

THE KEY

Unlock your highest level of understanding, awareness and consciousness

Theia Joy

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Published in 2022 by SilverWood Books

SilverWood Books Ltd
14 Small Street, Bristol, BS1 1DE, United Kingdom
www.silverwoodbooks.co.uk

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ISBN 978-1-80042-140-0 (paperback)
ISBN 978-1-80042-141-7 (ebook)

British Library Cataloguing in Publication Data
A CIP catalogue record for this book is
available from the British Library

Page design and typesetting by SilverWood Books

To Venus Starly

Thank you for all the knowledge and wisdom I've learnt
and gained from you via our sessions together.

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Chapter 1: Introduction

After working in law for many years as a paralegal and later a trainee attorney at an IP firm in London, I began to question if there was more to life than the life path I was on. My dream had been to become a partner and have my own office someday but, by 2014, something in me had changed and I began dreaming about travelling and exploring the world. I didn't know this at the time, but I was at the beginning stage of my Saturn Return.

Saturn Return is when the planet Saturn undergoes a complete cycle throughout all the 12 astrological zodiacs as well as the corresponding 12 astrological houses in the natal chart and comes back to meet the natal Saturn. This complete cycle takes approximately 29 years, so Saturn Return happens to everyone in their late 20s or early 30s and is often met with drastic life changes. Some people may experience a break-up, a breakdown, get married, have a baby, change their careers, buy their first home, have a life-altering experience, or decide to travel the world.

The second Saturn Return happens to everyone again in their late 50s or early 60s. This can be a period of upheaval when the well-known "midlife crises" occur. Again, people are often met with drastic life changes, for example, a divorce, a second marriage, selling

a business, starting a new business, moving abroad, or awakening to a new spiritual path.

Saturn is known as the great teacher. Therefore, when Saturn returns, often some important life lessons need to be learned to evolve into our highest self, reach our highest potential and find our highest path in life. Throughout these life lessons, there is often significant inner growth: mentally, emotionally, psychologically, spiritually and/or physically.

During my Saturn Return, as well as questioning my current path and having dreams of travelling the world, I began to have a strong interest in the spiritual aspects of life. I began to question who I was, why I am alive, why there is something rather than nothing, and what is the meaning of life. With this, I decided to leave my career in law and travel across India to figure out what I really wanted in life and to try to find answers to the deep questions I had about life itself.

I studied yoga, meditation, and pranayama, and spent many weeks in Satsang with an eminent spiritual teacher.

I also embarked on a journey with a highly regarded mentor and therapist named Venus Starly, who helped me to positively transform my life and my overall awareness in ways I had never thought possible. Through working and training with Venus, and learning and gaining much wisdom from her, I was able to integrate all that I had learned from her with my own learning and experiences from India and use them to create the unique philosophical life perspective contained in this book.

The philosophical life perspective and teachings contained herein can, overall, help us to gain a higher perspective of life itself, and help us to unlock our highest self, highest potential and highest path in life. It can also help to create healthy balance, harmony, and wholeness both within our everyday lives and without in the world all around us.

In brief: in order to attain self-mastery via this overall philosophical life perspective, we need to aim for 50/50 healthy and balanced yin and yang in every area of our lives. This includes oneness and separation consciousness, the non-physical and the physical, and the spiritual and the earthly aspects of life.

From here, we move into the higher level of separation consciousness. This means that we become aware not only of external "oneness" life messages, but of guidance via separation consciousness, both of which are there to help and guide us through our evolution in this lifetime. Ultimately, we seek to create balance between all 12 areas of life and the 6 axes contained within those areas in order to create balance in our everyday lives and in the world all around us (as we will find out later in the book).

In order to understand the overall philosophical life perspective and the teachings contained herein, I will go through the specific steps of the teaching process. To do this, I need to use certain philosophical, psychological, astrological, and spiritual terms, as well as some scientific concepts. I attempt to explain these terms and concepts as simply as possible, plus I'm also very direct and straight to the point throughout which means I avoid filler and fluff!

We will start by focusing on the macrocosm – the bigger picture of life itself via oneness and separation, the physical and non-physical, the principles of yin and yang, and the higher level of separation consciousness – before moving on to the microcosm of the 12 areas of life and the 6 axes contained therein. The final chapter contains a set of questions and answers designed to help you understand some of the more practical implications of this life perspective in more detail.

I use scientific concepts and the theory of yin and yang throughout. Otherwise, the topics contained herein can seem vague, confusing or "woo-woo", especially to those who are "yang dominant",

who tend to prefer a more rational, left-brained, scientific approach.

The purpose of this book is to help us gain a higher level of understanding and awareness of life itself which can, in turn, help raise our consciousness, and help to unlock our highest self, highest potential and highest path in this lifetime. Also, it can provide us with a grounded philosophical foundation from which we can build our whole life: from our spiritual practices and relationships to our career and success. Having this overall life perspective and philosophical foundation in life can ultimately bring purpose, meaning, faith, hope, peace, and joy. When we have these qualities, our lives begin to positively shift, both within and without.

Before we dive in, please note that I use "Self" (with a capital "S") to refer to the universe/all there is (oneness level) and I use "self" (with a lowercase "s") when referring to an individual personal self (separation level). Also, please watch out for the *notes in blue, *as they contain important information.*

Finally, I highly recommend reading this book multiple times as the more it is read, the higher the level of understanding, awareness, and consciousness we can attain.