

Confessions of a Psychic

by

Suzanne Wagner and Cheryl Carter

Confession

Everyone is psychic.

I bet you are surprised this is my first confession. But it's true. We are all born with natural gifts that are as real as the color of the sky. Some people are natural artists; more specifically natural painters, singers, musicians, or writers. Others are gifted with a keen mind for numbers and equations. Still others have the ability to see things three-dimensionally and can design and build superstructures, cities, or even get people into space and back. Being psychic is a gift no different from the others.

Many people are natural artists, but never know it and therefore never do anything with the gift. In the same vein, many people are naturally gifted with psychic abilities and never know it. Whether we are aware of our gifts and what we do with them are the keys. Further, I believe these natural tendencies or gifts need to flow into a place of conscious awareness.

We all have had at least a hint of what it might be like to be psychic; an experience be it déjà vu, coincidence, or a sense that someone is in the room or that something is going to happen. I think people get flashes all the time, but they don't always listen. Some of us rarely find ourselves in this place of conscious awareness. Some of us find ourselves there more often than others.

For me, these experiences happen all the time. They manifest themselves everywhere and that's what I think is difficult for others to comprehend. Once the awareness is opened at this level, it is very difficult to shut it down. For those who are auditory on a psychic level, there is constant noise and sounds. Living this kind of awareness or sensitivity twenty-four hours a day can be overwhelming. I have learned to choose to notice or not notice things. I have learned to shield myself in certain times or places. When I was younger, I didn't know how to shut it down. I would be shopping in a grocery store and look down in my cart and realize that I had picked up all this food that I don't even eat. Then I realized I had been picking up the food that the woman in front of me was getting. She had Twinkies, I had Twinkies!

It has happened all through my life. I would know something that there was no way I could know and then later on I would find out that I had been right or I would feel compelled to say a particular thing and then, sometimes even ten years later, the person would come back and say, "I don't know if you remember me, but you told me some particular thing was going to happen and I thought no way was that possible and then ten years later, it happened!" So when I kept getting feedback over a long period of time that I was accurate, it astounded me and led me to accept my gift. Although, I must admit, there are days when even I think things coming out of my mouth are completely preposterous!

Those who listen and then realize their psychic gift to a level of excellence, through exploration, practice, and work are able to become psychics. Anybody,

almost anybody, can be 50 percent accurate. Most can even be 60 percent accurate. It is exceptional when a psychic gets above 90 percent accuracy. If you are considering a psychic reading, it is important to allow for at least a five to ten percent margin of error. Rarely is a psychic 100 percent accurate. But when it does happen, something incredibly magical and transcendent occurs. It is a synchronicity, a flow.

Confession

There is a difference between being psychic, which everyone is to a degree, and being a psychic.

My definition of a psychic is a person who can notice subtleties in the patterns of perception that another person exudes. Then taking that information, the psychic knows how to translate those subtle patterns into words the person can understand and then, hopefully, somehow integrate into his or her life. That is a lot to take in, so you may want to read it over a couple of times because it truly explains who I am as a psychic. A psychic is someone who chooses to acknowledge his or her gift and uses it to guide others on their life journey. Many do it as a profession, others as an avocation.

The term, psychic, is a general term at best. It is derived from the word, psyche which has more than one definition. One is that it is the human soul and the other is that it is the mind. So, anyone dealing with the human soul could be considered a psychic; just as anyone dealing with the mind? There are many who would argue that the soul and the mind are not the same. Perhaps this is the bedrock of why there are so many diverse concepts and practices relating to the psyche. Not to be overlooked are psychologist and psychiatrists. According to the dictionary, the definition of a psychic is "a person who is supposedly sensitive to forces beyond the physical world." Notice the use of the word

“supposedly”. Even those people who write dictionaries are skeptical! Most people think that a psychic is someone like John Edwards or others who have a lot of exposure from television and public appearances or they think of the stereotypical psychic as played by Whoopi Goldberg in “Ghost”. These psychics, mediums, or clairvoyants deal mostly with predictions and/or communicating with deceased people.

There are many different types of psychics. There are those who read energy off of rings, cards, or palms. Some do numerology. Some are clairvoyant (see things) or clairaudient (hear things). There are those who see into past lives. There are mediums who see dead people. What I find interesting is that most people mistakenly assume that a psychic does all of those things. Usually, a psychic, to use the term as an umbrella, will specialize in a particular type or style of psychic reading.

Mediums are the ones most often depicted on television. They are psychics who hear and see spirits and can talk to the dead. Mediums have individual ways or vantage points from which they access information. Many times, the information comes in as pictures or sequences. Their emphasis is on bringing messages from the dead to the living. They focus on ways to minimize or alleviate the grieving process, to let go of the fear of death, and/or help the living resolve issues with their deceased loved ones.

Tarot readers use a deck of Tarot cards which contains much symbolism for the major and minor events of life. Tarot readers have studied the complex

metaphorical meanings reflected in the cards to uncover intricate mental, emotional, and spiritual patterns of the client. The cards guide the reader to events happening in the client's life and help the client understand himself and how he relates to the events. With the help of the cards, the reader then uses her own intuition to probe more deeply into the mystery of each client.

Palmists read the palms of the hands, the finger shapes, the pads, the back of the hands, the mounds of the fingers, and the wrists of the client. They look at the patterns held within the palm and allow their minds to psychically explore deeper into the client and assist the client in seeing what has happened in the past, what is happening now, and what will happen in the future.

Numerologists use numbers and numerical patterns to assist them in identifying the complexities of a person's behavior in order to translate that information back to the client in a constructive manner. Numerologists help the client see issues from the past, the present, and those in the future; and they use the numbers to reflect what the client is here to learn in this life.

Clairvoyants are psychics who see images of the future for clients. They have discovered ways to move visually into future (and sometimes past) energy patterns that surround a client. They usually see these images quickly and the visions run like a movie in their heads.

Clairaudients are those who can hear the voices of the client's angels and/or guides. It can also mean that the information coming to them is generated through their auditory channel.

Channeling is aligned with clairvoyance and clairsaudience because the psychic is bringing information through from another dimension of reality. Sometimes this is an overlapping type of gift; meaning that the psychic sees images, hears voices, and feels sensations all at the same time. Whereas transchanneling is when the psychic leaves his body and another guide or being comes in. During this event, the psychic or transchannel has little or no awareness about what is being said.

I cannot overemphasize that psychics are real people. It is too important a point to gloss over. I have heard people ask, "Well if you are psychic, why can't you predict or prevent things from happening in your own life?"

Psychics, mediums, clairvoyants, spiritual teachers, or whatever label is given are human beings first and foremost. We have our own problems, egos, and power struggles. We are all down here being human, and we all can benefit from the guidance of others.

I think it is really important for me to stress that, as a psychic, I see myself as a spiritual teacher, and with that, I take all the responsibilities that are weighted with the position.

Confession

Everyday I question whether I am actually psychic or whether I am just making up a whole bunch of stuff.

I think when you are in an esoteric field and you don't question your own validity on a regular basis, you might actually be psychotic or certainly little bit nuts!

I remember something an angel said to me one time. "Suzanne, you're not so bad at this. We have to tell you something about three or four times until you notice it and pick it up then move with it. But there are people to whom we have to say something 2000 times before they begin to see the issue." So for me, the lessons come more quickly than for others.

