

*If I Can, You Can*

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Edited By Jacqueline Rose

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There have been many twists and turns, challenges and setbacks, but with each one I have kept pushing forward, and facing so much adversity has helped me become who I am today.

*Les Flitcroft*

I'm not the brightest or best at what I do (there will always be someone better than you, I learnt that lesson a long time ago), but there will only ever be one best you.

*Claire Curzon*



Don't be the doubter; there are enough of them anyway. If you can find it in your heart to be the one who shares hope, it will raise your spirit too. Be the hope carrier you would like to meet.

*Alex Couley*

Many people are self-destructive without even realising it, because they are consumed by negative thoughts. These thoughts are repeated so much that they can become a self-fulfilling prophecy.

*Sarah Jones*

## *If I Can, You Can*

It's amazing what the mind and body can do when you have something you really want to achieve.

*Anjay Zazulak*

I have no idea where it came from but a voice within said "I'm going to recover, I'm going to get better and I'm going to make sure this *never* happens to anyone else!"

*Sarah J Webb*

*If I Can, You Can*

Living with HIV can empower you to even greater ambitions. My HIV has made me the person I am today.

*Philip Christopher Baldwin*

If someone who faced the prognosis of a persistent vegetative state can get published in a book aptly named “If I can you can” then imagine what else might be possible if you fire your imagination.

*Lisa Beaumont*

*If I Can, You Can*

My dad said to me “you remind me son of one of the students I have just expelled. He told me he likes to do well, but he doesn’t want to do well”.

*Luke Hughes*

When one learns to ask the right questions, the right tools magically appear and that’s when we become the master of our own Destiny.

It worked for me and if I can you can.

*Leann Middlemass*

*If I Can, You Can*

Back then, I wished every morning that I woke up that I hadn't.  
But I never lost the spark of hope that I could get better.

*Carly Evans*

Fuel up properly - eat clean and think green, green, green!

*Louisa Jane Forrest*

Maintaining an open, positive outlook also supports our emotional resilience. This is about self-awareness and self-management.

*Sally-Anne Airey*

*If I Can, You Can*



The inspiring people that have contributed to this book:

*Claire Curzon*

*Alex Couley*

*Carly Evans*

*Sarah Webb*

*Leann Middlemass*

*Helen Johnson*

*Sarah Jones*

*Philip Christopher Baldwin*

*Les Flitcroft*

*Anjay Zazulak*

*Louisa Jane Forrest*

*Sally-Anne Airey*

*Lisa Beaumont*

*Luke Hughes*



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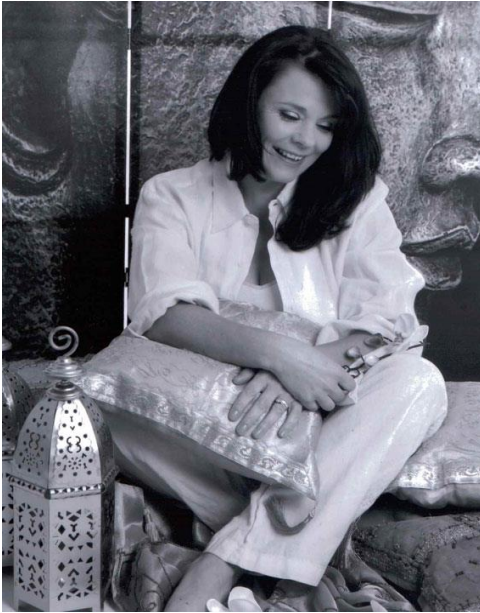


*If I Can, You Can*

Self-Belief And Hard Work Really Do Matter

Overcoming Any Adversity In Your Life - If I Can You Can

## Welcome to If I Can, You Can



Nowadays many of us live life in the fast lane and rush from one week to the next, often just getting on with our own daily routines. Some of us just about balance looking after those nearest and dearest to us and occasionally manage to find time for ourselves. Many of us simply feel we haven't the time to give much thought for others, not only in our immediate communities but the world in general.

Just once in a while we may read an article that helps us realise that there are people battling against all kinds of odds just to make it through each day. Then, perhaps we stop to give a

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thought of empathy. It is at that time we thank God that whatever they're going through, won't ever happen to us or our family. And then we move on. And there are those people that always stand out as they are always smiling, totally selfless, and thoughtful, making the world a better place.

