

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 February 1, 2009

Question:

I want to return to Los Angeles because I regret giving up my job there. I haven't had any luck in Seattle finding proper work so this makes me even more upset I gave up my L.A. job 4 years ago. I left that job due to work harassment from my boss. The managers didn't want to do anything about it.

The person I trained to take my place got promoted. I feel that I would have gotten that promotion if I had not left! It's really hard to figure out how to get back to L.A. and try to recapture what I had.

Also, my father is ill and was dying, but he has gotten better. My close friend here in Seattle had breast cancer but she is cancer-free now. So it would be hard to leave my father and friend, but nothing is happening for me in Seattle job-wise. What's going on?

Answer:

I do not see your location being significant in your creativity. I see your focus on the past and your regret are the limits to your present creativity. You are looking to the past and outside of yourself to your past boss, your father and friend to define your actions. Looking within yourself, you will discover your power and creativity. [Meditate](#) on your present desires and you can create them.

Your frustration about finding meaningful work in Seattle comes from your focus on the past and on others. You can bring your focus into the present and create what you desire when you take your attention off of "what if" and put your attention on "what now."

Question:

Your current news/e-mail said to ask a psychic reader a question and it would be answered on-line. My question is: when will I get healthy again, body, mind and soul?

Answer:

You are spirit and you are in charge of your experience, both spirit and body. Your disturbance is caused by focusing on your body for your solutions when your body is depending on you, the spirit, for guidance.

You are the creator of your life and your body is your vessel. You believe your emotions and intellect define you, but they are body characteristics. You, the spirit, can heal all aspects of your creativity when you communicate with your body to help it change and heal. You can gain control over your emotions, intellect and other physical experiences.

[Meditation](#) is the best technique to establish and maintain communication between spirit and body.

Question:

I am currently in a situation and I feel I might have to get an attorney involved. I have volunteered at a local high school and I enjoyed it very much. Last year we asked the new principal if he could help us with getting parents involved as new members. There is one parent who does not like me and has told other workers that she will run over anyone in her path and that she would like to see me on my knees. She is currently trying to get me into trouble with the law. She went to the school district, and now I am banned from the school grounds. I have respected their wishes, but what hurts me so is all of the time that I have put into this organization.

Answer:

You are dealing with a very controlling person and it looks like you need help to avoid her destructive energy. She apparently attempts to frighten everyone she encounters and controls situations with fear.

You are creating this situation to help you learn to stand up for yourself, and to receive help. You are completing a cycle in this life and from past lives where you allowed others to control you with fear.

Remember, controllers are afraid themselves and that is why they attempt to control their environment, including everyone in it. Acknowledging your personal power is also part of your lesson as you regain control of your life.

You are also learning to let go and move on instead of hanging on to a situation. The time you gave was ideally a gift. By giving your time freely, you release resentment and free yourself from the past.