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Dedicated to Christine



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Preface

This is the story of Moira's own personal journey into consciousness and leads us through the step-by-step, transformational process. This book came through as unexpected guidance when Moira cleared her life of everything that was interfering with her continuation to grow in consciousness and ability to step into true self-love. The space she created allowed a deeper and stronger connection to innate wisdom and intelligence to come forward and develop. Her trust in the guidance she receives is unquestionable. Her ability to listen without judgement, fear or trying to rationalize anything is essential to her work and life, as she has learned when she doesn't listen to the guidance her life becomes difficult and even chaotic. Her natural gift of insight is astonishing even to her, and difficult to explain or easy to understand intellectually. It is however simple, easy relatable and a clear connection to spirituality in a no nonsense, grounded and down to earth way.

While reading this book, reflect on your own life journey and connect with your own experiences that may have emotional similarities. Allow your interpretation to naturally flow allowing other perspectives to develop. Open to expand your self-awareness to one of greater compassion and kind-

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ness for your own life challenges, deepening unconditional love for yourself and your life.

We can read self-help books, meditate, talk about awareness and the meaning of life, endlessly searching for answers as we attempt to heal separation and fragmentation in our lives. But by simply acknowledging truthfully our own unique experiences and letting go of painful judgemental stories, we can strengthen our individual inner power and a deeper connection to Universal intelligence is able to transpire, bringing to us more overall clarity, wholeness, healing and peace.

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Chapter 1 The Beginning

October 4th 1999 was the day it happened, the turning point in my life. On that day I stepped onto a whole new path, and was taken in an entirely different direction from the well-trodden road I knew, far away from everything that was my 'normal'. It was a life-altering day when everything turned upside down, and profound changes began to spontaneously unravel themselves. I was unaware of the magnitude of what was about to happen and completely oblivious to the impact it would have on me. This day was the starting point to a journey of self-discovery and personal transformation taking me to heaven and through hell many times. I was to discover and experience the depths of emotional pain and pleasure, mental confusion, crystal clarity, chaos and peace, as the process of unlearning old beliefs, rediscovering and re-connecting to deeper truth began. It was the day I began to truly awaken.

Up until that day, I felt like an insignificant hamster running around in circles, only going through the motions, lost, getting nowhere, merely existing but not living, wondering what life was all about. I had no idea that the life-changing journey I was about to embark upon would bring me to a new

depth of awareness. It was then that I realized that every new experience we have in our lives, whatever it is, comes with an opportunity to gain growth and insight on a deeper level beyond anything that we ever dared to imagine.

Deep within the soul of each individual, treasures of wisdom reside patiently waiting to be discovered, connected with and set free. All of us, whoever we are, have the ability to reach a place of deep inner peace, truth and love. As each one of us courageously embarks on our own inner journey, re-evaluating our priorities and simplifying our lives, we come to appreciate what is most meaningful to us. This allows us to transform our fears, old limitations, conditioned beliefs and mindsets, and opens the secret door to realise our true-life purpose. It brings us to understand and accept the deeper meaning of true compassion, and self-love.

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That day I found myself in a Château de Vine in France at a business function with three of my work colleagues. The company I worked for along with others from our industry were involved in a charity fundraising rally. The task for each of the participating companies was to race from Dover to Monte Carlo in Monaco, raising money for charity en-route. The plan was to drive towards the South of France during the day, while in the evenings we would meet for dinner and continue to raise more funds. Although this was for a great cause, to be honest for me personally, it was an amusing work jolly, and a very welcome change from the normal humdrum life I was living at the time.

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During the course of the enjoyable evening, with great hilarity and a definite over indulgence of the endlessly flowing champagne, laughing as we attempted to speak French actually, it was more like *franglaise* or in my case *franglaise* with a Scottish accent, and was probably very offensive to the lovely, patient French waiters. Without warning it happened suddenly, what could only be described as a magical moment. Our eyes met and locked. Time seemed to halt, becoming silent, stretching into what felt like infinity. Yikes! I dropped my eyes to the floor to catch my breath, slightly freaked out. A second later I raised my eyes towards his gaze. Then I felt a flicker of a smile cross my face. He seemed familiar somehow. There certainly appeared to be a strong connection between us, a knowing on a different level, but most significantly, there was recognition, as if we had met before. Looking across the table towards him it seemed there was a communication between souls.

Ooookaaaaayyyy who is this, I thought? Then crazy as it seems, as we had never met before, “It’s him” I felt as if I knew him. A curious mixture of emotions engulfed me. Initially I felt slightly wobbled, then a wave of calmness came over me. This made zero sense at the time, but somehow I knew, my life was about to move in a whole new direction and things would never be the same again.

The following day we re-focused back to the task at hand - the second stage of the rally. We were the only all women team in the event and unfortunately on the second day, we became hopelessly lost and arrived almost an hour late for the evening gala dinner. It was the nineties and long before the luxury of navigation systems! Firstly, we couldn’t find

our way to our hotel and secondly we couldn't find the venue where the dinner was being held. As we pulled into the car park very late and more than a little stressed, we nervously and rather sheepishly entered the restaurant, hoping to slip in unnoticed to join the dinner party. No way did that happen! As we walked through the door a loud cheer erupted from the room as all the businessmen and celebrities stood up and applauded, taking great delight in playfully mocking these four helpless 'having a blonde day' females arriving an hour late. Quickly recovering from our embarrassment we began to work the crowd. Well we had to play the game didn't we? Continuing the role, we bowed to the applause, laughing and coyly explaining our lateness saying, "Sorry we were shopping and got lost!" Everyone enjoyed the harmless and entertaining banter, all of it good innocent fun. As we scanned the room to find a seat we were surprised then delighted to see him and his colleagues waving to us, calling out "Come over! We have saved you seats at our table." They had held them for an hour until we'd got there. We spent another evening together.

