Hearing Your Angels' Messages

From the angels:

"We aren't that difficult to hear, if you will listen for us with an open heart. Most of the time, we are closer to you than you can imagine. A whisper, a thought, is the only signal we need from you to get a conversation started. We have enormous respect for what you're going through here on planet Earth at this time. We never seek to interfere with your lives, only to bring you blessings of insights and new ways of looking at yourselves."

Not everyone "hears" angelic voices as an audible sound. Many people receive divine messages through nonverbal means such as visions, feelings, or a knowingness.

Hearing the voice of God and the angels is called "clairaudience," which means "clear hearing."
The voice may sound like your own or it may sound different. The voice can emanate from within your body, within your mind, or sound as if it's outside your head. When an angel warned me that my car was about to be stolen, his voice sounded as if he were talking through a paper towel tube, just outside my right ear. An hour later, when I found myself in the middle of a carjacking, the same angel guided my life-saving actions by speaking to me through an inner voice. While receiving the angel messages in my book, Angel Therapy, I heard the words both inside and outside my mind.

You might hear a faint voice and wonder what it said. In such cases, go ahead and ask your angels to repeat their message. Say to them, "A little louder, please." The angels appreciate your feedback, as they want to deliver clear and understandable guidance.

At first, you may believe that the voice is your imagination and wishful thinking. This is especially true when you begin consciously interacting with angels. You think, "This is a fantasy. I wish it were true that angels would help me, but I'm probably doing something wrong and the angels won't notice me." We heal this type of thinking through faith, trust, and practice. If your faith in angels is uncertain, ask God to help you. Pray, "Please help me to have more faith. I am willing to release all of my fears which keep me from having full faith." The Divine universe always fulfills requests for more faith.

Angelic voices are consistently loving and supportive, even when they warn us of impending dangers or wrong turns. As a psychotherapist, I was trained to believe that hearing voices was a sign of insanity. Yet, the voice of the ego is the only source of "insanity." Ego voice messages are always destructive, abusive, and impulsive. For example, the ego may try to convince you that you'll fail. The ego also changes its mind constantly, so it will tell you to do one thing Monday, another thing Tuesday, and a completely different thing Wednesday. If you listen to the voice of the ego, your life will be chaotic and fear-filled.

Angelic voices, in contrast, patiently repeat the guidance to us day after day, until we finally follow it. You may hear your angels tell you for years that you would be a great healer or author, for example. Or your angels may repeatedly ask you to take better care of your body.

You know that guidance comes from angels when it is loving, focused, not hurtful to you or your family, and consistent.

Clairaudience is just one-fourth of the ways we receive angelic assistance, however. Your angels may speak to you in pictures and visual mental images. We call this "clairvoyance" or "clear seeing."

Angelic messages may come to you as single snapshot images, either in your mind or outside your mind. Or, you may see miniature scenes, as if from a movie. The images may be black-and-white or full color. Angelic visual messages can be symbolic, such as seeing a stop sign as a signal that you should take a rest, slow down, or stop what you are doing.

Intuitively, you might readily understand what the visual images mean. For instance, you might see an
image of a trophy and instinctively, you know this means that success is ahead for you. If you have trouble understanding your angelic visual guidance, be sure to ask for assistance. Ask your angels to clarify their message, and continue asking for clarification until you are completely certain of their meaning.

Sometimes we shut down our angelic channels of communication because of fear. You might see an image of your future that frightens you, and you turn off your clairvoyance by shutting the third eye's eyelid.

One of my clients shut down her clairvoyance when, as a young girl, she saw a visual image of her parents divorcing in the future.

Another client closed her third eye because she foresaw herself having an affair with a married co-worker, and she wanted to continue her interactions with him while wearing blinders to the truth. One of my other clients was trying to ignore a steady angelic voice within which counseled, "It's time to look for work at a different place," because she didn't trust God to fulfill her material needs during the job transition.

You might also shut off your clairvoyance if you are afraid of what you might see. As much as you want to see your angels in person, you might harbor a deep-seated fear that seeing a "ghost" would be terrifying. Your angels honor such fears, and you won't see angelic apparitions until you feel confident that such a vision would comfort — not frighten — you.

The third way we receive angelic guidance is through our emotions and physical sensations. We call this, "clairsentience," or "clear feeling." Clairsentients get divine guidance through bodily sensations, such as a tightening of the jaw, fists, stomach or sex organs.

They intuitively know the specific meaning of these tightening reactions. A clairsentient feels air pressure and room temperature changes that warn him of negative situations.

Each of our five senses has a corresponding spiritual sense. Clairsentients receive angelic guidance through an etheric sense of smell, taste, and touch. You may know that your beloved deceased grandmother is near when you smell her perfume or favorite flower fragrance. An angel may shower your room with the aroma of orange blossoms to tell you of an impending wedding.

Clairsentients receive a lot of guidance through their intuition, gut feelings, and hunches. Much of our intuition comes from the stomach region, and the stomach flutters, relaxes, and tightens according to the angelic guidance. Instinctively, the clairsentient interprets the meaning of these gut feelings and a wise clairsentient follows these internal directives without hesitation.

Clairsentients get angelic messages through their heart and love emotions, as well. If a thought of doing something swells your chest with warm feelings of joy, this is a directive from God and the angels. You may think, "Oh this is too good to be true; I am just dreaming," but the joy that your thought has brought you is a roadmap leading you to the life you are meant to have.

We call the fourth means of angelic communication "claircognizance" or "clear knowing." Men are frequently claircognizant, and may not even realize they naturally receive detailed and accurate information from God and the angels. You can ask a claircognizant a question on almost any topic in the world. Within minutes, he will give you an accurate answer, completely supported by facts and figures. You might say, "How did you know that?" and he'll answer, "I don't know! A few minutes ago, I didn't know that information."

A claircognizant knows, without knowing how he knows. Consequently, he may doubt the validity of his knowingness. This is a mistake, because when Divine wisdom enters our mind, it is a gift we can use to improve our life, and to serve the world.

We all have access to all four channels of communication. Usually, we have one primary means of receiving angelic guidance and one secondary — or lesser — channel of communication. With practice, you can become adept at receiving messages in all four ways. In the beginning of speaking to your angels, though, most people concentrate upon their natural means of communication.

Naturally visually oriented people will want to pay attention to their mental visions. If you tend to focus upon sounds, then listen for inner or outer words, voices, and auditory messages. If you tend to be a
touchy-feely type, your emotions and bodily sensations are the instruments, which relay Divine guidance to you. And if you are intellectually inclined, or a person who constantly searches for hidden meanings in situations, then you'll want to monitor your thoughts for those heavenly moments of "knowingness" which bring you certainty in guiding your actions.

**Incarnated Angels and Starpeople**

People have come from all over the universe to live upon earth. In my private psychic counseling practice, I've been able to get to know many people whose origins are not of this earth. I've learned that there are many incarnated extraterrestrials (ETs), angels, and walk-ins upon the planet right now.

The first time I worked with an incarnated ET—what I call a "star person," I was startled. She defied all of my stereotypes about extraterrestrials. She looked a lot like an ordinary person (although there are some subtle, but key physical distinctions among star people, that I've listed below). Yet, until I psychically discerned that she was working with a spacecraft, I had no clue that she wasn't from the earth.

When I told my client that I was seeing her working and traveling on a large spacecraft, she readily agreed. She, unlike some of my subsequent star person clients, was very aware of her originations. Since working with this first star person, I've had the opportunity to work with a dozen more and I found some interesting patterns among them:

1. **Star people have eyes that are shaped like crescents with the bars pointing down, such as on a letter "n."**
   Think of Bette Midler's eyes, and you've got the picture. Most incarnated star people have small bones, and are thin and short in stature. They tend to have very plain facial features, and most of them dress very casually. They have auras with stripes pointing away from the body, with the colorings of rainbows.

2. **Their life purposes are to "help as needed."**
   They don't usually have a specific life purpose, but instead, they've agreed to help whomever needs help. So, they frequently have ordinary jobs where they can reach a lot of people through their encouraging words and uplifting attitudes.

3. **They have very little tolerance for dishonesty and violence.**
   They came from planets where these traits are nonexistent, so they do not know how to cope with humans who are inauthentic, manipulative, or violent. Because of this lack of "coping skills" with common earth problems, incarnated ETs are often mislabeled with psychiatric disorders, including attention deficit disorder (ADD).

4. **Because their planets have different customs about family life, childbirth, reproduction, and sex, many star people don't contract to have earthly marriages or children.**
   They feel out-of-sync with the typical American romantic images, because this isn't their style. In addition, they know that family life would interfere with the lightwork that they contracted to do during their lifetime. Very often, female star persons fall in love with a much-younger man, who is a soul mate from their star group.

5. **Star people know, deep down, that they aren't from the earth.**
   They often spend their lives feeling like they don't fit-in or belong here. One star person said, "I've always had this sense that I was dropped off here, on this planet, and I've been waiting for someone to return and take me home." Such feelings bring up issues of abandonment for star people.

The other people whom I've gotten to know in my private practice is the incarnated angels. They, too, have distinguishing characteristics:

1. **Incarnated angels have "sweet" facial features, usually with a heart-shaped face and childlike features.**

2. **They have a history of "codependent" relationships, because of their predisposition to giving and nurturing others. They also can see the best in everyone, so they often stay in abusive relationships longer than the average person would tolerate.**
3. Incarnated angels often have histories of compulsive overeating, or other addictions. This is especially true for angels who are disconnected from their spirituality.

4. They are natural healers and helpers, and often have healing professions such as nursing, massage therapy, social work, or teaching. Strangers pour out their hearts to them, and often say, "I don't know why I'm telling you such private things about myself. There's just something about you that I feel I can trust."

