

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 29, 2009**

### **Question:**

My question is: any suggestions on how to remember to run my anger in my space to help me own it and have my seniority?

### **Answer:**

Communicate with your body. I see your body is very angry and you have been taught that anger is bad. The programming about this emotion is between you, the spirit, and your body. Communicate with your body and give it permission to express its anger within your space, and the emotion will flow naturally.

At present you are mostly relating to your body through your intellect instead of allowing your body to communicate to you with its emotions. The body is mainly angry with you for operating from lies about how to relate to its emotions. By acknowledging your anger you heal your body.

Reminder: Emotions are the way bodies communicate with spirit.

### **Question:**

I am in a temporary job that it ends in August. I am not very happy here, and even if they offer me to stay I would not stay. My question is: Will I have to wait too long for my next job?

**Answer:**

Your present job is helping you grow stronger. You are learning physical skills and also how to acknowledge your personal abilities and value. Your lesson is to not resist the unpleasantness or fight the opportunities to learn in your present temporary job.

You are moving and growing, and you can create another work space whenever you increase your self-worth. It is up to you how long you wait for another job. You can create anything you want and believe you can have. You can find a new job before the temporary job is over. You are a healer and healers are experts at creating change.

**Question:**

Every time I touch base with CDM I get needed information. I so miss the involvement here in Portland. What is my block to traveling to Everett?

I have been touching base with CDM for over 25 years, and have taken the classes in Portland: meditation, healing, kundalini, etc. I have had many readings and now need one to rebalance, yet I am resistant to spending money on the donation. Why? I use much of the knowledge and inspiration I received from CDM daily and am so grateful, yet I get sidetracked... run in spurts. Knowing the importance and hoping I will stay more focused this new year.

I do wish there was someone local to do readings, not just for me but others I come in contact with. I have created a quiet mind meditation that I wish to share, yet I have some resistance to getting it off the ground and share the information and knowledge. Why?

**Answer:**

You have three questions: why do I avoid CDM, why can't I give to CDM, and why can't I teach my personal meditation?

The answer to all three questions relates to the pain you have stored in your body which keeps you out of your body and ungrounded. You are spirit and your body is your vessel. You have stored pain from past experiences in your body, which disrupts your spirit-body communication. You, the spirit, and your body both long for communication but your body is afraid of facing the pain stored within it. Your body does not have the information you need so it operates from emotions and its intellect instead of from your spiritual information.

CDM focuses on grounding, a spiritual technique that makes you aware of what is in your body, i.e. pain. Your body is in charge and all it sees is the pain. You, the spirit, stop your healing to avoid pain. You do not give to CDM for the same reason: avoidance of pain which you experience when you ground and look within.

You are having difficulty teaching your meditation because you are not grounded in the physical reality. Your spiritual information does not compute in the body, without grounding. This keeps you from validating yourself as spirit, your body and your information. Grounding and coming into your body allows you to clear your body of pain so you can move into it and use it for your spiritual purpose.