

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 March 15, 2009**

### **Question:**

For the first time in my life, I want to buy a home and build stability in my life. Why is this so difficult for me to do, and how can I increase my havingness?

### **Answer:**

You are beginning to like and care for yourself. You are increasing your sense of self-worth and thus, your ability to have. The interference to creating stability and buying a house is a need to further increase your self-worth because this lack of self-worth stops you from creating and having what you want.

You are also learning about making commitments to what you create. You did not receive beneficial information about commitment and see it as limiting and enslaving instead of creative and freeing. By continuing to like yourself and committing to what you want you will, in time, have it.

### **Question:**

I have been waking up many nights feeling anxious and wanting to run out of the house. It used to be about one issue to do with work, but that doesn't seem to bother me so much anymore; yet I'm still feeling anxious at night. It seems to be something around "not knowing" that comes up for me.

### **Answer:**

Your personal space is being invaded while you are sleeping and this frightens your body. The foreign energy entering your physical system puts your body on high alert

and your intellect seeks a reason for the fear. You always find something about which you are disturbed; however the fear is from being invaded, not from your life experiences.

[Meditation](#) can help you own your personal space.

**Question:**

I've been having trouble with my Gall Bladder. While I am changing my diet and exercises and working with my doctor, I'm curious what the spiritual perspective might be (gall stones).

**Answer:**

I am seeing your problem with your gall bladder as a physical manifestation of your relationship with your mother. You are holding onto resentment toward her, thus the gall.

You believe that she betrayed you and took something such as youth or joy from you. You are not taking responsibility for your part in the creation of your childhood experiences and are blaming your mother instead.

By healing your body you are owning it from your mother and regaining responsibility for it.