5. Incarnated angels are very generous people who sometimes have difficulty in receiving. Consequently, they can manifest lack in their lives by blocking the flow of money, love, energy, and other natural resources, from coming into their lives.

Both groups — the star people and incarnated angels — are highly intuitive. Yet, they often have difficulty trusting their intuition. Partially, this comes from years of trying to adapt to earth life. After all, the customs here are so foreign to their natural inclinations, that star people and incarnated angels eventually learn to discount their inner feelings.

If you wonder whether you belong to either one of these groups, then your inner guidance can tell you more. Before you go to sleep, say this affirmation to your higher self and spiritual group: "Please give me a dream with clear messages about my origin, that I will easily remember upon awakening." You might also write this phrase on some paper and place it under your pillow. When your subconscious is emotionally prepared, you will have a vivid lucid dream that will help you to understand more about yourself. Star people and incarnated angels have many gifts to give to the world, including love, light, and lessons. My prayer is that, if you are among these groups, you will allow yourself to enjoy your time on this planet. I hope that you will open your heart to receiving the gifts that earth and her population can give to you, too.

**You Are Surrounded by Angels**

As I paid for my purchase at a department store, I noticed three golden angel pins upon a nearby clerk's sweater. I complimented the woman on her angel jewelry, and the clerk who was ringing-up my sale commented, "Maybe I should start wearing angel pins, too. Then I can be lucky like her!"

"Luck!" I thought to myself as I caught the eye of the angel-wearing woman. She winked at me in mutual acknowledgment that "luck" plays no part in the miracles that come your way when you invite angels into your life. The woman explained that twice recently, she'd experienced miraculous protection at the department store from her angels. First, her stolen purse was recovered intact within an hour of the incident. Second, as a rack full of heavy clothing was falling on her, it miraculously changed direction and fell a different way.

As the angel-clad clerk and I swapped angelic intervention stories, the eyes of the woman in front me grew large. "Do I have angels?" she wanted to know, and then asked, "How can I get them to help me, too?" We always benefit whenever we invite angels into our lives. To acquaint you better with the angels in your midst, let's start by looking at the different roles angels can take. Three categories of angels help us here on earth:

1. **Guardian angels.**
   Everyone has a guardian angel, with no exceptions. I've met people who doubted whether they deserved to have a guardian angel. Please know that you have a guardian angel with you, guaranteed! This is the angel who constantly stays with you, from birth until your transition back to heaven. This angel's love for you is unconditional and bigger than anything on this earth. Your guardian angel makes certain you are safe and guided always.

   Guardian angels are sometimes confused with "spirit guides." A spirit guide is a loving being who has lived upon the earth in human form. This person then received special training in the afterlife about how to become a spirit guide.

   This training emphasizes that the guide is not to interfere with your free will or make decisions for you. The guide is there to give you general advice, comfort, and at times warning and protection. Most spirit guides are deceased loved ones, such as grandparents, siblings, beloved friends, and parents.

   Your spirit guide may have passed-away in the physical life before you were born. However, this loving
being was there at your birth and has been with you every day of your life since. Just as you will always
take an interest in your family's future offspring, so do the deceased family members whom we may have
never encountered in physical form.

Spirit guides act in the capacity of guardian angels, in that they bring many gifts to our lives. The main
difference is that true guardian angels, who have never walked as mortals upon the earth, have a higher
vibrating energy frequency. People who are empathic, who can "feel" the sensation of a spiritual presence,
can tell the palpable difference between an angelic and a spirit guide appearance.

Clairvoyants see that angels' aura is bright white, whereas a spirit guide's aura is not quite as bright and
may appear as a bluish-white.

2. Angels.
These are the beings of light who respond to our calls for guidance, assistance, protection, and comfort.
God's thoughts of love create angels. The angels are here to help us, especially when our intent is to bring
joy and healing to the world. Ask for as many angels as you want to surround you. Ask for angels to
surround your loved ones, your home, and your business. Angels receive great joy at helping us, and they
ask only that we occasionally remember to say, "Thank you" in gratitude for their help.

3. Archangels.
These are the angels who supervise the guardian angels and angels upon the earth. You might think of
archangels as the "managers" among the earthly angels' hierarchy. You can call upon an archangel
whenever you need powerful and immediate assistance.

Since angels are purely spiritual beings, they have no time or space restrictions. An archangel can help
many people in different geographical locations simultaneously. So, never worry about calling upon an angel
because you fear that your need isn't "big enough" or that the angel might be busy. Your call for help is
sweet music to an angel's ears.

Because of the "Law of Free Will," angels and archangels cannot intervene in our lives unless we specifically
ask for their help. The only exception to this is a life-endangering situation, where we could die before our
time. Otherwise, it's up to us to remember to constantly invite angels and archangels into our lives.

Angels and archangels come to your assistance the moment you call them. You don't need to say a formal
invitation or invocation ritual, and you don't even need to verbalize your call aloud. Just the thought,
"Angels!" is enough. If your request for angelic assistance is sincere, the angels appear in response to your
call, often before you've finished calling them! You Know That Angels Are Near When . . . You feel the
angels' presence. Perhaps you sense a warm brush across your face, shoulders, hands, or arms. You might
feel their hug, or the brush of a wing across your skin. The air pressure changes when angels enter a room.
There is a palpable thickening, as if a delicious cloud just rolled in to shield you from the heat. Too, the
room temperature may seem to shift, or you might catch a whiff of a beautiful lilting fragrance that you
can't quite identify. When the angels hug you, you feel a deep warmth flow through your chest and your
heart expands with unearthly love.

You see the angels' presence. The calling cards of angels are visible. A sparkle of white light out of the
corner of your eye signals that an angel is near. A feather that mysteriously appears from out of nowhere.
And the beautiful angels you see in a darkened room, or standing beside a beloved friend or teacher,
confirm that the angelic kingdom visits you.

You hear the angels' presences. A loving whisper in your ear that urges you to improve your life. Or an
unmistakable shout warning you to, "Watch out!" A voice inside your mind counseling you to reach for the
stars, and the sweet strains of music coming from out of nowhere. These are the sounds that angels make.

You know the angels' presence. When you suddenly get an idea that dramatically transforms your life, an
angel has just delivered a message from God and tucked it safely within your heart. When you have an
unmistakable knowingness that angels are near to you, trust that it is so.

You experience the angels' presence. When they miraculously avert a near-tragedy, or an opportune door
"coincidentally" opens for you at just the right moment, you know that angels are helping you in the
background. When you walk through nature and feel free and joy-filled, you can be sure that angels walk beside you along the way.

The angels are here on earth now more than ever, as we strive for peace, compassion, and tolerance in today's world. They bring us guidance and reassurance, but mostly they bring us reminders of the love that exists within each of us. Here are some recent healing messages that the angels have given to me:

About Betrayal
What is at the heart of betrayal, dear one? A feeling of being compromised or unloved? Truly, the person who hurts you is betraying him or herself alone. This person unwittingly cast a pebble into a pool with ripples which stung you with deep pain instead of a clear reflection of love. Will you now betray yourself further by leaving your true self behind in consciousness? Your focus upon hurt will only serve to further hurt you, precious one. You can do more harm to yourself than any other person by your continually focusing upon this hurt.

Leave the hurt behind, dear child! Do not betray yourself further by walking upon this path of painful contemplation. You do no one justice by holding the hurtful situation in the palm of your hands. And yet you need to heal. So cleansing yourself of hurt will both free your consciousness and rid you of the deep and stinging wound of having a dear one disappoint you.

See now we angels circling around your middle, and notice we are getting closer and gaining in numbers. Our wings are outstretched like one giant circle of a tray around you, and we ask you to place your hands face down upon this tray of wings. Let us warm you from the palms upward with our love. Feel us gliding your energy imbalances to a place of peace and safety with our continuous motion.

You may send your anger at the betrayal from your mind, heart, and gut all the way through your fingers and send it to us. Give us all of your tender and sweet emotions: the love that you feel was taken from you by your friend's betrayal. The feeling of foolishness because you feel you could have known better than to trust this person's sincerity. The feeling that you wasted your time once again on a nowhere relationship. We know just how you feel, dear one.

Yet though we share your hurts and shoulder your burdens, we never lose sight of the fact that in truth, there is no betrayal nor hurt. The true heart connection between you and the other person has registered in eternity for the moments of love which it added to the universe. That love, sweet one, can never be undone and never needs to be regretted.

About Happiness
In your imaginings, you believe that happiness is a thing which you must chase and wrestle to the ground before its capture. This beast which you imagine is but your own idea that your truth is illusive in nature. It is not, we assure you! Rejecting that which seems too simple, you ignore the reassurances which easily guide you to your home.

Do not think that you need to guard your body or situation from harm, while you search for truth outside of yourselves. For in your thought that you must exchange something that you fear, for that which you desire, you bring about continual terror upon your mind.

There is nothing real that you can lose, dear child! Nothing as precious as you could have hardship, except by your choosing. And this, too, you can undo with your mere wish to stop and be renewed. There is no complexity in happiness, for simplicity is its one essential ingredient. Rejoice, then, in the factual nature of your true essence. Rejoice in the living spirit which is you, and which God created for holy purposes. And in your rejoicing, be bathed in continual wonderment at the gifts that are of you and by your wish. There is nowhere else to go but here, and a simple breath and prayer are your passports to the place which for so long has seemed to evade you.

About Loneliness
You are so mightily loved that your awareness is just a glimmer upon the smile that is within your heart. You do not understand your greatness, and so you turn away from beholding it, for fear of having awe of the light that is shining there within you.
Behold your greatness, precious one! Do not turn from the light that will dazzle away your emptiness and fill it with a love that is so real and eternal that nothing can compare in any place or in any time! Hold its substance in your arms in warm embrace for that which can only fill your emptiness with love, eternal love, pure and rushing through you, through and through.