Within these pages of *If I Can, You Can* we will be sharing personal stories from contributors from around the globe. Our writers are from very different walks of life. And yet the common theme in all their stories is the fact that life has presented them some incredible challenges. Some have been faced with near death experiences but, with the support of family, friends and their communities, have fought back to find a new path in life. A path that is better than the one they were originally on. Even though some of us plan the journey of our lives meticulously by achieving set goals within a scheduled time frame, we sometimes find that, due to incidents we hadn't foreseen or expected, we are way off course.

I hope that by showing how others have managed to overcome their challenges, *If I Can, You Can* will provide you with the confidence and faith you need face your difficulties. Often when we overcome obstacles thrown at us by life, we begin to appreciate the true value of life and all of its gifts. It is then that we can truly move on to live life to its full potential.

*Jacqueline Rose*

*Publisher, Lovely Silks Publishing*

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## Pranic Healing

I've experienced more tragedy than you could ever imagine possible for an average man who was once content just to lead an ordinary life.

There have been many twists and turns, challenges and setbacks, but with each one I have kept pushing forward, and facing so much adversity has helped me become who I am today.

It's been an extraordinary journey...

Let's roll the clock back to 1999, the year my life hit a brick wall. Literally.

I was competing in an indoor football game when I tripped and was catapulted straight into the wall of the sports hall where we were playing — with catastrophic results.

Some of the details of what happened next remain hazy as I was in so much pain, but it quickly became clear that I'd shattered the bones in both my arms and this was serious. Just how serious only emerged after five major operations and countless hours of rehab: my doctors told me there was nothing more they could do for me, and I would never regain the use of my left arm.

Bad enough for most people, but I am left-handed and I worked as a hands-on aircraft engineer.

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Life couldn't get much worse — except that it already had. One of the reasons I was in that sports hall in the first place was to escape, to try to find a way of temporarily distracting myself from something much, much more devastating, something truly traumatic: a year earlier my estranged wife had committed suicide after suffering depression for nearly five years, taking our two young children with her. They were aged just seven and five.

It is hard to put into words a tragedy of this magnitude and for others to grasp the impact it has. It is fair to say that I'd had many moments in the months that followed when all I wished for was to join my family — I only stopped myself because of the thought of the further devastation it would bring to my parents.

I had already hit a virtual brick wall long before I hit the real one.

While I was in hospital after the accident I became very depressed, as all I could do was lie there thinking of what had happened in my life. My left arm was in a harness, paralysed, and my right arm was plastered above the elbow. I had needles in both feet — one for pain relief and the other for antibiotics — so I couldn't move at all.

I had four operations in quick succession (the final one came later) and each time as I went down to theatre I remember saying to the nurse standing next to me that I wished and prayed I would not wake up again. I had come to the end of what I thought I could deal with, but still I kept waking up to carry on the fight to survive.

When I finally left hospital after two weeks, I had to think of new ways to distract my mind and thoughts: it was a constant battle. Somehow I'd hung on and hung on, only to now find myself facing the loss of my livelihood as well.

I had always wanted to be an aircraft engineer. Some of my earliest memories of growing up in my home town of Reading in Berkshire are of playing with model aircraft and dreaming of one day being able to work with the real thing, being able to fix them.

My career in engineering started in the oil and gas industry, manufacturing valves for subsea pipelines, but in 1990 I joined British Airways. I ended up working at London's Heathrow and continued my career in aircraft engineering for more than 20 years, also working for Hawker Pacific Aerospace and Lufthansa Technik. My childhood dream had come true, and even if my personal life was in desperate tatters by the time I smashed into that wall, I was well on the way to achieving all I'd set out to do professionally.

Until the doctors told me my left arm was permanently paralysed. They'd pinned it, they'd put screws in it, I'd had every type of physio on offer, and while the bones had healed to some extent, the nerves were severed at the elbow. Severed forever, they said.

You don't need to be a genius to work out that there aren't many options for a left-handed aircraft engineer who can't use his left arm and by now I was nearly two years down the line from that fateful day in the sports hall.

My employer had been supportive all the way, but time was beginning to run out and it's fair to say I was pretty desperate. I just couldn't see any way out of this nightmare, and so when a friend suggested I explore energy healing I figured anything was worth a try.

Before I go on, it's central to my story to know a little more about where I've come from. My father is ex-Army — he was a sergeant — and you'd be hard pushed to find anyone, anywhere who sees life as more black and white than he does. When my brother and I were growing up, we naturally enough adopted our dad's world view that there simply are no grey areas — in anything. He had no time for religion, for anything spiritual, for anything you couldn't see, touch, hear, taste or smell. Sceptical doesn't come close, and that may be one reason why I was so drawn to becoming an engineer: you can't get more black-and-white than fixing aircraft. They either fly, or they don't fly!

