



**You Can Change and Color Your Life:
A Collection of Writings**

By Cyndall





From Cydall

My name is Cynthia, I chose the name Cyndall because Cynthia is a mom and a grandma, Cyndall is psychic. In my private life, I own a business, paint, play my game boy, spend time with friends and family. I read my Bible and even the backs of cereal boxes. I love my psychic job, and make the time to do it. It's not always easy with such a large family, pets, and a successful business.



I have been blessed with the gifts of clairaudience (hearing) clairvoyance (seeing) and clairsentience (smelling, touching, tasting). I also see and feel energies around people. I use YOUR guides to get the answers to your questions. I find it fastest if you ask direct questions, I can do general readings, it just takes longer. If you want specific answers, ask specific questions. I spend 1-3 hours a day studying, praying, meditating, and I often fast. I am a Christian and my beliefs are solid. I log off after 3-5 readings to regroup myself. This keeps me balanced in my readings. I love what I do.

My style of reading depends on your guides, I can be very blunt, or very empathic, depending on your guides. Some guides never stop talking, others are very quiet. I never know how a reading will go. Some have wonderful senses of humor and some do not. Never ask "what do my guides have to say?" unless you really want to know. They told one client she was a slouch, ate nothing but fast food, never cleaned her closet, and never drank water. She knew it was true and was fine with it.

As silly as this sounds, I try not to listen to myself give a reading. A very talented psychic (mystic wonder) told me I was filtering too much. I told myself "I will not filter what the guides say" and my very next reading was strange. A lovely gal called and asked about her lover, I heard myself say "Gosh I see green slime all over his face". As soon as I heard myself say that I was inwardly thinking "Oh my gosh, crazy stuff comes out when I do not filter", (I was inwardly groaning and wanting to snarl at [mysticwonder.](#))



The gal started laughing and explained that the 'slime' I saw was not slime at all, her lover had just been skiing and his face had been covered in 'snotsicles'. That explanation made me laugh, then start dry heaving, we were both laughing so hard.

Spirit can use strange things to prove their point. I stopped filtering and have tried not to listen to myself give readings. I can never believe I just said THAT, so not listening has been my solution. Because the readings flow through me, not from me, I have a hard time remembering them. Quite frankly, I like this, it means a fresh reading each time and I am not relying on memory.

Being psychic is a gift that carries a heavy responsibility. Readings should be used as tools, not a roadmap to plot your way. If I get a reading I do not like, (and I do) I pray it out. Nothing is set in stone. Please, never intend to lie to your psychic, you will get a terrible reading and have no one but yourself to blame for it. Your intent is everything. Try to be as calm, and open as possible. Get the most from your reading by being prepared for it. Take notes. Many time the things we say make sense later.

I get emails about things I said weeks after the reading, long after I have forgotten I said it. Understand that if you are emotional, or dwelling on a final outcome, you can prolong it. The best thing to do is to give the final outcome to God. In my own life I have often wanted something so much, and did not get it, only to see later that what I did get was the best possible outcome. Trusting God makes all the difference.

Cydall

www.cyndall.com



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Accountability

As you learn, you become accountable for your knowledge. Spirit will let you know what to do or what not to do. I often tell clients to "Let Go", they try it halfheartedly and are amazed when things start happening. Some then go right back to dwelling and nothing happens so they "Let Go" halfheartedly once more. They are dismayed when NOTHING happens this time. Why did nothing happen? Well for one thing, we let go in faith, to show trust in a higher power, not to manipulate the situation. This is not a game.

This is a LIFE LESSON. Stop and examine yourself and your motives. Where and in whom are you putting your faith? Do you have faith? Do you have a relationship of any sort with God? Are you afraid of him? What is your concept of God? Is it like a Santa Claus who rewards you when you are good, and gives you heaps of coals when you are bad? You may have had reading after reading and nothing has happened. Then out of the blue, everything starts happening. You get excited and start taking notes, you LIVE for your predictions. WRONG, do this and things stop happening. You wonder what happened to your psychic, he/she used to be so reliable. Now take a few minutes and look at what you learned along the way, you are now accountable for your knowledge. It is so wonderful to hear "It all happened just like you said" I love that as much as anyone would.

However it is WRONG to base your life on what a psychic tells you. We see the probabilities and tell you how to attain it. At some point, you have to start CREATING your life and making things happen for yourself. Just as a parent will clean the toddler's bedroom for them, as they age, the child picks up their toys, later clothes and by the time they are about 10, they should be cleaning their own room and doing their own laundry, and when they do not do this, they live in a pig sty, get grounded, wear dirty clothes, and generally it is because they are lazy.

So if life has slapped you lately, you may want to really look at yourself. Are you using the knowledge you have been given? Are you practicing it? I do not think we should ever kick ourselves for our past, we do not have to do that, spirit will kick us quite hard





until we are ready to see just why these sad events occurred. Calmly look at it and change it. Make an effort and ask God for help.

I believe that it is dangerous to try to manipulate spirit, even when you tell yourself you have the highest reasons and that you have no hidden agenda. Spirit KNOWS, there is no hiding agenda's from spirit.

I am often asked why we do affirmations then? We do it for ourselves and no other, we cannot change anyone but ourselves, and to try to do so is wrong. If you do not love, honor, and respect yourself, how can you expect another to do so? If you let yourself go and quit taking care of yourself, why would you expect another to care for you? The outward reflects the inward, take a good look around you, then look in the mirror.

Watch the words of your mouth. Words have power. I learned this the hard way, I got into a habit of saying "so and so was a pain in the butt, cleaning this room was a pain in the butt". I used that phrase over and over. One day while boating on the lake, I decided to ride the tube and hurt my tailbone, I could not sit comfortably for months. I moaned and whined constantly, never even bothered to ask spirit why I was in so much pain. One day after my whiny prayers, I just KNEW why this had been allowed to happen. I changed my words fast, soon after the pain was gone for good. Habits are hard to break.

What words are you speaking about yourself? Your boss, your kids, your relationships? Change your words and change your life. If you find yourself in a rut change everything, rearrange your furniture, watch new TV programs, get some books, and most of all STOP talking about your situation to friends and family, why get even more negativity attached to the situation? Be accountable for your life, your words, your actions. Then watch how much fun life becomes.



Anger

We have been taught that feeling anger is not something NICE people do. Those urgent, often scary feelings of wanting to kick or break something makes us feel out of control. So we hide the feelings, repress them, medicate them, and deny to ourselves we have this feeling.

The feeling of anger is meant to be listened to. It is like a diary, it tells us what we have experienced and what we have hated experiencing. Anger is a useful tool. We see exactly where our boundaries are. It tells us changes are needed, now. Use your anger to do what you need to do to move away from the situation, or change it.

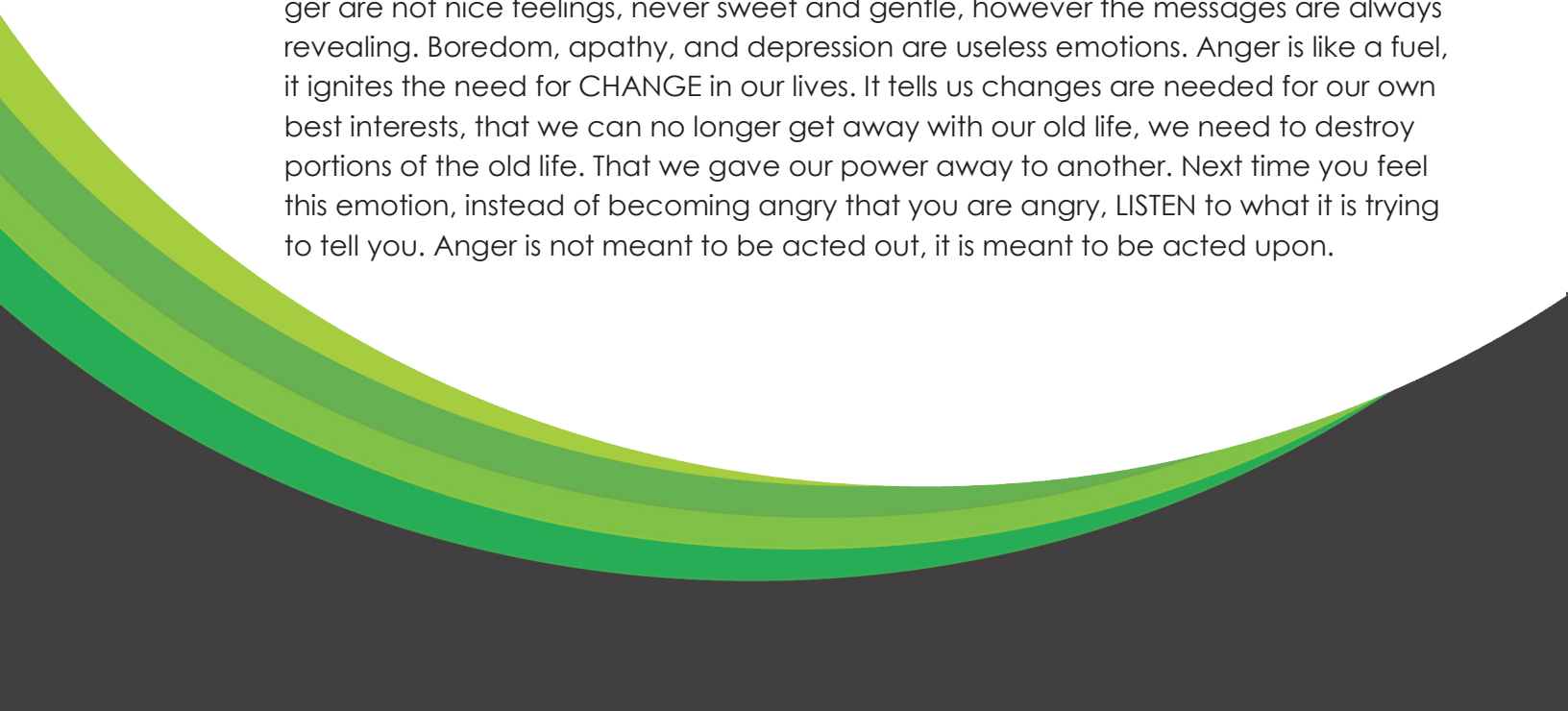
"She forgot to call again" anger is telling you that this person does not honor who you are, or care about your feelings.

"He accused me of something I did not do.....again!" anger is telling you that you can no longer tolerate having to justify your every action.

"She lied to me, once again" anger is telling you that you can no longer tolerate a relationship that has you always guessing about her honesty.

"I got a ticket because my tags expired" anger is telling you to stop procrastinating.

In fact, anger is almost always a message to us. Listen carefully to it. The feelings of anger are not nice feelings, never sweet and gentle, however the messages are always revealing. Boredom, apathy, and depression are useless emotions. Anger is like a fuel, it ignites the need for CHANGE in our lives. It tells us changes are needed for our own best interests, that we can no longer get away with our old life, we need to destroy portions of the old life. That we gave our power away to another. Next time you feel this emotion, instead of becoming angry that you are angry, LISTEN to what it is trying to tell you. Anger is not meant to be acted out, it is meant to be acted upon.





Dwelling

Part One

I first heard this term from my friend Cristin (mysticwonder), she was teasing me about being a dweller (I WAS). I was a brand new psychic and she was so friendly. I had so many questions and was worried about doing my job, right. She teasingly accused me of dwelling on my job. I then noticed my habit of doing that very thing. Worrying about simple things and dwelling over the more major things in my life. I would give my problem to God, and then sit back and tell him how to handle it. If it seemed he was slow in handling it, I would take it right back from him. What an unnecessary burden I was carrying.

Just what is dwelling? Dwelling is when you cannot take your mind off a person, thing or event. You obsess over this and it is always in the back of your mind even when busy.

You call psychics to find out the final outcome and get mixed reports. Nothing but small predictions happen. The timeframe keeps getting pushed further and further and honest psychics are telling you not to dwell. What can you do? The best thing to do is to get as busy as you can and do whatever it takes to take your mind off this. Letting go freely and completely. Why is dwelling harmful to yourself and your situation? It is a bit like a phone, when you are always calling out, no one can call in. Your line is always busy.

