

This book is a road map for spiritual seekers to embark on their own journey, to tap into their higher selves through the energy of unconditional love and find the answers to their questions for better living.

**Love Is The Answer:
Wake Up Who You Really Are, Embrace Your Truth And
Live the Life You Were Meant To Live
By Ray Deekes**

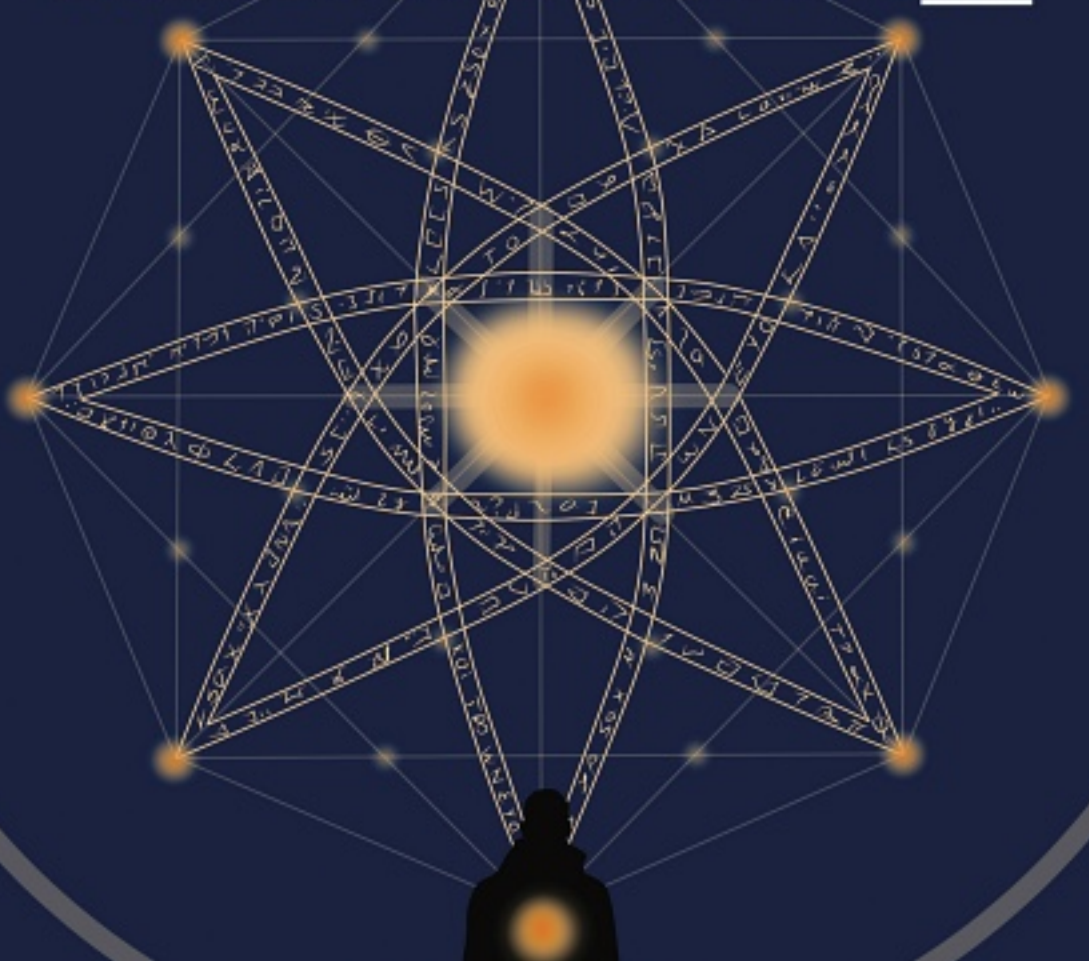
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LOVE IS THE ANSWER

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Ray Deekes

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DISCLAIMER

This book is a memoir with a bit of a twist. It reflects the author's own personal views on spirituality based on recollections of experiences over his lifetime.

The author has tried to recreate events, places and conversations from his memories of them. To protect privacy, the author has changed the names of individuals and places. Some characters have been combined and he may have changed some identifying characteristics and details such as physical properties, occupations and places of residence.