As a child, I saw guides and angels. I think it helped to be raised Catholic. My family talked about guardian angels so I just assumed that seeing angels was normal and since they were there I might as well talk to them. I guess that early acceptance made me more receptive to psychic experiences with my angels, guides, and nature fairies.

I didn't realize that they were psychic experiences at the time. It didn't dawn on me until I was older and talked with other people that I found out that what I was experiencing wasn't necessarily normal. As a teenager, I finally figured out that I was rather unusual and decided that I probably should tone it

down for fear of being ostracized. I tried to shut it down, but was not completely successful. The most significant event that opened it back up and forced me to accept that something was going on was when I found myself on a ledge in New York City wanting to jump off.

I had studied ballet for many years. My dream was to dance with the New York City Ballet. When I found out that I had not been accepted, my devastation led me to the ledge of the boarding house where I was living. Suddenly the ledge filled with angels. They asked me if I was really going to jump. And I thought, "I might as well since now I am seeing angels so I must be crazy. Who is going to believe this?" But the angels locked my attention, and although I didn't realize it at the time, took me through the levels of grief until they got me to anger. They asked me if I was going to let Balanchine win. They reminded me that he had emotionally devastated many dancers. They made me realize that I didn't want to let him win. So with the angels help, my anger got me off the ledge. From that point on, the angels have never left me.

After New York, I went to Berlin to dance. There, more amazing psychic experiences happened. I was hypersensitive to the devastation of the war and voices from the past. I was psychically bombarded with the chaos, the Nazi energy, destruction, and death. It was a huge adjustment. While in Germany, my best friend, Ellen, had a boyfriend who committed suicide. I didn't know it at the time, but suddenly I awakened that day in a panic with the feeling that something was wrong with Ellen. I sensed that it was something really serious.

I couldn't sort it out any more than that so I wrote her a letter. In it I said that I knew it sounded crazy, but I was wondering if she was okay. I put the date and time on the letter and told her my experience. When she got the letter she called me long distance. She said that the date and time that I had written was the exact date and time that she received a letter from her boyfriend saying, "By the time you get this letter, I will be dead." At the time she was frantically trying to get in touch with the police and figure out how to help her boyfriend, I was feeling her psychic energy halfway around the world.

You hear of events like that with many, many, many people. I think when we are in a panic, tremendous pain, or suffering, the web gets yanked really hard and other people will pick up on the energy. They will notice. Life and death make a big loud banging sound. The louder the bell, the more others will notice.

After Berlin, I returned to the United States where I started having more psychic experiences and more past-life experiences. One of my favorite experiences was my 22nd birthday that everyone forgot. Now how in the world can a family forget another member's birthday? Just so you don't think my family is too weird, let me explain how this came to happen. My mother had been ill and was recovering, but still not quite back to normal. My father traveled frequently for business and was away. My sister was in the middle of her medical school residency. Nevertheless, everyone forgot my birthday! Even my friends forgot. It was horrible and such a lonely feeling. I was miserable and sought solace in my bedroom. I heard angels tell me to put a piece of music on

because they had something to show me. So I did what they asked and turned off the lights and lied down on my bed. When I looked up into the darkness, I saw a performance of multi-colored dragons so tiny they could fit into my hand. It felt like I was in *Fantasia*. It was beautiful, wonderful, and loving. My loneliness vanished and I felt a sense of acceptance. The experience and its lesson were very powerful and lasting.

I had flashes of being in another place or another time frequently. I began to recognize that these were very unusual circumstances. But since I was still relatively young, I didn't know what was happening to me or what to do with all these events. It was at this time I realized that I needed to work with others who could help me sort out and understand what was happening. I started seeking out gurus, yogis, and other spiritual guides along with practicing meditation. Over many years and many psychic experiences, I now find myself in this place of understanding and acceptance of the gifts I have been given.

Confession

The more inner work I have done, the more I have been able to connect psychically to others.

Often I am asked how one becomes a psychic. Remember I have already confessed that I believe that everyone is psychic to some degree. That doesn't mean that everyone can become a psychic though. Most people just don't pay attention or they don't want to notice. Many even train their brains not to notice.

The way to become a psychic is to keep trying to be aware and keep clearing your own energy field so that you don't get caught up in other people's "stuff". The more you are clear about who you are on the inside, the more it becomes clear on the outside when someone else's energy is coming into the space.

The next step is to be able to disenfranchise from others' energies. I have had thousands of teachers in my life and for the most part, they have all been my clients! These clients have taught me to see where I am still unresolved. They walk in not realizing that they are the reflection of some part of my self. It is important to continue to clarify my own energy field and boundaries so that I can recognize what doesn't belong to me.

All spiritual journeys are good. All spiritual journeys lead to the same place. A place where you become clearer as to who you are and able to observe other people without getting caught in their pain or process.

What is obvious to me, first as a person and then as a psychic, is the reason we are here is to learn and evolve. I think the struggles and obstacles that we choose to create in our lives are actually designed to get us to look at our limited belief systems and where we are holding ourselves back. I am still amazed that what people see as their darkest hour or their worst moment ends up being their greatest lesson and greatest opportunity to face a fear. Then they are more able to transcend that which has really blocked them. It frees them and opens their minds.

As a psychic, it is necessary to get the feel of another's energy, so you are able to observe or witness his or her process or pain. What I have come to learn is that it is like trying on someone else's coat. You walk around in it and then decide whether you want to take it off or not. If you keep it on, you are walking around with someone else's energy field. But you always have to take the coat off in order to keep your own energy field clear.

I think another one of the reasons we are here is to let go of our preconceived notions that we are right and know everything. We need to let go of judging and ridiculing others just because they have a different perspective or experience. Again, it is about learning how to step into someone else's shoes (or

coat) and understand them from their reference points and experiences. Often you will discover that those experiences are very valuable.

Confession

For a psychic, it's the subtler circumstances and situations – the nuances, that count.

The second important aspect to becoming a psychic is to pay more attention and try to make sense out of those subtle nuances, overlaps, and synchronicities that are happening all the time all around you. When you are a psychic, you realize that these messages are there all the time and can never be taken for granted. Everyday I am still astounded, surprised, shocked, and amazed by all the synchronicities that are happening all around me in relationship to the angels trying to give messages to me and all humanity.

At this point, it is probably a good idea to explain what I mean about angels and guides. They are very closely related and often I may interchange the terms. But if I would really tease out a difference, I would have to give this explanation. Angels are high level beings that are not necessarily human, though they could take a human form. They are more in charge of your spiritual development, where you are going, and what spiritual lessons you still need to learn. As the angels explained themselves to me, “We are much, much, much, much, much, much older than you.” I believe angels were one of the first creations that God manifested, eventually getting to humans. So we are in a different place from a spiritual evolutionary process or an energy-conscious

level. The energy of God is so vast and intense that it is difficult for us in a physical form to know how to connect with this immense energy. So angels are the messengers between God and man.

Guides on the other hand, often take on a human form and tend to help with the more practical, grounded aspects of the human experience. One night while trying to sleep, I saw a Chinese man standing at the foot of my bed. He was wearing a funny looking pillbox hat and a silver kimono-like robe. He had a long braid of hair hanging down his back. In order to decipher whether he was good or bad, I said, "In the name of all the ascended masters and all the archangels, if you are not here for my highest good, then you will have to leave." He stood there and smiled politely, not budging. I then asked him who he was. He responded, "I am your new wealth and prosperity guide." Needless to say I was shocked. I didn't know you could get one of those! At that point in time, I had never balanced my checkbook, didn't even know how to balance a checkbook. This was a whole new experience for me and he had his work cut out for him. His job was dense. His energy was denser than any angel I had experienced. He didn't have the same frequency or vibration. He had been a very powerful importer in China for an emperor. He had had much status and power. His job was to give me a grounded financial sense which I desperately needed since I was pretty much in the ether when it came to finances. He stabilized me to the point that I got my taxes together and bought my first home.

