

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

ASK A PSYCHIC – Week of January 4, 2009

Question:

I have a hard time enjoying time off. What can I do to have more fun?

Answer:

Time off gives you the opportunity to tune into and heal yourself. You do not have fun with your time off because you are resisting your self-healing.

You have a great deal of pain in your body and when you relax, you become aware of the pain. To avoid the pain you have learned not to relax. You use work as a way to avoid yourself. You also have many patterns to help you avoid your pain. The pattern of creating great expectations keeps you focused on things outside of yourself and also keeps you from enjoying what is. Nothing lives up to your expectations, so time off is not fun.

You can learn to enjoy your time off by accepting your body and your creativity as it is. You may experience pain in the beginning of your relaxation process. You can let go of expectations of this time for yourself and release the pain. Without the pain and expectations, time with yourself will be more fun.

Question:

Can future fears of something new be related to past fears from an unhappy childhood and/or past negative first time experience?

Answer:

Yes. You build your present and future on your past experience unless you consciously change your behavior patterns and beliefs. The most effective healing technique I know is meditation. You can meditate on a past painful experience, remove the emotions and rise above the experience.

For example, you may have had an unhappy experience with your first partnership and are now afraid to create a new relationship. Meditation can help you focus in the present and release the past so you can create what you desire instead of recreating your old patterns.

Question:

What blocks do I have to having a close relationship with my husband?

Answer:

The main energy I see between you and your husband is pain. Your pain is founded on painful experiences with men during your childhood and his pain is based on painful interactions with women. You continued to create pain in your relationship because you operated on your old patterns. You have both also created unrealistic expectations of yourself and partner to cover or avoid the pain. Where you release expectations you can release the old pain and enjoy your present relationship.