Although the author has made every effort to ensure that the information in this book was correct at time of publication, the author does not assume and hereby disclaims any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

This book is not intended as a substitute for the medical advice of physicians. The reader should consult a physician in matters relating to his/her health and particularly with

respect to any symptoms that may require diagnosis or medical attention. Please note, this book does not seek to promote the consumption of psychedelic drugs in any way or form.

AUTHOR'S NOTE

Thank you for choosing '*Love Is The Answer: Wake Up Who You Really Are, Embrace Your Truth And Live the Life You Were Meant To Live*'. This book has been written to keep the promise I made to deliver a divine message aimed at helping you to remember who you really are. There is a reason why you are holding this book in your hands, as there are no coincidences, only synchronicities. The story you are about to read is my own spiritual journey and the circumstances in which these mystical experiences came to me are mine alone. The divine wisdom I received from them, however, belongs to anyone whose heart is open to receive them.

The main goal of this book is to give you access to this invaluable wisdom without you having to embark on the same journey as I did. Please note, my honest and personal testimony only describes what has been helpful to me. It's not meant to be interpreted as one unique rigid path to discover who you are. Its only purpose is to inspire you to find your own truth in deep communion with yourself. You are the only one who can connect to your wise heart. Do not try to base your actions on external beliefs, opinions

and expectations. Be comfortable and confident in trusting your own feelings. Trust your own heart.

'Love Is The Answer: Wake Up Who You Really Are, Embrace Your Truth And Live the Life You Were Meant To Live' aims to help those who are feeling a bit lost, confused, alienated, mistreated, rejected or are too hard on themselves for being 'different' and not fitting in. Following my first mystical experience, I promised to help them find their light within, their light which, when nurtured, illuminates their way Home. I'm not a writer by profession and though English is not my mother tongue, I've tried my best to be true to my word and it is my sincere wish that the words on these pages help you to remember who you truly are and why you are here.

I do not consider myself special; I'm just a messenger who is consciously choosing to walk the path of love. I hope this book torches a powerful light in your heart. I hope it inspires you to reconnect with your true essence to walk the path of love where you rise and shine brighter.

Life is a beautiful and wonderful gift, for which I'm deeply grateful. My life and my spiritual transformation is a testimony of the most powerful force in the universe, *love*. It is a universal force; a cosmic energy, a great spirit, which holds everything together, and this indivisible, infinite,

omnipresent and eternal energy lives inside all of us. Our souls are fragments of the same essence that is present in everything that is part of Creation. Sadly, so many of us have forgotten our true essence and this unnatural disconnection to our true selves and to one another causes a ripple effect in our lives and in our world.

There is ample evidence of how our world is suffering and it needs the light from all of us to make things better. That is the reason we are all here together in this specific reincarnation as human beings, in this specific corner of the universe. We are here to awaken the dormant power within ourselves, to heal from within so we can become whole again. It starts with YOU. Only when you experience this oneness with all life, will you be able to inspire others to open their hearts and to awaken the light of their souls to also become whole again. Therefore, by healing yourself YOU heal humankind.

By the end of this 28-step spiritual journey I really hope you reconnect to the wisdom of your heart and, in doing so, discover how to receive the answers to your questions and find the truth within you. Please don't just read this book. Take the necessary time, in the beauty of silence, to let the energy of your heart flow and guide you through its pages. Let your intuition guide you along this beautiful quest to

find what you seek. Refreshingly, there is no set schedule. Enjoy each chapter as they come, ensuring you take the time to acknowledge any breakthroughs achieved and to reflect and integrate what resonates with you at the end of it. Remember this book is written in a way that walks with you along your own inner-journey back to your real self. Be patient with yourself and unfold your layers that lead to your heart centre at your own pace.

As a compliment to the text, I would highly recommend the regular practice of mindful walks in and around nature. Walk on your own and find external silence before going within to reflect on your journey and breakthroughs. In the silence of solitude, your inner voice will be easily heard. Take time to listen and feel its wisdom. I also recommend keeping a journal to hand to write down everything that comes from your own heart even if it doesn't make much sense. It is often understood when looked back upon later on in life. This experience allows you to appreciate how you have progressed along your journey. You can go back to these notes when you need to refresh your insight. Most importantly, make a conscious effort to integrate these revelations. This is how you will make most of this beautiful journey to discover and embrace your own truth.