He wasn't what I would consider my most fun guide because it was a lot of hard work, but we got the job done.

Angels and guides are here to guide us, not make our decisions for us. Both speak through us or sometimes they pop in and try to get us to pay attention by using other people's voices to speak us. We have all had the experience when we are in some kind of distress and suddenly someone we may not even know says something that is absolutely perfect in that moment and feels like a blessing from heaven. It is almost like magic. I believe that is an angel's voice communicating through the person who said it. Later, when you recall to the person what they said and the impact it had on you, they are surprised and often don't even remember saying it. That's because it was an angel speaking through him or her!

Angels usually communicate to you verbally. If not just directly then sometimes they speak to you through your personal metaphorical system. In other words, if the metaphorical system you are comfortable with is the Bible, then the angels will point you to those places in the Bible where you will find the answer to your question. If they don't communicate verbally, they can use symbols or signs. Another metaphorical reference could be with nature. You could ask the angels for a sign, like a bird flying past your window in the next minute. And then wait to see if they send the sign. So whatever metaphorical system you are comfortable with or will pay attention to and will recognize consistently, that is what the angels will use to connect to you and give you

information. For me, that is what is so exciting about angels. They work within your belief system because their job is to connect to you and get the information to you in a way you will acknowledge and comprehend.

Sometimes, the angels and guides use my voice to connect with someone. Suddenly I will hear someone's name and know that is my marker to pick up the telephone and call them. I will say, "Why am I calling you?" Often they will stutter or mumble which leads me to push them a bit more. "There must be a reason I am calling you. Why am I calling?" One time the other person then confessed, "Well, I've been clean for seven months, but I just called my drug dealer." At which point I said, "Oh that's why I am calling you."

Angels and guides watch over us all the time. We are the ones who have judgments about our bodies and our behaviors. Angels operate from a place of unconditional love, understanding, and compassion. Making life the meditation to feel connected at every moment is being connected with your angels and guides. In this way, you are never really alone. Sometimes, you have a lot of guides working with you especially when you are upset or in pain. When you connect to angels and guides, they are going to point you to where your karma is incomplete. You may not like what you get, but believe that it is happening because you are listening, and eventually you will learn the lessons you are meant to learn.

Confession

If I don't know the answer, I say I don't know the answer.

Many people are curious about how a reading is approached. They want to know if I am being truthful or simply making things up.

When a psychic reading is working perfectly, there is an almost magical energy field that happens. In sports they refer to it as "in the zone". But psychically it is when the energy is in a nice smooth flow. But when the energy goes off or gets lost, so to speak, it feels as if my spiritual energy goes into my feet. Instead of being uplifted and full, I feel drained and earth-bound.

A telling example of this was during a phone consultation with a woman several years ago. We were connected, enjoying the moment to the point of laughing, and then near the end of the reading she asked about a particular person. This person lived in a different city and state. I had never met nor even heard of this person before. Instantly my energy went into my feet. I lost all my psychic connection. I had absolutely no idea what had happened. It felt as if the wind had been taken out of my sails. I was so shocked. All I could do was tell her the truth. I said, "I don't know what just happened, but at the mention of this person's name, I lost all my energy and God connection." She replied that she had felt a weird shift also and asked me what I thought it meant. "I haven't

got a clue”, was my first response. “The only thing I can think of is that perhaps this person’s energy field is so dense and stuck and you and I have been connecting at a different frequency that when we tried to integrate this person, it burned out the energy. I can’t tell you anything about this person because I can’t get anything now. In fact, I can’t get anything on a psychic level right now.” She was amazed that I would admit that I had lost the thread. My reply was simply, “I don’t know how not to admit it because it feels as if someone pulled the plug and I have no energy even to pretend to know something, it would be a lie.” I apologized and told her that we needed to stop the reading. Thank goodness she was understanding, because it helped me learn this valuable lesson.

I don’t try to make things up, even if I know the client wants to hear a certain answer. I think that’s real dilemma that psychics have on a conscious level. If you are any degree psychic, you also can read what the person wants to hear. The question becomes, “Am I going to tell them what they want to hear, or am I going to tell them the truth?” That’s when an ethics issue comes in to play.

I tell the truth. But sometimes that creates a conflict in the reading because the client is extremely attached to a particular outcome and came to the psychic reading to get it validated. Most often, the client has engaged in inappropriate behavior or is planning to and is looking for justification or validation. Other times there is a difference in how the client interprets what I am saying. I remember a client who I told was going to have some financial challenges relating to her husband. She telephoned me about three months later

and told me, “Well, you know what you said wasn’t true. We’re not having any challenges related to my husband and money. My husband lost his job.” I was so shocked that she didn’t translate that as the same. It was just incredible to me and an important lesson. No matter what you say, clients often hear only what they want!

I try very hard to be positive and upbeat and frame things in ways that reflect this. I am not a psychic who wants to break a person down in order to show how cool or powerful I am. That is not how I work and any psychic worth his or her salt shouldn’t do that either. Psychics should be very open, flexible, and adaptable to finding positive energy. A psychic needs to like people and be curious about them.

Confession

A psychic can choose whether or not to tell the client something negative.

Not only does a psychic have the choice to tell the truth or not, a psychic has the choice of telling the positive or the negative. I try to hint at something to see how the client is going to react. Then I know how to proceed and how far I can proceed. If I hint at something and the client immediately opens up and announces, “ I know, I have been working on that”, then I know I have an open door to explore and even look at the negative even if it is a challenge for him or her. Conversely, some people are in a huge amount of denial and have spent a lifetime creating shields. The fact that they are open to seeing a psychic has no bearing on whether they are truly ready to receive the information. Obviously, these people are much more challenging because it is difficult to detect how they will respond. They can snap one way or another. An example of a very difficult situation happened several years ago. A woman came in for a reading. She had been referred by a client of mine. Her first comment was, “Well a friend of mine said I had to come see you.” That was a warning sign right off the bat for me. My first thought was, “Oops, this person doesn’t want to be here.” She was already in a place of resistance. The pressure was on me to prove myself as a psychic. As I began to read her palm and take in her aura, I could see that she

was fractured or fragmented and realized that she probably had a multiple personality disorder. This is really rare and really difficult to deal with. I could see a huge amount of damage this woman had dealt with as a child and so I gently said, "Wow, you have been through a lot in your childhood and really had a rough go of it." As I said that, the softer side of her came out and she started to cry and I commended myself thinking, 'well that's pretty good that she is softening'. Just as I was about to go a little farther, the soft side left and someone else came in. It was like boom-boom. The new personality came in and started screaming at me, "Who the hell do you think you are? How dare you say that to me." So now she had a real defensive and protective energy in the space and I heard my angels say, "Don't back off anything you say. She is using this to protect herself. If you really want to help her, don't budge off of your position. Don't be mean. Don't be cruel. Be compassionate, but don't back off." I waited until she had spewed her venom and had begun to calm down. In a still gentle voice I said, "I would like you to notice that you are really upset and usually that means that I have hit the nail on the head even if it is in a way that you cannot understand or integrate. I think we need to look at what is going on inside you that you don't want to look at." At this point, the softer personality came out and she started to cry again and then boom! The angry personality came in and started yelling and screaming at me again. This went back and forth for about twenty minutes. Finally, I spoke up and said that we should just stop the reading. She resisted and said that she really wanted to continue. I told her that

I appreciated the fact that a part of her really wanted to grow and heal, but there was another part of her that didn't. She really needed to discuss this with a psychologist or psychiatrist instead of a psychic. With that, the nasty personality came out and started attacking me verbally again. Of course, the reading stopped there. I was so concerned about her well-being that I had her sit in my waiting room with some tea and crackers until I could be sure that she was back in her body and able to drive herself home. It was then that I asked the angels not to send me anymore like her! It is a fine line between damaging and assisting people like that. If they are not ready to open and evolve, then for their own sake, they shouldn't be encouraged to continue with psychic readings.