You can tie up that line for so long that your number becomes unavailable. No one can call you, not even the one you would like to call you. In fact, they just seem to know intuitively that your line is busy and do not even bother to try to call.



We have connections with everyone in our lives. When it is a love based relationship, Spirit has shown me a cord/tube that runs between two people, if you are dwelling, it is like you are holding onto the tube so tightly that you are cutting off oxygen and literally choking the life out of this situation. LET GO. As long as you are choking and/or tugging on this connection NOTHING will happen. The other person 'feels' the tugging and gets complacent in this situation. When you let go, they feel as though something is 'missing' and start to tug for themselves. This is why you may hear psychics tell you to LET GO. We do not 'let go' to manipulate the situation, we let go in faith knowing that a Higher Power IS in charge. Knowing that this Higher Power knows what is best for us and knows what timing is best for your own situation.

If you are wondering if you are a dweller, you probably are. Do not panic, everyone dwells on something or someone, at one time or another. Forgive yourself, forgive anyone else involved and move on with your life. Never wait for anything or anyone. Get out, meet new people, change old habits. Open yourself to change. Look for it. Make dates with yourself, go places . Do things for others. Organize a place in your home that is cluttered. This is so important. When you feel down, do something for yourself, get a manicure, pedicure, get rid of old clothes. The outward is often a reflection of the inward.

If you think that the person/thing/event can make you happy, you are wrong. We have to be happy in and of ourselves first. Yes we can have the day of being down and depressed, but it is wrong to assume that our lives are controlled by our emotions. Emotions can LIE. How many times have we assumed we knew what another was thinking or doing and let that make us miserable? We feel silly when we find out we were wrong about the situation. That we had allowed our own fear thoughts dominate our emotions. We have to learn to RESPOND to situations and stop REACTING. We have to stop letting fear have dominion in our lives.

FEAR IS: False Evidence Appearing Real.



Nothing in your life is more important than your own growth and sometimes the universe will use these times to wake you up. So before you spend thousands of dollars seeking to hear what you want to hear, stop for a minute and just imagine that God has something better in store for you. I firmly believe we are put on this Earth to be over comers. To learn to create our lives, to learn to love God, our world, and the people who inhabit it. We can change our mourning into dancing. We can manifest our happiness. No one wants to keep repeating lessons, so look at your situation, learn from it so you never have to go through it again. We all get our own personal WAKE UP calls.

WAKE UP:

- Examine the situation you are calling about, what is the lesson here?
- Have you ever had this lesson before?
- Do you want to go through this again?
- Did you give up your personal power and allow another to have it?
- Did you 'forget' yourself and stop taking care of yourself?
- Did you lose your own sense of identity?
- Are you second guessing your own decision making skills?
- Are your friends tired of hearing about this crisis in your life?

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Have you been tempted to manipulate this situation?

Crisis times are evaluating times and only you can do this for yourself. Stop waiting, get on with life.

Honor yourself by loving yourself.

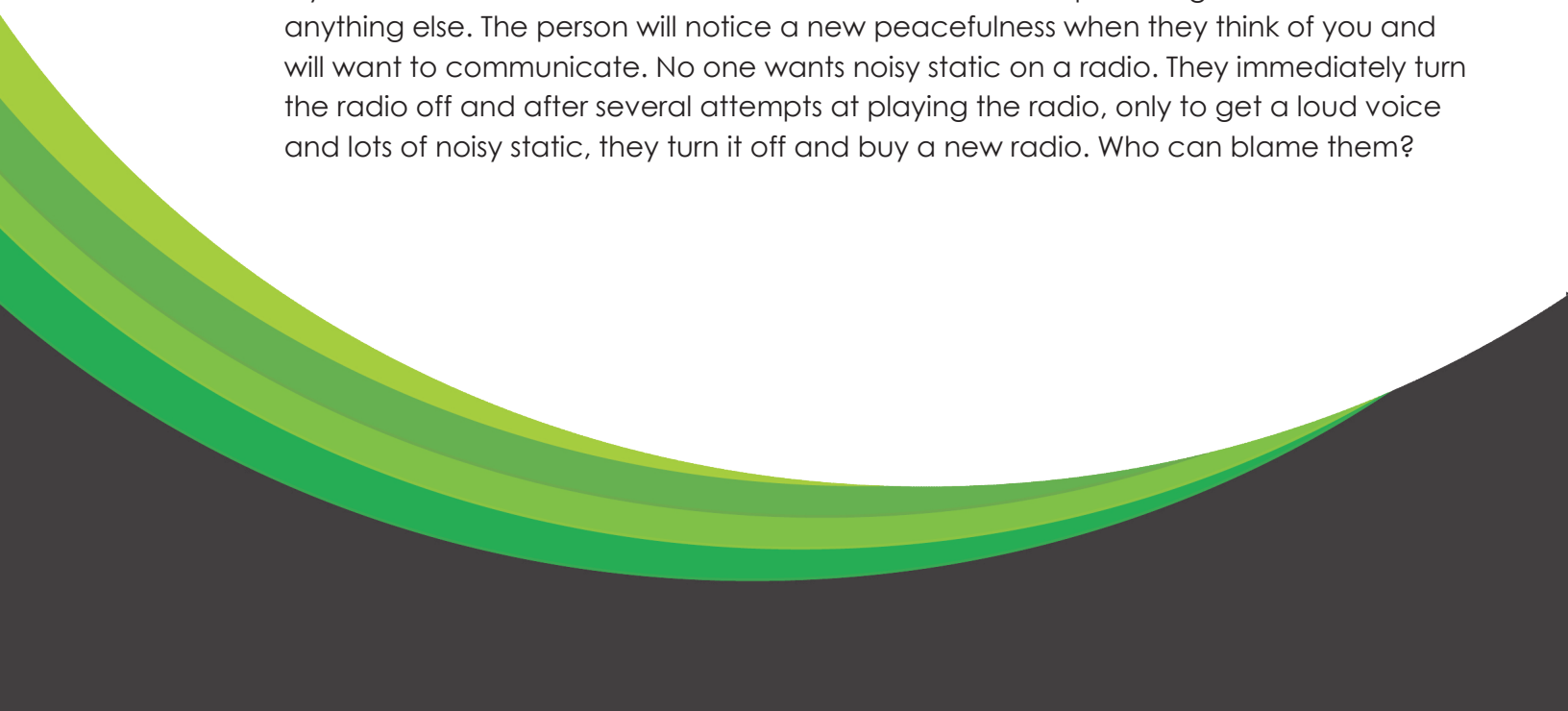


Part Two

So many people have said they do not understand dwelling or how to let go. When you care about someone, you form a bond with them, even if it is one-sided, there is still a connection. For want of a better word, I will call this connection a 'radio signal'. When you want something from someone, and think of it often, you are sending signals to them. If you are dwelling on this, they get signal OVERLOAD and pull away.....they turn the radio down or even off. You then feel the pulling away and tend to push even harder. You send more signals. STOP. Anyone who is pushed feels a natural reaction to pull away. What can you do? Pull away yourself. Quit sending those pushy signals and focus your attention on YOU. Usually the other responds by wanting your attention. It may take time if you have been very pushy. Most people do not think they are pushy at all. The person who has been pushed however, may feel like they have been not just pushed but shoved.

We are not human bulldozers. Stop bombarding them with your thoughts, feelings, meditations, phone calls, and any stalking methods. Why should they even desire to seek you out when they have a 'radio' playing in their head with your messages loud and full of static all the time? Turn the signals off.

If you want attention from them, make a REAL effort to stop thinking of them, focus on anything else. The person will notice a new peacefulness when they think of you and will want to communicate. No one wants noisy static on a radio. They immediately turn the radio off and after several attempts at playing the radio, only to get a loud voice and lots of noisy static, they turn it off and buy a new radio. Who can blame them?





Dr. James Dobson has a book "Love Must be Tough". In this book is a finger diagram, please read it. Sanaya Roman also has a book, "Personal Power through Awareness". Read the chapter on telepathy, in fact read the whole book, it is amazing. If you 'wait', you just get more 'waiting'. Take care of you, feel good about yourself, love yourself.

Part Three

First of all let me say I am surprised there is even more to say about this subject. I have been noticing a trend with clients who are dwelling and trying not to dwell. Panic attacks seem very common. There are two types of them. One happens when you dwell and start feeling sorry for yourself and indulge in sad and morbid thoughts about your situation. You work yourself into a mode of panic and have a difficult time getting out of it. This is something YOU do, you created this.

The other is very odd, you make an effort to NOT even think of the person you have been dwelling on and out of the blue, when very busy, you feel like you have been slapped in the face with a mini panic attack. "I was driving in heavy traffic, I was not even thinking of her but worrying that I would be late for my dentist appointment and BAM, all the sudden I start to panic about her". "I was at a birthday party, laughing and relaxed, watching children eat cake and I felt like I got slammed with a panic attack, where did that come from?" "I was grocery shopping, and intent on getting out of the store quickly, and I felt like I was socked in the tummy, I almost started crying in the store, this came out of nowhere".

Everyone is somewhat telepathic. When we let go, we actually 'free up' the lines of communication.



Have you ever had that "I wonder how Mary is doing, I have not talked to her in a few weeks and should give her a call." Then you think "maybe tomorrow". In a split second, you tuned in and got that now is not a good time. You do not know why you decided to wait until tomorrow, you do not even think about it. Many times within hours Mary will call and you will say "Hey I was just thinking about calling you earlier, I waited until the kids left to go skating so we can talk without them interrupting us". This happens all the time, we do not think about it at all. Random thoughts pop into our heads.

So when the panic attacks happen out of nowhere, that is usually the other person thinking of you. This is a great sign, although most of us interpret it wrongly and think that something is amiss. What to do at that moment? LAUGH or smile, understand what is happening and enjoy it. When they 'feel' you smile, they will have good thoughts about you and after a few of these episodes, they will want to communicate with you. They do not know you are smiling, they just feel good about you. They do not even think about it. So next time you get slammed with a panic attack that comes out of nowhere, think "YIPPEE" and start smiling. Then let it GO.

Try to not dwell, this speeds things up. Time and time again clients tell me how busy they got working fourteen hours a day, having no time to worry about their situation and it all happens, out of the blue. If you must dwell, think about the happy times, let it make you smile and feel happy, do not allow yourself to be go into the "I wonder if this will ever happen?" state of mind. If you must indulge in dwelling do it the right way. In June, no one is worrying about shopping for Christmas, we all know Christmas is coming and do not give it a thought, this has to be your attitude about your situation.



Eating Crackers in Bed

This subject is about sex. So many of my clients (male and female) have sex without love or commitment. It's more a recreational romp to pass time. Spirit has shown me when we have sex, we create soul ties with the other party. The more sex, the stronger the tie.

Even though we jumped into this casually, without really considering whether this person is really who we want and if they can provide a good emotional support for us we start 'needing' this person. We think we fall in love and the truth is we have a soul tie not a love tie. This is painful and messy. Your brain is screaming "This is not the one" and your ego is screaming "I want this person".

So many people have lost respect for themselves and definitely don't understand that by doing so they are creating their own rejection. Loneliness is not an excuse to disrespect our bodies and our souls. I am a huge believer that our main commitment is to ourselves and that it is very easy to be committed when things are right but it only really counts when things are really bad. Breaching that commitment to ourselves brings rejection, pain and more loneliness and then we breach it again... and the circle goes on deeper and deeper.

I also think that putting physical pleasure before self-respect only creates more pain. It is not that we are old fashioned it is about making sure that we are giving the gift of our bodies to a person that is going to accept it with more than just temporary pleasure in mind.

(This paragraph is so true and was written by a very wise client). Imagine a cord between you and this person, now imagine them having a cord with another person who also has cords with another and that person has cords with another 2 or 3 people. Soon you have this huge tangled mess and cannot think clearly. You are literally tripping over cords everywhere you go. This is why I call this *eating crackers in bed*, it's a lot of fun while you are doing it but later you have a huge mess to clean up. Think before creating a mess.



Empower Yourself

It is easy and fun to seek psychic help. Do not become lazy and look to a psychics for all your life questions. You have the ability and the means to get the answers for yourself. There are so many ways to do this. It does take WORK and TIME. Make your own life changing decisions, never allow anyone to do that for you. Never allow the need for anyone's love or acceptance to cloud who you are.