So, coming from this background, you can see that the very idea of exploring energy healing for my arm took me way, way out of my comfort zone. I knew nothing about any kind of complementary therapy — I'd vaguely heard of treatments like osteopathy, acupuncture, and maybe even Reiki, but as far as I was concerned this was all woo-woo nonsense. You were injured or ill, you went to the doctor.

But desperation triggers all kinds of responses, and in my case it was to conclude that with all conventional medical avenues now closed, I had absolutely nothing left to lose.



So in 2001, I found myself travelling to the United States to meet my friend and to join a Pranic Healing training course. I'd done a little bit of research before I set off, and knew that this was a non-touch therapy that used natural energy to heal. Non-touch? Natural energy? You can imagine how well that played with my black-and-white sceptic's outlook.

As we settled into the course, I was doing my best to keep an open mind and soon became fascinated by what the man who went on to become my teacher and mentor was saying. This was Master Choa Kok Sui, who developed modern Pranic Healing and introduced it into the public domain in 1987 from his native Philippines.

What caught and held my attention — and continues to do so to this day — was the logic and structure underpinning Pranic Healing. Master Choa was himself an engineer, and his whole approach was something my pragmatic brain could quickly grasp. This wasn't woo-woo at all, it was science-based and from the start of the course we were being encouraged to validate everything we did.

For every condition, there was a protocol, a means of removing stale and unhelpful energy from the body and replacing it with fresh energy — or Prana, the Sanskrit word for life force. All we needed to do was follow the protocol, clearly spelled out, in writing, by Master Choa — I immediately likened it to a cookbook approach: simply follow the recipe, don't deviate, and see what happens.

And what happened to me was nothing short of a miracle. My friend introduced me to Master Choa and — despite my being just one of more than a hundred students on the course — he took time out to show me the specific protocols I needed to heal my arm. He was so concerned by my plight, and so generous with his time — I remember it all as if it were yesterday.

I began following the protocols Master Choa had taught me straight away and continued after I returned home, healing myself studiously for 20 minutes every day. Within a few weeks I was aware of some feeling returning to my arm; within five months I was completely healed. In just those 20 minutes a day I had achieved what I'd been told was completely impossible: all the nerves in my arm had regrown. Now all that remains of that horrendous ordeal are some very impressive scars!

Not surprisingly, I wanted to find out more about Pranic Healing — how it worked, how I could use it to help other people. It's taught in stages, and after I'd completed the basic course I returned to the US to take the more advanced classes, one of which was the psychotherapy course which focuses on the mind and emotions. This helped me in so many ways to understand why people become mentally ill and gave me much insight into my late wife's illness and the tragedy that I had faced. My respect for Master Choa grew and grew each time we met and when he said he wanted me to be the one to take Pranic Healing into the UK and Ireland, I knew I'd reached a major crossroads in my life.

I was by now back at work as an aircraft engineer, and Master Choa insisted I do nothing to jeopardise my source of income in

the short term. So for ten years, I led something of a double life, juggling my demanding day job with building my Pranic Healing practice, teaching others how to heal, and spreading the word slowly but surely.

From simple coughs and colds, cuts and bruises, right through to cancers, depression, addictions and phobias, I was soon healing a wide range of people from all walks of life. Babies, children, young and old, my experience of extreme pain— both mental and physical — gave me a good understanding of other people and how they felt when confronted with the conditions or problems they faced.

Among my early clients was a five-year-old boy with a brain tumour. His parents had been told there was little hope for him, but by working alongside conventional medicine I was able to use Pranic Healing to help disintegrate the energy within the cancer cells and he went on to make a full recovery. I also treated a paramedic signed off for over a year after being diagnosed with post-traumatic stress disorder. He was able to drive again after his first session, and was back at work as a front-line responder after just seven treatments.

And the successes kept on coming.

Despite all this evidence — and even remembering what I'd witnessed with my own arm — I still had many moments when I asked myself 'did I really do that? Or was it something else?' It was just my black-and-white engineer's mind-set jumping in — and it was this that also explained why for several years when I

was healing I couldn't feel the energy.

I've since found that many people who attend Pranic Healing courses — especially if they've come from sceptical, analytical or atheist backgrounds — put exactly the same obstacles in their own way, and I always reassure them that it is just a matter of time. And — as I'd already demonstrated so clearly — it doesn't stop you getting spectacular results.