**Asking the Angels into Your Dreams**

Our dreamtime is often the most productive time to gain new spiritual growth and understanding. Many people have psychic dreams that foretell the future, or that give guidance about career, home, and family.

You can receive consistent and clear guidance while you sleep by inviting angels into your dreams. This is an especially good way to gain new understandings and creative ideas when your daytime thinking mode is locked into black-and-white viewpoints. While sleeping, we let go of rigid thought patterns. God and the angels can more easily transfer Divine ideas to us when we are open-minded, such as when we're asleep.

**Before going to bed, take a moment to meditate.**

Then affirm mentally or aloud: "Dear God and angels, Please enter my dreams tonight and give me guidance and new ideas about (fill in the blank with your specific request) situation. I ask that You help me to remember these ideas upon awakening clearly. Thank you and Amen."

Even if you don't normally recall your dreams, this powerful affirmation will shift your consciousness so that you have powerfully vivid — and unforgettable — dreams during the hour immediately before awakening. We call these "lucid" dreams. They are like being in a movie, where you are simultaneously watching yourself and being the participant. It would be very difficult to forget these dreams. Even the person who swears, "I don't dream" remembers the plot and the message of lucid dreams.

Many great inventions, books, and solutions were derived from dreams. You've likely heard stories of authors, business people, and inventors awakening with a lightbulb of an idea. Everyone has access to this pool of information, because everyone's mind is eternally joined with the infinite wisdom of God. You, too, can create in your sleep by setting your intentions before going to sleep.

**The angels can also heal limiting thoughts, beliefs, and emotions while we sleep.**

We've often read that faith is the substance of manifestation and miracles. In *A Course in Miracles* it says, "There is no problem in any situation that faith cannot solve." And a new scientific study found that people who believe in psychic phenomenon were more likely to experience accurate psychic guidance by a factor of one trillion to one, compared to skeptics.

Dreamtime is an excellent platform for increasing our faith in the infallible order of the universe. One of the easiest ways I've found to increase the level of faith is by asking God and the angels to help. Even the most skeptical pragmatist will find that this method creates a powerfully impressive experience. An easy way to do this is right before going to sleep at night. Say this affirmation mentally or aloud, "Dear God and guardian angels, I ask you to enter my dreams tonight and clear away the fears that keep me from understanding, trusting, and following my Divine guidance. If there is a message you wish to give to me, please help me to understand clearly and remember it in the morning. Amen."

Heaven will replace your distrust with faith, and you'll feel more confident about following your knowingness. We interact a lot with the angelic kingdom during our dreams. You'll increase your number of angel messages and the speed of your clearing work simply by inviting the angels into your dreams.

For example, if you are undecided about your career direction, mentally say a prayer similar to this as you lay your head on your pillow: "Angels, please enter my dreams tonight and give me clear messages, that I will remember, to help me to know which direction to take with my career."

They always meet this request, and you will likely have a lucid dream which you easily remember, in the hour right before you awaken. Or, the angels may help you in your sleep in such a way that you don't recall your dream's contents. Yet, you awaken and know that something shifted within you during the night. You feel happier, more positive, and much clearer about which direction to take. This is a sign that the angels have rearranged your thoughts and beliefs, to help you release fears that keep you indecisive about your
If you feel blocked in any area of your life, write this message on a piece of paper and place it under your pillow. Repeat the phrase mentally three times as you are falling asleep: "Dearest Angels, I ask you to work with me in my sleep tonight, to clear away any blocks which keep me from fully enjoying my life. Please either call these blocks to my attention, or completely remove them from my mind, emotions, and body during tonight's sleep. Thank you."

In the morning, you'll awaken refreshed but with an awareness that you've worked during the night. You may not recall the details of your angelic nocturnal work, but you will feel it deeply. Your head may even feel funny, because of the restructuring which occurred overnight. Still, any blocks which the angels carted away were heavy weights impeding you from your life's plan and purpose. You'll feel grateful that you asked for this clearing, and you may want to invite the angels into your dreams nightly.

Ten Lessons I Learned From the Angels

The more I talk to my angels, the more I learn. Here are ten lessons they have taught me that have changed my life.

1. Live in integrity.
The angels said to me, "Spend your time doing activities that match your highest intentions. Let go of things that your intuition prompts you to surrender. Those things may then either become healed so that you enjoy them, or else the activity will easily drop away."

The angels urged me to trust my heart. They assured me that I would be safe to turn down work that didn't match my true interests. I quickly found that the angels were right!

2. There is only now.
"You are complete and whole now. Don't cast your eyes on what tomorrow may bring — this implies you are imperfect or lacking now, and that you will be whole when something external comes into your life in the future."

When the angels said this, I realized that I had been living for the future. My focus was on what tomorrow would bring me, instead of my present blessings. I now make a mental "gratitude list" each night.

3. All conflict is inside your mind.
"Any conflict you see or experience in the outside world is a projection of your ego. In truth, the world is completely at peace and you project your fear of peace onto the world. You don't want to resolve your inner conflict, but you do want to get it away from yourself. So, you project it onto other people and think that 'they' are the ones who are causing you discomfort. Other people are neutral, blank slates and you color them with your own meaning and definitions. Then, you react to them as if these colorations and definitions were real. Other people, in turn, treat you in the way that you expect, in a self-fulfilling prophecy."

As the angels explained this, I realized how often I had allowed fear to create miserable times for me. But always, I had the power to choose the thoughts and feelings I ascribed to all situations.

4. Purify your diet.
"All food has vibration, and you want to vibrate as high and fine as you feel attuned to. Eat a diet of fresh fruits and vegetables, nuts, and whole grains, which have the highest vibrational frequencies. Avoid meats, dairy, alcohol, sugar, chocolate, and caffeine, which have the lowest vibrations. And remember that the essence of all foods you eat affects you long after the food is digested and gone."

At the time that the angels told me Lesson #4, my diet was already quite healthful. I had given up meats, fowl, and alcohol. Still, there was room for improvement so I followed my guardian angel's dietary advice and adopted a Vegan approach to eating. The improvement in my energy and outlook was drastic and immediate! Instead of feeling deprived, choosing healthful foods felt easy and natural.

5. Don't give in order to get.
"Let go of outlining the results that you expect from giving. You will get results from giving; that is the universal law. But it is not up to you how the cause and effect will be circulated. Plus, if you expect something in return, you haven't truly given away anything. Instead, you're holding it in consciousness, expecting to get something first before you fully release it."

Once again, I felt embarrassed as the angels saw into the depths of my soul. They knew that I was a giving person. Yet, I had to admit that I'd sometimes given with expectations of receiving something in return. With full trust in my guardian angels, I decided to let go of all strings attached to my gifts to others. Almost immediately, I began receiving surprising rewards, such as new business opportunities and wonderful experiences with friends.

6. **Spend time alone in nature.**
"Sounds and smells of nature are invisible, so they take your mind to the invisible realm of spirit, where things vibrate higher and faster than matter. There are healing properties in nature. Also, there are very real nature angels. You can ask these nature angels to heal you. Being in nature helps you to adapt to the natural rhythm of the earth, and since timing and cycles are a part of everything, you become more in sync with the rhythm of life."

At the angels' urging, I ventured away from my desk more and began spending my lunch hour outdoors. The fresh air, sunshine, and fragrance of flowers all help me to meditate on deeper levels. I sit outside and ask the nature angels to surround me.

7. **Detach from matter.**
"When you are attached to matter in thought, you stay attached to the products of the ego mind, and thus stay attached to the ego. There is no way of escaping this law. Mind upon matter is the ego mind."

My guardian angels made it clear that there is nothing wrong with material items. Matter is neutral, according to the angels. They also realize that we humans have material needs, such as food, clothing, and shelter. However, when we overly contemplate material items — such as continuously thinking about money or possessions — we are focused on our lower-self nature, instead of our higher self.

8. **Judge not.**
"You judge others as a way of protecting yourself, to keep them away from you so you won't get close to them and get hurt. But we have told you that you don't need to think about your safety. You are safe, and an overwhelming thought pattern of concern about your safety can bring the very thing you fear into your life."

The angels explained that we draw to us whatever we think about. If I obsessively think about physical or emotional danger, I create a climate in which my worst fears come true. With practice, I began noticing the moment when I'd judge other people. I began releasing my fears to the angels, and felt my judgmental habits gradually disappear.

9. **You live where your consciousness is focused.**
"If you think an unloving thought or a thought devoid of love — competition, envy, or worry, you feel pain. You ARE your consciousness and you feel the effects of where your consciousness is focused. You do not want pain. Therefore, choose to give your unloving thoughts to the light."

At first, this lesson was painful for me to face. I'd always thought that my outer circumstances influenced my happiness. Yet, the angels insisted that this was backwards, and that my thoughts colored my world. They told me that my happiness didn't hinge upon what I had, but instead upon, what I thought.

10. **In all things, give glory to God.**
"Seek not glory for yourself. In essence, though, when you give glory to God, you are giving glory to that part of yourself that is one with God. By giving glory to God, you stay out of your ego state, and stay centered in your higher self consciousness."

Initially, my lesson humbled me. But before I could slip into feelings of shame, my angels boosted me with the reminder that — since my true self is one with God — I was praising the real me every time I gave glory to God. The ten lessons are now ingrained and permanent parts of my daily living. When my clients compliment me about the crisp clarity of the Divine guidance I receive during our sessions, I say, "Thank
you, but all credit goes to God and the angels. They taught me how to receive the Divine guidance. I
deserve credit merely for following that guidance, because — thanks to them — I'm now a very good
listener."

