

OVERVIEW

My grandfather had been dead for thirty years when, one night in 1993, I awoke to find him standing in my room. Before I could speak, he said, "You have to write something for your father." Then he was gone. I sat up in bed, still a bit groggy. Such a strange dream, I thought, so strange and so *real*. I rarely thought about my grandfather, yet I could actually feel him standing beside me. I had no idea what his words meant, either; not until the next day, when I learned that my father passed away. That's when I realized the truth: my grandfather had visited me in spirit, preparing me for dad's death and letting me know that I would write his eulogy. As I joined my family in mourning, I knew nothing would ever be the same for me again. Although I knew what I had seen and heard was true, it was still difficult to comprehend. I had always been taught that there is no afterlife, and I had no one to speak to about this new world that had suddenly opened up to me. *The Living Spirit - Answers for Healing and Infinite Love* is a compassionate and supportive guide for anyone beginning their spiritual journey as mediums, psychics, energy healers, or simply for those with questions about who they are, what life is all about, and if there is an afterlife. In short, it is the book I wish I had that night so long ago.

Everyone has spiritual gifts. For some, however, it is a life purpose, a call to be an extension of God's love in service to humanity. As a medium and Reiki Master, I am one of them, and I understand how difficult the transition can be from the mind-centered consciousness of this dimension to realizing our true duality as spiritual beings having a human experience.

When you are first called to do spiritual work, it is quite common to doubt whether it is real; you may even doubt your own sanity. In my case, I intuitively knew the truth of the communication from spirit, but was not able to understand how the process worked. I personally never questioned the validity of the visit of my grandfather, but had so many questions that I wished to have answered. Where were the experts and teachers to help me understand? There are other people who might not understand the strange physical sensations being felt, whether it is hot, tingly hands, or the strange sensation that someone or something not of this world is trying to communicate with us. This is exponentially harder when our friends and family do not believe us. Now, not only do we think we are going crazy, but that we are going to be crazy and *alone*. We don't yet realize that we are never alone, for Spirit is with us always.

The Living Spirit will help these people realize that not only are they sane, but have been given an amazing gift. The approximately 200n page manuscript will be organized into ten chapters that explain in both practical and theoretical terms how we can recognize and embrace messages from Spirit and integrate our human experience with the Divine. Each chapter will offer simple but powerful exercises that I use to help others shed negative energy, resistance, and

mental clutter. They will also help us to protect ourselves from “energy vampires” and teach us how to respond when family and close friends are not supportive. Additionally, each chapter will include incredible stories from my own spiritual journey that will illustrate these points and illuminate the path for others. Perhaps most importantly, there will also be a chapter to help parents of intuitive children recognize and nourish these gifts.

The timing for this book could not be better. For years, the metaphysical community has predicted a tremendous shift in human consciousness, and that time is now. More than ever, people are feeling the need to rediscover their life’s purpose, and the economic downturn in recent years has given many the freedom, opportunity, and necessity to change their lives and work. Energy healing—whether Reiki, Healing Touch, Reflexology, Chiropractic Adjustments Acupuncture, Massage and Body Work, Rolfing, Polarity, Trager, Chromo therapy, Radionics, Alexander, Bioenergetics, Feldenkrais, Deep Tissue Work, Osteopathic Manipulation, and other modalities—has become one of the fastest growing fields of complimentary health care, and it is part of my mission to help healers develop their God-given healing gifts. As a result of having experienced or studied these many modalities, I have found that each person gravitates to what feels inherently productive and safe for them. A cooperative effort by practitioners supporting each other and their clients or patients, ensures the most effective results. Allopathic, also known as traditional western medicine, when combined with alternative healing modalities, offers the public a way to discover a combination of treatments that work uniquely for their own physical and spiritual well being helping to create a plan of wellness. This plan of wellness includes an understanding of; nutrition, exercise options, stress reducing techniques and a way to find greater joy in all activities and in all personal interactions. Greater health, prosperity, and an understanding and mastering of emotions are the natural outcome of this new multidimensional health plan for spiritual and physical growth. Depending on spiritual experiences and your search for your inner personal power, we are guided by universal healers to probe our deepest memories and desires to construct and live a life of unrestrained and unlimited possibilities.