In 2013, I finally left engineering behind and became the director of the Institute of Pranic Healing UK and Ireland. It is of course much, much more than a job, or even a profession. Pranic Healing isn't just about healing the body; it's also about healing the mind and developing spiritually, and Master Choa's system includes meditations and practices drawn from across many traditions to help us all achieve this, to help us all have a better life. As time has gone on, many of my students have followed in my footsteps and also become full-time healers after experiencing extraordinary results for themselves.

One of them is also now among my team of instructors, training new students so we can reach and help more and more people. He had come to the end of the line with traditional approaches when he first found Pranic Healing. He'd been diagnosed with the rare Kleine-Levin Syndrome sleep disorder at the age of 16, and for a period of five years he had slept for five days in seven.

He was introduced to me by his previous employer, and by the time I met him he was in his early 30s and had explored complementary as well as conventional avenues. He had made

some progress, but despite doing everything ‘right’ — eating well, exercising, studying personal development, practicing moderation — he remained so debilitated by severe anxiety and other psychological and emotional issues that he couldn’t work for long periods without having to take time out to sleep.

After his first treatment he began to experience some relief from his symptoms, and after several more his symptoms rapidly diminished and then disappeared altogether. He began to feel healthy for the first time in more than a decade, not only physically but also emotionally and psychologically, and he soon decided that as well as following his dream and building a career as a personal trainer, he had to share what he had discovered with others.

His is just one among many examples of how Pranic Healing can transform lives, and since I accepted Master Choa’s invitation to become his ambassador more than 2,000 students have graduated from my Pranic Healing courses in the UK alone. There are many hundreds more in Ireland, as well as in Gibraltar and Spain’s Costa Del Sol, and together we have healed many hundreds of thousands of people. Together we also host more than 200 meditation and healing clinics every month. Here we use a mix of meditations, including Master Choa’s very powerful and effective Meditation on Twin Hearts which pivots around the Prayer of St Francis of Assisi and its focus on using loving kindness to turn negatives to positives.

I personally teach over 30 courses a year as well as continuing professional development sessions for my core leadership team,

which is growing stronger every year. I also host monthly lectures and meditations, which are open to the public and are streamed live to multiple locations across the UK and Europe. And I also still have my own healing clinic, based in Berkshire.

One of my strongest passions is helping the next generation grow up into happy, balanced young adults, and among my proudest achievements is creating a children's meditation programme. This is now being used in British and Irish schools, with some extraordinary results.

It has been truly humbling to see the quality of life for thousands of children — among them those with learning disabilities, autism, and other complex psychological and emotional challenges — rapidly improve as a result of simply following the meditation techniques. I am also very proud of the wider contribution to the community being made by the Pranic Healing charities, the MCKS Charitable Foundation UK and The Association of MCKS Ireland. All donations made at our meditations, healing clinics, and other events go to these organisations, which in turn donate to other carefully selected charities.

Between the UK and Irish charities, we have donated considerable sums of money to many organisations such as Crisis and the Whitechapel Mission for the homeless in London, and the Naomi House, Richard House, and Alexander Devine children's hospices. Other beneficiaries include Doctors without Borders, HOPE suicide prevention centre, and TeenLine Ireland.

## *If I Can, You Can*

When I look back to when I broke my arms in that sports hall wall and then look at where I am today, I am amazed by what I have achieved and what it is possible for us all to achieve if we stay focused, work hard enough, and keep going despite all the odds.

On the personal front, my remarkable journey also has a happy ending. In 2008, I married my beautiful wife Fiona, and we are now the proud parents of three wonderful children. My aim for the future is to continue what Master Choa Kok Sui started, helping relieve unnecessary suffering and teaching people that everyone deserves and can have a better life. To this end, my personal mission statement is ‘to help alleviate suffering by empowering people with self-development tools through support, educational programmes and charitable services to create healthy and resilient communities’ — something I could never have imagined the skeptical aircraft engineer stating in public a decade ago!

*Les Flitcroft*

*“Every day is a new day,  
a day that you have never experienced before  
and will never experience again.  
Enjoy it as if it was the last day”*

**About The Author**



Les Flitcroft is the Director of the Institute of Pranic Healing UK & Ireland and a former aircraft engineer who discovered this energy-based complementary therapy following a serious sports accident.



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After achieving life-changing results for himself, he has gone on to devote his life to Pranic Healing and as senior instructor for the UK, Ireland, southern Spain, and Gibraltar, has already trained several thousand others to become Pranic Healers.

He is the founder of two associated charities, the MCKS Charitable Foundation UK and The Association of MCKS Ireland.

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