The spiritual journey requires seven seeds: trust, self-love, inner-clarity, freedom, courage, compassion and determination. Trust in yourself. You already have everything you need within your heart, which is your precious inner compass.

I'm so happy for you, as I know in my heart amazing things will happen to you along the way. Extraordinary things have been unfolding in my life since I remembered who I really am and it is my utmost desire to share this path of self-realisation with you. Have the courage to open your heart, to water these seeds so they can flourish into your magnificent true self and most importantly to accept the messages it whispers to you.

Let's journey together to discover who you really are!

RAY DEEKES

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INTRODUCTION

In a nutshell, this book is about love. My intention behind writing '*Love is the Answer: Wake Up Who You Really Are, Embrace Your Truth And Live the Life You Were Meant To Live*' is to inspire the soul of any person that has the courage to read it with an open mind and most importantly with an open heart. If you do, it will help you realign with your true self and hopefully wake you up from this illusion of separation.

I love learning. I love knowledge. Not only am I curious and passionate about finding and living my own truth, I also have an insatiable hunger to know more combined with a burning desire to share everything I know. There is so much for us to learn aside from intellectual knowledge. Several years of travelling to various parts of the world has taught me that humanity is predominantly focused on mental intellect, however this type of knowledge is but a small fragment as knowledge is infinite. By believing that we already know everything, we prevent ourselves from further expansion, thus from enjoying the experience of the infinite power of spirit.

We are spiritual beings having a human experience and not the other way round. We can all experience profound truths and reveal inner wisdom to improve the human experience. We do so by creating awareness and cultivate our spiritual nature, which is an inextricable part of us. Why is it so difficult for most of us to experience these truths? It is because they don't make sense in the three-dimensional world. Most people live in this world choosing to believe that only our physical experience is real, which narrows down the view of reality. Most of us believe we are separate entities who need to compete with 'others' for survival. By believing that this short period of time living as human beings is the only real experience, we close our hearts to any other possibility due to fear of the unknown. We limit our knowledge, wisdom and growth to what we can only perceive with our five senses. Like most people, I used to think: *I will believe something is true, when I see it* but now, following a profound spiritual experience, I can tell you believing limits your search for the truth as you actually find truth, when you never stop enquiring thus expanding.

It is no secret that the current state of human affairs is a mess: we live in a world driven by greed, selfishness and egotism; the cost of living is forever increasing; most of our

children are unhappy with the current conventional education system; our jobs demand more and more of time and energy; retirement is becoming an impossible dream for many; there are constant wars and conflicts with people fleeing their countries in the thousands; concerning levels of pollution; over consumption of our limited natural resources; pandemics; health inequalities; social injustice; corruption; broken families; mental health problems.

Do I need to continue?

It seems that the world has become a hostile place in which to live and most people, especially parents, are worried about the struggles and difficult challenges future generations will have to face.

Sadly, I see a lot of division among humankind: socio-economic, race, religion, political views, self-righteousness, nationalities, classes, gender and generations. We tend to focus on our differences instead of our similarities that are so many more. Our similarities are far greater than our differences yet the latter is what we tend to focus on and this divides us instead of uniting us. Put simply, we humans are one big family called *humankind*, traveling together in one big spaceship called *Earth*. It has to be maintained and

looked after with the love it deserves from all of us, or its journey shall come to an end.

We come from the same energy, the same source, the same Creator or Cosmic Consciousness or whichever label you prefer and we all share the same essence. This energy is everywhere and it is indivisible. This is a fact. Get comfortable with it and you will awaken to who you truly are.

It is vital we all pull together as humankind to find *universal solutions* with objectivity and no hidden agenda in this very crucial period of our existence. As the well-known motto states, 'united we stand, divided we fall'. We need solutions that are based on love not based on fear. Fear divides us whilst love is the energy that holds everything together in the universe. We must remember how we all come from the energy of love, we therefore are love. Without love everything falls apart: families, communities, relationships, health, society, nations, the ecosystem, humanity and life.

