

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 April 26, 2009**

### **Question:**

What is keeping me from hearing messages from my daughter who is currently in spirit?

### **Answer:**

You are trying to connect with your daughter based on physical characteristics instead of as spirit. Since she has left her body, she creates and communicates on a different level. You can relate to her spiritual level by meditating. It is necessary to quiet your body's emotions and intellect to connect as spirit. You have strong emotions, because this soul was your daughter, and you need to quiet your emotions to hear her. Spirit does not have emotions so she will be communicating in a new way.

Your daughter hears you and is communicating with you. You cannot hear her because of your body's strong signals.

### **Question:**

I got addicted to cola and gave it up for the new year. So far I have not had any to drink this year, but I still crave it at times. Is there anything I can do to rid myself of this craving?

**Answer:**

Since your body is addicted to cola, it needs help letting it go. You are a strong disciplinarian and hold to your commitments once made. However, you do not always relate to your body in a kind way.

By talking with your body, you can discover a healthy treat to substitute for the craving, which will help your body let go of the addiction. Spirit-body communication is needed when changing the body. When you work with the body instead of forcing it, the body helps with the healing. Bodies are happy to have your attention and will tell you what they need. Your body may surprise you by asking for healthy things.