

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 November 23, 2008

Question:

What is the energy around the fear that I feel regarding having my daughter here for Thanksgiving?

Answer:

There are three aspects to your question. One is your fear about your daughter's acceptance of you and the changes you are making. The second is fear from your guilt about your past interactions with your daughter. Since guilt creates fear and expectations create fear, you are experiencing two sources for your fear from within you.

The third source of fear is your daughter's fear about the same issues. She is also afraid about your acceptance of her and guilty about past interactions. As mother and daughter, you are close and know each other well. You have a great deal in common and sometimes judge things in each other that you do not like in yourself. By accepting yourself, you accept your daughter and by releasing any guilt about the past, you remove the fear between you. There is a strong bond of affinity that can flourish when the fear is absent.

Question:

What blocks do I have to healing my self-worth?

Answer:

Your self-worth is disrupted by your expectations of yourself. You have created and adopted a great many expectations based mainly on the expectations and criticism received from others during your childhood. You now have an internal system that will not allow you to feel good about yourself because you do not live up to these unreal expectations.

You also created a system of trying to be a better person because someone was cruel to you and you believed if you were “good” the pain would stop. The situation has changed, but you still have your survival system tuned into avoiding pain by being “good.” It is difficult to acknowledge your self-worth while trying to be something besides yourself.

Question:

My 5-year-old granddaughter is spending one day a week with a person who I believe is programming her not to have spiritual freedom. What is an adult’s responsibility to a child in this situation? I feel as though I should keep my granddaughter safe from this person.

Answer:

Adults are responsible for a child’s safety; however, you would have to take away her spiritual freedom yourself to protect her from her life experiences.

You are a healer and have responsibility concepts confused with healing. You can heal your granddaughter and yourself by healing yourself and letting go of your fear of her creativity. After you heal yourself, you can see clearly if you need to intercede or allow her the freedom to create her personal challenges.