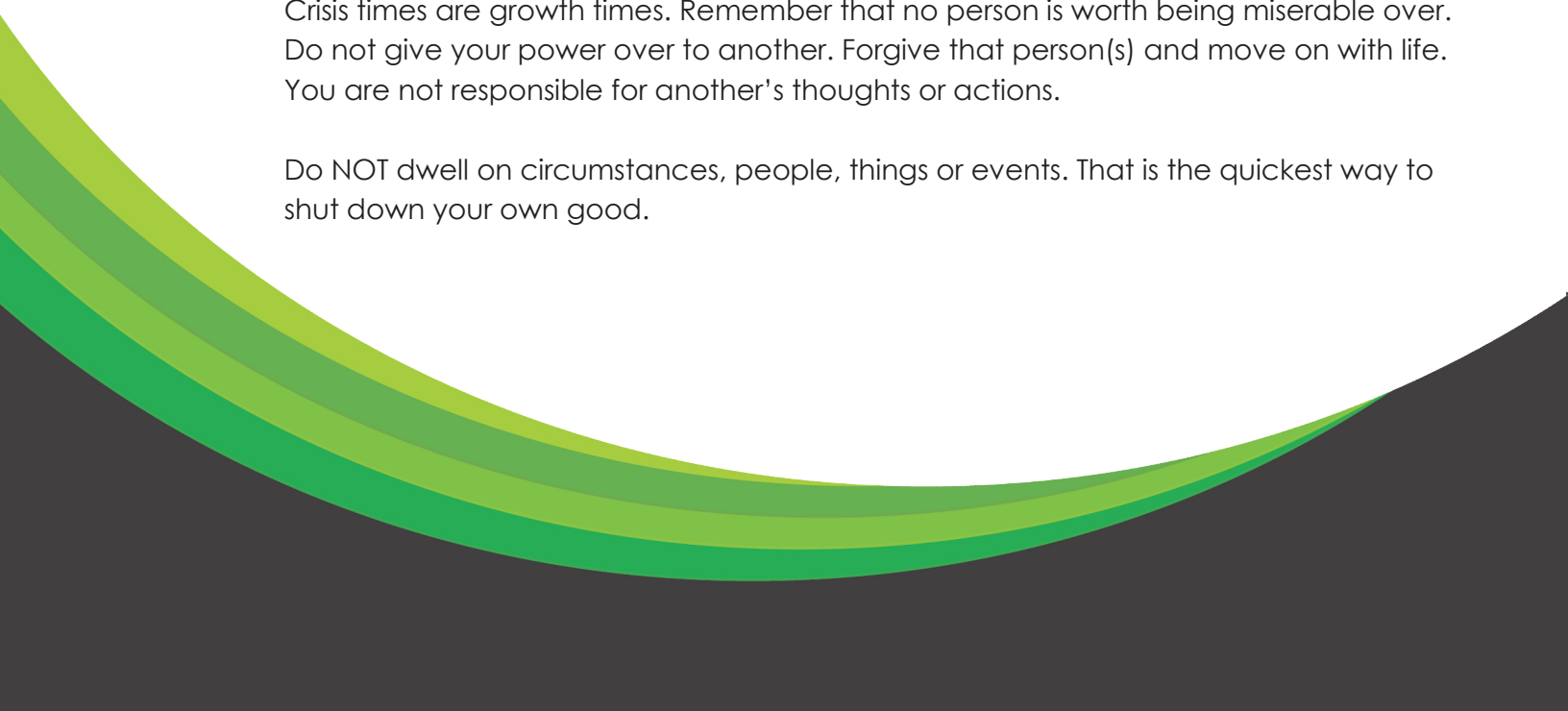
Never give your power to another, God gave it to you and you alone. Learn to love yourself, accept yourself, forgive yourself. Grow. That's why we are here. Forgive others, that has to be the best thing a person can do to make positive changes. Nothing ever comes without some work, be prepared to do it. There is no easy shortcut. Everyone is psychic, we all have intuition. We get that small nudge, that still small voice inside we tend to neglect because we tend to LOGIC it out, there is little logic in spirit. Spirit just knows.

One of my favorite life changing tools is affirmations. I have books of them. I SAY them out loud and to myself all the time. Another wonderful tool for creating the life you want is manifesting. I have manifested so many 'things' into my life that I stand in awe of the power of God. See my list of favorite books and URL'S on the net for more information.

If you 'feel' like you need to talk to a psychic everyday, be aware that there is something in YOU that needs fixing. Work on that. We all have crisis times and can use these times to better ourselves.

Crisis times are growth times. Remember that no person is worth being miserable over. Do not give your power over to another. Forgive that person(s) and move on with life. You are not responsible for another's thoughts or actions.

Do NOT dwell on circumstances, people, things or events. That is the quickest way to shut down your own good.





Gains and Losses

Sometimes we have to give something up in order to gain something better. We have to be willing to show an active faith by letting go of a person or situation that is not meeting our needs.

We want the perfect loving mate who is calm, stable, emotionally available, financially secure, one who gives affection..... without giving up who we are or even noticing what we want is not what we are. We freak every time things do not go our way, we cry and panic, we go shopping and run up our credit cards to make us 'feel' better and happily withdraw our affection from him if he has not lived up to our exacting standards.

We desperately cling to 'Joe' knowing that Joe is not right for us and yet we cannot seem to let him go because we might then be (gasp) ALONE. And what about the time and effort we put into Joe? He looks so much better with his hair cut and he is no longer wearing those wrinkled jeans and those disgusting tee shirts with beer slogans on them. He is now almost what we had hoped for. Well closer anyhow. Spirit shows us that with our hands full of Joe, another is not even allowed to enter the picture. We have no time, no space and our hands are already full.

We still believe in fairy tales and imagine some wonderful Prince coming to wake us from our sleep with a kiss, or slay the dragons for us. From old time Cinderella, Sleeping Beauty, Rapunzel, to the newer Sleepless in Seattle and Pretty Woman...we await the man of our dreams to rescue us and save us from our dull, boring lives. This is why these stories are called fairy tales and fantasies.

Sometimes we have to lose something in order to get better. When we lose something through our own machinations we at least feel we had the element of control over the situation. Sometimes Joe just leaves and we feel such deep disappointment and such a huge loss, not seeing that new and better cannot enter when our hands are full. It seems to be a rule of life that we cannot get anything new without a loss of some sort. If



we really want to gain, sometimes we have to let go and have empty hands for a bit. We slowly come to understand that only we can rescue ourselves. We slowly come to understand that only we can rescue ourselves. We have to change in order to attract who we want.

So we want a man who is good with money, yet we have 20 thousand racked up in credit card debt. We want a man who is not emotionally constipated, yet we cannot let go and allow ourselves to love freely, without expectations, because we were hurt before. We want the man who loves us for ourselves and not our looks and yet he wears an ugly Hawaiian print shirt and we do not go to dinner with him until he changes because someone might see us out with THAT. We want a man who is totally faithful but we flirt with the cute UPS guy and wonder if he will ever ask us out. We want a man who won't forget our birthday or other important events but our engine blows up because we did not get the oil changed when we were supposed to.

The law of attraction states we all vibrate and attract to us what we vibrate. In other words, we get what we put out there. What are you attracting? Is it any wonder you have good old Joe?

When you are in vibrational harmony with whatever you desire the Universe will find endless, creative ways to bring it to you. This vibration cannot have fear attached to it. In a relationship you cannot focus on what you want and then walk away saying "I will never meet a mate like that because I drive an old jalopy and live on the wrong side of the tracks." Whatever you are focused upon, no matter if real or imagined, whatever you are focused upon causes you to vibrate -- and that vibration is what the Universe accepts as your point of attraction. Look at your life, see what you have attracted and then make happy, positive changes to manifest what you desire.



You Gotta Have Faith

Just what is faith? Confident belief in the truth, value, or trustworthiness of a person, idea, or thing. Belief that does not rest on logical proof or material evidence. Loyalty to a person or thing. The theological virtue defined as secure belief in God and a trusting acceptance of God's will.

So faith then is trust. Note, that this belief is not always logical. I am always telling my clients that no one worries about Christmas in June. We know that day is coming and we just trust that it will indeed come. My personal faith walk has been a lifelong journey. I was raised in a church. Still, once I reached adulthood, I have to decide for myself just who and what I believed in. I went to my Bible.

"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith." (Mark 11:23)

Now looking at this scripture, it seems utterly ridiculous that words have power, and it requires faith on my part to believe that my spoken words have power. Words are energy and energy affects matter. Look at all the appliances that run off electricity, which is another form of energy. So we can call our job lousy and it will become lousy. We blab and complain that our significant other is not living up to our expectations and desires and guess what happens? They get worse. We moan about being broke and wonder where the cash is and why we have so many financial emergencies cropping up.

The thoughts and beliefs that you carry also produce an energy around you. Have you ever noticed that when you are angry, things go wrong, and people are insulting and angry with you? Your thoughts and beliefs produce an energy that people can perceive and they react to it. If you believe that no one likes you, then you put off that repelling type of energy, and people run away from you.



If you love people and care about them, they will feel that and be drawn to you. Have you ever been around someone who is kind and full of love? It is an energy you can actually feel, it is almost tangible. The energy of love is a powerful magnet for good in your life. After all, God is Love..

Things and people are responding to your words every day, so speak good things to all that surrounds your life. If you really believe Jesus' words, you will monitor your thoughts and conversations, because you are the one giving the substance and reality to your world through your words.

To walk by faith, you must be a nonconformist. Paul said, "*...be not conformed to this world; but be ye transformed by the renewing of your mind...*" (Romans 12:2) renew your mind to the point that you begin to think and see things the way God sees them.



How to Sabotage a Relationship

The Spy/Stalker

This person is another form of the control freak only with a twist. They are adept at finding passwords to email accounts, they listen and record all phone messages, they drive by their interests work place to make sure they are at work. They drive by his/her home to see if anyone is there.

They make friends with his/her friends and family to keep tabs on them. They do this even if there is no relationship. They feel they have the right to know. They rifle through glove boxes, medicine cabinets, bedside tables, looking for evidence. The problem this creates is that they always get caught eventually and the other person feels stalked and as though they would rather be in a room full of bad Elvis impersonators than with this person. Even when they are in a relationship the person being spied on is getting "You are untrustworthy and will let me down" messages and sooner or later they will live up to that expectation. If you find yourself doing this, stop, no GOOD comes of it.

The Analyzer

Looks for hidden meanings in even the simplest of conversations. "He said my lasagna was great but he could not eat too much of it because he needs to watch his weight, is he trying to tell me I am too fat?" "She said she is not ready to be engaged, she loves me but feels she needs time to make sure of her feelings, is she seeing another man?"

"He gave me flowers for no special reason, do you think he cheated on me?"


"He called me twice today and never said I love you and he usually does, is he losing interest?"



The Manipulator

When this person feels 'he' is losing interest and is becoming interested in a Jane, they do crazy things like taking soap and painting a big heart with a J in the middle of it on his car, so he will think Jane did it. They set up new email accounts to send him sexy anonymous emails to see if he will respond. They buy 2 cans of beer that are not his brand and leave them in their refrigerator so he will wonder if she has been seeing another man. They have a girlfriend phone them at precisely 10:02 pm and giggle and laugh so he will wonder who is calling her.

The Golden Rule still applies. If you are not happy in a relationship you need to spend time understanding why, then make positive changes. If your mate is not making you happy, are you expecting too much? If you are wondering where the relationship is headed, ask your mate. If your mate says he/she is not looking for a serious relationship, honor that. Tell them "I am looking for a serious relationship and understand that you are not, therefore as much as I care, it's best for me to honor my own desires and leave". Yes this is tough. This cannot be done to manipulate another person. You have to do this from a place of love and integrity.





Prayer Works

Everyone has times in life of being down and feeling overwhelmed. Dark nights of the soul when it seems no one understands and God has skipped town. These are the times we see our greatest spiritual growth. No matter how many psychics you call, nothing can ever take the place of having God in your life.

In my own life, I have found when something terrible happens, it is a wake up call from God. I have not been paying attention. God will first shower us with sand to wake us up, when that does not work we get pebbles, then rocks and finally boulders. I am learning to pay attention to the sand. Boulders hurt.