We need to enter into our own hearts and illuminate our light within to find our true selves and shift our current trajectory. A transformation to a new awakened collective consciousness is much needed to heal our world. We are

living on a planet with a finite level of resources that is designed to healthily sustain a limited amount of people. The majority of studies estimate Planet Earth is currently at its maximum population carrying capacity of 8 billion people (*Data source: UNEP Global Environmental Alert Service / One Planet, How Many People?*). We need to gain clarity and learn how to love ourselves unconditionally before it's too late. The uncomfortable truth is that we are running out of time.

The planet is suffering because we have been abusing Mother Earth. We already over consume her resources at an unsustainable pace. The sad truth is that a lost connection with nature has resulted in a detrimental polluting of our home, a decline in natural resources, a loss of biodiversity and a human-induced global warming. Mother Earth takes care of the entire human race in her womb. She provides us with absolutely everything we need without asking for anything in return but we selfishly think we own nature. We think that Earth's resources are ours for the taking but the truth is we are but children of nature and nature should be revered by us all. Take notice of the animal kingdom and how they are deeply connected to the natural energy of the web of life. There is no excessive consumption; they take only what they need for survival.

Like the animal kingdom, our survival is reliant on nature and on each other as we are all interconnected. If we don't make considerable and concrete changes, we will be facing extremely challenging times for all humanity in the decades to come. The future of humanity involves all of us. We simply cannot afford to continue along our current self-destructive course. We urgently need a shift of perception to be able to take a detour. We need a new set of coordinates which can lead us back 'Home' to our true selves to re-connect with the universal web of life. We need to choose a new route where there is less fear, less anger, less greed and less conflict. We find this detour and new set of coordinates by ceasing to think of ourselves as separate from one another and instead strive for a more loving collective state of consciousness to heal our world.

When we arrive 'Home', we will wake up to clearly see how our actions today are creating our present reality. From there, we can let go of any attachments, beliefs and emotions that are no longer useful to be free to choose a new state of consciousness that takes care of our planet and all its inhabitants. We can heal Mother Earth and ourselves by opening our hearts to magnify our inner awareness. The energy of mindfulness is the key to be able to slow down long enough, to develop clarity, self-

compassion and self-love in order to understand and connect with the oneness and unique beauty of life.

The universal wisdom I received during several mystical experiences revealed that choosing the path of unconditional love is truly the answer to all our problems. This path will awaken the dormant power within every single one of us to heal the world, to transform it into a better place to fully experience the miracle that is human existence. Nothing is ever a coincidence. You are reading this book for a reason. It could mean this is the moment you open your heart and remember who you really are and why you are here. A transformation in consciousness comes from developing a deeper understanding of ourselves, which in turn leads to acting with intention from a place of love to bring solutions which create a better reality. A reality which encourages collective happiness, collective progress and a collective deeper sense of fulfilment.

It all begins by starting to cultivate truth, inner joy, spiritual knowledge and a loving consciousness in our lives. We create our own lives and we all have the wisdom inside of us to know how to do this. I hope and pray, with all my heart and soul, that this book helps you to find this precious

hidden treasure inside of you. The treasure I call “divine love”.

PREFACE

With the warmth of the sun on my face and a cool breeze in the air, surrounded by majestic trees, I detoured off the beaten track and found myself in a secluded, intimate area. The wind picked up and turbulent clouds began to form as I embraced the beauty of this natural spot. Feeling the urge to meditate, I sat down and enjoyed how the light drizzle fell softly upon my face.

Breathing mindfully to fill my lungs with nature's cleansing air and acknowledging a feeling of profound gratitude, I soon fell into complete surrender and found myself detached from the physical world in a calm, peaceful and loving environment of light.

Facing and embracing me was this omnipresent, almighty spiritual being of light. As its immense presence displayed a beautiful vibrational dance of light and colours, I immediately knew it to be the great and only spirit. I watched in awe and admiration, tears rolling down my face, as it rhythmically changed colours, vibrating with such an intensity of different shades. The spirit looked so full of life. Pulsating in and out from red to purple to magenta, and all the while a reverberating *AUMMMMMMM* was heard and

felt throughout my entire soul. I've never seen colours so rich and intense before in my life. I've never felt such a powerful and monumental vibration before in my life. I've never felt so much love and bliss before in my life. I felt whole and complete. I felt one with everything. I had come Home.

