So it's a life enabler. I am committed to ongoing intimacy all my clients & group participants for all my life, it's as simple as that, no shilly shallying.

### Who is Secret Garden awakening work not suitable for?

- ❖ You if you feel or believe for whatever good reason you must stay in your present circumstances and mindset
- ❖ You if you feel and believe that inner transformation does not work –then it won't.
- ❖ You if you aren't willing to commit to give 15 minutes most days for the first month to become relaxed in using Essence principles

### Handling Resistance

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Here is your number 1 Awakening Tip – one thing that can seem to create resistance - and sabotage any deep awakening work - is that when light and love increase, old pain can surface or strong emotions about current situations. As you move towards your joy and freedom, you will meet what is in its way, including your deep core unworthiness. Blindspots are also inevitable & need your trust and commitment to disentangle the projections, usually not seen through without high quality reflection.

Wounds are particularly apparent when we come into any intimate relationship, with a lover, spouse, friend or spiritual guide, until they are not. That's nature, nature is trying to have its way with you.

The evolutionary impulse in every cell of your body, coded in from birth to death, is the impulse towards **absolute liberation from the confines of the conditioned, made up self**. Secret Garden is about opening to the miracle of life. It's about dismantling all the dark, loving it, seeing it for what it is & letting it go, not choosing to live your life as a bundle of conditioned responses anymore.

Life is energetic. You will attract your perfect mirrors in circumstances and in all you meet. But when the wounds are triggered, solutions, freedom and intelligence seems very far away.

A lot of people jump ship on consciousness work at this point - only to repeat the pattern next time. And their unresolved issues will continue to bubble up to the surface, preventing them from ever achieving a truly intimate, loving relationship. Remember that pain hurts. If you are in pain you will not be seeing things clearly. This is not the time to leave any relationship or situation!

Know this resistance & desire to separate is perfect if it happens- it is a big step towards self-healing! Continue with your regular Essence practice & you will find the field clears more & more quickly. You will get to a point when you simply adore, sustain, and love yourself as if you are holding yourself like a newborn babe in your own arms, knowing you will do the best for yourself. Find the place of serenity and silence in which you can find answers. Then take action outside.

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Knowing everything outside is a mirror and an invitation to dive deeper in life doesn't mean just endure anything outside of you, in any relationship or life situation. It means get underneath your pain & keep communicating and taking action day by day towards what is preferred, until all the misunderstandings are resolved, the projections disappear & circumstances are clear. If you know how to navigate this stage successfully, you can enjoy a life of limitless love and fulfilment.

How can Secret Garden's Joyful Loving exploration help you right now?

Go to <https://secretgarden.co.uk/joyful-loving/#how-will-you-Benefit> now to find out.

Those who co-operate willingly with the transformational impulses in their nature thrive, those who don't start to be disillusioned & miss all the riches available.

Life is energetic

Conceptual thinking is so inadequate compared with the energetic.

Waking up cannot be 'taught' in this short guide. You need profound transmission and experiential practice via an online class and/or live retreat. This is a subtle and cumulative unfolding, like peeling an onion. The Being ongoing group will facilitate the dissolution of core patterns and limitations and exponentially increases the impact of any practice so that your life can change positively beyond all expectation.

Any discussion or idea expressed in language is limited because it is concept, not reality here now. In fact, those things can create a missing of the Most Intimate. This guide points to something beyond any words and beyond any experience known or anticipated by the personality. That Most Intimate that is always here, beyond, below, above around the mind, yet in no place.

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When the personal is no more & everything falls away, there's just not knowing anything, no concepts, no qualities, no questions, no dilemmas, just being..... nothing to do, just not knowing... the most intimate is death. That's why you fear it, that's why almost everybody when we go round the circle at the beginning says "I'm frightened" or "I'm apprehensive", because everyone smells death, in love. And fear is the flip side of excitement!

Love, intimacy with Life will slice your head off, it presents you with impossible choices. It presents you with the end of your hopes & dreams, your own hopes & dreams in order that you can come together in unison with something different, the creativity the alchemical wedding of male & female inside and outside of you. The most intimate is death & it's utterly beautiful.

## Wake up – Love Is

What if every single thought or feeling or experience or story were simply an invitation to love?

Beyond judgement, opinion or resistance....what if there can be a choice whether to accept that invitation or not..a conscious no or yes...until there is no choice, and love is all, all is love.....