Indigo, Crystal and Rainbow Children

Doreen is the author of several books on these seasoned sages of the 21st Century, including The Care and
Feeding of Indigo Children and The Crystal Children. She has just released a guide to this new generation of
highly sensitive young people on a 2-CD set called Indigo, Crystal, and Rainbow Children (Hay House, May
2005).

Meet the Rainbow Children!
They are the embodiment of our divinity and the example of our potential. The Rainbow Children have never
lived on this planet before, and they're going straight to the Crystal Children as their moms and dads. These
children are entirely fearless of everybody. They're little avatars who are all about service. These are
children who are only here to give—Rainbow Children are already at their spiritual peak.

Then, there’s the Crystal Children.
The first thing that most people notice about them is their eyes—large, penetrating and wise beyond their
years. The Crystal Children’s eyes lock on and hypnotize you, while you realize your soul is being laid bare
for these children to see. Perhaps you've noticed this special new "breed" of children rapidly populating our
planet. They are happy, delightful and forgiving. This generation of new lightworkers, roughly ages 0
through 7, are like no previous generation. Ideal in many ways, Crystal Children are the pointers for where
humanity is headed . . . and it's a good direction!

The older children (approximately ages 7 through 25), are called "Indigo Children."
They share some characteristics with the Crystal Children. Both generations are highly sensitive and
psychic, and have important life purposes. The main difference is their temperament. Indigos have a warrior
spirit, because their collective purpose is to mash down old systems that no longer serve us. They are here
to quash government, educational and legal systems that lack integrity. To accomplish this end, they need
tempsers and fiery determination.

Those adults who resist change and who value conformity may misunderstand the Indigos. They are often
mislabeled with the psychiatric diagnoses of Attention Deficit with Hyperactivity Disorder (ADHD) or
Attention Deficit Disorder (ADD). Sadly, when they’re medicated, The Indigos often lose their beautiful
sensitivity, spiritual gifts and warrior energy. I wrote about the Indigos at length in my book, The Care and
Feeding of Indigo Children. I also recommend The Indigo Children and An Indigo Celebration, two other Hay
House books written by Lee Carroll and Jan Tober.

In contrast, the Crystal Children are blissful and even-tempered. Sure, they may have tantrums
occasionally, but these children are largely forgiving and easy-going. The Crystals are the generation who
benefit from the Indigos' trailblazing. First, the Indigo Children lead with a machete, cutting down anything
that lacks integrity. Then the Crystal Children follow the cleared path, into a safer and more secure world.
And now, the fearless Rainbow Children are pure givers ready to fulfill our needs.

The terms "Indigo," "Crystal" and “Rainbow” were given to these three generations, because
they most accurately describe their aura colors and energy patterns.
Indigo Children have a lot of indigo blue in their auras. This is the color of the "third eye chakra," which is
an energy center inside the head located between the two eyebrows. This chakra regulates clairvoyance, or
the ability to see energy, visions and spirits.

Many of the Indigo Children are clairvoyant. The Crystal Children have opalescent auras, with beautiful
multicolors in pastel hues. This generation also shows a fascination for crystals and rocks. The Rainbow
Children radiate rainbow energy, the kind that we were created with, to instill within us health and balance.

Indigo Children can sense dishonesty, like a dog can sense fear. Indigos know when they're being lied to,
patronized, or manipulated. And since their collective purpose is to usher us into a new world of integrity,
the Indigos' inner lie detectors are integral. As mentioned before, this warrior spirit is threatening to some
adults. And the Indigos are unable to conform to dysfunctional situations at home, work, or school.
They don't have the ability to dissociate from their feelings and pretend like everything's okay . . . unless they're medicated or sedated.

**Crystal Children's innate spiritual gifts are also misunderstood.**
Specifically, Crystal Children have telepathic abilities that lead them to talk later in life. In the new world, we will all be much more aware of our intuitive thoughts and feelings. We won't rely so much upon the spoken or written word. Communication will be faster, more direct and more honest, because it will be mind-to-mind. Already, increasing numbers of us are getting in touch with our psychic abilities. Our interest in the paranormal is at an all-time high, accompanied by books, television shows and movies on the topic.

So, it's not surprising that the generation following the Indigos are incredibly telepathic. Many of the Crystal Children have delayed speech patterns, and it's not uncommon for them to wait until they're 3 or 4 years old to begin speaking. But parents tell me that they have no trouble communicating with their silent children. Far from it!

The parents engage in mind-to-mind communication with their Crystal Children. And the Crystals use a combination of telepathy, self-fashioned sign language and sounds (including song) to get their point across.

The trouble comes about when the Crystals are judged by medical and educational personnel as having "abnormal" speaking patterns. It's no coincidence that as the number of Crystals are born, the number of diagnoses for autism is at a record high.

**It's true that the Crystal Children are different from other generations.**
But why do we need to pathologize these differences? If these children are successfully communicating at home, and the parents aren't reporting any problems . . . then why try to make it a problem?

The diagnostic criterion for autism is quite clear. It states that the autistic person lives in his or her own world, and is disconnected from other people. The autistic person doesn't talk because of an indifference to communicating with others.

Crystal Children are quite the opposite. They're among the most connected, communicative, caring and cuddly of any generation. They are also quite philosophical and spiritually gifted. And they display an unprecedented level of kindness and sensitivity to this world. Crystal Children spontaneously hug and care for people in need. An autistic person wouldn't do that!

In my book, *The Care and Feeding of Indigo Children*, I wrote that ADHD should stand for Attention Dialed into a Higher Dimension. This would more accurately describe that generation. In the same vein, Crystal Children don't warrant a label of autism. They aren't autistic, they're AWE-tistic!

These children are worthy of awe, not labels of dysfunction. If anything is dysfunctional, it's the systems that aren't accommodating the continuing evolution of the human species. If we shame these children with labels, or medicate them into submission, we will have undermined a heaven-sent gift. We will crush a civilization before it has time to take roots. Fortunately, there are many positive solutions and alternatives. And the same heaven that sent us the Crystal Children can assist those of us who are advocates for these children.

I first began noticing the Crystal Children during my travels around the world, giving workshops about the angels. I noticed their eyes and magnetic personalities. I held mental conversations with the children, and could clearly hear them answer my questions in mind. I’d watch them smile in response to my mentally sent compliments. These kids hear my thoughts! I realized.

Over the next few years, I interviewed children and parents for my book, *The Care and Feeding of Indigo Children*. I've always been fascinated with finding patterns among human behavior. Although we're all as unique as snowflakes, the snowflakes share commonalities. With the Indigo Children, I found the traits described earlier. With the Crystal Children, my research took even more interesting twists and turns.

**Whenever I met them, I found myself falling in love with each young Crystal Child.**
Their hearts were as open and loving as any angel with whom I'd interacted. I found them unguarded and
unpretentious. I'd go to sleep thinking about these children, and wake up with volumes of information given to me by the spirit world (or perhaps by the Crystal Children themselves) while I slept.

Each morning, I'd wake up knowing more about the Crystal Children than I'd previously known the evening before! I began lecturing about the Crystal Children and found my audiences very receptive. Many of them were parents, grandparents, or teachers of these special youngsters. They instantly recognized their child's characteristics as I described them.

I asked audience members and subscribers of my newsletter to complete a questionnaire about their Crystal Children. Within one day of my putting out that request, I received hundreds of replies. For my book *The Crystal Children*, I reviewed hundreds of pages of stories submitted to me by people who were raising and teaching these remarkable children. As I reviewed the survey results, two things happened. First, I felt my heart swell with love and gratitude. Just reading the stories was like being in the presence of mighty angels! I felt ecstatically high by these amazing youngsters' presence on our planet, and also reassured about our collective future. God wouldn't have sent this special breed of humans to earth, were we on our last leg as a civilization or planet.

**Just like humans have evolved from ape-like postures, the Crystal Children are concrete evidence that we're progressing in evolution.**

Secondly, I found crystal clear patterns among each survey respondent. I read dozens of similar stories about the Crystals and their relationships to animals, plants, rocks and the elderly, for instance. I poured over many stories with eerily similar accounts about children telepathically communicating with their parents . . . while eschewing verbal communication.

Many parents told me, "I never could relate to the descriptions of Indigo Children. My youngster seemed different. But the Crystal Child description was one that perfectly described my child!" Most parents reported a happy relationship with their Crystal Child marked with very few problems. I heard from parents and grandparents around the globe as they described their Crystal as "an angel," "the love of my life," "a true joy," and so on. I noticed that not only were the Crystal Children highly spiritually sensitive, but so were their parents. The souls of Crystal Children were obviously selecting parents who could raise them in a spiritually nurturing environment. Occasionally, I met children who came through parents who were spiritually unaware. In these cases, their grandparents were highly evolved lightworkers who helped to protect and hone the child's spiritual knowledge and gifts. Most people told me that their Crystal Child was a profound spiritual teacher, who taught parents a great deal about being an exceptionally loving and kind person.

One day, I was lecturing about Crystal Children in Sydney, Australia. At the break, my publisher (who was there selling my books) said to me, "What is this book that everyone is asking me about? They're all asking to buy a Crystal Children book!"

I laughed and told him that there was no such book. I was simply reporting the data that I'd gathered from interviews and my own channelings. My publisher said, "Well, they obviously want the book. Will you write it?" Without hesitation, I heard myself reply, "Yes, of course I will." My book, "The Crystal Children" is now available at most bookstores and can also be purchased on this Website. (See Bookstore)

We also recently launched a new Website: www.TheCrystalChildren.com (Note the "The" before the term, "Crystal Children"). This site includes articles and a special message board for parents, grandparents, teachers and crystal children to support one another.