When we pray, we should not pray prayers of lack or want. To say "I want" implies lack. Instead we pray in gratitude as though the situation/thing has already happened. Instead of saying "I need more money, love, friends", whatever, we pray "Thank you God for giving me" in an attitude of gratitude. God knows our heart. His word says he answers our prayers before we can call upon him so thanking him in advance shows faith. We get what we pray for and an "I want" prayer gives us that, more wanting.

Forgiveness is very important, when we cannot forgive another for a hurt, a mistake, a wrong, we chain them as close to us as though there were actual chains. We get stuck in ruts. This is a sore spot for so many people who have been wronged or have perceived themselves as being wronged. We need peace.

I say "I forgive _____ and release him/her to the Holy Spirit" I mean it when I say it.

We often have "crazy makers" in our lives, the people who keep us agitated and in suspense so we wonder what their next move will be. We cannot have peace because they move from one crisis to another. If that is your case, pray them or the situation out. We cannot change others, how they see life or deal with life.



We can change ourselves and a fast way is to become less available to them. It is difficult when this is a loved one. You CAN do this.

Prayer is a wonderful communion with God. Some events are so painful, it is hard to pray, to know the words to say. At this time just open your mouth and ask for help in whatever form God chooses to send it.



Readings and Guides

Yesterday a prediction happened for a client. While that is something I usually hear almost daily, this one caught me by surprise. The time frame had come and gone several times. I would ask the guides for a time frame, get one, and then this client would dwell... and admit it. I think I was much more excited about this happening than she was. Why? Because if I had to make that prediction of myself, I would have said Forget it, not going to happen Every time she would call and I was asked when? I would inwardly groan, ask the guides, they would tell me a date along with if she stops dwelling and starts trusting, quite frankly, I was wondering about her guides timing. I never told her this, she already doubted and the guides were so SURE in that very composed, almost bored manner that they seem to have at times. I learned long ago, that my job is to listen and repeat what I hear, not try to understand it.

Here are some of the predictions that have happened.

Client: I want to know when I will see him again?

Me: Early Sunday morning, he will knock at your door.

Client: That's crazy he lives three hours away, why would he come see me? He never comes to see me.

Me: He is going to say he feels like eating a burrito.

Me: So clean your apartment.

This client did not believe me (I love it when they don't believe, it happens right on time) and she did not clean her apartment. That Sunday bright and early the doorbell rang and it was him. She asked what he was doing there so early, he said I felt like eating a burrito.

Client: (who was separated from her husband) When will I have sex again?

Me: Within 48 hours and his name is Ben.



This client's husband had a strange name and he called himself Ben to make his name easier to pronounce. I did not know this and was thinking to myself Sheesh, she is going to sleep with some guy named Ben, I know she loves her husband. 24 hours later they were back together. I had no clue what I was saying to her, she knew. I often have wondered why they just did not say your husband.

Client: When will I see him again?

Me: Within a week.

Client: That cant happen, I am in this country, he is in that country, and in three days I am going to yet another country for a business seminar. I am shaken up by this news .I ask her guides again and get a haughty look and another loud THIS WEEK.

Me: Your guides are saying this week.

Client: Thank you (clearly thinks I am a nut and hangs up)

A few days later I get an email from her, at the last moment he was also sent to the same seminar, and they saw each other 5 days later.

Client: (Thanksgiving time) I have not heard from him in months, will I ever hear from him again?

Me: You will be engaged to him at Christmas time.

Client: I will be in another country visiting my family at Christmas time.

Me: I see a Christmas tree and an engagement.

I did not get a date when she would hear from him, all I got was the Christmas engagement. He flew to meet her family and formally asked her father for her hand in marriage in the other country, at Christmas time.

Me: There will be a delay in you seeing him because he is going to be arrested for being drunk and disorderly at a bar.

Client: I find that hard to believe. When will this happen?

Me: Next month.



This DID happen, but it was 3 months late. I have no idea why. The guides shrugged when I asked. Timing seems to mean nothing to them.

Me: She is going to be publicly humiliated.

Client: What do you mean by publicly, and when will this happen?

Me: I just hear the words, I am not getting visuals, this will be so awful for her, she can change this if she changes her behavior. It looks like about 6 weeks.

This did not happen for another whopping seven months. It got to be a joke, everything else happened. The client would call and tease me with this one. When it finally happened (newspaper and TV coverage) I was in shock, so was the client.

I have found when clients call and get a prediction, it happens when they do not question it to death.

Me: He will come over on Thursday. Do not be pushy.

Client: Why is he coming over? What is he going to say? Will he say he is sorry for his behavior? Will he want to watch videos? Will he say he loves me? Will we have sex? Will he be happy with my new hair color? Will he mention it? Will he decide he wants me more than her? Will he explain what his attraction to her is? Will he want dinner? If I say this to him, will it make him think of that? If he responds this way, can I say this to him? He forgot my birthday, is he bringing a gift? If I tell him no sex, will he leave here and go see her? How often are they having sex? If she is so great, why is he still coming to see me?

By the time this call ends, I am exhausted. I am the fourth psychic she has called today. The guides are refusing to answer most of the questions and I am repeating "You will see him Thursday" again and again. The client has worked herself up into such a fever that when he shows up on Thursday, he stays ten minutes and leaves.

A gal with a very lovely, prim, voice called me about business and family matters. Right away her guides



started sticking their tongues out at me. They were answering but I was having a difficult time looking at them. I was getting offended and very distracted.

As the call was winding up, they were pointing to their tongues and literally sticking them in my face. How do you tell a client she has the rudest guides I had ever seen? I finally said, By the way, the whole time we have been talking, your guides have been sticking their tongues out at me. She answered Oh good, that's a deal I made with them, they only do that if you are a real psychic.

My own sister: Am I going to hear from him this month?

Me: Yes, I already told you that.

Sister: You said I would hear from him two times.

Me: Yes, if you don't beat this to death.

Sister: There has to be a reason why I would hear from him.

Me: Shut up and stop asking.

Sister: Ok.

Me: Gosh..... LET THIS GO.

Sister: Laughing...ok.....ok. You sound grouchy, do you think you are going through menopause?

Me: AGGGHHHHHHH

Well that was last week and she heard from him yesterday and today. She loves me and does not get offended when I yell. She knows I yell because I love her and want this to happen for her. She knows her final outcome is months away and she is not thrilled with that, but understands that God's timing is always better than what we may want now.



Psychic Surfing

Everyone is psychic! Yes, even you. Usually I get a reading to confirm something I already know. I base my decisions ONLY on what my own intuition tells me and not what anyone tells me. Remember that you have the ability to create your own life, a good psychic should empower you, not drain you. Never become dependant upon what you are told, if you do not like what you hear, change it.

You may talk to several before finding one who seems to connect to you. I have found that if I get an in depth reading, I need to wait at least 24 hours before getting another or I just get the same reading. Spirit has shown me that when I give a reading, I am 'poking a hole' in my client to read them. Some people call psychic after psychic to get read, and when I get them, they look like a giant colander, so full of holes they are difficult to read. After an in depth reading, relax for a bit and get on with your day.

I have had readings and have had that "This psychic is nuts" feeling. I have tossed my notebook away and forgotten it only to have it happen and be amazed at it. No reader is 100% accurate. Only God is. There are possible scenario's and everyone involved has free will to change the outcome. I do this myself all the time. I get a prediction I am not happy about and I change the course by my actions and words. Predictions are tricky, we can be told that a date will be happy and then choose to start an argument and mess it up. You can be told that Liz/Leo is going to reenter your life in a month if you let go. You can then CHOOSE not to let go and mess this up as well. The important thing to know is that it IS your choice. If you are wanting a yes, and get a no, ask your psychic if there is anything you can do to change this. Ask if you should change this, is it in your highest good? If your psychic tells you that Liz/Leo is not in your highest good, ask why, and if they will ever be. If your reader sounds like he/she is reading from a script, hang up. If they ask you to wait on the phone while they meditate for you, or do candle energy for you, or rid you of 'negativity' with some ritual, understand you CAN do this for yourself. Your reader should not need time to 'meditate' on your question. If your reader has read well, but cannot get the answer to your question, be thankful they are honest, many times after moving onto another question, the answer comes. Many times thing we say to clients make sense only after they have had time to think about it, so take notes.



Timing is not easy, we live in a world of clocks. We live in a 3 dimensional world. Sometimes a week will be 4 days, or ten days. If you are dwelling on the outcome, stressing over it, it may not happen at all. Let go. I get my readings from a place where time is hard to measure. Sometimes all I see is a number, nothing else. Try not to be concerned so much about time, as overall accuracy. I have told so many clients that an event will happen this month, and have it happen on the last day of the month. This is frustrating for everyone. I think it is Spirit telling us to be calm and patient. Trust that a higher power has your own welfare in mind and a much better sense of timing than we do.

A psychic will never tell you what to do with major life changes. We may tell you that your body is lacking water, vitamins, even exercise. We cannot make you do a thing. If you ask "Is there anything my guides want me to know?", be prepared to listen. I have had them say some in readings things that surprise me, from "you have to stop eating so much fast food" to laundry tips. Your guides have YOUR welfare in mind, more so than who you may be enquiring about. If you have a 'need' to hear what you want to hear from somebody, don't waste your money. Find out the underlying issues behind **WHY** you are so insecure and needy. That is more important than anything you may want. Remember we cannot always give good news as much as we would love to be able to do so. Honesty and integrity are very important. If you get a NO when you want a YES, try not to be angry about it. Your feedback is important to us. Nothing is written in stone, you can change your life.

Some tips to get a great reading.

1. Never lie to your psychic, nothing can mess up a reading as badly as this can. You get back what you give. Your INTENT is everything. Do not be embarrassed by what you tell us, most of us forget right away, anyhow.
2. Be relaxed and OPEN so we can read you, faster. Take notes, most of us will not remember what we told you unless prompted by spirit.
3. Never call when you feel sick, very depressed, or needy, This is a tough one. This is when you feel a need to call.



4. Nothing is written in stone, you have freewill, a mind, body, and a spirit to overcome any of life's challenges.
5. Have your questions ready, be specific. Take notes. Many times things make sense later. If you ask how Liz/Leo feels about you, you may get, "He/She thinks you are a spendthrift." Not what you thought you were asking, so be as specific as possible.



Ramblings

Specific Questions: I get calls, "Tell me about Jack" I then get quiet and it takes a few minutes and I get exciting information such as : "He wants a new truck, he eats way too much fast food, he has filling in a tooth that is going to fall out". The client then says "That's not what I wanted to know, I know all that". Then be as specific as possible. "How does Jack feel about me?" well this is better, however sometimes I get things like, "He hates the new perfume and wonders if you bathed in it". The best question would be "Do Jack and I have the possibility for a long term, romantic, relationship?" Or even "Why hasn't Jack called me for 3 weeks?" or "Should I just give up on this relationship and start my life again?" My answer is always "YES" to the last one, we never put our lives on hold for anyone.

Fooling Yourself: "If I stop dwelling, then I will stop caring, and there will never be a chance for us to work this out". WRONG As long as you are dwelling, there is no chance that this can be worked out. I have found that some people enjoy the dwelling process and seem to feel it is some sort of security blanket. They get furious when you suggest that their time and emotions could be put to better use. Personally, I have dwelled and been a champion at it. Clients are even encouraged to dwell by psychics. "Meditate on him and imagine him bringing you bouquets of flowers". "Call him, every day, leave messages on his machine telling him how much you miss him". "Drive by his apartment every day and imagine your car parked there". Ok, think about this, does anyone need anyone so obviously needy in their life?

Manipulation: When we see no direct action we can take to change things, we feel helpless. Often this is the time we try to manipulate people. Stop and think about this before doing something drastic. You have to honor how another feels. You have to understand that even if you can manipulate them into doing as you wish, this is just a short fix. Calling, begging, pleading, stalking, crying, makes you devalue yourself and certainly looks pathetic to the other party. It is your INTENT that changes things, and your intent must be for your own good, making changes that are for you alone.



