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Living with no regrets FREE YOUR SPIRIT

NZ Womens Weekly, Auckland



Gaia's purpose is to teach others to "live, love and communicate fully".

'If you love someone, say it! If you want or need something in a relationship, say it!'

52 New Zealand Woman's Weekly

Living with no regrets FREE YOUR SPIRIT

A spiritual healer reveals how to stop us from fulfilling our dreams

Forty-year-old Gaia Chinniah is a full-time medium and energy healer. She shares the regrets she sees most often in both this lifetime and past lifetimes following years of working as a spiritual practitioner...

RELATIONSHIPS

Most people are looking for a relationship and very few aren't. If I hear this or see this in someone's soul blueprint, it's not because they do not want to be loved; it's because they're afraid of getting hurt. Being in a relationship is always a risk, but it's a risk which is usually worth taking. The biggest regret that I have seen from those in relationships is not saying what you truly feel or want during the course of the relationship. Sure, there is a time and place to say something. However, almost everyone I see has a fear of being abandoned and therefore refrains from expressing themselves or has a fear of their love not being reciprocated. If you love someone, say it! If you want or need something in a relationship, say it! When timing is involved, it's about saying and doing things without the expectation that it's going to be returned to you in the same way. The regret is not saying what you truly feel and therefore not letting the other person have an opportunity to meet you where you need.





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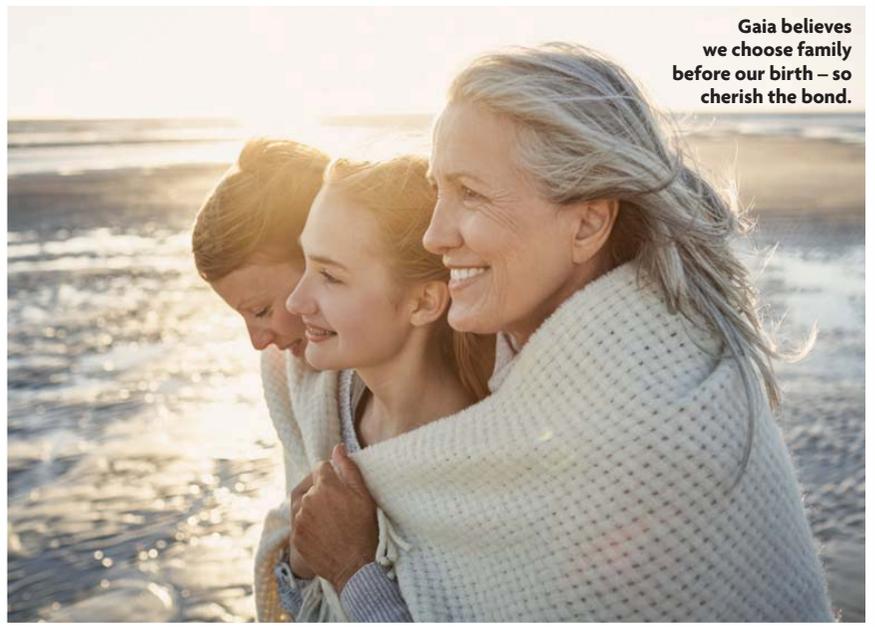
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*... deals the blocks that
 ... our true destiny*

WHEN TO SAY SOMETHING

Most of my clients are females and when they get into a relationship, they generally have an agenda of what they want. Children is a very common topic that comes up in sessions. There are a few different angles here as it really depends on who you are, where your soul has been and your track record. When do you tell a partner you want children? For some, they can say it straight away – the first date, even. But the guidance that comes through for others is to wait and give the other person some time to form a bond with you. Everyone's timing is different. Overall, the regret is not having children. If you want a child and you do not have time on your hands, do something about it. People do miss out, but there are many ways to become a parent.



Gaia believes we choose family before our birth – so cherish the bond.

