

The background of the entire image is a solid, deep purple. Overlaid on this background is a stack of several smooth, dark, rounded stones, likely river stones, arranged in a slightly irregular but balanced manner. The stones are dark in color, possibly black or very dark grey, and their smooth surfaces reflect some light, giving them a subtle sheen. The stack is positioned in the center-left of the frame, with the stones overlapping each other. The text is overlaid on this background and the stones.

# Reprogram For Success Inner Healing For *Personal Growth and Development*

Learning the wisdom of the sages to invoke  
dynamic personal transformation

S a r a      A h a v a h

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Printed in the United Kingdom

First Printing – March 2021

Sara Ahavah Publishing–61 Bridge Street, Kingston, HR5 3DJ

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# **WISDOM FROM THE SAGES**

*Life Is A Journey*

*The Laws Governing Life Are Unseen But Their Effects Are Seen.*

*Humanity's Responsibility Is To Discover The Laws & Use Them  
Correctly.*

*The Purpose Of Life Is For You To Become The Source Of Life.*

*To The Extent You Develop The Qualities Of The Source Of Life, You  
Will Be Able To Live A Purpose Driven Life.*

*The Fruits Of A Good Life Are Harmony, Peace, Happiness, Health,  
Good Relationships & Adequate Financial Resources.*



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# Introduction



# ***Good Relationships Are The Source Of Life***

*No one will attain life without forming good relationships with others.*

*Relationship is the mother of nature. Nature is a giving force, and life is the product of the giving force.*

*Nothing exists without good relationships.*

*Therefore everyone should study nature to learn how to form good relationships to increase life.*

*When we fail to form good relationships between us, we increase suffering and death spiritually and physically- wars, resentment...*

**Reflection-** *What do you think about the above?*

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# Lesson One





# ***The Importance Of Connection***

*No man is an island. Everyone is connected .*

*Just because you cannot see this through your five senses does not mean it is not so.*

*Try living in your world without a harmonious relationship and you will soon experience a world of unhappiness, failure, conflict and poverty.*

*Every failure is a message to work hard on connection, and good relationships with others. It is a message of spiritual awakening.*

**Reflection**– *Make a list of all the challenges you have. Think about your spiritual attitude towards them. If you were connected in the heart with the individuals involved, how would you feel about the situation?*

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# Lesson Two



# ***The Wake Up Call In Disguise***

*Every challenge that a person goes through in this existence is a spiritual awakening in motion. It is the little bell from heaven knocking at the door of the heart for a spiritual awakening.*

*We do not recognize this as a wake-up call because we are not aware of our spiritual condition.*

*Until we are conscious, we will not know we are spiritually poor and, in some cases, bankrupt. We will not know we are desperately in need of spiritual surgery, for correction and healing.*

*Our ego conceals our spiritual condition.*

**Reflection**– *What are your challenges that you are still thinking of and feel hurt about? Are you prepared to rise above them and grow spiritually?*

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# Lesson Three



# ***Lets Get To The Basic Of The Human Problems***

*You know yourself through the consciousness of your five senses.*

*You know yourself as a physical being. This limiting view of yourself keeps you  
in darkness about your reality.*

*Until you understand your internal existence, its structure, its defects and its  
qualities relative to the force that governs your life, you will forever  
experience sufferings.*

*This is the reason you and I struggle. Ignorance is the root of  
humanity's problems.*

**Reflection**– *Think about yourself deeply. What do you think are your  
spiritual qualities, defects and brokenness?*

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# Lesson Four





# ***What Is The Human Condition Before Spiritual Correction?***

Humans are designed with a spiritual defect we call egoism. This is an internal quality that makes us think of our needs exclusively and ignore others' needs. In most cases, we do so at the expense of others. We are ignorant of this side of our being, and so we struggle with the consequences.

Humans are internally structured to see their world through the five senses. They do not see the world as a holistic system. Rather they perceive it as an independent unit in which everyone seeks the self and cannot be trusted.

The human consciousness is divisive, disunited, distrusting and disharmonious by nature. The positive quality is minimal, and this is what needs to develop. The negatives come in various crude and sophisticated shades. Hence, judging others harshly is the norm. Humans generally do not strive for unconditional love and connection- the very essence of life that will yield sustained happiness and joy.

As a result, humans operate through a force that disconnects us from the source of life for the best part. Until spiritual correction takes place, human struggles will continue.