As a psychic, I sometimes feel as if I am a moral or ethics leader, someone who is trying to bring truth and clarity into a particular situation even if the client doesn't want it. Other times, I see myself as a coach and a psychic both simultaneously. If a client is upset with her boss, I can show her why the boss is acting a certain way. If I see something that is bad, I don't harp on the negative but I do try to work with her to address ways to change some of her current patterns that could ultimately change the future.

For me, the most desired definition of how I use my psychic ability is as a healing tool to assist people in their spiritual growth and development. I want to help them evolve along their spiritual pathways toward a more conscious state of being, a place where they can interact with life, be present, and not be caught in the past's pain nor projected in the future's illusions.

Confession

Nothing is more powerful to me than to watch a soul open

When a new client comes in and I start doing their numbers and reading their palm or their cards, I begin to see patterns in which they experience their reality. As I share what I see, the shock on some people's faces is so incredibly profound because they cannot believe someone, a stranger, could unravel them—unravel the layers of their experiences, the layers of their thoughts, and the layers of their emotions. This is so fulfilling to me because it is like reaching into the person's soul and coaxing it to open like a flower. When clients are open, it is so much easier to move into their energy fields and really be able to interpret, assist, and uplift them.

For me, it is this evolvment that is the essence of psychic readings. I prefer to begin in the past. It is there that I can show the clients who they have been and how their past experiences have created their present circumstances. From there, I can guide them to make new choices which will open them up to new ways of being and experiencing their present situations. I don't answer Publisher Clearing House kinds of questions. I don't pick lottery numbers. I don't work on levels that other psychics like to refer to as wishes, hopes and dreams. There are many psychics and mystics who will read the aura level of wishes, hopes, and dreams. This is a level where we are all happy, happily married and living happily ever after but it doesn't reflect what life is really. Life

is full of joy, of course, but life is also full of struggle, pain, suffering, and learning experiences.

I am not a spellcaster. If I consciously try to manipulate a soul or a person against his will, then I would be doing “black magic”. The reason that I don’t do black magic is because I believe in karmic reciprocity, which means that it will return to me karmically and I don’t want that. I recognize free will. I recognize that the soul is learning its own set of karma.

This is also a practice I encourage for my clients. So when a client says to me, “I want that person to change.” I reply, “Well then, you change.” Then I try to help the client find the path that will lead him to that end.

Again I bring up the importance of the individual’s soul and its growth and evolution. There are steps along the way that help us become more open, help us learn to love others, help us to let go of belief systems that prevent the evolvment of our souls. So I try to get to a deeper level than the surface wishes, hopes, and dreams that most people who go to readings are looking for. Initially they will expect me to predict something like if they will get in a car accident a week from Friday or if that someone is going to get pregnant when she is twenty-five. But these and Ouija Board kind of yes or no questions are better left for others, since most of those questions involve the future and the future is always in flux.

It is especially difficult when I can see that the answer is in flux. Often there are not clear ‘yes’ or ‘no’ answers but ‘maybe’ answers. When I get this

weird, nebulous 'maybe' it is usually because the question wasn't formatted well or there is just too much flux at that particular point in the reading or the person's life. When "maybe" appears, I will sometimes say I don't know or that it hasn't been decided yet. Often I will try to go forward from there and pose various questions like, "Let's come at this from another angle?" or "Let's see what we can do to clarify the energy?"

Another aspect that is challenging from the standpoint of what to tell a client is when he or she is ill or facing death. How do you say that to a person? I try to be very, very careful and loving. Dealing with the subject of illness and death is extremely intimate and emotional. Sometimes I have to dance around it and other times I sense I can be more direct. No matter what tactic I ultimately take, I make sure that I double check, then triple check, and then quadruple check myself before I say anything. So in a reading, I look at the numbers and if they give me a clue, then I look at the person's aura and her energy field. I will look for places in her body where she may be blocked. Then I look at her palm and lifeline. I look at the mishaps, health lines, and upsets that are happening. Still I will wait to say anything and then check her card spread. If the card spread is also coming up with lots of death and transformation, then and only then will I address it.

I had a client who came in and I could tell by looking at her that she was very ill. She had lost her hair and was wearing a turban. "How long am I going to live?" she asked. I replied, "Well we both know that you are not well right

now, so why don't we start with what else is wrong?" Rather than focusing on her dying, I wanted her to focus on what was karmically incomplete in her life. These were the issues that were affecting her health and causing her condition to deteriorate. So I pulled out a piece of paper and made a list of about a dozen things that I saw in her palm, her numbers, and her cards that were issues that she needed to address. I gave her the list and after she left, I telephoned her friend who had referred her and told her that I didn't think the woman had much time left and suggested that she needed to support the woman in doing everything on the list in order to karmically complete her life so that she wouldn't have to come back and in another life with the same problems. The friend called me about six months later and tearfully told me that the woman had died but not before she had completed everything on the list. I felt really happy for that soul and proud to have been able to contribute to its evolution.

The hardest situation for me is when I see that a child is going to die. I had a young man in my office years ago who was happily married, a good worker, and a good man. I could see that there was a person in his family who was young and was going to die. I broached it from the standpoint of, "Do you have anybody in your family who is younger and having health problems?" He replied, "No." As I looked closer at his hand, I realized that it was going to be sudden and abrupt. So I told him what I saw and then said, "But instead of focusing on the dying, I want us to focus on why this person is dying and what is the purpose of his or her soul leaving at this particular time. I see that this

person is leaving to give you a gift to give back to the planet. He or she is leaving to give you an opportunity to reclaim something that you are supposed to be doing and to give you the motivation to do that. The death will be quite sudden and without pain. The angels have meaning for it." Well, this man telephoned me about a year later and asked if I remembered him. Anytime you have someone like that in a reading, it gets ingrained in your memory. I said to him that of course I remembered him. He said, "Well three weeks after I saw you, my son was struck by a car and killed." It was the typical situation, phone rings, mother runs in to answer it. The little boy chases after a ball that went into the street. The father said, "The only thing that got us through was your tape. We didn't understand it until later when we realized that I had married my wife, who was my girlfriend in college, because she got pregnant with this child. I was planning on going to medical school but instead I went to work. I am entering medical school and have decided to be a pediatric emergency physician. Now everything makes sense. My son's death has a completion and a meaning. I needed to call you and let you know that we appreciated you telling us the truth." In this way, I feel that my psychic gifts helped someone make sense out of great suffering and hopefully assisted with the continuing evolution of a soul.