VICTIM MENTALITY

I spent many years staying in a place of misery and not knowing my worth or value, and looking for it in validation from others. Fortunately, I was able to find a place of gratitude and use all my life experiences to have a job

and purpose, and live a life I love. The regret I often see in others is staying a victim to life for too long, wasting precious years waiting for someone or something to make you happy and show you your worth. The lesson here is to find that worth within yourself. We want to look back to know we responded to life appropriately, meaning there are always highs and lows, but that we used those experiences to live, feel, love and communicate fully.

past-life blueprints, I can see how it takes real effort, awareness, understanding and healing to be able to change. History from past lifetimes and within this lifetime repeats itself. Ancestral trauma is real and is passed down through generations. The regret I often hear is not seeking out the help you need to make the necessary changes and hoping that someone around you will change. If you're in a relationship, the biggest changes made by a partner is not by making them change – it's by you changing yourself.

DENIAL

This is a big one! As a medium, I see this a lot, where people are in situations where there is never going to be change unless they decide to be the changemaker themselves. Being a medium that sees

JOB'S THAT ALIGN

I went from a corporate girl to a spiritual teacher in what felt like was overnight. We all have a purpose and for some





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← it's a bit harder to find, but the majority of people's souls do know what they want – just not necessarily how to make it happen. Don't regret staying in a job that doesn't serve you. It's important to find an occupation that you are good at, that makes you feel fulfilled and valued. Know your potential, understand your possibilities and don't stay put just because you think there is nothing else for you. Your soul has a purpose – follow the things that light you up.

'Friends are the family that you consciously choose. Make time for them'

HEALING

We all have trauma to varying degrees. Healing can seem like such a vague, pointless word, but processing your emotions as they arise is important. From grief to anger, leaving things to brew within you is detrimental for your mind, body, soul and relationships. Everyone is affected. The regret I often see is when people suppress themselves and stay in a state of suffering.

ENLIGHTENMENT

Enlightenment means to

truly understand what your existence is for, and your connection with your experiences and the people that come your way.

MENTAL AND SPIRITUAL HEALTH

Health in general is a very important thing. In an ideal lifetime, we hope to grow old, however with age can come a deterioration of the physical body, leaving you with the true essence of yourself. The regret I see is people being busy filling life up with distractions, and not realising the importance of stillness and silence until it is forced upon them. Whatever you do towards your spiritual and mental health will heal you, and be the balance you need regardless of what your body does as you age.

YES OR NO

The fear of saying "no" or "yes" is a huge regret. Opportunities are lost or risks are not taken because of the fear of failure or not being accepted. Before you respond to anything, pause and ask yourself first how it



Stop and be still:
 "The regret I see is people being busy filling life up with distractions."

makes you feel, and take the time to be sure you are doing what you really want and not because you are fearful of the consequences. Saying "yes" or "no" based on how you truly feel may take some time to tune into.

FRIENDSHIPS

Most people have a few or even many friends, but many don't take the time to cultivate friendships. While this may seem irrelevant, I see people regret their relationships haven't been nurtured, appreciated and valued. Your friends are, after all, the family that you consciously choose. Make the time for them, attend the important events where possible, as well as checking in to see if your friends are doing okay.

CUTTING TIES

From a spiritual perspective, we choose our family members before birth, yet so many of us do not see eye to eye, or make conscious efforts to avoid or even cut their family off. While there may be a completely justified reason (which is fine), in many cases, I see people who have regretted not speaking to family members for decades over an issue that didn't really matter.

EGO CHECK

The ego can take a tumbling when something goes wrong. For example, when we lose something we boasted about when we felt like we needed to show off, or when we experience an illness or even a death. The ego needs constant maintenance –



PHOTOS: RACHEL LOCHHEAD



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Former corporate girl Gaia says choose a job that fulfills you and makes you feel valued.

coming back to a place of humility and the realisation that we are all the same. If we remain in balance, there is nothing to fall from if we fall from grace.

CREATING MEMORIES

See life as a collection of memories. In many moments, ask yourself if what, where and who you are with now is a memory your soul would want to remember or a memory you wish to share to remind yourself of later.

TRAVEL

If you're able to travel within the country or internationally and you have the desire to do so, do it! These experiences help us see life from a different perspective.

PHOTOS: RACHEL LOCHHEAD.

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