Not Seeing The Bigger Picture : I often see that God has great things for people, and they do not want it. It is like him offering them a Rolls Royce and they stomp their feet and yell "I want my rusty, broken down, untrustworthy, old Dodge back!" Imagine, just imagine, that He has something better to offer, something reliable, something beautiful. Many times when we let go and allow God to move he works miracles. Have you seen the movie "Grease"? That beat up, old car that gets transformed. Transformation takes time, so give it time.

I say over and over again that God does not create the crisis in your life, he does use that crisis to wake you up. It is not hard to have a relationship with him, just start talking to him on a regular basis. This does not have to be formal, just talk to him.

I hate having to give bad news to anyone, I always ask "Is there anyway to change this?" Usually I hear a YES and how to do so. However I cannot force anyone to do the work and most often it requires a lot of work. How much do you really want this Dodge?

Moving On: God speaks to us when we get quiet enough to listen and stop the mental "I want" voice in our heads. Often he uses others to talk to us. We hate our job and a stranger casually mentions that she is quitting her wonderful job to move to another location. A woman is thinking of going back to college and gets an booklet in the mail about the very school she was considering. We have saved for our dream vacation, and the money is just not quite enough, browsing the internet we find a special deal for a nicer resort than we had planned on staying at for half the price. There are times in life when we are in sorrow and sadness and it seems almost impossible to move on. In these times, pray for comfort and allow it to come to you. I pray for it and also for diversions, happy diversions.

Just Do It: When you are stuck, nothing is happening, you are down and depressed, you experience a feeling of powerlessness because you cannot see any direct action to take to alter this circumstance. Often just DOING something, anything, changes our mode of feeling like a victim. Personally, I can tell how my life is going by my spice cupboard. If it is neat and alphabetized, I know I am stressed. If the spices are haphazardly



tossed in the cupboard, life is pretty good. My point here is that when we FEEL we have no power, control, and are victims of life, or another's issues, we can get back our power by DOING something. I get mine back by being orderly. I am not normally a neat freak in the least. I clean closets and drawers and give away anything that no longer appeals to me. Old towels and sheets, old clothing, unused pots and pans. I create an order in the midst of chaos and soon my life follows. If even that has not worked, I can fruits and jams. Everything has always straightened out by the time I am through canning, but if ever it does not, I have a backup plan. I will go clean my son's house and trust me here, I would have to be quite desperate to do that. Goethe says "Whatever you think you can do, or believe you can do, begin it, because action has magic, grace and power in it." So when you have no idea what to do about the chaos in your life, start organizing the areas that you know you can fix. Take action, any kind of action, to get your power back.

Timing: I will not repeat what I have already said in my previous article. Sometimes I talk to a client and tell them, "Nothing exciting here for a month, you will get 3 contacts, the 1st will upset you so just blow it off, the next 2 are better, but nothing great until after the 3rd contact." They get that first contact and FLIP OUT. They call crying and I wonder why. They were told it would not be good, and to blow it off. The next 2 will be better but still, nothing good for a month. Why not relax and sit back and enjoy the time? Another strange thing is when I get a CLEAR time, but when I open my mouth to say "This will happen on the 18th by 6pm" these words come out instead "This will happen by the 25th IF you let go." The first few times this happened, I was anxious until the guides told me that this client would hold on so tight to the date that they would choke the life out of the prediction. Guides can be very direct and sometimes that seems rude. They went on to remind me of all the predictions made for me that never happened, and those that happened 6 months later because I dwelled. Guides have a knack for humbling you with what they know. Predictions happen, but guides are sneaky and usually they happen in ways we do not expect. Looking back, we see it happened just as we were told, however in a manner that was so different from what we had imagined.



Guides and Trust: Talk to your guides, they are NOT mind readers. Help them help you. You have to make some decisions and tell them what you want. They will not tell you what to do. They make suggestions, it is up to you to decide to follow them or not . Once I asked them WHY nothing was happening in my life. I then got this visual....Me at a restaurant and the waiter asking me what I wanted to drink, "Iced tea with lemon" I said, he turned to get it and I say "I would rather have orange juice" he turns to get that and I say "Wait I am dieting, I just want water". This goes on and on and the waiter stands there patiently and I cannot decide. This was a humiliating visual. My guides seem to love this. So I made my decision and still nothing happened. Once again I asked why nothing was happening. They showed me myself, making jell-O (they use a lot of kitchen stuff for me) I put the hot jell-O in the refrigerator and every 5 minutes or so I was opening the door to look at it. It could not get cold enough to jell-O. I got upset and told them that I did not do that! I trusted. They then told me to watch, they would send me a sign. The next day I went into my kitchen and my 15 year old daughter (who thinks cooking is for slaves) was making jell-O. After almost falling over in sheer amazement, I asked "Jordan, why are you making jell-O?" She said "I really do not know Mom, I just had this URGE for jell-O". She looked so puzzled and I slunk into my bedroom to say "Ok guys, I give up, you made your point".



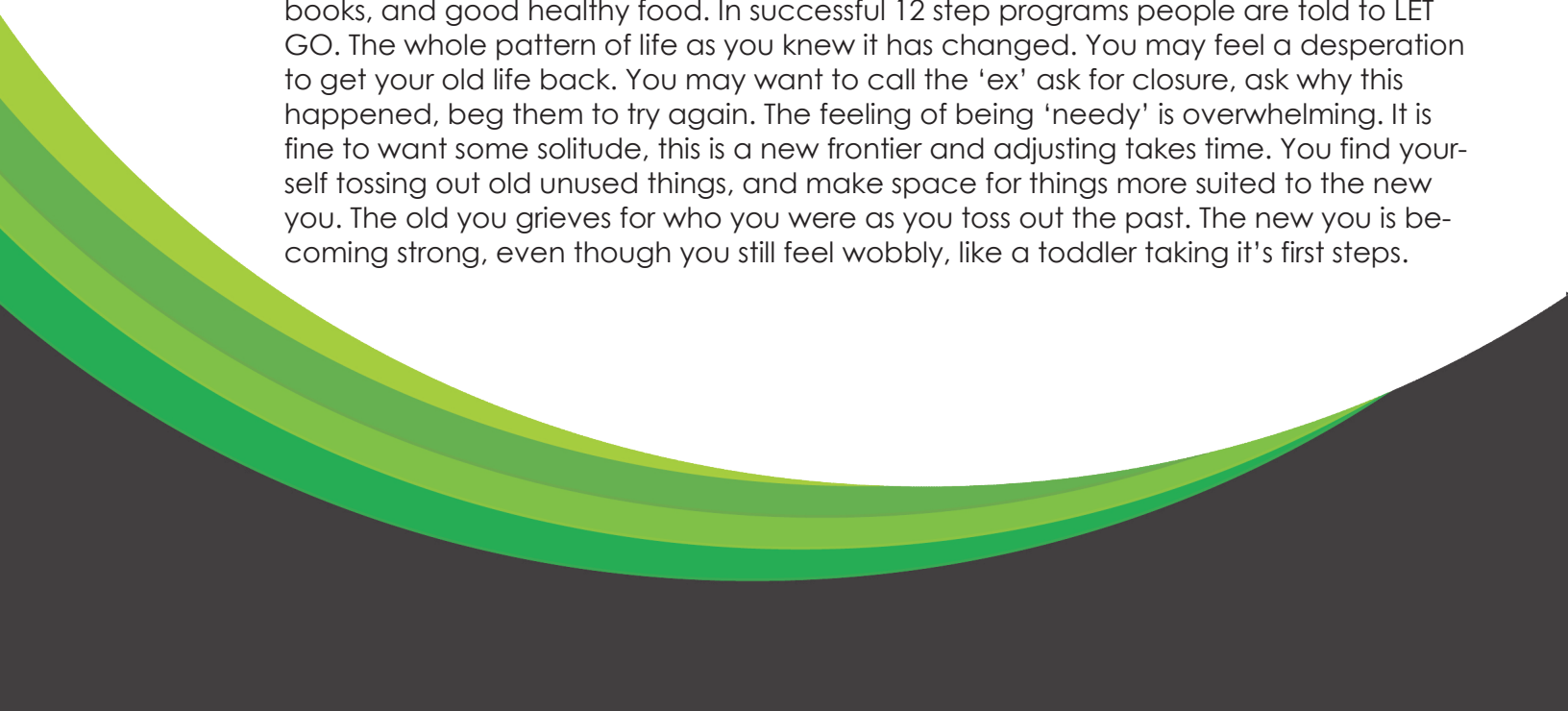
Recovery

Recovering Your Sense Of Self

After a breakup, it is common to go through a phase of "Who am I now?" After all you have thought of yourself as an 'us' and now you are a you. You find yourself waking up in the morning, determined to be happy and at noon find yourself huddled in a heap, crying in your soup. You feel and usually look somewhat erratic. You feel unbalanced and wonder if you are going insane. You want to know why this happened, and feel a need for closure one moment, and a frantic need to be a couple again the next. You have a bad case of the "if only" If only I had not lost my temper, if only I had not caught him, maybe it would have blown over, if only I was 10 pounds thinner, prettier, funnier, shopped at Victoria's Secret more often. If only I had not been so demanding, so sweet, so lazy, so tired". This list can go on forever. You were so used to the craziness of the relationship, that becoming sane feels exactly like going insane. You have these panic attacks and wonder if you will ever recover. Can you ever trust yourself again? Do not dwell on these feelings, you are not a victim.

Helpful Tips

Stay away from the people who want to hear your story and commiserate with you. The old saying that misery loves company may be true for a short time. Being reminded of this and living it over and over is not healthy. Surround yourself with a loving support group. Get busy, get rid of the inertia. During a breakup there is a tendency to neglect yourself, your mind, body, and spirit. Nourish them with meditation, prayer, books, and good healthy food. In successful 12 step programs people are told to LET GO. The whole pattern of life as you knew it has changed. You may feel a desperation to get your old life back. You may want to call the 'ex' ask for closure, ask why this happened, beg them to try again. The feeling of being 'needy' is overwhelming. It is fine to want some solitude, this is a new frontier and adjusting takes time. You find yourself tossing out old unused things, and make space for things more suited to the new you. The old you grieves for who you were as you toss out the past. The new you is becoming strong, even though you still feel wobbly, like a toddler taking it's first steps.





Recovering your sense of Power

After you get your sense of self back, it is normal to go through an angry stage. Listen to your anger, it is always a message. It help us set and define our boundaries. You may have unexpected bursts of grief and even joy. You are coming into your power and the old you is dying, the new you is being born..... and birthing hurts. Ask for help and a hundred unseen hands appear to guide you and applaud you on your way. You start daydreaming again, this time you are the star of these dreams. You live in the now, not the murky past, not the hazy future. A new sense of possibilities arise and you find yourself saying "I can fix this garage door myself". "I could stencil a border on this wall." "My hair may look nice layered." "If I moved the couch over here I will get more sunshine". "I will set a place for me at the dinner table, I am tired of the couch". Small things, some not very exciting, the sense of life moving again usually starts small.

Recovering your sense of Trust

Every end is a beginning, we lose sight of this as we feel our grief. We tend to focus on what we have lost and left behind. We feel unsure of what lies ahead. If the past has hurt so much, how can we be excited over our future? Simple affirmations work. Muttering "I am a happy person" at 4 AM after a bout of crying feels silly and as though it is a huge lie. Smiling when you say it helps, bursting into laughter at the absurdity of it makes it real. It is at this stage you need to learn to play again. You need fun. You may find your fun drawing cartoons, writing, playing with candle wax, baking cookies or a pie. Keep at it and soon you will see the universe responding to you and playing back. Little surges of joy just happen. The joy of just being alive and a survivor is strong.

Keeping a record

The best tip I have learned in the last two years is journaling. I wake up in the morning and hand write two or three pages of just stuff. I never reread what I write until the notebook is full. It is always eye-opening to see what bothered me so much, four weeks ago, was merely a flash in the pan. Some pages start with "Oh great, it's raining and



that means the ugly shoes, I hope they are dry. I have three loads of laundry to do and have to buy cat food." Whatever I am thinking and feeling go right into my pages. I get the junk out of the way before my day officially starts. After a few days of this, events and emotions and a sense of possibility start to show up. "Maybe I will call Suzie, and lunch tomorrow, she has such great ideas. We can order dessert and split the calories". "Maybe I should take a class." "I wonder how a purple snowman would look?" "I saw him standing on the sidewalk yesterday, I wonder why I thought he was so gorgeous?" "He called and asked if I would see him just once more, so he can explain why he has not left his other relationship, or was unfaithful to me, or has not stopped drinking, or needs a loan, do I really want this back in my life?" Slowly, steadily, getting rid of the poison that affects you in so many ways, you regain yourself. We miss being in love, we miss the excitement and passion, it was such a force of energy. If you can channel and focus that energy onto yourself, and start loving yourself again, life takes on new meaning and you start to see that you are working hand in hand with the Creator to recreate your life.