**These children are the answers to our prayers.**

The Rainbow Children are now being born as the Crystal Children become adults. And these are a few adult Crystal Children that are in their 20s now. Rainbow Children are coming about because the full spectrum of light that we need to assimilate serotonin in our body has been reduced. In other words, when we go out on a clear day with no smog and we're out in the sunshine, we're receiving in our body a "rainbow" through the sun waves. And that's the way that we were created—to need rainbow energy.

As a team, we Earth angels, Lightworkers, Indigos, Crystals, Rainbows and whatever generations that God/Goddess has in store for us after that, are all here working together. We're all here for peace. And we can do it!
Lightworkers

Opening Our Hearts

As lightworkers, our primary purpose is to heal ourselves, so that we may heal others.

When we open our heart chakras fully to Love, other people notice the glow that naturally emanates from deep within us. Even those with no knowledge of spirituality are drawn to our love and light. They notice something "different" about our peaceful nature, and the glow of Divine love triggers a deep, forgotten memory of God. So, the greatest mission that lightworkers can now embark upon is to lose their fears of love, so that their light can help to awaken our sleeping brothers and sisters.

The heart chakra becomes clogged, shrunken, and dirty from fears associated with love. It seems that every person has suffered pain in a relationship, including romantic, family, and friend relationships. This pain causes us to fear love. Yet, because love is the essence of life, this fear causes us to lose touch with life's true essence. We become confused and forget what true love feels like.

When we are afraid of love, we are literally afraid of being ourselves.

The fear of love leads us to become guarded, sarcastic, and defensive. We are so frightened of being hurt, manipulated, abused, or controlled, that we seal our heart away from all experiences of receiving or giving love. Unfortunately, when we close our hearts to love, we also shut off the awareness of God speaking through our intuition. Ironically, this intuition is the trustworthy guide that reliably leads us to relationships that honor and support us. When we block the awareness of Divine guidance, we are unaware of the angels' warnings about abusive relationships.

Here is a powerful healing meditation given to me by the angels, to help us lose our fears about love and cleanse and open our collective heart chakra. You may want to record this meditation with soft background music, so that you can easily listen to it once or twice a day:

"With your eyes closed, and in a comfortable position, take two or three very deep cleansing breaths. Visualize a beautiful cloud of emerald green light surrounding you.

As you breathe in, you take this healing energy into your lungs, your cells, and into your heart.

Concentrate upon your heart a moment, as you allow the emerald green light to cleanse away any negativity, which may have caused you to feel pain.

With a deep breath, allow the light to carry away any fears you may have about love. Be willing to release the fear of feeling love. You need do nothing else except breathe, and hold the intention to heal yourself of the fear of love. Just be willing to be healed, and God and the angels will do everything else.

Take another deep breath, as you become willing to release the fear of being loved, including the fear that if you are loved, you could be manipulated, tricked, used, abandoned, rejected, persecuted, or in other ways, hurt.

With another deep breath, allow all these fears from any lifetime to be lifted and carried away.

Now, allow the light to cleanse you of any fears you may have about giving love. With a deep breath, be willing to release the fear that if you give love, you could be controlled, abused, deceived, betrayed, maimed, or hurt in any way. Allow these fears to be lifted completely, and feel your heart expanding to its natural loving state.

Allow yourself to release any old unforgiveness you may be harboring toward those who seem to have hurt you in a love relationship.

Become willing to release unforgiveness toward your mother . . . toward your father . . . toward other parental figures . . . toward your siblings . . . toward your childhood friends . . . toward your adolescent friends . . . toward your first love . . . toward those whom you dated and loved . . . toward anyone with whom you lived or married . . . allow all of your hurts and disappointments associated with love to be cleansed and fully carried away. You don't want the hurt, you don't need it, and with another deep breath, it
is lifted to the light where it is transmuted and purified. Only the lessons and the pure essence of love contained within each relationship remains, since that is the only thing that was ever eternal and real within each of your relationships.

Now, with another deep breath, allow the light to cleanse you completely. Be willing to release any unforgiveness you may hold toward yourself connected to love. Be willing to forgive yourself for betraying yourself, for ignoring your intuition, or for not looking out for your highest interests.

Give yourself a hug, either in your mind or with your arms. Reassure your inner self that you will never again engage in self-betrayal.

You now commit to following your intuition and discernment, so that you could never be or stay in any relationship that would hurt you. Fully release the unforgiveness for any mistakes that you think you may have made in any relationship, including your relationship with yourself. And with another very deep cleansing breath, feel yourself healed, whole, and ready to enjoy the love that is the truth about who you really are."

**The Healing Power of Lightworkers**

Lightworkers are those who volunteered, before birth, to help the planet and its population heal from the effects of fear. Each lightworker is here for a sacred purpose. Very often, however, life on earth with its material focus creates a form of amnesia in lightworkers. They then forget their divine and perfect identities, and also their abilities to miraculously help the earth and all living creatures. When lightworkers forget their true identity and purpose, they feel lost and afraid.

Your are a lightworker if you: feel called to heal others; want to resolve the world's social and environmental problems; believe that spiritual methods can heal any situation; have had mystical experiences, such as psychic premonitions or angelic encounters; have endured harsh life experiences that eroded the knowledge of your Divine perfection; want to heal your own life as a first step in healing the world; feel compelled to write, teach, or counsel about your healing experiences, or feel a sense of time urgency to fulfill your mission before you know that you are here for a higher purpose, or even if you are unsure what it is or how to fulfill it.

Everywhere on the planet right now, lightworkers are awakening to faint memories about why they came to earth. They hear an inner calling that can't be ignored. This call is a reminder that it is now time to stop toying with material dreams, and get to work.

Many lightworkers are discovering innate spiritual gifts, such as psychic communication skills and spiritual healing abilities. These are the gifts that we volunteered to use to heal the earth and her population during the crucial decades surrounding the millennium.

Prophecies predicted our coming, and now it is time for us to fulfill our Divine purposes. The world depends upon us!

We who are lightworkers don't necessarily need to add anything to ourselves to prepare for our mission. We already have innate abilities, even if they are presently dormant. Instead, we need to work on releasing fears which keep us from feeling confident in our lightworker abilities. When you remind yourself that your power as a lightworker comes from your higher self and God (not from "you") you automatically feel more assured of your abilities as a spiritual healer.

With our focused intent, thought, and spirit, we can heal anything. There are no limits, except those we place upon our healing abilities.

**We definitely can heal the earth with our spiritual approach.**

In fact, scientists have recently demonstrated that people can change water and air temperature and also cloud structures, purely through their thoughts. Researchers have known for years that prayer positively affects plants and animals. These studies reveal something that many lightworkers have already known: our collective prayers and healing thoughts can avert prophecies of world trauma.
There is only one spirit and one mind, and we are all part of this collective intelligence and love. Miraculous results in scientific laboratories are demonstrating the factual basis of the oneness of all life. Not long ago, U.S. and Japanese scientists hooked-up test subjects to blood pressure and heart monitor machines. Simultaneously, in separate and sealed rooms, other test subjects were asked to think loving or angry thoughts about the people hooked-up to the machines. At the exact instant when a subject held a loving thought, the monitored person's blood pressure and heart rate significantly dropped. And then, at the precise moment when an angry thought was projected, the person's vital signs skyrocketed upward.

**We who are lightworkers are already aware of the power of our thoughts.**

What we are continuing to learn, however, is that our thoughts are even more powerful than we suspected! A large part of our lightworker function, then, is to continuously monitor our own thoughts to ensure that they are from a high and loving plane. When we occasionally slip into fearful or judgmental thoughts, we can release these thought forms to the angels who surround us, knowing that these spiritual companions want to help us fulfill our sacred purpose.

If your intuition is urging you toward a healing function, you can be sure that this is a Divine voice and not just wishful thinking. In recent years, a spiritual call has been broadcast—like a psychic "help wanted" ad—asking for lightworkers to awaken to their healing roles. Those who have heard the call sometimes contact me, asking for reassurance that this inner voice isn't setting them up for disappointment or possible failure.

I can certainly understand this fear, since I experienced it myself. When I was a young mother of two and an uneducated housewife, I began having spontaneous visions in which I saw myself as a healer and author. These visions frightened me, because I didn't think that I had the time, money, or intelligence to succeed. So I began overeating to silence the inner voice and visions. I didn't feel ready or qualified to awaken to my mission.

What I was doing was the equivalent of pushing the "snooze button" on my spiritual alarm clock. Overeating was my way of delaying God's plan for me, because food would temporarily drown out the sound and sight of my Divine life plan. I gained nearly 50 pounds before I finally surrendered to the Creator and asked for help in making my inner vision a reality. I discovered that as soon as I committed to following my life purpose, doors opened up for me in succession. In miraculous ways that I could never have planned for, everything in my visions became a reality.

**We cannot fail when we accept the mission we chose for ourselves prior to incarnation.**

The power and intelligence of the One mind makes no mistakes. We would not have been assigned our lightworker role, were we not perfectly qualified. Since we are made in the image and likeness of One who is all-knowing, all-loving, and able to heal anything, we can relax in the sure knowledge that we were born to heal.

**Let's Glow, Lightworkers!**

Recently, the heavy Southern California storms and surf covered the sandy beaches with thousands of small, smooth stones.

Enormous waves deposited these stones three layers deep upon the California coast. As I walked along the beach one day, I had to hike carefully to avoid slipping upon the shifting stones. My focus upon the stones marred my normally carefree walk, as I attended to my physical safety rather than enjoying the beauty of my surroundings.

Then I heard the sound of pounding feet. I looked up to see a man and his dog trotting along a trail about five feet above me. I watched the man and his companion effortlessly glide across the mountainside trail. Although he probably never ever saw me, this man showed me a better path on which to walk so that I could more freely enjoy nature's beauty.