***Reflection-*** *What are your thoughts about this lesson.*

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# Lesson Five



# ***What Is The Spiritual Correction Needed To Create Harmony, Love & Happiness***

*Egoism is a negative force that imprisons the human consciousness into a state of 'SELF LOVE'. This is part of nature. Nature is made up of negative and positive forces. The force of giving and the force of receiving.*

*Egoism is the force of receiving pleasures. It gives us our individual desires for food, sex, money, honour, knowledge, wealth and family. It is tied to our five senses.*

*On the other hand, nature is a force of giving and receiving as a single united system. When a person has more negative force than positive force, they cannot work harmoniously with others. This defect should be corrected and healed to create balance, harmony, good relationship, happiness, love and success. This is spiritual correction.*

**Reflection**– *Every time you are angry or judged harshly, that is a point of your defect that needs healing because it is a sign you cannot feel the others' needs and cannot give love to them. Think about this.*

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# Lesson Six



# ***What Is The Reason For Our Defective Spiritual Condition***

*This is how we have been created. Our job as humans is to discover and correct the defect so that we will take on the same quality as nature – a giving and a receiving force as a single united system.*

*The Creator /God has designed us in this way so that we can discover the disparity in our spiritual nature. We operate in self-love, and the Creator operate in unconditional love. We need an inner correction to achieve balance and harmony.*

*Every one of us cannot feel other people's desires until we are spiritually healed. Hence, we get into strife, quarrels, conflict, deep resentment, loneliness, distrust, anger, frustration and a long list of negative vibes.*

*Until we are spiritually healed, we won't automatically feel good about others without thinking about our own needs. We won't connect in love and harmony. This is the cause of our problems. Your task is to heal spiritually and free yourself from the diseases call egoism.*

**Reflection–** *What are some of the defects you have observed in yourself that you would like to fix? Why would you like to fix them?*

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# Lesson Seven



# **Spiritual Health Check– How Do I Know My Spiritual Condition**

*Everything is exposed through thoughts. This is simple and hard to grasp. Every thoughts and feeling you experience are signals of your spiritual condition.*

*Your thoughts are your inner world. Your words and actions manifest your inner world. They tell you where you are in your spiritual health. When you describe people and event negatively, you are exposing your spiritual condition. You may think the people you are describing are the problems. This is not so spiritually. Your own words and acceptance of your inner world's thoughts are the mirrors of your spiritual condition.*

*Most people, including myself, did not know this. We are in a world deeply unconscious of our spiritual condition. We describe negativity and accept them as our reality, ignorant of our spiritual existence. Until we recognize that the thoughts, feelings and beliefs underpinning our inner world are reflection of our spiritual health, we will not take steps to heal negativity, disharmony, distrust, unforgiveness .....*

*We will not take steps to heal and reprogram our lives for success and harmony. A spiritually healthy person thinks good thoughts of others and build good relationships with others. Pure thoughts with an intent to help others attain love and happiness are indicators of spiritual health*

**Reflection–** *Thoughts create things. They create division and separation when they are negative. Pay attention to your thoughts this week. What is your spiritual health based on this exercise?*



# Lesson Eight



# ***Where Is The Origin Of Thoughts And Bad Feelings***

*Your thoughts are given to you by Nature. They are a reflection of the negative and positive forces that operate in your inner world. This inner world is made up of your subconscious and conscious mind. The negative thoughts or fear-driven thoughts and the positive are all part of your subconscious mind.*

*When we are deeply unconscious, we barely notice the thoughts that we accept as the norm. Every thought has its opposite. If the thought is negative, you can invoke the positive. However, the invocation can either be egoistic or altruistic. This is why one should understand the purpose of life so that their thoughts can be spiritually cleansed to invoke positivity in their inner world to better themselves and others.*

*For instance, thought of lack, fear, distrust, insecurity, hate, and sadness can permeate a person's mind. This is an indicator of one's spiritual condition. The thought can drive the person to take angry actions against others and create disharmony. This then becomes the fruits of one's spiritual health. It shows the rule of egoism is stronger than the rule of love. This disconnects and creates more hate and disharmony.*

**Reflection–** *What are your qualities of thoughts and what steps can you take to cleanse them for the betterment of yourself and others.*



# Lesson Nine





# ***What Are The Tools Used For Spiritual Healing & Reprogram For Success?***

*Spirituality means one is aligned with the quality of unconditional love towards others, which is the quality of the Creator/God. Therefore, a spiritually ill person will be challenged in many areas of their lives- relationships, health, finances ..... This means the entire humanity needs spiritual healing- though many are still unconscious to this realm of their life.*

*Some examples of spiritual ailments are difficulty to forgive hurts felt by the behaviours of others, harsh judgements of others, prolong grief, ungrateful attitude, and the list goes on. These states of consciousness reflect the broken hearts within - i.e. they are signs of disconnection at the heart level. If you can feel the needs of others, you are spiritually connected to them and spiritually healthy. We are talking about inner feelings, not physical feelings. Therefore, spiritual healing mends the inner heart (desires) to help a person feel others as part of their soul and make peace.*