Part of the gift is to recognize that I have to come at it from an angle that I feel serves the client. I want to be able to open the person to the possibilities of his or her own intuition and psychic ability. I would like clients to open to the possibility that there are angels and spirits trying to help us, move us, motivate

us, and give us insights and inspirations. Many people see me as a spiritual motivator. I see myself simply as a guide or marker.

Confession

If a psychic tells you, "I am right and everybody else is wrong." or "Don't listen to anybody else because my way is the only way." then you should run right out the door and don't look back!

Many people want to know how to tell a true psychic from a charlatan. It is extremely valuable for people to be really well-informed as far as what they want from a psychic before they start looking for one.

First of all, you need to feel comfortable with the psychic. The setting is important and needs to create an atmosphere of openness and trust. If the client feels uncomfortable in the space, he or she probably is not going to be responsive. Because I travel to do readings in addition to doing readings in my office, I make sure that I bring aspects of myself to share with the client. I love fresh flowers so there are always those. Comfortable pillows for sitting on the floor are essential. If the readings are in the daytime, I like to have windows that bring a sense of nature into the space. And of course, there needs to be quiet and seclusion so that all the concentration is on the reading.

Naturally, a first reading is always a bit awkward, but the client can usually tell right off how things are going to progress, although not always. I have a client who was curious about the concept of a psychic reading. She was referred by a woman whom she trusted and respected. I think that's what got her through the door in the first place. She arrived like a blank slate, drab

clothing, no make-up or jewelry, and very guarded. After the first ten minutes, I could see that she was loosening up as I was telling her things that she knew were true. By the end of the reading, she was open and trusting and even appeared a little dazed by all the information. She confessed that she had expected me to be much more exotic; dressed in a turban, flowing and beaded clothing, rings on all my fingers; giving readings in a draped tent of dark burgundy color swaths of fabric and the information would be superficial and predictable. Instead, I was dressed in street clothes (rather preppy looking in her view) and was open and welcoming without any sort of “hocus-pocus” paraphernalia. She now has returned for more readings and referred many people to me.

Next, a client needs to feel that the psychic is credible. I tape record my sessions for my clients since I speak very quickly and it is difficult for them to take in all the information that I give them. The tape recording was another way that my skeptic client related she gained a sense of trust. She thought that if I was willing to record what I was telling her, then I must be pretty confident with who I am and my credibility. My skeptic client also revealed that she liked the way I allowed her to participate in the reading. Even though she thought she didn't want to give away information that could over-inform me and therefore lead me, she found a sense of trust that allowed her to be involved and helped her to direct the questions from which she wanted information.

Finally, authentic psychics do not manipulate or play games. Occasionally there are those who call themselves psychics who will read your palm for ten dollars as an “introductory reading”. Then they say, “Oh well, there are things I see in your hand that I can’t tell you for the ten dollars, but if you give me one hundred dollars or buy one hundred dollars worth of candles, then I will tell you the rest of the story.” Those people are just charlatans because they are manipulating you in order to get more money. Even a guru or yogi who insists that if you leave from being his disciple your life will be terrible, is a red flag to get out fast. No psychic should try to pressure or create a situation based on dependence.

Confession

A good psychic is really grounded, practical, and down-to-earth.

Forgetting the charlatans, there are trust-worthy psychics on all levels. I look for those who have done a lot of inner work, are calm, don't discard their own issues on the client, and can hold their own energy field in spite of what the client is bringing in. There is a huge difference between being empathetic and being embroiled in the drama. Some psychics get too involved and actually get caught in their own misery as it is reflected by the client. It is imperative that the psychic stay objective and a witness.

A good psychic has done a lot of inner work in the form of meditation, yoga, and spiritual journeys; lived in an ashram, or done something in his or her life that has really helped hone his or her skill in a very grounded, stable, and practical way. Good psychics understand human relationships at a much deeper level than most other people. They train themselves to see how similar we all are in the grand scheme of life. In other words, how human we are. It is this awareness and acceptance of our humanness that contributes to making a good psychic good.

A widespread misconception about psychics is that they are "out there". It may seem that way because they spend so much time invested in spiritual

aspects but I cannot overstate; **psychics are real people with real people issues and struggles.** They work, have families and family responsibilities, pay bills, get sick, celebrate with friends – you get the picture. Some choose to play the part that outsiders expect them to play such as dressing exotically or creating an atmosphere that appears mystical. This is all window-dressing. No single person or occupation identifies itself exactly the same. Why should psychics?

Confession

A good psychic is continually working on self-efficacy.

Another important thing to look for in a psychic is the psychic's reality. What is his or her lifestyle? What I am about to relate may sound harsh, but it is important. If a psychic is living in a trailer, he probably doesn't have his act together from the standpoint of money and finances. So he cannot be valuable as an advisor to you in the areas of your finances.

I know that my greatest personal issue is fear. I continue to spend my life working on my issues surrounding fear. On the outside, others perceive me as fearless which I find kind of humorous because they are unaware of just how much work and how much time I have spent to overcome my fear. I have learned that the only way for me to move forward in life is to face each fear as it presents itself because if I don't, I will be paralyzed. My fears could be a trap preventing me from being effective and trustworthy as a psychic. But because I am poignantly aware and continue to improve the situation, then these fears transition from traps to lessons learned and I believe make me more empathetic and aware of others' plights. Other psychics, gurus, teachers, or yogis may fall into different traps. Some may find themselves in financial traps where they get

attached to the money and compromise their integrity and validity. Others may be unclear with their sexual energy and manipulate clients or students with their power in an effort to 'get sex'. Still others have power as their trap. They get so caught up in how they can manipulate another person that the boundaries and the realities of their work disappear. It is hugely important that the psychic, guru, yogi, or teacher be committed to his or her self-exploration and understanding so that he or she can separate ego or personal energy from the client's. As they say in business, "The customer is always right." so does the concept hold true when dealing with a client. The client's safety and best interest should always come before the psychic's personal issues.

What you need to look for is congruence in the reality of their lifestyle and what psychics profess or how they portray themselves. Before you get too involved with a psychic, try to decipher a psychic's validity by investigating and knowing as much as you can about the psychic's lifestyle and then matching it up or discounting it depending on what you are looking for. This doesn't mean that you hire a private investigator, but you can certainly ask the psychic questions about himself or herself. If the psychic is not forthcoming with at least a certain degree of information, you probably should look for someone else.

Confession

The mystique is in the unearthing of valuable information.

In other words, it is the client's mystery coming to the surface, not the psychic's mystery that is the essence of a reading. None of us are 100 percent or perfect, but there are those of us who are clearer in some areas than in others. Good psychics have a great deal of compassion for others. They genuinely like people and want to help others. They are curious about and even a little fascinated by the intricacies of another person's life yet they are able to stay grounded and detached emotionally. At the end of a reading, the client should have new information that helps progress his or her spiritual evolution and should feel better, relieved, softer, and more relaxed. There are moments of course, when a psychic tells you something you don't want to hear that you will feel conflicted. But I tell my clients, if it doesn't feel true on the inside, then it probably isn't.