My spirit was out of my body and I was not afraid to die. I felt completely free and full of unprecedented joy. I was in complete awe of such a glorious vision. A beautiful and overwhelming feeling of pure unconditional love and inner peace pervaded my entire being. It was utter bliss. As the unconditional love was flowing through me, I was given an important message to deliver to humankind. No words can explain this sudden knowing. It felt as though I was being reminded of something I had promised to come here to do. It was reminding me of wisdom dormant within me. I simply knew it to be true in my heart and once accepted, truth cannot be denied. I was humbled and with a wide, shaky smile I started to cry like I have never cried before. "Thank you, thank you, thank you. I love you, I love you, I love you. I promise, I promise, I promise. Thank you. I understand now. I will help my brothers and sisters to see the light. I will help them to find the way back Home."

I then re-joined my physical body and became aware of my wife's hand holding mine. A determination to keep my promise ignited at that moment. I had just been blessed with the most profound and beautiful experience of my entire existence. And all because I simply surrendered and trusted with love in my heart. I received the most precious gift: to journey within my consciousness to the deepest parts of my true self to be able to experience the glory and the grace of oneness with Creation. I struggle to describe the amount of wisdom and divine love that inundated my soul in one instant. It was an awakening of cosmic consciousness.

Now I am consciously awake. Through prayer and meditation, my purpose in life is divinely guided and I am ready to deliver the message as promised.

ABOUT THE AUTHOR

Ray Deekes is a mystic and modern-day spiritual messenger. Through his 'self-love and happiness' coaching services, Ray helps people find their way back to themselves and in doing so empowers them to live the rest of their lives true to themselves.

Ray Deekes has been blessed with the ability to clearly hear and intensely feel the energy of the Universal Consciousness and the desire to reflect this to as many as he can. He brings a powerful message of love and hope to all his brothers and sisters. Ray is also an enthusiastic practitioner of mindfulness.

After going through a long period of high levels of stress and anxiety, Ray went on a self-discovering journey, which completely transformed his personal and professional life. Through his profound journey to the depths of his own being, he rediscovered his true self and greater purpose: to inspire others to wake up spiritually in order to reach their true potential and to live a fulfilling life.

Ray travelled to over 25 countries, in four different continents around the world. He has lived in both

developing and developed countries giving him the opportunity to observe and interact with many people of different social status, religions and beliefs. These enriching life experiences also forged in him a unique perspective that Ray uses to work through big life questions, as well as, small everyday decisions.

CONNECT WITH RAY

If, after reading this book, you feel you would like to continue the journey of waking up who you really are, embracing your truth and living the life you are meant to live please feel welcome to get in touch.

To continue spreading the message, Ray is also available for seminars, workshops, and interviews.

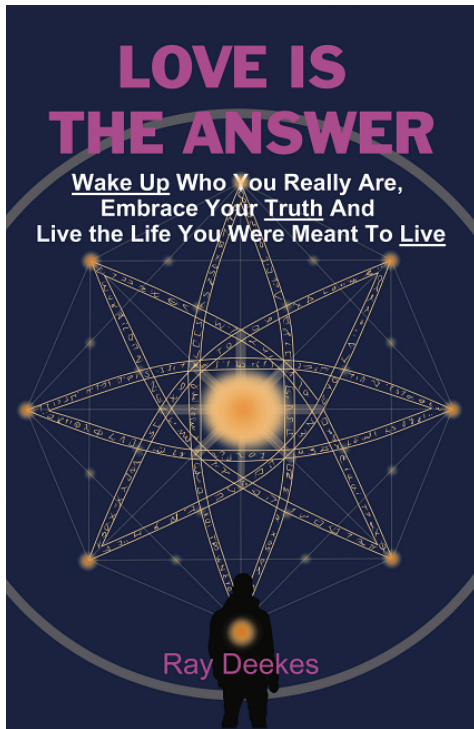
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*

NAMASTE BROTHERS AND SISTERS OF LIGHT



This book is a road map for spiritual seekers to embark on their own journey, to tap into their higher selves through the energy of unconditional love and find the answers to their questions for better living.

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