Relationship Ramblings

The most important thing of all: You cannot solve a problem with the same mind that created it. This means that you have to do some personal growth and changing. The most important 'thing' is your own growth. Too often all we focus on, is the problem itself. You are part of the problem and the only thing you can FIX is you.

Fixing Another Person

YOU meet someone wonderful, you are excited and happy, UNTIL you find out that this person has already been married 5 times. No problem, they got unlucky and need nothing but YOUR unconditional love! (I bet that at least 3 of the 5 thought the same.)

They take you for granted so you double up on showering them with attention, you spend your time thinking of 'cute and creative ways' to express your love. No problem, you do more and more so they finally see how much you care.

All your new interest can do is bad mouth his last love, you hear dreadful, horrifying stories and feel sympathetic, for about a week. The stories do not end, and weeks later you can recite them by heart. No problem, you just have to PROVE you are different.

You met the man/woman of your dreams, you have been dating steadily for a few months and you are anxious to know where the relationship is headed. He/She tells you they care for you but are not ready for a commitment. No problem, you cry, have a tantrum, send flowers daily, show up 'unexpectedly' to events you know they will be at. Honor what another tells you, they also have rights in your relationship. If they are not ready, and you are, back off, if that is too painful, leave.

Your new interest seems to be judging you by his/her past relationship patterns. You really were at your sisters house until 11pm poring over old family photographs. No problem, you buy a pager because he/she said your cell phone was not working.



Your new interest is starting to lose interest, you are beginning to panic. No problem, you rush to the bookstore and buy a copy of the Kama Sutra and books on how to please your lover, then you go right out to buy new teddies and call him to say that you have changed and your sex life will be so exciting now.

Your new interest has major money challenges, he is vague about money and often seems to be cashless and expect you to pay the whole bill, not just half. He shows you his latest toys. Does anyone really need a 2 gallon super squirter, and the 300 dollar remote controlled airplane that he has not assembled, it WAS marked down from 400. He casually mentions his cell phone is out, he just forgot to pay that bill and had no idea he had gone over his time limit calling YOU. He is sad you can no longer talk. No problem, you pay that bill and present him with a better phone and plan with even more minutes which you have prepaid for 3 months while he 'catches up' on past bills.

Do you see how futile all of the above is? You cannot fix anyone, it is impossible. Most of us are not even sure we need fixing anyhow. The only person you can fix is you. Are you needy and eager to please? Is it reciprocated?

Imagine that you are a fountain, your water is brimming over touching every person you come into contact with. You are touching them and affecting them in ways you cannot even see. One day you decide you want to change and have pretty purple water. You start changing and the water changes from a light purple into a deep purple over time. Every single person you encounter gets a touch of this purple now. The people you spend the most time with get very purple. You have changed them by changing you. People you have had no contact with for ages FEEL that you have purple water now and want to reach out to you, and see for themselves. My point here is that you can only fix or change yourself. In doing that, others too are changed.

Relationships: Everyone has different problems in relationships but it seems letting go of them is one of the most common. If this is a stumbling block for you, you need to detach and give yourself time to heal and recover. I find so many people do not set



boundaries in relationships. They have a busy life and as soon as they are in a relationship, their life is nothing but waiting by the phone, being upset when that person does not call, being upset when it is not moving at the pace they want. They just wait and wait and get frustrated and then wait some more. They create more waiting. Their mate knows they are waiting and feels pressure to perform. Once they feel the pressure they BALK at it. Why set up this type of scenario in the first place? Your life does not stop, or get put on hold, because another enters it.

So when you meet Mr./Ms Wonderful, you do not stop doing what you do now. If you are passionate about painting and they are passionate about building miniature robots, you do not try to build robots too. You do not lose who you are to please another. It is your very individuality that attracts others.

If your sister said "Hey, I may have time to drop by tonight, it may be late because I might go out with the gang, I am not sure yet, and will let you know", you would have no problem saying, "Sounds like fun but Mary and I want to go to a late movie and we both are free tonight, so lets try another night". You have just set a boundary. If your sister said "I will call you at noon on Saturday" and by 1pm she had not called, you would have no problem leaving the house to go to the library to check out the latest thriller. You just set another boundary when the excuse call comes at 2pm and you are not there. You do not have to say a thing, because your actions say it all for you. If you can do this with a sister or friend, why not with your current interest?

Wisdom: I was at a conference with Moonangel656 (Amy), earlier in the day we had been discussing relationships, how lost we, our friends, and others had been when they ended. A psychic, and life counselor, Sonia Choquette was speaking and doing random readings for the audience. A woman stood up, obviously upset, her relationship of three years had just ended. She asked Sonia why it had ended. What Sonia told her was amazing "Your soul was crying, you lost who you were in this relationship and became who you thought he wanted you to be. It had to end so you can reclaim yourself." Amy and I looked at each other, got our notebooks out and began to write. Your



life is not just about your relationship, it is about you. As much as we hurt when a relationship ends, sometimes the answer is reclaiming ourselves. We may want the relationship back so much that we lose ourselves once again trying to reclaim it, rather than who we are. We may want it so much we are willing to become another person. I have seen so many couples reunite and break off again because it was too soon. No changes had been made, they fell into the same patterns. A breakup can be a very positive thing. It gives you time to reclaim yourself, decide what you want your relationship to look like, feel like, and be. Many times, when you can distance yourself from the emotional pain, you can see it was not what you wanted. It is fine and healthy to still love the other person, what is unhealthy is putting your own life on hold, and not loving yourself enough to put you first.



Setting Boundaries

This is a difficult subject to address. I talk to so many women who ask about their relationship and where it is headed. When I 'look' into the relationship, I see it is not much more than a 'booty call'. It started out the right way. They dated, had fun, became emotional and intimate. Then somewhere along the way, he became busy and started dropping by for sex only. The dating, the laughter, the romance is gone. Now she is afraid that if she is unavailable to meet his needs, she won't see him. She is also afraid she is nothing more than a sexual outlet and if she does not provide that for him, he may look elsewhere. She tries to justify this by saying she has needs as well. However, her emotional needs are not being met and after sex, she feels empty. At the risk of being crude, she has become nothing more than a McDonald's drive through and she does not even get a 'Happy Meal'.

So many relationships are nothing more than life lessons. If you do not learn from this lesson, you get to do it all over again. What is the lesson here? Honoring yourself, loving yourself, not being needy, and most of all deciding how this relationship should be. You do this from day one. This is not a lesson on "how to trap a man". This is a life lesson on how to take care of you WISELY. Yes, your relationship is important, but if you lose sight of the fact that you are just as important, you will have an empty relationship, or none at all.

I know it seems silly, but when I look at relationships I see cakes. The cake is the base of the relationship, the friendship, the caring. The frosting is the love and the sprinkles on top are the sexual feelings. In some relationships, all I see is a plateful of sprinkles. In others, I see the cake but no sprinkles, in some I see the whole cake but it looks dried out and crumbly, neglected.

I was relieved when another psychic told me she was seeing cakes for relationships too. (Phew, thanks Cristin) This is spirits way of showing us quickly what the relationship is all about.

I could go on and on, however, there is a book that says it all. The title is meant to be humorous, not offensive. "Why Men Love Bitches" by Sherry Argov. This book is hilarious, and will show you how to set boundaries easily. Hopefully you can turn your McDonald's experience into Burger King and 'have it your way'.

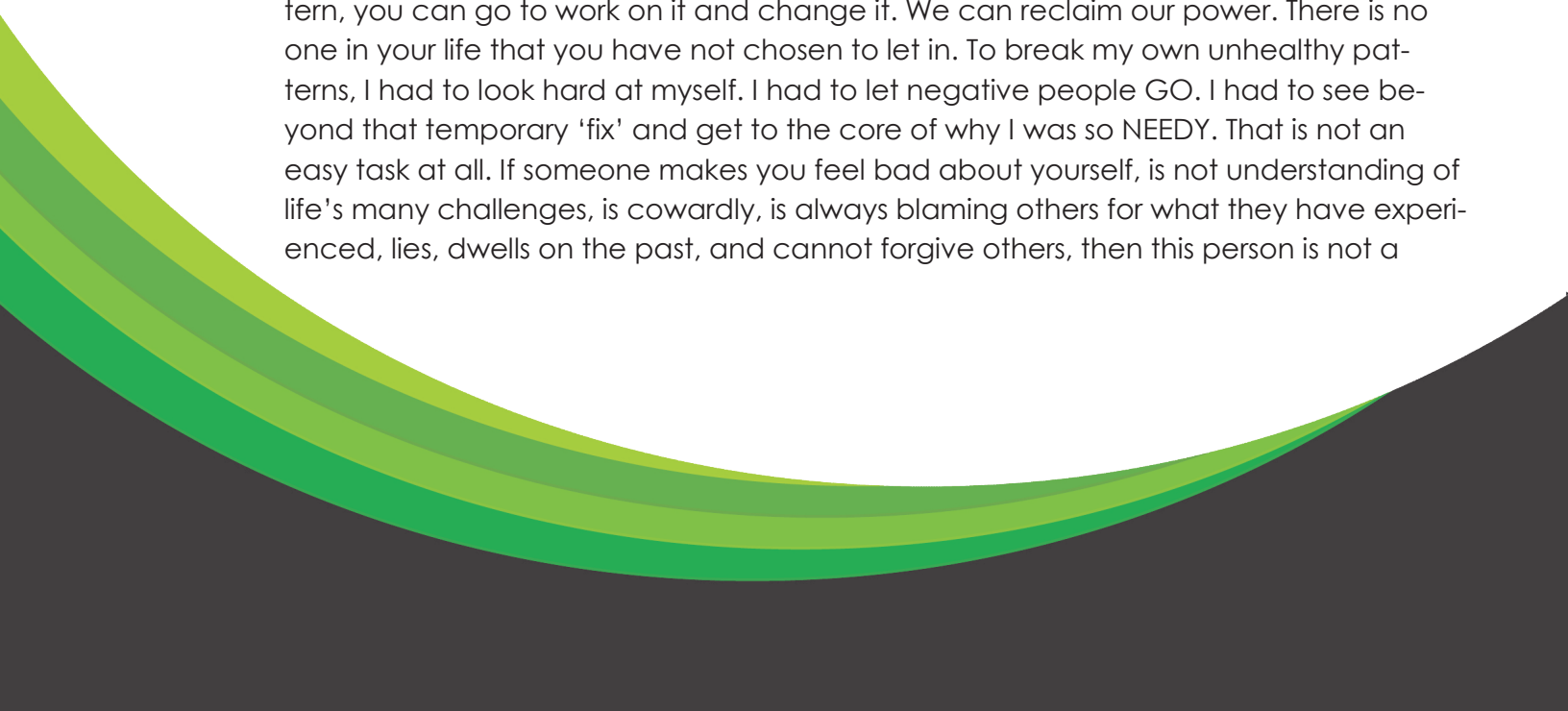


Soulmates

I do not think there are very many topics as confusing as this. So many people confuse a soul mate with a soul mate connection or kindred spirit. The soul mate we find may not be a lover, or a spouse at all. It may be a child, or a cousin. Kissing a soul mate may be like kissing a sibling. Many people stay in an abusive, unhappy relationship because they have confused the emotional intensity of the relationship with their concept of what a soul mate should be. People also become unhappy thinking that their current spouse or lover is not THE ONE. They seem to expect goose bumps and love at first sight. People confuse great sex with great love. Just because you both rip your clothing off and hop into bed does not mean this is THE ONE. You just experienced a TWIN DESIRE, not a TWIN FLAME. Life is not a Harlequin novel.

