

A  
Beginner's Guide  
to  
Spiritual Stuff  
and  
Alternative Healing

Susan Saliu ∞ Jayne Collett

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The moral right of the authors has been asserted

For Ali, Alex, Lauren,  
and my family -  
the loves of my life.  
Susan

For Carl -  
I'm glad we're  
in this together.  
Jayne

A special thank you to our  
beautiful sister Angela  
for her help on Feng Shui.

And to Sheila -  
Goddess. Teacher. Healer.



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# There is more to our world than meets the eye

*There is a whole other world beyond it.*

And everyday, in ordinary conversation with family and friends, when we would talk about this world, everyone was fascinated and interested by what we had to say. More often than not they would start asking questions –

***“What does this mean?”***

***“What does that mean?”***

***“What happens when...?”***

They, too, wanted to know about this world beyond ours but they weren't prepared to read the library of books we'd read, or attend all the courses, workshops and lectures we had, just to get their questions answered. They wanted the short, sharp, shiny version.

*Easy, immediate, accessible information.*

So many times we tried to think of the one book we could recommend that would answer all their questions. We very quickly realised, no such book was available.

***With this in mind, we created this unique guide.***

It places at the fingertips of the beginner a wealth of valuable information about many of the things that are beyond our direct sensory perception; many of the things people are curious about. It introduces a wide variety of spiritual and metaphysical concepts and bathes the physical world in a new light. Even the person who has

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been travelling the spiritual road for a while will glean much value and insight from this work.

***It can be used as an introduction guide,  
or as a refresher course.***

As well as spiritual stuff, we've also included a run-down of some of the different methods of alternative healing which work to balance the four aspects of the self – physical, mental, emotional, spiritual.

*Balance brings harmony and wellness.*

Spirituality, as referred to in this guide, should not be confused with religion of any denomination. There are no divisions in spirituality. Spirituality is oneness and all things are equal – animal, vegetable and mineral.

There are as many opinions as there are people and every person will perceive the higher energies in their own way and call the higher energies whatever name feels right for them, whether it be: Allah, Buddha, God, Higher Self, Jesus, Spirit Guide, The Universe, or Vishnu, just to name a few.

We have predominantly chosen to use 'the Universe' and 'Spirit'. Please feel free to substitute your own preference.

We hope you find this guide enlightening and that you enjoy the convenience of having such diverse information within the one book.

*Let your journey of discovery, creation,  
connection, remembering, begin.*

With love and light,

Susan Saliu and Jayne Collett.