

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 May 17, 2009

Question:

In the Q & A you posted the Week of February 15, 2009, you said the “son’s energy is lower because he has a great deal of pain in his body. Instead of letting go of the pain, he resists your energy and creates more pain. Some souls do not want to change and thus, fight healing energy.” Are you also saying that once the son lets go of his pain or moves the pain from his body, it will increase his vibration to higher energy? I ask because some have said I have lower energy (not related to drugs or drink). I want to be higher energy.

Answer:

To create a high spiritual energy within the physical body, one must clear low energy from the body and bring in the higher spiritual vibration. Pain is a low vibration and keeps spirit from fully coming into and using its body.

Meditation helps you release pain and other low vibrations such as fear. Meditation also helps you fill your newly created space with your unique spiritual vibration.

[Grounding](#) is a meditation technique that helps you accomplish this healing process.