We are all human, but to expect another to fulfill all our needs and desires is just asking a bit too much. There is a give and take in any relationship. The problem is that so many are only givers, and others are only takers. No one can be expected to validate you. If your lover tells you that he/she is just not ready for a committed relationship, HONOR that decision. Nothing, not spells, candles, emotional blackmail, pleading, crying, or great sex, can give you what you want. If you do succeed using one of these, understand it is just a temporary fix. You cannot force another to love you.

Try to recognize relationship patterns, once you understand WHY you have this pattern, you can go to work on it and change it. We can reclaim our power. There is no one in your life that you have not chosen to let in. To break my own unhealthy patterns, I had to look hard at myself. I had to let negative people GO. I had to see beyond that temporary 'fix' and get to the core of why I was so NEEDY. That is not an easy task at all. If someone makes you feel bad about yourself, is not understanding of life's many challenges, is cowardly, is always blaming others for what they have experienced, lies, dwells on the past, and cannot forgive others, then this person is not a





healthy person to be in a relationship with. > At some point we have to STOP and forgive ourselves, as well as those who have hurt us. Our life is our choice. What are you choosing? Why are you choosing pain, hurt and rejection? You can be choosing love, laughter, happiness, and life. Remember this IS your choice. No ifs ands or buts about it. YOU CHOOSE. We cannot change others at all. We can pray, we can do affirmations, we can visualize, but they have free will and the choice to be who they are. SO DO YOU. If your relationship patterns are not serving you, then spend time taking a good, hard look at what you have created. This is embarrassing, and painful, but the outcome is worth every minute of it. >The purpose of life is personal growth and joy. This is a choice. Challenges can be overcome. What to do in the meantime? Fill that void in your life with anything that makes you feel good about YOU. This is so important, you need to show yourself, that you are a valuable person. Just because some bozo did not recognize that fact, does not mean you aren't. What do you believe about you? Many relationships are nothing but life lessons. Learn them now so you do not have to repeat it again with yet another clown.



Synchronicity

Synchronicity is wonderful. Those small signs from God that you are on the right path. It shows up unexpectedly in various ways that we do not expect.

- The feeling you must talk to someone whose honesty and integrity you have long wondered about, and finding out the truth about them.
- Feeling the need to go into a bookstore and finding just the book that helps you with a problem.
- You think of an old girlfriend and have her call you to go to lunch the next day.

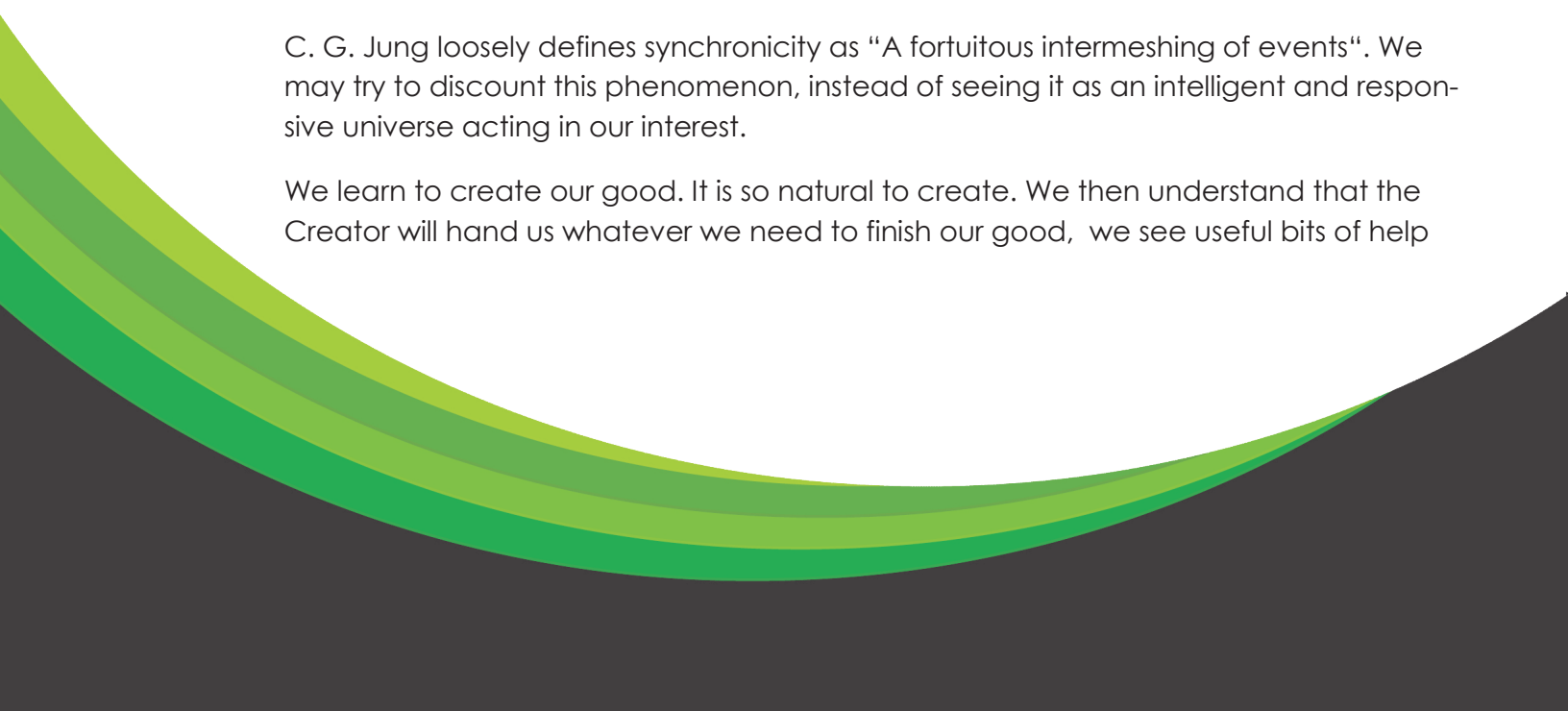
God speaks to us when we get quiet enough to listen and stop the mental “I want” voice in our heads. Often he uses others to talk to us.

- We hate our job and a stranger casually mentions that she is quitting her wonderful job to move to another location.
- A woman is thinking of going back to college and gets an booklet in the mail about the very school she was considering.
- We have saved for our dream vacation, and the money is just not quite enough, browsing the internet we find a special deal for a nicer resort than we had planned on staying at for half the price.

Synchronicity is God's way of showing us we are on the right path. It is also God's way of being anonymous. We tend to dismiss these events as sheer coincidence.

C. G. Jung loosely defines synchronicity as “A fortuitous intermeshing of events”. We may try to discount this phenomenon, instead of seeing it as an intelligent and responsive universe acting in our interest.

We learn to create our good. It is so natural to create. We then understand that the Creator will hand us whatever we need to finish our good, we see useful bits of help





everywhere in our lives. Be willing to see the hand of God, even as a friend who offers encouragement for your dream.

(Thank you, my much loved siblings and Kate, Richard, Cristin, Harmony2000 (Annie) , Cyndi, Denise, Amy, Debbie, and so many others.)

Expect the help and you will get it. Listen to your own intuition. Pray for help and watch for it to come in some of the most unlikely ways and from people you never expected help from. You may also get some of those AHA moments when everything falls into place. Synchronicity has many forms, be alert for them and be sure to thank God/ the Universe for them.



Universal Laws

What goes around, comes around. Every action has a reaction. This is also known as karma and the Bible calls it "reaping and sowing". It is true, what you put out will come back to help or haunt you. What you put out comes back at least tenfold. If you put out positive energy, you get that back multiplied to you. If you put out negative, you get that back as well. Every time you think, say, write, or wish, mean, ugly, things about another you are just creating that for yourself. Only it is multiplied. Look at your circumstances, then think about what your words have produced. Negative energy can take a long time to come back to you, but you can be sure that it will. Just as good energy will come back multiplied. What do you want?

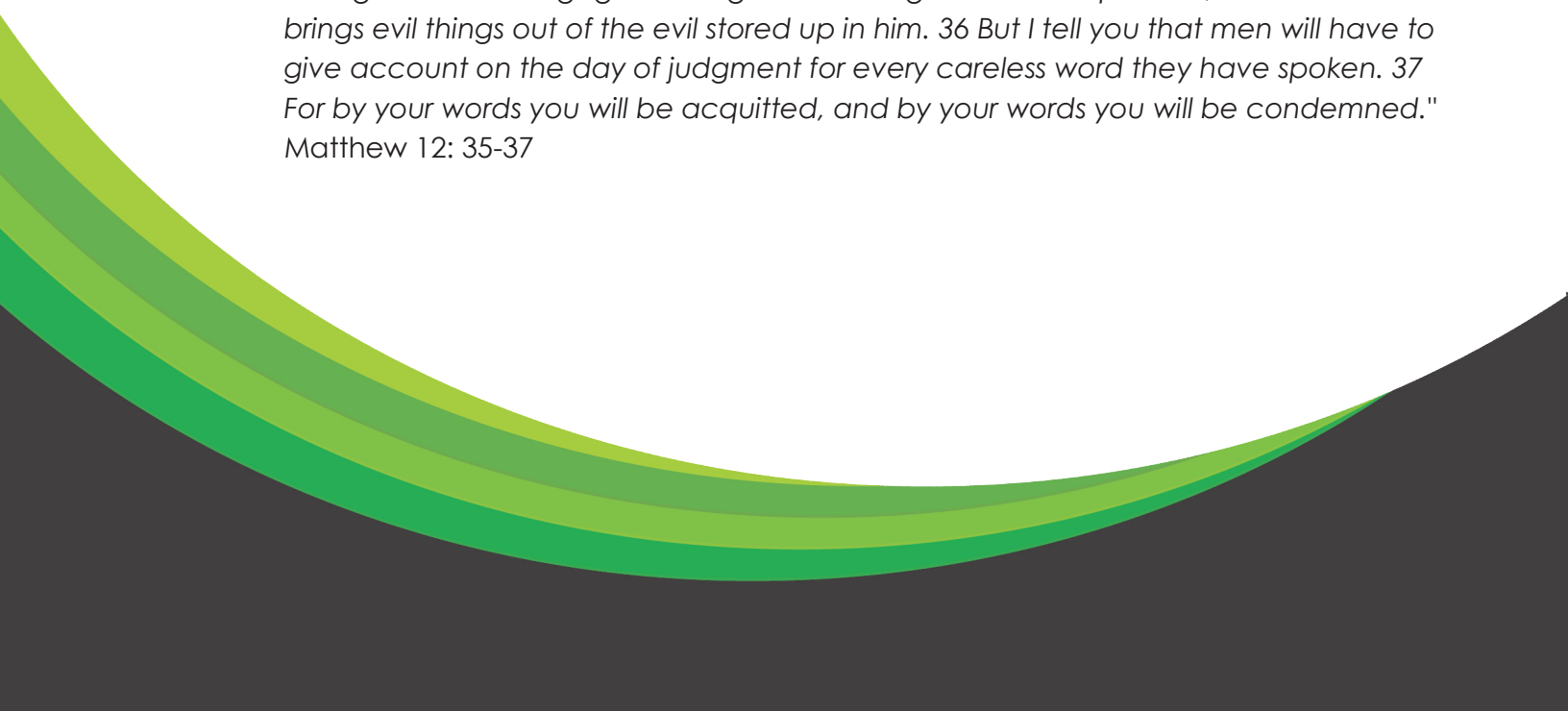
It is too easy to point at another and call names, blame them for your own circumstances, or just decide they are wrong and you are right. Take a good look at your life now, after all you have created it. If you do not like it, change your words.

Change your thoughts. Change your attitudes. You can do this. It is a constant process. Use positive affirmations. The Bible also backs this up.

