

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 15, 2009

Question:

My adult son has a problem with drugs. When I try to help him he moves further from me. I want the best for him, but realize I invalidate him with my expectations. Even though I know this, I find it very difficult to let him go.

Answer:

You are a high energy healer. Your son's energy is lower because he has a great deal of pain in his body. Your son is not rejecting you or your help. He is trying to protect his personal space from pain. When you try to help him, you send your bright high energy into his space, which stimulates his pain. Instead of letting go of the pain, he resists your energy and creates more pain.

His drug use relates to an attempt to escape past pain and your healing energy stimulates the pain in his body, thus he moves away from you when you send him healing energy. Since his energy is lower than yours, your energy is more than his body can handle.

Your lesson is bigger than your relationship with your son. You, the spirit, are learning that not every soul wants to heal. You are so focused on healing you find it difficult to believe someone would not want to change and heal. Some souls do not want to change and thus, fight healing energy. Your lesson is to accept others as they are.

By allowing your son to be where he is, which is in pain, you validate him and give him permission to change. Your permission may be all he needs.

Question:

Why do I feel that emptiness, like a big hole in my chest?

Answer:

You are experiencing a problem with your fourth or heart chakra. You have a strong affinity vibration and have shared your affinity with everyone all of your life. The emptiness comes from not giving yourself affinity and not receiving affinity from others. You feel like you have emptied your affinity source.

Since our chakras have infinite energy, you simply need to relate to your fourth chakra differently. You can fill yourself with self-affinity and attract people who give you affinity instead of those who take without giving. You can meditate on your affinity and learn to release old pain about not receiving it so you can fill yourself with affinity and allow the overflow for others.

Question:

I know when I'm talking to God, but when I listen how can I be certain it's God giving the answer? Sometimes it is clear that God is talking – other times I'm uncertain.

Answer:

You are part of God so you can always make a conscious connection with God any time you desire. Your uncertainty is a form of doubt which comes from the intellect. It is impossible to intellectualize God, so you are dependent on your spiritual abilities to have a clear communication. One spiritual connection you, the spirit, have with your God is your Inner Voice in the fifth chakra. Your Inner Voice sounds just like your physical voice so when you are in doubt about your communication with God, connect through your Inner Voice.

There are many ways to talk with God and your Inner Voice, which sounds like you, is a great avenue to rise above your doubt. You are your avenue to God.

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