Look for a psychic who makes you think. Clients cannot underestimate their own sense of denial nor can they underestimate their own sense of self-knowledge. When clients trust and know 'their gut' then chances are they are going to accept what is being told to them. Also I try to get my clients to be accountable for what they are experiencing and what they are feeling during a

reading. I try to get them to realize how their behavior may be contributing to a particular pattern and then to think about how they can change that behavior if necessary. Ultimately this usually makes them feel more open and hopeful because there isn't blame, shame, or guilt. Hopefully that transcends to outside of the reading and into their daily lives so that they are responsible for their own journeys and their own paths.

So as a psychic, it is more about coaching. If you coach the clients correctly, they can bypass negative outcomes by changing the patterns or behaviors before it is too late. Then they feel freer and more empowered. They have learned new skills which they incorporate more and more into their daily existence.

Confession

A psychic reading is most successful when both the client and the psychic participate.

What I, as a psychic, look for in a client is someone who is open to coaching. People who want to make changes, be open and curious, grow, and evolve; people looking for stepping stones or markers that they can integrate into their lives. Unfortunately, there are clients who want a psychic to tell them only what they want to hear and then get very frustrated when the psychic doesn't play along. Sometimes these clients will argue, fight, resist, and try to invalidate the psychic. They will insist that the psychic doesn't understand. What I have to tell them is, "It isn't that I don't understand. It is that what you want to happen is not going to because of this particular circumstance." It is as if I have to shatter them out of an old illusion and it is an extremely painful process for the client.

One of the most difficult aspects of being a psychic is learning how to communicate with so many different types of people on so many different levels. A good reading involves lots of give and take. A good psychic doesn't just spew out information nor does a good client just sit and listen.

I like to tell my clients that I sing their song back to them. Remember my skeptic client? She thought that by being a blank slate, she could tell whether I

was authentic. Well to a degree, she was justified. But the more she opened, the more I was able to read her. This doesn't mean that the client gives me her life story and then I tell it back to her. And it is not about simply turning over information on the client's part. It is about opening up to what is being said. It clears the energy field and makes it easier for me to relate what I read either in the numbers, on the palm, or in the cards.

Confession

I not only read the person; I read how to communicate with the person in a manner he or she will understand.

What is tough about this job is trying to figure out how to say it right. Equally tough is figuring out how to hold my ground and stay centered. This is perhaps my most difficult challenge. How do I hold my ground when someone's ego is pushing me to validate his or her opinion? Sometimes I will approach it one way and get rebuffed. Instead of backing up my position, I simply go at it through another door.

I think people's consciousness as like an aperture of a camera, often a very narrow aperture. I have to say something exactly in a way they can hear it or they don't hear it at all. The challenge is to figure out how they hear, listen, assimilate, and then hopefully, will grow. Being psychic is only fifty percent of the job. The other fifty percent is being a very good interpreter and communicator.

People often wonder what a psychic reading involves. I like to do a mixture of things because clients relate to information so diversely that I want to try to find the surest way to be accepted and understood. I usually do numerology, palmistry, and Tarot. Sometimes I will channel and I do get dead

people, though I am not officially a medium. It happens when it happens for me and it doesn't happen all the time.

I usually start with numerology because most everyone understands the basics of numbers so they are not threatened that I am jumping into their most personal aspects early on. Another reason I start with numerology is it gives me a roadmap to how the client hears, receives, and learns information. Their astrological sign also gives me a little bit of insight into how they can move through time and space. In a simplistic example, a person who is a Taurus, which is an Earth sign, will need to be approached from a very grounded and stable perspective. Whereas, a person who is a Gemini loves duality. They will speak quickly and want to spend time on esoteric ideas. If someone is very kinesthetic, I will use action words that they can relate to. If someone else is more emotional and sentimental, then I will use words that are weighted with expressing feelings. If someone is intellectual, I will tend to use visual words, pictures, and images.

Numbers are universal and do not reflect cultural differences. Numbers are perceived as neutral by the clients and they focus on the number and not on their "self" as they initially relate to the information I am giving them. While I am discussing what the numbers represent I am also reading the client's aura. With a new client, it usually starts out red or orange which are colors of resistance. But as I speak, I can see if the color changes. My hope is to get him or her to a blue or green aura which reflects acceptance and openness. All the

while, I am assessing whether my communication is being successful or if I need to regroup and approach the client in a different manner.

So the delivery of information is often as complex as is the information. For me, it is difficult to slow down for some clients. I have a lot of energy. I move quickly and I am very verbal. I feel compelled to give the client as much information as possible during a session. I have so much information that it feels like it just pours out of me. (This is why the tape recording of sessions is important. The client can go back and pick up information that would be lost during the session because there is just so much of it.) I have a big energy field and I can almost run over some clients if I am not careful. Since my intention is to help someone move, grow, and evolve, the last thing I want to do is shut them down. I try to step out of my own ego and figure out what each client needs.

From numerology I move to palmistry because now I have the opportunity to touch the person and connect with her soul's energy in a non-threatening way. Although there is much to be learned from reading the palm, I am also moving my energy into the client's body and beginning to explore the areas where she is holding or is stuck. I also begin to get pictures of the person in past lives, her childhood, and/or present situation. While touching her, I can now move her energy more easily. As I infuse her with my energy, options open and the prison of past experiences is no longer locked. Often, I drain negative energy off of the client, through my body, and then into the ground. Palmistry is a useful tool to see patterns in a person's life. If the numbers and the palm are

saying the same thing, then I know the client really needs to pay attention to that particular bit of information.

From palmistry I usually move to Tarot if I feel the client is ready. Tarot cards help decipher the immediate problem; where it comes from (either the unconscious mind or past-life karmic lessons still unlearned); and how to solve it. Sometimes clients find Tarot confusing and others find it threatening. I respect that some clients believe the negative connotation delivered from some religious sectors. If this happens, I tell them the history of Tarot and usually this is enough to alleviate their concerns.

Tarot is simply a tool like numerology and palmistry. Usually the different tools or systems access information from different vantage points and don't always align. But if they do align, a giant red flag is raised telling me to help the client pay attention to what is being said. We are much more complex than we realize, and so we need to hear lessons in many different ways. The different systems allow me to move from many angles to support the whole person rather than just his ego's personality or behavior.

Frequently near the end of the reading, I have the client ask questions that she feels I have not answered. New clients are usually a little uneasy with this but longtime clients have questions ready before we begin!

When the reading is complete, the client often seems to float out of the room, quite dazed. This is because we have opened her to the possibilities

available and the magic of life. Now her soul is freer to explore and learn more about herself.

Confession

Even a very good psychic can be thrown.

As much as I try to tailor the approach to each client, there have been times when I have been thrown. When this happens, I usually have to cancel the rest of the day. I take it as a sign from the universe that I am supposed to take a break and do something completely unrelated like meditate or exercise. I will not take money from people when I don't feel like I am on target. I hate to cancel because often clients have waited for weeks to get in to see me. But as much as I hate to cancel, I hate to fall short in a reading more.

Certain situations have a greater ability to throw me and so I try to avoid them if at all possible. When I was first starting out in Beverly Hills, I was trying to generate business by meeting people and networking. One of the ways back then to meet people was by going to clubs at night. What I didn't realize before I started this approach, was that in all the chaos of the noise and people getting high and drunk, I had a difficult time keeping my center and staying grounded. It is next to impossible to do a reading on someone who is not in his or her body or mind!