"Death and life are in the power of the TONGUE: and they that love it shall eat the fruit thereof." Proverbs 18:21

"Out of the abundance of the mouth, the heart speaks" Matthew 12:34

"The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. 36 But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. 37 For by your words you will be acquitted, and by your words you will be condemned."
Matthew 12: 35-37





"Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man." Matthew 15:1

"Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man." Matthew 15:17-20:

"Even so THE TONGUE is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!" James 3:5

"And THE TONGUE is a fire, a world of iniquity: so is THE TONGUE among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell." James 3:6

"But THE TONGUE can no man tame; it is an unruly evil, full of deadly poison." James 3:8

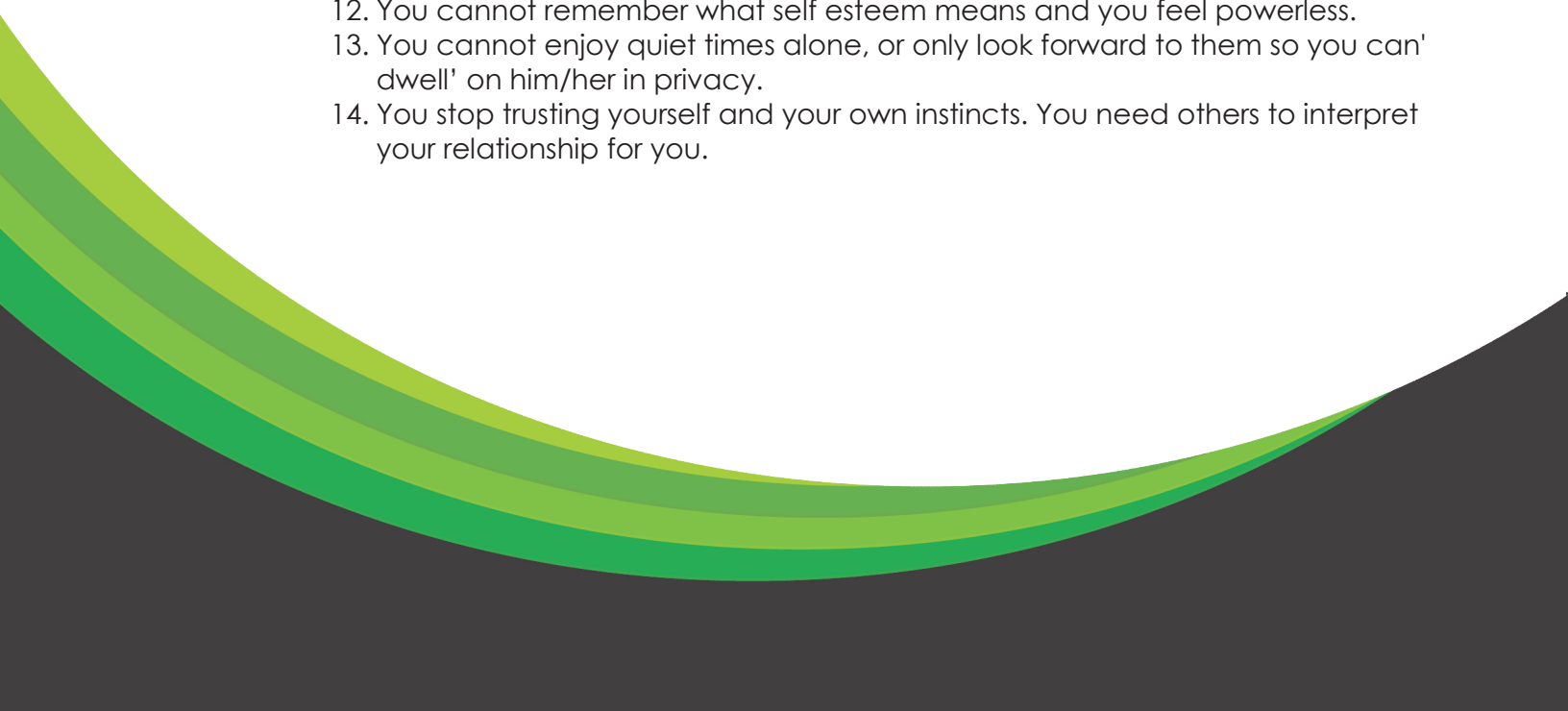
"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Ephesians 4:29



What's Love Got to Do with It?

Often we get stuck in bad relationships because we have fallen in love. The first date, the first kiss and our romance meters are off and running, usually before we even get to know the person. Some people become obsessed with the new person before truly knowing who they are. Dating is supposed to be a time to discover the good and bad about the person, not after you have fallen in love. Real love takes time, love at first site is for romance novels.

You Are Obsessed When:

1. You spend too much time daydreaming and agonizing over your relationship.
 2. You work yourself into frequent panic attacks.
 3. You never get a good nights sleep unless totally exhausted.
 4. You are always looking for clues to how he/she really feels.
 5. You would rather have than this bad relationship than none at all.
 6. You feel addicted to this person to the degree that the turmoil and confusion in your life seems normal.
 7. You stop doing things with friends, just in case he/she calls.
 8. There is more pain than joy in the relationship and you are glad for even the pain, because you feel that means you are in a relationship.
 9. You spy on him/her.
 10. You quit taking care of yourself and only look great if there is a chance of seeing him/her.
 11. You need him/her to validate your existence.
 12. You cannot remember what self esteem means and you feel powerless.
 13. You cannot enjoy quiet times alone, or only look forward to them so you can 'dwell' on him/her in privacy.
 14. You stop trusting yourself and your own instincts. You need others to interpret your relationship for you.
- 



An obsession can waste years of your life. This addiction is like any other addiction and to fight it successfully, you have to arm yourself and study. You have to set realistic goals and follow through with them. You have to understand that you must be determined to recover. You have to approach this the same way you would a diet, knowing that 'cheating' on this diet will show up in your body and mind and that you will be tempted again and again.

If this pattern has been repeated more than once in your life, you are sending out the wrong signals. You cannot become a 'we' until you are a 'me'. You must have a successful relationship with yourself before having one with another.

Unfortunately it is very possible to feel love and lust for a louse.

God is a God of abundance, there is not just one person out there for you. Think of the possibility that this relationship is just a lesson.



Wisdom at Wal-Mart

I had my granddaughter, Caitlin, over for a fun day of baking cookies. First we had a few errands to run and then we would go home and bake. She was excited in the way a five-year-old is excited about making a mess and having something sweet to eat while Grandma cleaned up.

The day did not go as planned. All the errands took twice as long as I had planned. Looking at a clock I realized there was no way we would bake cookies and be done by the time her Dad picked her up. I had a brainstorm, I would go to Wal-Mart, buy some cookie dough in a roll and we could bake them in less than 30 minutes. She had been so patient, so good and uncomplaining, I would even buy her a toy. I asked her what toy she would like and she said "A Ken doll so Barbie can have him drive her in her car."

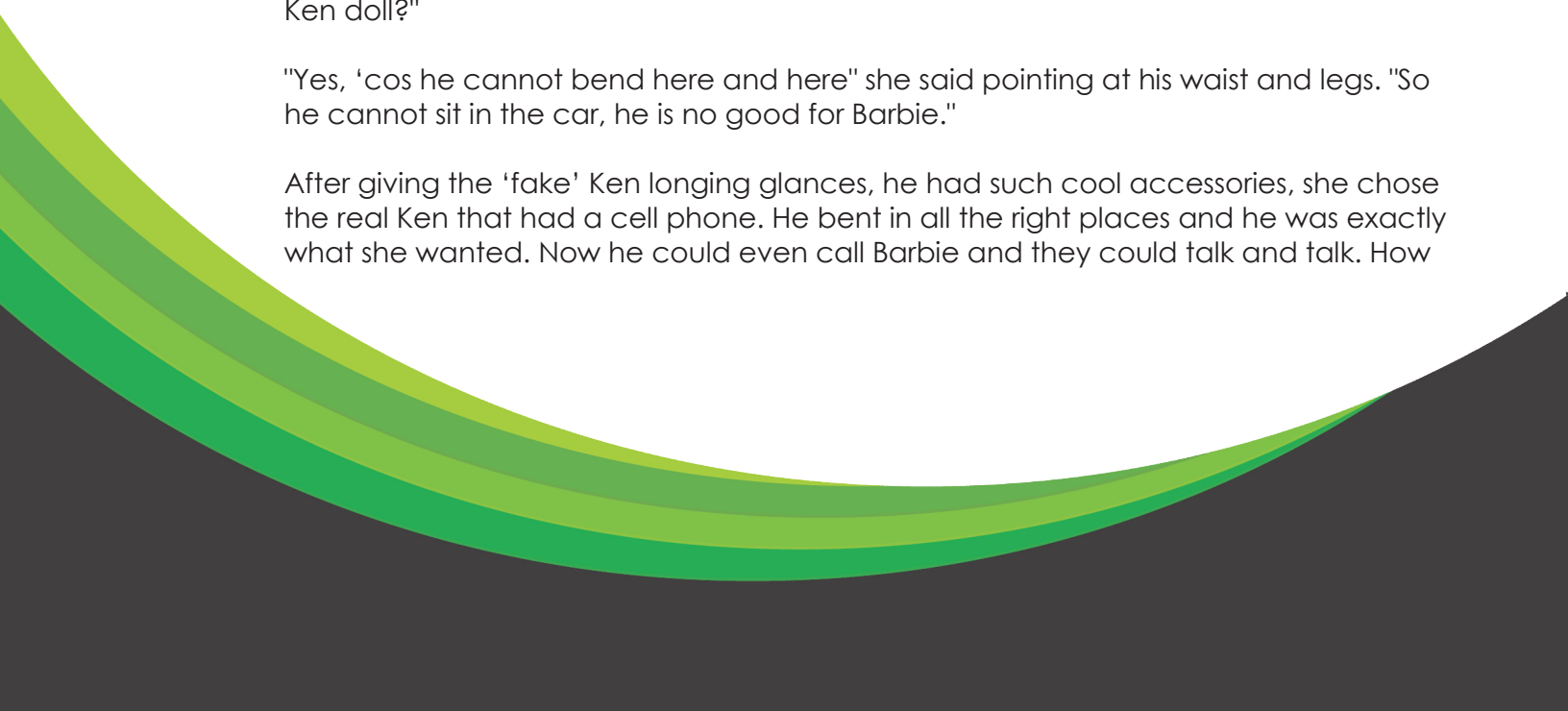
At the doll section she found three Ken dolls. One had a cell phone as an accessory, one had skates and one had sunglasses. She had some tough decisions to make. As she pondered, I looked at the shelves high above her line of vision, I noticed another Ken doll, this one was great, he had a bunch of accessories, including a surf board, a camera, camping gear, extra clothing, and best of all he was cheaper and to my thinking a lot better looking than her choices. I pulled him off the shelf to show her.

"No Grandma, he is a fake Ken" she said.

"A fake Ken?", I asked "He looks like the other dolls, does it really matter if he is a real Ken doll?"

"Yes, 'cos he cannot bend here and here" she said pointing at his waist and legs. "So he cannot sit in the car, he is no good for Barbie."

After giving the 'fake' Ken longing glances, he had such cool accessories, she chose the real Ken that had a cell phone. He bent in all the right places and he was exactly what she wanted. Now he could even call Barbie and they could talk and talk. How





did this five-year-old know the other was a fake Ken? She had been given one before. She knew immediately he would not be what she wanted.

All too often we meet the 'fake' men before meeting the real one. Many times they have all the cool accessories and look so much like the real deal that we plunge head-first into love. Then we discover they do not fit what we want and they do not seem to think we are the real deal for them. The relationship seems to go nowhere. We are puzzled by his seeming lack of affection and devotion. He is so close to what she wants that she has a hard time breaking away. What if nothing better is out there? What if he is as good as it gets? What would she change about him if she could change him? Something as simple as taking out the trash without her having to ask? Or him not drinking until unconsciousness every Saturday night? Besides she loves him, however unhappy she is with her choice.

It takes faith to see beyond right now. It takes faith to realize that he may be a 'fake Ken' and that with a little more shopping, making wiser choices, we can have what we want.

What if your 'Ken' is being prepared now? What if he won't be available until June? Can you approach dating the same way you do shopping? With an attitude that if you do not find it at this store, you will at another. Or do you have the attitude of people doing last minute shopping on Christmas Eve, you will take anything just to have something to wrap in a pretty package?

Organize your needs into a small manageable list. Nothing too overwhelming. Take the list when you are shopping. If the list says "Must love children" and he cannot stand kids, he is not the right choice. If the list says "Must be drug free" and he tells you of his love for popping tranquilizers, he is not the right choice. Make the right decisions for yourself before you fall madly in love.