For the rest of the week we had dinner with these high-powered businessmen. It was all very comfortable and entertaining. They commented on how refreshing it was for them to have 'business dinners' that were not hard work and instead we were all having a great deal of fun, we laughed a huge amount with them as they did with us. During these dinners, I never sat next to him, but we were both very aware of each other. While we maintained a distance, there seemed to be a vibe like an invisible thread connecting us. We were always happy to see each other and really looked forward to the evening frivolities.

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The Gala dinner on the last evening was being held in the very beautiful Hôtel de Paris in Monte Carlo. He made sure he sat next to me. I felt his determination to connect and initially became slightly nervous. We made small talk around the table then he spoke to me directly. He leaned towards me and in a quiet whisper said “This might seem weird, but I feel like I know you and I would be really disappointed if I didn’t get to see you again.” Without a second thought, I turned around to look at him, and with absolute certainty replied, “But you do know me and of course you will see me again.” What the heck was coming out of my mouth? The words had just tumbled out of their own accord, completely naturally as if I had no control over what I was saying. Slightly surprised, we looked at each other, followed by a pregnant pause. We both smiled feeling the intensely powerful connection between us. What on earth was going on? Next, as if to solidify our discussion, he pulled out his business card and wrote his home phone number on the back of it. As he handed it over he asked me not to share it with anyone else, and to call him.

Okay now, things like this did not happen to me! Coming from a little town in Scotland, this was way different from my typical life experience. I was not exactly oozing with confidence. Actually I had more than a tad of insecurity and also a big old chunk of an inferiority complex, but from that moment, my world began to slowly but surely be turned upside down. I was definitely blown away. My head was spinning and of course I was majorly flattered! An intense desire consumed me to get to know this stranger, who curiously, at the same time was so familiar. However, he was definitely not my usual type. An intelligent, handsome, bearded, professional

and successful businessman, he was extremely well groomed with a suave, sophisticated style. He wore an immaculately starched shirt and a tasteful well-chosen tie with matching kerchief. His tailored suit looked expensive, and his shoes scrupulously polished. However, I instinctively felt there was something much deeper and more interesting concealed beneath the 'suit' image being displayed to the world and it seemed I was being given the opportunity to find out what that was.

Seriously, on the surface he was not my type at all, but then what was that anyway? The men in my life normally had a much less polished style, more comfortable in jeans tee shirts and trainers, than slick tailored suits and shiny shoes.

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Back in my hotel room that night, unable to sleep, my mind relentlessly whirled with confusing thoughts and conversations with no one but myself. This fatalistic meeting was 'something'. Certainly I needed to get a handle on what this 'something' was, and the only way I could see to do this was to talk with him. After thinking about this over and over, I decided to act for my own peace of mind. I picked up a pen and notepad by the phone in the hotel room, and wrote him a note. I knew I would sorely regret not following my gut feeling with this extremely potent connection, and so writing the note was my first step towards bringing more peace to the situation. At the same time, I was not attached to what he did with it.

When in a quandary, a good question to ask is "What will I regret more? Doing something, or not doing it?"

Regret can be difficult to live with and will affect our future peace of mind. Using this question to guide an action helps to clarify our decisions, especially when in unusual or difficult circumstances.

Once the note was written and sealed into an envelope, I felt more peaceful and finally drifted off for a couple of hours sleep. Eventually morning arrived and I showered, dressed quickly, pulling on some casual white trouser and my black 'just do it' tee-shirt. With one final look at the envelope, I checked in with myself again, "Hmmm should I?" Absolutely, my gut was telling me to go for it; there was no question. Certain of my decision, I took the elevator up to his floor and slid the envelope under his door and let it go. The next step was up to him.

The note simply read, "Maybe it would be a good idea to have a chat? Would you like me to drive you to the airport to catch your flight?" Clear and to the point, it sounded confident. I wanted to find out if this was all in my imagination and if this was real for him too? No matter what the outcome was, or what he did with my suggestion, for me, it absolutely felt like the right thing to do.

If we are urged to say or do something, even if it is way outside our normal behaviour or comfort zone, by not following these instincts, we can live to regret it and our peace can be impacted for a long time to come. It is always easier to make decisions and take actions when not attached to the outcome or to the other person's opinion. In this way the decision is made for our own peace and becomes nothing really to do with the other

person. Decisions like this are coming from a place of value for our own peace of mind. On the other hand, when we attach to a specific outcome this can immediately result in stress and anxiety building within us, creating the opposite of peace. Our attachment to the outcome causes the anxiety - not the decision. This in turn, can make us too afraid to act on what we know is right for us, and we can miss opportunities and experiences that can help us emotionally grow.

I had joined one of his colleagues for breakfast and while we were chatting about the events of the week, he sauntered into the restaurant and pulled up a chair at our table. We smiled at each other and made pleasantries about the excellent breakfast, neither of us mentioning the 'note' that had been slid under his door, both of us waiting until we were alone.

Eventually when his colleague left, he looked at me, smiled and quietly said, "I got your note." Then he revealed that he was surprised and had almost stepped on it, as I had slid it under the door at the same time as he was leaving the shower room. But he was also delighted with my offer, and agreed we should take the opportunity to chat on the way to the airport. So if I didn't mind driving him there, it would be great. He also suggested that we leave a little earlier and we could stop somewhere for tea or coffee. We agreed to meet half an hour later in the hotel car park, both of us with the same opinion that we wanted to explore this a little further. Excited, I sneaked away not telling any of my teammates where I was going - this felt powerfully intoxicating and scary at the same time. Oh my!

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*A transformational life journey to
awaken, empower and inspire*

Moira Darling