Past life memories are able to throw me and challenge how I read the client. I remember one client who years ago came for a reading. I had never seen

her before, but the moment she walked through the door, I recognized her from a past life and was instantly angry. It was so sudden and unexpected that I was totally thrown. I managed to get her seated and excused myself under the guise that I had to run downstairs for a minute. When I got downstairs, I did a 'hand scream' which is when you cover your mouth with your hands and blow really, really hard. I did that at least five times trying to clear my anger which I knew had absolutely nothing to do with the woman who was waiting upstairs. Then I started talking to myself. "Okay, Suzanne, that was then, this is now. She is not in the same place. We aren't even in the same century! Let it go." Somehow, this worked and I was able to return upstairs and give her an accurate reading. To this day, she is still my client and does not have the faintest idea that she threw me, let alone how hard.

I have had many difficult readings over the years. One that sticks out is again back in the early days in a bar in Los Angeles. It was about one o'clock in the morning and I was really tired. I did a palm reading on a nice man. Soon afterwards he brings over another man, a friend of his. At this point, everyone in the room is watching this other man who sits down in front of me. The whole room went silent enough to hear a pin drop. It doesn't take a psychic to realize that this man was a big deal, very important in some way, although I didn't know what at the time. But the minute I looked at his palm, I knew. He was a boss of some sort of underworld activity – drugs, sex, violence. The first thing I thought of was, if I act like a know-it-all I could get myself killed. If I act like an

idiot, I am going to invalidate myself. Somehow I had to find the middle ground between the two. So I decided to approach it from the standpoint of a little bit innocent and a little bit country bumpkin. I said, "Wow, it is really interesting the way you value respect and people are a little afraid or intimidated by you. Actually you have a very strong value system and you don't deviate off it." I had trouble looking him in the eyes because they looked like they had turned into black snakes. And I thought, "Ohmygosh, we are not in a good or safe place here." So I kept my eyes on his palm and continued, "Oh by the way, you have a business deal that is coming from South America by boat and you are really worried about it. But everything is going to be fine and you don't need to worry." I could feel him holding his breath. I didn't want to look up because I had kind of stepped over the line a bit in the attempt at trying to keep myself between smartass and idiot. He never uttered a word during the reading. I think I kept on with the reading for a bit longer, although I can't remember any particulars until the end of the reading when he left and the room seemed to come back to life with noise and activity. Hopefully now I would be able to handle the situation better, but it still is not an experience I want to repeat.

Often people who have personality disorders because of severe trauma like war and those who are mentally unstable are really difficult to reach. I would like to say that I understand why this is, but I don't really. I guess it is just that they have to keep up shields to protect themselves from more trauma and this makes it difficult for a psychic to get through.

Difficult readings can also be when I am having a difficult time translating the information. Sometimes when the client processes information so uniquely or is from a culture with which I have had no contact, then I have to struggle for metaphors to explain. Others are so locked in their own belief system that I have a hard time getting through. Sometimes the most difficult clients are other psychics. Not the ones who are really aware, but the ones who are insecure and have not done enough of their own inner work.

Some of my most favorite clients are severe drug addicts who have gotten out of control and then gone into therapy where they have done a lot of work on their own spiritual journey. They have been tested by fire and have come out the other side with incredible awareness completely intact.

People who have done more spiritual work or meditation are clearer and easier to read because they have less shielding and are less complicated. I had one client who came in for the first time and I took one look at him and it was like a film running in my head. I didn't use the cards. I didn't read his palm. I didn't do numerology. I just looked at him and told him everything that I saw. It was like boom, boom, boom. I was blown away because he was like an open book to me psychically.

Easy readings are often people who I recognize from other lifetimes. I remember a reading when a man came in and the minute we looked at each other he said, "Well, where the hell have you been?" We had an instant

connection with a strong sense of familiarity. There was no shielding and of course, the reading was fabulous.

Probably my most unforgettable reading was Julie Newmar, an actress about whose career and life I knew very little. When she walked in, I felt a calm that immediately centered me. She felt it too. As I started to do the numerology, I found that we had the same birthday and our other numbers were very similar. It was as if we were the same soul that had been split. We had both been dancers and were so similar energetically, and intuitively. She is older than I and has been on an incredible journey of self exploration, so it was like meeting myself on a different level.

Confession

The client's aura is hugely influential in the success of the reading.

I have referred to auras, but I really haven't explained them. An aura is the color component of the energy field that surrounds the outer edge of a person. There are degrees of color just as there are degrees of energy or emotion. Auras can change depending on the atmosphere where the person finds herself. So a normally calm person with a blue aura can have her aura change to red if she finds herself in a huge amount of stress. But generally auras stay pretty much the same. My aura has a tendency to be a sunshine yellow gold energy. This is also the color of the third chakra where I most often get blocked. So, your aura color is correlated to where you may be blocked or an area that you need to work on.

A blue aura means the person is open, soft, relaxed, and reflective. They are usually talkative and highly communicative and willing to hear the truth and heal. A green aura is very heartfelt, sincere, compassionate, loving, and moves from their heart energy forward. The yellow aura is a real powerhouse of energy. It is related to emotional healing and transformation. Yellow auras reflect people with sunny dispositions who are often funny and joyful. An orange aura is usually a highly sexual person; a person who is drawn to

experiencing joy and the creative life force energy. Women with many children often have orange auras because they birth babies easily and enjoy the life force, chaos, and drama of having lots of children. A red aura is often identified with anger, but actually it also reflects power and passion. Those with red auras are frequently driven to succeed and very focused on themselves. There is also a purple aura which usually surrounds a really mystical or spiritual person. White auras are very unique. They usually are found around highly spiritual teachers and people. The aura isn't actually white, but more like bright prism light.

Auras have a flip side as well. A purple aura can actually show a personality disorder or severe damage from abuse. Sometimes the weakness of a yellow aura is addiction caused by the desire to escape emotional experiences. High level addicts are known to have red auras.

My interpretation of a client's energy field or aura is influenced by the fact that I am always aware that there are both negative and positive sides. What that aura or energy field means at any point in time is a challenge. Sometimes I will see people who have layers of colors like rainbows. Other times I'll see people who have a base color and then fragments or spikes of another color jutting out showing where there is damage or stress. I have had people come in with yellow auras but because they are having a really bad day, they have lightening bolts of red moving through the aura. People with brownish auras are deficient in some way and those with grey auras are quite ill. Someone with a

grayish green hue to his energy field may have cancer. It is rare to see a black aura but usually it is when someone is deep in the really, really dark side.

Confession

Past lives play a huge roll in the psychic reading.

I am a strong believer in past lives. It is possible to come into a lifetime and complete it. I totally believe that it can be done and that there have been a few great and amazing souls who have done it like Jesus and Buddha. But for the rest of us, it isn't going to happen. I think that God gives your soul more than one opportunity to figure some things out. Life is an incredibly complicated game to sort out and then move and flow through its massive density. All of the great spiritual thinkers and major religions believe that there is an afterlife, pre-existence, or reincarnation. Personally, I have had so many experiences in my life when I have known something that there was absolutely no way I could have really known. I have had past life experiences that are very painful. I have a mild fear of fire, but when I was a child I had a huge fear of fire. I was always afraid that the house was going to burn down. It was completely illogical. But as a child I would dream that I was on fire. I believe that often our childhood fears, traumas, and phobias are actually coming from past life trauma that has been deeply suppressed in the subconscious. It makes sense to me that this information had to come from somewhere and I believe it comes from past life

experiences. I have worked very hard in this lifetime to overcome this fear, but I still don't like to light candles.

