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# Stephanie J King

By Deb Hawken

I hadn't heard of Stephanie J King until a friend was given one of her books, and then I heard about her - a lot! But she slipped my mind until I received a copy of her latest book, *Life Is Calling: How to Manifest Your Life Plan*. And now I want to tell everyone about her.

Stephanie has a simple attitude to life that comes through in her books; she's also spiritually inspired. Rather than forcing people in any one direction or down any one path, she encourages them to take control of their own lives in their own way.

Stephanie J King was born in Munster, Germany, but grew up in England. Her English father was a soldier and her German mother didn't speak English. After their marriage in the early 60s, life was difficult for the family, which included four younger siblings, because they often felt ostracised. Living in a small tightly-knit community was hard with memories of the war still fresh in everyone's minds.

There was no extended family network close by which meant that, being the eldest, Stephanie was often the first line of support for her parents. She started work at the age of 11 until eventually she was doing four jobs (all at the same time).

Although she may not have had the easiest of starts in life, she feels that this is where her compassion and inner strengths were born. You only have to read a little of her book to know that this somewhat harsh beginning created a deep and abiding compassion for all humanity.

Being born of parents from opposite sides of one of the last century's most horrific conflicts, she learned from birth the truth that love knows no boundaries or follows any social or national rules. But for the right child it must have been a fantastic learning opportunity. Clearly, Stephanie was such a child.

She had a wealth of difficult experiences and challenges in her life, starting with working from such a

young age, through having her own business then losing it in the last recession. She has also been married and divorced. She has since remarried and is now the mother of two teenagers. She works as a healer, runs her own voluntary centre, and has written two books with another on the way. Add that to running a house and living a 21st Century life and you'll see that she loves to be busy and productive.

Although she now works as a Spiritual and Reiki healer, counsellor, life coach, healing medium and author, her spiritual wake-up call didn't happen until she was in her mid thirties.

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She describes it as being: "...like taking my finger out of a dam and information gushing through with unstoppable force." Although she knew nothing about Spiritual work, she found that the energy shift she was experiencing started to bring clarity into her life that she hadn't previously experienced. "Truths and information just kept falling into place."

A few years later at Easter time, she felt a Spirit child tapping the back of her hand and learned that the child had been sent to teach her how to write with Spirit guiding her hand. And therein lies the birth of the books that have helped to inspire so many people.

We asked Stephanie what she enjoys most about her work and her answer was: "all of it." She feels fulfilled by her family, her work and her life - a strong basis for her work and teaching.

She misses her family when travelling away for her work, and looks forward to the day when she has more control over

her time. Fortunately her family are supportive. They didn't find it easy, however, when Stephanie experienced her Spiritual awakening. "It's never easy when you grow and change because you alter the parameters by which you're known. People expect what they expect from you automatically, they need what you've always given and most of the time they don't even realise this. When you alter your boundaries, it naturally affects others around you. Sometimes as bad as this can get, it can also be good." Excellent advice for someone starting out on the Spiritual path who may not have understand quite what was happening to them, let alone be able to explain it to their family and friends.

Most Spiritual workers experience something like this, and most find that, although it may be strange for them and those around them, there are ways to grow through it; as there obviously were for Stephanie and her supportive family.

She also suggests that you don't try to give up 'normality'. "When you're forced to do all the things you must to keep everything working normally, you have to be present and focused in now." She does, however, recommend that you use as much of your free time as possible to learn and grow.

Her down-to-earth attitude comes from having experienced everything she's written about, including the help of the Spirit world. She knows "in every atom of my being that it's true. I'm helping as I too have been helped. It's a combination of my own life and information and truths I've received in the past 15 years of working with Spirit."

She focuses her work on the present because: "Today is where the power and potency of life really lies. Not in the past because that's been and gone. Not in the future because that's built of today. Today is where real live miracles occur every day."

She says that: "nothing you do can ever be hidden." She believes that because we're individual beings, with

individual minds, life purposes and agendas, we "amble around believing we are cut off... believing that we have to force and cajole our way through happiness, health, love and life." She believes that our private thoughts, the ones that we try to "sweep under the mat or lock away" are always revealed - in some form or another. Spiritually she says that: "On a soul level all we are and ever have been is written, permanently encoded onto our energy blueprint, our soul. We take everything back with us to Spirit - and from that point forward we'll be seen and known for all those achievements - not for what we want to portray."