*The main tools are as follows- mastering love daily through the power of right thoughts and actions, expressing gratitude daily to build the capacity to see good in every situation no matter what the subconscious program, mental and emotional affirmations for right thinking, a meditation on sacred wisdom for inner corrections, forgiveness therapy and prayers.*

*Many have discovered affirmations by themselves do not work because they are devoid of spiritual healing through the power of prayers, right thinking, and actions. When we use these tools in an environment where others support us, there is a power that helps transform us quickly.*

**Reflection-** *What is your next action step to heal spiritually? to cleanse them for the betterment of yourself and others.*

# Lesson Ten



# Next Step

*Every challenge we experience is an indicator of our spiritual condition. Life is given to us for a purpose.*

*In our world, our definition of success is materially driven and egoistic. However, God/Creator does not define success in the same vein. Of course, we need to meet our financial needs- no one denies that. However, success goes well beyond our financial resources we often guard at the expense of our spiritual successes.*

*Our finances can never buy spiritual successes- good relationships, harmony, health, joy, happiness and unconditional love are fruits of the spirit.*

*If only money can buy spiritual successes, we would see the examples of this in the lives of our celebrities and royal families around the world. Of course, we know they are far from being happy in their own relationships; hence we witness many divorces and mental struggles in the homes of financially wealthy people. This shows that even after financial success, one can remain in mental and spiritual struggles leading to unhappiness. One can find themselves in a state of hopelessness and loneliness. All the human techniques for healing can be exhausted, living one in a state of emptiness. Of course, material and energy healing have their root and place to play in our world. However, spiritual healing is not to be neglected at our peril.*

*The answers to these issues are complex. They are also invisible to the ego consciousness that thrives on materialism and physicality. Spiritually we are all connected, and we have to transcend our viewpoint of independence and disconnection. To heal spiritually is to recognize reality in the spirit realm.*



*If we neglect the importance of correcting and healing our spiritual body (consciousness), we run the serious risk of living a life of unhappiness and dissatisfaction, to say the least. We run the risk of travelling the human journey in darkness and leading nowhere near the journey's destination. These short lessons are tasters for you to know it is up to you to decide to improve and transform your life towards the path of sustained love, peace, harmony and happiness.*

*The path requires a change from the old to the new mindset. This means support is key to getting you through this journey, and prayer is the aid through which we solicit the divine force to assist. The right prayer is when we connect through love with others and pray for them and ourselves. This, too, is an act that requires careful delivery to ensure we do not approach prayers egoistically.*

*To conclude, thanks for signing up with us and congratulations on completing these lessons. You will find many resources on our website to help you in your journey- books, courses online, events, audio meditation and books, etc. Do contact us for more information on how you can access these services to*

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**THANK YOU FOR READING AND  
WISHING YOU GREAT SUCCESS**



# ***About The Author***

Shelah Sara Ahavah (pen name) is a spiritual educator, coach and author of self-help books to raise human consciousness for self-improvement, spiritual growth and good connections.

Born in the United Kingdom by her Sierra Leonean parents, she returned to Freetown West Africa at the age of 2.5 years where she grew up until the age of 21 before migrating to the UK to study professional accountancy.

Her career started as a Chartered Certified Accountant in 1992 but did not stop there. In 2008, she published her first book 'My Business Is My Business' under her married name Sheila Elliott, which helped many small businesses develop their business skills particularly the minority business communities and women-owned businesses.

Her keen interest in spiritual matters got her involved in church affairs until 2009 when she determined she wanted to understand sacred teachings' more profound meaning. Faced with relationship problems inherited from her childhood, she began to question her understanding of the meaning of life.

2012 was a defining year. Beset with a breakdown in her nearly twenty years of marriage, she resigned all her non-executive director appointments with several voluntary organizations. In these roles, she served as a chair of the Finance and Standard committees for her local college; a treasurer for a housing association and a paid non-executive director of an NHS Primary Care Trust- to name a few.

Over the last fifteen years, she devoted her life researching and studying spiritual teachings for personal development and growth. To resolve numerous life challenges that cause her emotional traumas, she searched into the deeper meaning of these teachings to make sense of life and build new habit patterns to resolve her problems.

In 2018 she became a Philosopher of Metaphysical Sciences, PhD. She began sharing her knowledge and skills to help others understand the purpose of life; the reasons for failed relationships; the meaning of love and how to build an inner capacity to connect well with others, as well as emotional healing techniques.