I never realized that the higher path on the beach existed until I witnessed this man effortlessly jogging upon it. It didn't matter that he didn't see me, didn't talk to me, or didn't willfully intend to help me. The fact is, this man's example elevated me to a new level.

I quickly found a way to climb up onto the higher trail. I didn't feel surefooted enough to trot down the trail
as the more experienced man had. However, I did walk in gratitude for the peace that the trail afforded me. High above the slippery rocks, I could let go and enjoy the beautiful views, the smell of the sea air, and the warm breeze.

**As lightworkers, we constantly set similar examples that help others onto higher and more peaceful paths.**

We often don't realize what a huge impact our mere presence has upon the world. Yet, we can see the evidence. For example, many lightworkers report that when they walk into ordinary locations such as grocery stores, other people stare at them, obviously attracted by the lightworkers' inner radiance. A lot of lightworkers say that other people frequently come to them for advice. Many lightworkers find that they can't go anywhere without constantly experiencing opportunities to do healing and service work.

We, who work to maintain a consciousness of peace, are the example-setters to those who are struggling on other paths. They notice the harmony in our stride, the bliss upon our face, and the thoughtful gestures we extend to others. And this is the simple and extraordinarily ordinary way that we teach other people about higher and happier paths.

During my workshops across the country, I talk to hundreds of lightworkers. Many tell me that they feel anxious because they feel they aren't fulfilling their spiritual purpose. They ask me about how they can "get to work" and do the job that is part of their Divine mission. Very often, I find that lightworkers feel stuck because they believe their purpose requires some elaborate condition that seems overwhelmingly complicated, time-consuming, or expensive. A lot of lightworkers think that they need more education, money, or time before they can help others. Some feel that they need to quit their current job, leave their marriage, or make major life changes, before they can fulfill their life's purpose.

Yet, as the man on the beach trail demonstrated, we don't need to completely change ourselves or our lives before we can help others. We don't necessarily need to have formal teaching, advanced education, or a fully healed life to lend assistance to other people. We merely need to be centered and at peace, and these are God-given qualities that are eternally inherent within everyone. When other people notice our loving demeanors, it triggers deep memories and feelings within them. Even those who have never consciously thought about spirituality are affected when they see a lightworker's glow. This inner radiance is what attracts other people to stare, ask questions, and come to us as clients.

**So, before we go anywhere—whether it's a store, post office, bank, post office, gas station, or work—it's so important for us to center our thoughts upon love and light.**

We must remember to release our cares and stresses to Spirit, instead of carrying them on our own. When we cleanse our minds and hearts in this way, we naturally glow. And it's the glow that triggers the healing of everyone with whom we come into contact. The glow stems from our connection with the Love that is the all-that-all, and this Love is the substance of miracles.

As it says in *A Course in Miracles*, "A miracle is never lost. It may touch many people you have not even met, and produce undreamed of changes in situations of which you are not even aware." I am certain that the man on the beach had no idea of the ripple effect his peaceful jog along the higher path had upon me, and upon others who read this article. Let's follow his example and show others how to elevate themselves above the slips and falls that are on the lower levels. Let's not worry. Wait a moment longer to be the teachers and role models that lightworkers were born to be. Let's glow, lightworkers!

Prophecies of world doom have seemingly always existed. History tells us that the belief that "the end is near" was prevalent right before the year 1000. Apparently, every generation that is alive when the year hits a new century mark is convinced that the end time prophecies apply to them. The trouble is, if enough people believe this, their collective fears really do create earthly problems.

At the onset of each century, God awakens His lightworkers to heal this collective fear. Through their consciousness of truth and love, lightworkers can undo the prophecies of end times and provide needed services, such as healing, manifesting, and ministering.

**Weather Changes**

So many people are anxiously watching the weather because they believe drastic weather changes are
indicative of the end of the world. Within the past two decades, our collective focus has so intently looked for abnormal weather that we have actually created erratic weather. We must always keep in mind that all matter, including rain, rocks, snow, wind, landmass, and lightning, is a product of our thoughts. God’s angels will help us when we create ill weather through our collective fear thoughts. However, this doesn’t mean that God created the weather or made it bad.

We are not hapless victims isolated on a planet where weather "happens" to us. We are in total control of the dream. This means that we must remember the Law of Cause and Effect: whatever we think about enlarges. We who are lightworkers must daily meditate upon what we want to see, not upon what we fear may happen.

Intense weather such as windstorms, floods, and earthquakes may be earth's way of releasing oversaturated negative energy.

However, lightworkers can assist earth's release of this energy in gentler ways. Scientists are currently documenting evidence that our mental powers can influence the weather. These studies amplify what many lightworkers have known all along. We can visualize the energy dispersing, and being carried away by angels to the light of purification. We can also hold mental images of a collective release of unforgiveness. In this way, we help to release the grip of the earth's ego, which like our ego, is self-destructive.

As with spiritual healing work involving human bodies, prayer can evoke miraculous healings of the earth body. We already have well-documented scientific evidence that prayer increases the rate of plant and microbe growth, and influences properties in air and water. Why wouldn't prayer also benefit the rest of nature? Your prayers, combined with the prayers of other lightworkers, could restore the earth to her natural state of perfect, radiant health.

**Energy Work upon the World**

British scientist James Lovelock proposed a theory that saw the earth as a living organism struggling to maintain homeostasis through its shifts in landmass and weather. Lovelock named his theory "Gaia," after the Greek goddess of the earth. The Gaia theory explains earthly disasters as natural effects of human cruelty to nature.

Lovelock's Gaia theory makes sense. We also know from studies using Kirlian photography that the light around matter changes as the emotions of the human holding the matter changes. If someone holds an item while angry, for example, the item will photograph with a shorter or darker aura than if that same item is photographed while its holder expresses happiness.

Kirlian photography has lately come under fire as scientists argue over the source of the aura. Many scientists today believe that Kirlian photography auras are actually a picture of the item's humidity or temperature. However, whether the image surrounding items in Kirlian photographs is actually moisture, heat, or light is not the issue. The fact is that these photographic studies show marked changes in response to emotions. They also show that matter absorbs and reflects the emotions of its holder or owner.

This information wouldn't surprise psychics, as we often hold a client's ring, watch, or keys during sessions. These items strengthen and increase the amount of information we can detect about the person's emotions, thought forms, and even their lives. Many times, I've simply held a client's ring and instantly been flooded with psychic information about that person.

The energy that is encoded with information has been called "life force," "ki," "chi," and "prana." In the 1940's, scientists referred to life energy as "orgone energy." Researcher Wilhelm Reich found orgone energy in organic matter, including water, wool, wood, and the atmosphere. Reich eventually developed a pistol-like apparatus that could influence orgone energy, and in several monitored studies, Reich effected weather changes with this tool. He believed that the blue sky was actually visible orgone energy, since he surmised that the energy was blue-colored. Satellite photos of the earth verify that a blue electrical covering does surround the planet.

We can work on healing the earth as if it's a client's body. Our energy and psychic healing can involve the same steps that we would take with a human client. For example, we would first want to relax and allow our mind to become clear. Then, we would tune into the earth and feel for areas of pain.
You can talk directly to this pain and receive a great deal of information. For instance, ask it, "What are you trying to tell me?" Then listen and you'll find the pain has a voice of its own. This voice will direct you in the way that it most wants your help. It might ask you to direct some angels or white light to certain geographical locations, for example. You'll want to suspend all doubts and judgments, and stay centered in loving trust while you follow this wise patient's lead. The earth will help you to heal her.

One of my clients, who lived in a remote area of the country, asked me to psychically scan the acreage around his home during a telephone psychic reading session. I mentally walked around his land and was drawn to three separate areas. In each area, I saw a dark shape that looked like a giant wine glass buried in the ground. As I scanned these areas, I felt accompanying chills of intense negative energy. I didn't like connecting with these spots, and immediately told my client of my discomfort. He explained that the areas I had described were fenced off and had government signs warning of radiation. My client believed that my psychic vision of large wine glass shapes represented toxic waste wells beneath the ground's surface. I worked on psychically cleaning the areas during the remainder of our sessions.

I frequently conduct spirit releasement work upon cities that seem to contain high levels of social unrest. A favorite visualization involves seeing a giant etheric vacuum tube, which I point down upon the city. I ask the tube to find any darkness from fear and unforgiveness. I then visualize myself switching the vacuum to a "high" setting so it rapidly inhales all the darkness. I picture this darkness going into the light of God where it is instantly purified and dispersed. After the darkness is gone, I reverse the switch on the vacuum so that white light comes out like toothpaste from a tube. This blankets the city with love, peace, and complete security. I end the visualization with a prayer of gratitude to God and His angels for the perfect health of that city. I also occasionally use this visualization upon centers of political power. You may feel drawn to use it on prisons, the rainforest, or other areas you feel drawn to heal.

Another effective visualization involves seeing a giant cloud of love colored in your favorite hue. Envelope the earth in this cloud and watch it send beautiful raindrops of joy into the ground. Feel the earth's joy as it eagerly drinks this loving energy. Watch the plants and animals respond with radiant health as the ecological system circulates your gift of love.

**Spiritually Healing the World**

Spiritual healing and energy-work healing share identical goals. They only differ in the way they approach the goal. Spiritual healing looks past the illusion of problems and affirms only the underlying perfection as truth, while energy work focuses upon the problem and then tries to heal it. Spiritual healing utilizes thoughts, words, mind, and spirit, while energy work uses light and material or etheric instruments. Your inner guide will help you choose the most appropriate means of healing for each situation.