Even the Dalai Lama does not pretend to remember his own past life experiences though he believes in reincarnation. I think the reason we don't remember is because often our past lives have been chaotic with a tremendous amount of suffering and pain. It would be devastating to carry all of that forward consciously. So it is easier to forget and kind of start fresh. Only we don't really start fresh because we keep getting hints or bits and pieces of where we are unhealed or incomplete.

I remember one time I was meditating and I asked the angels, "How much emotional work do I have to do?" And they laughed and said, "Well, every person on this planet has at least three hundred years' worth of emotional healing to work on." I thought, "How is anyone supposed to get through three hundred years of emotional healing and transformation?" They replied, "The good news is that it usually involves only two or three issues." What they meant was that each person has been repeating a particular painful emotional pattern over and over trying to understand it. They are stuck in these two or three patterns and so they reincarnate to try and work through it again. These are usually big issues like fear, guilt, or shame. Reincarnation happens so that we can address the emotions that we had been unable to deal with in other lives.

An old soul is someone who has been on the planet often, done a lot of inner work, and is trying to bring that awareness back into this lifetime. There

are varying degrees of souls here; all trying to make their way and learn and evolve.

None of us is better or worse than another. We simply are trying to have experiences that we want or need to learn while on this planet. Whenever I get frustrated with my process, I remind myself that I picked this scenario for growth and evolution. From some higher plane of awareness it must have looked like fun! This reminder often eases my energy and I return to a place where I can enjoy my choices and journey.

If you had a terrible, tortuous death in a past life, it is often extremely difficult to process through all the emotions that happened with the experience. These unresolved emotions can carry over into a next life. Sometimes an event will trigger some feeling and you find yourself overreacting to a situation to the point of chaotic energy. It is almost as if you are out of your body watching yourself being flooded by an opened door that had been holding back tons of water. But at some point you can calm yourself down and close the metaphorical door. This is how past life experiences can slip into our present behavior. It is very important to step back and pay attention to these triggers.

Past lives play a critical role in the choices we make in this life and even in what experiences we encounter. Two examples of this would be doctors and artists. Doctors must learn a vast amount of information that seems impossible to most people. But for many of those who pursue this career, the information and the process is not over-whelming and actually seems to come easily. This is

because they are not really learning but remembering and accessing information stored within deeper aspects of the brain and subconscious mind. The information becomes familiar and easy to reconnect. The same would hold true for artists. An artist in one life has often been some form of artist in another life. The imprint of the information and the creativity may be moved around. For instance, a painter in a past life may be drawn to be a fashion designer in this life.

During a reading, past lives help inform me who the client is now and how he or she can use the information to address issues that present themselves in the present life situations. I have clients who I recognize lived in extreme poverty in past lives. They often are very generous, sympathetic and compassionate people in this life but they have a difficult time positioning themselves around impoverished people. Another person was extremely protective of her son. I saw that in past lives, she had lost three sons. Of course, this trauma was imprinted on her soul. But uncovering this kind of information can help the client heal.

Past lives can spontaneously play into a reading. Sometimes when I look at the client's numbers, I instantly see a picture of a past life situation. Other times, while reading a palm, a past life film suddenly plays in my head. Occasionally a new client will walk into a reading and I immediately know who and where they were in a past life. I even see them in clothing from another time and place! I don't always reveal this right away as it can be quite off-putting, even scary. So I work it into the reading when I feel the client can accept the

information. I use past lives or past life experiences as a metaphor for clients to understand present circumstances because whether the past life actually happened or not, it is the emotional content of that experience that is telling.

Confession

A psychic uses tools to protect or clear herself from the client's energy.

If a client walks in with an issue that I have not resolved in my self and my own energy field, then it's almost as if it instantly sticks to me like Velcro. It feels like I get slammed then stuck with their energy field; a little piece of Velcro holding their big piece of Velcro! The challenge as a psychic is to figure out how to stay as clear as I possibly can. The way I do this is by being as honest and aware of my own mechanisms and patterns and continue to try to resolve them through inner and spiritual work.

Most of the time during a reading, I can quickly clear myself. It usually involves excusing myself for a couple of minutes. I will run water over myself especially in chakra areas that I feel are affected or I may eat something to stabilize myself and feel grounded. If I cannot remove myself, I use tools like self-talk with my eyes closed. The client thinks I am processing the reading, but I am actually dissolving the energy conflict.

It is not a good place for a psychic to be in a state of reaction during a reading. If I am triggered by someone or something, then I assume it is my issue that needs dealing with. I then need to clear that issue before I can proceed. This is when I bring in all sorts of tools to assist me, such as: deep breathing; clearing my own chakras; smudging the house with sage and cedar; opening windows to let the energy blow out of the house; mediating; working on grounding exercises; or anything that can divert the energy off of myself.

People do not realize how stressful it is to be a psychic. Pretty much all day I am dealing with high stress situations with people who are in tremendous pain, tremendous resistance, and very afraid. At times, I need a break from being a psychic to de-stress and clear others' energies. I do a lot of physical exercise in order to diffuse the extra residual energy. Many psychics are overweight because they are trying to protect themselves from all the energy coming at them. This isn't a solution. Another misconception is that to get other people's energy out of your body you need to send it up to the light. But actually, you are supposed to pull it down because the Earth absorbs negative energy and transforms it into positive energy; not unlike compost that gets hoed into the soil to nourish it. Knowing this, helps me go inward and move the energy down. I have found that this technique helps me release the negative energy more quickly.

Usually it's quite easy to tell if someone's energy is positive or negative. Positive energy is upbeat, uplifting, enlightening, non-judgmental, expansive,

open, and vibrant. Negative energy is heavy, dark, dense, ego-oriented, and closed. But on occasion it is difficult to decipher whether the client's energy is positive or negative. The challenge comes in when the client has truths and untruths all mixed together in the same belief system. I view the person as a tapestry. If there is a thread in the weaving that doesn't work, then somehow, as a psychic, I have to unweave that thread without destroying the whole tapestry.

Confession

If the client doesn't believe in spirituality, then the psychic is useless.

True spirituality is about letting go of all our ego constructs and shedding the skin of consciousness that controls us. We need to allow ourselves to follow our inherent moral fiber. True spirituality is a personal journey to find one's own God connection while trusting angels and spirit guides to guide you along the path. This is done in the present moment without blame or self-deceit. If something doesn't work out, gently and lovingly give yourself permission to try something else, take a new path without fear.

We really only fear one thing. We fear death; sometimes in the form of a relationship, a moment of joy, or a lifestyle. I am not afraid of death. In fact I think it is interesting. I think that dying can be less scary, maybe even pleasant, if you have learned how to surrender and go through little deaths while you are alive. I believe we are living and dying simultaneously and that in order for us to exist, other things have to die. I have probably died hundreds of times already. We need to be conscious and respectful of that and not afraid. It is simply another part of the cycle of life, a part of the process.

So I think being a psychic is less about being psychic and more about whether I can profoundly affect the clients' abilities to open to their own spirituality and improve their lives. Everyone has gifts and skills to share. There

is too much work down here to try to do it alone. I have had so many wonderful teachers, each and every one valuable.

Life is about learning lessons and moving forward. A psychic must be responsible while using her powerful gift. She must always use it constructively rather than destructively. A psychic needs to be honest, have integrity, and be ever-aware of her intention to serve and help others on their spiritual journeys. When this happens, suddenly there is magic everywhere. As soon as people open their eyes and become a little more aware, they realize they are never alone.