### What Clients Say

Success stories are happening all the time...here are just a few comments  
*Anxiety about my new baby melted away—and **didn't come back!*** Ian G., new father

*Secret Garden work is essential in my life as an ongoing thing...such quality I haven't found anywhere else....**You are so, so vigilant about constantly taking away from us our goals & ideals of becoming perfect or good & therefore deserving & loveable person we long to be (& already are!).** I realised that I don't expect perfection from myself anymore & therefore not from others, so **now I don't get disappointed or***

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*offended easily so I also don't feel 'tangled up in others' in that exhausting way ~ Surabhii McMellahn, Ashburton*

*I have noticed the dissolving of a subtle cocoon I had wrapped myself in of mostly unconscious protection mechanisms. I am more courageous & freer, I feel safer within myself even in the midst of unpredictability. .. made a very quick & powerful difference on many levels of my being. I am a writer & in the last month I wrote three new pieces & finished a novel I had struggled with for ages ~ Oscar Levy, London*

What's one thing you've enjoyed or found most useful / a gain from reading this Free Guide and doing the Self Love practice, which you can share to encourage others?

Please tell your friends on Facebook about your gains. Thank you!

You can post a comment on one of the blog or website pages-I read them all and will reply to any of your awakening questions there too, with great pleasure.

Dear friend, I hope you have already and will continue to find this free Guide, Awakening –Your Freedom in Being, valuable. There is so much more! I would love to serve you deeper into the joy and freedom that is your natural birthright. You will learn if you join us at the Secret Garden events on offer, how to spiral much deeper than ever before into love of being and deep connection, shared love, with others. Not only that, you have space & support to look at every resistance that comes up in you around creating this exquisite connection with your own being, with others, and with life itself. I would love to be in this upcoming Essence work, both online and in live circles, with you.

If you have general questions about whether Secret Garden courses are right for you, go to <https://secretgarden.co.uk/frequently-asked-questions>

If you have questions about the Joyful Loving work, or are wondering whether to join us but aren't certain it's right for you for any reason, please go to <https://secretgarden.co.uk/joyful-loving/#FAQ>

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You will receive **several bonuses AND a generous early booking discount** if you book before the early booking deadline expires. To book one of the few remaining limited places, go to

**Book Your Ongoing Group Place Now**

[Click Here](#)

There is also a **live online event as a free bonus** if you book before the early booking deadline ends.

And if this doesn't clarify whether you should join us please do email or call us! We love to hear from you!

And it is as important to Joy as it is to you that you make the right choice for you and your life.

If you are drawn, get your place before it goes away!

<https://secretgarden.co.uk/product/joyful-loving-ongoing-group/>

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The Essence Online course is highly convenient and gives you lifetime support in between groups and also if you haven't yet attended a Secret garden live event. Joy highly recommends this webinar course for everyone, it is highly complementary to the live events. Penetrate the veils of self.

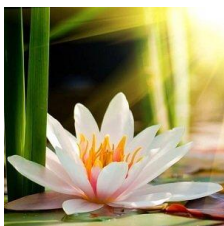
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*"There is only Love  
Under every thought, every feeling, every circumstance, however challenging, there is only Love  
Is – ness is  
Love unfolding"* Joy Hicklin-Bailey

Secret Garden invites you always to what is indefinable by words, beyond words, deeper than the conditioned mind. The words describe known qualities. None of it is the deepest truth.



I hope to be with you in a Secret Garden circle very soon. The early booking deadline is near so book your place and get your Online course now!

All love, Joy Hicklin-Bailey

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Awaken to the love & freedom of essence  
being, aliveness, truth, love

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Joy Hicklin-Bailey

Joy's awakening work is designed to allow you to break through to new levels of mastery, happiness and awakening. The power of her work comes from the energetic, a dedication since childhood to love and truth. You can experience this by participating in her deeply transformational Secret Garden day circles, weekends, retreats and Trainings in UK and worldwide. Joy is a renowned shamanic healer and guide with a very successful private practice based in Gloucestershire. For more than 20 years, men & women who have come to this point of the end of seeking, and are ready for nothing less than a profound personal transformation have sought out the wisdom and guidance of renowned transformational teacher Joy Hicklin-Bailey. Joy is a pioneer in the field of personal and spiritual transformation, and has delightedly helped thousands of people make profound shifts through her retreats, weekends, ongoing trainings, and one to one and couple work.

Joy guides with precise subtlety, mostly almost imperceptibly, taking you deep, and more & more simple. She has a light touch, and great depth of embodied light-filled intelligence. There is a powerful energetic transmission in her circles.

Joy's passion is to facilitate freedom and simple happiness in you and to create spaces where deep trust, total aliveness, challenge, acceptance, community, nurturing and an appreciation of the simple and sacred in life can be experienced. Joy is expert in facilitating breakthroughs. She is known for her ability to create a safe and sacred environment in which you can easily make permanent emotional and spiritual shifts. With unconditional love, gentleness, compassion, and fierce commitment, she leads you through powerful transformational processes so that you're able to heal deep emotional wounds and leave behind the limiting beliefs and habits that are keeping you from living the life that you want.

Joy offers proven, practical tools you can use each day to create a more fulfilling and joyful life, and have the kind of relationship with yourself and others and with life itself that you've always wanted. Joy's forthcoming book is *The Gateway to Awakening; Being You Naturally*

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