As with spiritual healing on human clients, spiritual healing the earth primarily involves releasing unforgiveness since it is the mass race consciousness fueling social and environmental problems. Unforgiveness is a thought form that divides the world into good guys and bad guys. The ego-self feels comfortable blaming outside forces for its nightmares. In this way, the ego is assured of its own continuing existence. After all, once a person discovers that the ego and its perceptions are nothing but illusions, the ego is essentially removed from its throne. Like the Wizard of Oz, the ego continually tells us to "pay no attention to that man behind the curtain" while diverting our attention to outside displays of thunder and lightning.

We cannot heal the nightmare of global warming, rainforest destruction, and such by holding onto judgments and anger toward "bad guy" perpetrators. This focus creates a huge petri dish that breeds "bad guy" behavior through the infallible Law of Cause and Effect: whatever we think about grows.

Lightworkers can, however, spiritually heal the cause of the irresponsible behavior of those who are hurting the rainforest, and other perpetrators against nature. However, this may require some courage to trust that the solution—forgiveness—will work.

God has been speaking with those who are hurting the earth. These people know, in their hearts, that they are causing pain. This knowledge has crumbled their self-images, and they see themselves as unworthy of leading happier more productive lives. Most of them fear that financial ruin would accompany their change of heart. The people who perpetuate criminal behavior are on the verge of healing, and lightworkers' collective mindset of love can provide the little push necessary to awaken their minds.
Lightworkers, you can heal thousands of social ills with your collective decision to forgive and to love these criminals. You needn't forgive their actions, just the person who created the action. This may involve you being willing to forgive some "bad guy" from your own life. Many times, we project old unforgiveness onto new situations that remind us of past hurts.

See the criminals for who they truly are: holy and loving children of God. Visualize them "getting" the insight that their pursuit of security and happiness has created pain for themselves and others. Imagine them having a revelation that brings them to their knees with awe for God's love. See them, in turn, using their knowledge for good by awakening and healing other criminals.

If you find such visualizations unnatural or difficult, then your spiritual healing efforts can involve you deliberately holding neutral thoughts about crime. In this way, you won't add fuel to the fire through harboring angry or fearful thoughts about criminals. These sorts of thoughts are the landscape that created the frightening illusion of crime in the first place.

Ask for the angels to help you to find love in your heart for those who perpetuate crimes upon the earth. This love will heal their fear-based behavior, and help you to truly experience the wonder of knowing that we are all one in God. When I embarked upon the lightworker's way, my intuition urged me to avoid negative conversations, television shows, and reading material. My intuition didn't have to ask me twice! I readily followed this guidance, as I was anxious to preserve the still-fragile joy of rediscovering my spiritual self. As I talk with other lightworkers, I find that they, too, have received and are following this same inner guidance. Yet, some lightworkers' healing activities will place them in "front line" positions where interaction with the media is unavoidable. Other lightworkers, who have positions in the government or in traditional health care settings, may find their attentions assaulted with graphic scenes and heated discussions.

Certainly, it is easier to keep one's focus on the loving truth of the world by avoiding news accounts and discussions about "problems."

However, this may not always be practical or desirable. One lightworker said that she enjoys watching the evening news because she then knows where to direct her prayers. Her outlook is a wonderful model for those of us who wonder how to balance our desires to keep our minds pure while providing healing services to the world. We can always ask for angels to help us to release our fears and anger about worldly situations. Angels want to help us heal the world. However, except in cases of dire emergency, we must ask for their intervention because of the Law of Free Will. The angels gladly respond to our calls for help, as they know that they are simultaneously healing the world as they heal the hearts and minds of lightworkers.

Lightworkers' time and energy is best used in healing functions. For that reason, arguments and debates about world problems are counterproductive to the lightworker's way. Conflict stems from the ego and is based in seeing others and ourselves as separated beings. The time and energy spent in a debate could be better used in a session of energy work, spiritual healing, or simple human gestures of kindness toward the earth.

In the same vein, our world healing involves guarding the words we use in our speech and thoughts. This includes avoiding discussions about "how awful" this and that part of the world has become. There is always a way to kindly steer such conversations toward an outlook of hope and healing. I often ask Jesus or Holy Spirit to help me choose my words, and I'm always amazed at how they instantly give me just the right phrase to say.

**World Health and Peace**

On a spiritual plane, not only is there nothing wrong with the world, but there is no world. The illusion of solid matter stems from the mind of man, not from the Creator. Nonetheless, the compassionate lightworker can help herself, her brothers and her sisters on earth to enjoy their dream about earth.

You've undoubtedly had the experience of a lucid dream where you had a split consciousness and were simultaneously dreaming while being aware that you were dreaming. Part of you was doing the dreaming, while the other part watched you dream. That part of your consciousness that was watching was able to steer the dream's direction. You can direct the mass dream with your awareness, in the same way.

Whenever a lightworker experiences the revelation of being one with God's love and with each other, a contribution is made to the mind of every other being. The effect is similar to how a wrinkle appears in the
brain's cortex whenever something new is learned. The one mind receives this lightworker's sane thoughts about true reality, and the new wrinkle nudges the entire sonship and daughternesship of God to awaken.

Spiritual healing of the planet involves the true self-mind, and not the body. Therefore, your treatments will be done within the true self-world. You enter this world by pushing the "on" button to the parallel life with a loving thought. This means you'll need to avoid holding fearful or angry thoughts about the world. You may need to remind yourself of the healing benefits of practicing "nonattachment" to matter, as espoused in Eastern philosophies. Although you, of course, love nature and don't want to see it spoiled or destroyed. You show the most love for it by holding thoughts from the high plane of truth. We can't heal from the level of fear and despair, after all.

The world is healed the instant you decide to see a healed world. I have signs posted in my home that read, "The world is loving, happy, and whole." This reminds me to heal the world by seeing it healed—not as a way of denying ugliness or pain, but to peel away those unwanted outer illusions. The core of our world is beautiful, clean, and peaceful, and we can experience this world with a simple decision to see it. In this respect, the only requirement of a lightworker who desires to help the world is a decision to stay centered in a perspective of love. As we lightworkers heal individually, the world is simultaneously healed. As A Course in Miracles says, "Thus is your healing everything the world requires, that it may be healed. The resurrection of the world awaits your healing and your happiness, that you may demonstrate the healing of the world."

Finding your inner voice.

Healthy Relationships with Deceased Loved Ones

Our relationships with our loved ones don't end with their death. The relationship merely changes form. As a psychotherapist and clairvoyant medium, I help my clients to maintain healthy relationships with their loved ones on the other side. Healthy post-death relationships are important for the sakes of souls on both sides of the veil of death.

Grieving survivors have mixed emotions that they must sort through following the death of a loved one.

The survivor probably feels a great deal of sadness, loneliness, and confusion. These are feelings that we expect of someone who has just lost a friend or family member. However, survivors sometimes feel anger or a sense of betrayal toward their deceased loved one.

These feelings are difficult to work through since most survivors don't like to admit they are angry with someone who has passed away. It doesn't feel "correct" to hold resentment toward someone who is gone. Yet, admitting these perfectly normal feelings is an important part of healing from a loss.

After all, our deceased loved ones are completely aware of how we feel and think about them. We can't hide anything from a person on the other side! We can only hide feelings from ourselves—but at the expense of our peace of mind. When we deny our true feelings, we block our own happiness and also the spiritual progress of our deceased loved one.

My client, Laura, for example, was very angry with her father for not taking better care of himself. Laura's dad had passed away after a lengthy illness, and she was furious at him for his unhealthy lifestyle of smoking and drinking, which had contributed to his death.

Simultaneously, Laura felt guilty for being angry with her father. She felt she should "have more respect for the dead."

During our first session, Laura's father came through from the other side and asked for Laura to please forgive him. He explained that his deep concern for Laura's emotional welfare was keeping him earthbound. This is a very common occurrence: when we are extremely upset about a loved one's death, he or she stays near us to insure that we are okay. However, unless our deceased loved one has an assignment to be our spirit guide, spending so much time with us thwarts their own progress. Laura's father wanted to move on
to the spirit world, so he could participate in growth producing activities. But he first wanted her permission to leave her side.

Another of my clients, Maryann, held very deep resentment toward her deceased father for the childhood abuse he had inflicted upon her. During our session, Maryann's father came through and expressed his deep regret for hurting her. He also asked for her forgiveness. As Maryann sobbed tears of grief connected to both her childhood abuse and to her father's death, Maryann's deceased paternal grandfather suddenly appeared. Her grandfather explained that he had been responsible for much of Maryann's childhood abuse. He explained how he had severely beaten Maryann's father when he was a boy. This childhood abuse had spurred Maryann's father into becoming a child abuser when he grew up. The grandfather begged Maryann to forgive him and her father. He explained that, by forgiving both of them, Maryann would release herself from the snares of unhealed anger and resentment.

Both Laura and Maryann wanted to forgive their deceased fathers. But wanting to forgive, and honestly forgiving are two separate processes. Both of my clients had several counseling sessions with me before they were ready to release their anger and resentment completely. Laura was finally able to see her father's unhealthy habits as his way of dealing with his unhappy career. She could feel compassion for him for being stuck in an unsatisfying job, and this mindset helped her to release her blame toward him. My other client, Maryann forgave her father and grandfather after she told me, "I'll forgive my Dad and my Grandpa, but I won't forgive their acts." This is one way to let go of old anger. After all, it's most important to forgive the person, if not their actions.

We do ourselves and our deceased loved ones a world of good when we openly admit and work through all of our grief-related emotions.

One good method is to write a very honest letter to your deceased loved one. As you write your letter, don't edit or censor your feelings in any way. Remember, your loved one already knows everything you feel about him or her. Your loved one doesn't judge you for holding any negative feelings; he or she simply wants you to feel the peace of mind and happiness that comes from self-honesty and forgiveness.