The thinking behind this is obviously deep and profound, but the message is simple: "Many people believe the present life they are in is all that there is, they think they just have to get by or get through it in any way they can, and that they will then go onto a better place. In many ways they've lost their



creativity, their identity, enjoyment and real zest for life."

Everything Stephanie does is aimed at helping people apply these straightforward messages to everyday life. Her latest book, originally called *Just for Today*, has now been marketed world-wide as *Life is Calling*. Her publishers, Hay House, felt that the new title reminds you that the rest of your own life is calling out to you to live, and to recognise its power, potential and worth.

Through the book she's encouraging people to: "...wake up to truths that have always been with us... We all have the same potential and chances to be happy - yet how many of us are these days? We've got more at our disposal than at any other time in history - so why are so many things terribly wrong?"

For Stephanie, world perception, thoughts and beliefs plays a big part in how we live today. She feels that our personal power is eroded by the messages that bombard us every day from a variety of sources and that we're all more powerful than we're led to believe.

Her work is a genuine calling. "Something I just have to do... and I don't think I could stop if I tried." Even though she's helped people all her life in one way or another, she feels that this work is deeper. "If we really are here for just a limited time-span... if we really did come to contribute, to help, to give life something back then I need to do what I came here to do. I need to reach out to help others find their own path...to help them as I too have been helped."

She believes that "life and even God, the Earth we live upon, deserves our best shot, and so do our children. Even

if we only woke up to be 'happy', that's better than many people are experiencing now."

Perhaps some people reading this will think that you need to be in some way gifted or special to make a difference to your own life and that of others.

Stephanie, however, says that isn't the case, that it's far more simple and down-to-earth than that. "In truth we don't need any special talents because everything that is required is already within." She believes that as Spiritual workers our training comes from "the school of life and our own choices."

As a consequence she feels that everyone must find their own way and that there are many ways to be found. Some people may need to surround themselves with fairies, crystals, and other new age materials - and she feels that's great if it works. Yet she doesn't want others to be put off because it doesn't work for them.

"We can try anything we wish, some things we'll keep going and others we'll pass up, some we'll be good at - others not so much, but it's important to remember that we're individuals. Don't get too bogged down with any one path in particular - unless you consciously choose it for a reason. We are already placed where we can do the most good in a down to Earth, real life, honest to goodness way. Just wake up to your own talents and strengths."

Stephanie doesn't seem to worry about her life direction either, saying that every time she achieves one thing the next step appears for attention. "When you live in the now you have to take each day, every task, one step at a time. You might know the general direction you need to move in, but when you work with Spirit and life you can't be

too rigid in your outlook."

She hopes that her work will continue to make a difference, loving that moment when she can turn someone around to enhance their own life and make it work in whatever way that individual needs.

She also loves showing people that life continues "and that very probably we will choose to come back, and when and if we do we'll reap the things that we've sown in this lifetime, we'll experience what we've helped to create." If that isn't an excellent reason to live a positive and happy life and make the most of it then what is?

The only statement Stephanie made which is hard to accept is: "I am not special. I'm the same as everyone else. Everything I can do others can too, maybe even much better." Even just reading one of her books, and conducting a short interview with her, makes that very difficult to believe. People with the level of genuine love and caring that Stephanie exhibits are rare jewels to be treasured but, most importantly, to be listened to and heard.

In her press release Stephanie uses the term: "Will you change? Will you change it?" Certainly with her help many people have been and will be given the opportunity to make the changes they need to make in order to live a happier and more positive life. Long may she continue with her work.

*If you'd like to visit Stephanie's drop-in clinic for healing; visit one of the Parkinson's disease support groups she helps; hear her speak; take part in a workshop, or see Stephanie at a major Mind, Body Soul/Spirit exhibition, visit her website [www.channelledbyspirit.com](http://www.channelledbyspirit.com) for further information.*

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