Your relationships with your loved ones on the other side can be wonderfully fulfilling. Many of my clients tell me that their post-death relationships with their loved ones are even closer and more honest than before their death. Death doesn't mean an end to the love you have shared. Remember: love never dies!

Coming Out of the Spiritual Closet

I spent a great deal of my life in the spiritual closet. I'm glad that, today, I am out. As the daughter of a spiritual healer, I grew up in a non-traditional household. Instead of having a family physician, my mom would heal us with prayers and affirmations. Miracle healings, angel appearances, and wonderful manifestations were continuous parts of my childhood.

Yet, when I'd go to school or friends' houses, I quickly learned it wasn't "safe" to discuss our family's lifestyle. The other kids would make fun of me, roll their eyes, or even laugh when I'd talk about my spiritual beliefs and practices. It seemed that my childhood peers were firmly entrenched in the world's material mindset. This mindset is the belief that we are victims of outside circumstances, diseases, and other people.

This mindset is the belief that you must compete to get ahead in the world, because there isn't enough good to go around. This mindset is also the belief that other people and God are separate from one another.

So when I would talk about principles of manifestation or spiritual healing, I received ice-cold receptions. This didn't make sense to me at first. After all, I thought that they would enjoy learning how to use their minds to create more peaceful and harmonious lives. Yet, it soon became apparent that these spiritual principles were too far-out for them to consider using.

That's when I went into the spiritual closet.

I kept my mouth shut, and sometimes, I even went along with the crowd. When people would discuss how "awful" or how "unfair" life was, I'd solemnly nod in agreement. By going along like this, I was readily accepted and soon became fairly popular. After awhile, I began to develop a form of amnesia about my
spiritual beliefs. I talked less about them at home, and I gradually adopted the material mindset of the world. I stayed in the spiritual closet until a series of profound adulthood experiences helped me to remember the spiritual principles and beliefs of my childhood. (I discuss this in detail in my book *The Lightworker’s Way.*) At the time, I was a psychotherapist with a successful private practice. However, I rarely spoke about spirituality during my sessions because of leftover fears from my childhood that others might reject me for my beliefs.

Yet, the spirit world made it clear that it was important for me to teach about spirituality in my healing practice, as well as in my books and workshops.

I felt very intimidated. On the one hand, I definitely wanted to teach about spirituality and incorporate the spiritual healing principles into my private practice. But on the other hand, I was terrified that if I took this risk, I'd lose everything: my income, my reputation, my friends, and my family.

After a lot of discussions with God, the angels, and some ascended masters, I finally opted to come out of the spiritual closet. At first, I tiptoed out of the closet. For instance, I'd mention God in a passing remark, or I'd teach a client basic principles of manifestation or spiritual healing. Always, I was braced for the sky to fall on my head in response to my candor about spirituality. Yet, I found that other people positively embraced my words and asked me for more details about my beliefs and practices.

Within a couple of years, I was fully out of the spiritual closet. The feeling of freedom of no longer censoring my words was delicious.

Today, I openly tell cab drivers who ask what I do for a living that I write books about angels, and I easily discuss manifestation principles with grocery store clerks and bank tellers. Of course, I use my discernment to know how far to go with these discussions. I also continuously ask for Divine guidance about what to say, with whom, and when. I find that nearly everyone I meet is open to discussing spirituality. Perhaps it's because they can tell I don't have an agenda to persuade them to my way of thinking. I'm not a preacher, after all. I'm a lightworker who desires to spread love and light throughout the world. And we do that, not through arguing the fine points of spiritual principles, but by modeling a loving and peaceful nature ourselves.

In my travels, I talk to many people who are still in the spiritual closet. They want to talk openly about spirituality, but they fear social repercussions. I think that we can use subtle means for spreading love and light, though, that ensure a positive reception. Of course, the most important part of teaching spiritual principles is making sure that "we walk our talk." If you are discussing peace, be sure that you are centered in peace yourself.

We can also do fun things such as wear angel pins, and jewelry or clothing depicting a spiritual theme. We can carry a copy of a spiritual book with us, as a conversation topic. We can sprinkle our discussions with spiritually oriented words, and fearlessly use phrases that are positive and light-filled.

We are children of a Creator who is continuously broadcasting messages of love outwardly. Our Creator doesn't edit or censor these messages out of fear that someone might not be ready to hear them, or because of political correctness concerns. God simply broadcasts messages, knowing that whoever needs them, will receive them. Is it any wonder that our natural impulse is to do the same?

As we come out of the spiritual closet, we never know how many people's lives we can positively affect. Our offhand remark about angels, Divine order, or manifestation might set the other person on a life-changing spiritual path. If they are not ready to "hear" spiritual truths, the other person will simply tune us out. Either way, we have come from the authentic place of speaking our truth from our heart.

And that is among the greatest of freedoms we can ever know.

**Keys to Clairvoyance**

When most people think of a psychic, they probably imagine an exotic-looking woman peering into a crystal ball. She wears giant hoop earrings and a long, flowing dress. In a mysterious foreign accent, she reveals
what she sees in your future—usually for a steep fee.

Yet, you can be your own psychic, by developing your own natural power to see the future. The word, "clairvoyance," means "clear seeing." In other words, a clairvoyant clearly sees the truth about the past, present, and future. You've probably experienced clairvoyance yourself, and may not have even known it. Common clairvoyant instances include:

- You have a vivid dream which later comes true.
- You lose your keys or wallet. Then, a picture of the place where you left the item flashes into your mind.
- As you’re driving, you see a mental image of the car ahead of you turning left. Two minutes later, the car turns left exactly as you’d mentally imaged.
- You suddenly see an image of a person in your mind’s eye. Later that day, you receive a call or a letter from that person.

These experiences of clairvoyance are quite normal and often very useful. Even more, you can learn how to increase your clairvoyant power so that it becomes a reliable tool for everyday living.

We enhance and improve clairvoyance, like any behavior, with learning and practice. If you follow the seven steps listed below and practice them for seven days in a row, you'll experience more consistent and reliable clairvoyant images.

**STEP 1: Release the Fears of Seeing the Future.**
My psychic development students usually recall being clairvoyant when they were children. In fact, studies show that young people have the highest rates of clairvoyance of any age group.

However, children often "turn off" their clairvoyance because of fear. This fear could come from a thoughtless remark by adults who say the child's invisible friend is his imagination (when, in truth, the child is seeing angels and spirit guides). Sometimes, parents tell their children that psychic insights are evil. Or, the child may see a frightening image of her parent's impending divorce, or some other painful future event. She then shuts her clairvoyant vision, because she doesn't want to see her future.

Whatever the source of fear, we must release this emotion to regain our full clairvoyant power. One of the best ways to rid yourself of fear-blocks is through saying an affirmative phrase. Sit in a comfortable position and take two or three very deep and slow breaths. As you breathe in and out, say these words either silently or aloud: "I am willing to release all fear of seeing my future."

**STEP 2: Formulate Your Question in a Specific Way.**
Accurate clairvoyant answers require accurately-stated questions.

Carefully word your questions so you'll receive an answer that truly meets your needs. The best way is to be honest with yourself about your "bottom line" true desires.

For example, you might ask, "Will I meet someone at the dance tonight?" and then see a clairvoyant image of yourself talking with a new person who isn't your romantic type. A better question would be, "Will I meet my next romantic partner at the dance tonight?" Your question can have as many details as you like.

**STEP 3: Breathe and Concentrate Upon Your "Third Eye".**
After asking your question, take three deep and slow breaths. Put your focus on the area between your two eyes. This is an energy center, known as a "chakra," which activates clairvoyance. This chakra area contains a "third eye," which supplies psychic pictures in answer to your questions.

As you breathe, look for and notice an oval shape resting horizontally between your two eyes. Notice whether this "third eye" has its eyelid closed, open, or partially open. If the eyelid is closed or partially closed, ask it to open. Reaffirm your willingness to release the fear of seeing psychically. Once the eye is open, you will be rewarded with a blissful feeling of warm love, as you are reunited with a long-lost part of yourself.
STEP 4: Notice any Pictures that Enter Your Mind.
Clairvoyant images generally come in one of four ways: as a single picture inside your mind's eye; as a single picture that you see outside your mind's eye; as a movie image inside your head; or a movie image outside your head. The pictures can be black and white or full color. Sometimes, they may appear as a painting or a cartoon.

STEP 5: Increase the Brightness and Size of the Images.
Simply think this phrase, "Pictures, I ask that you grow in size and strength, NOW!" With your powerful intention and decision, the clairvoyant pictures will instantly become larger, brighter, and bolder.

Bigger and more colorful pictures are easier to interpret. If this step seems to give you trouble, repeat Step 1 above.

STEP 6: Ask For Interpretation and Clarification.
You need to know the meaning of your clairvoyant images in order to interpret them and put them to good use. If you are unsure of what your psychic pictures are trying to tell you, ask either mentally or aloud, "What do these pictures mean?" You will receive an answer as a feeling, thought, or sound. If the answer is unclear, ask that it be repeated or delivered to you in a different way. The spirit world wants to help you receive psychic information, and they will work with you until you clearly understand the answers to your questions.

STEP 7: Trust in What You See.
This last step is crucial, because if you discount your clairvoyant images or write them off as mere imagination, they are lost opportunities. You'll gain more confidence in your psychic abilities if you keep a record of your clairvoyant images. Be sure to keep track of each psychic image that comes true. In this way, you'll learn how reliable your clairvoyance truly is. You'll also understand your personal symbology, as each person's clairvoyant psyche uses a unique set of pictures to symbolize different meanings.

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