

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 July 19, 2009

Question:

I was recently fired and am surprised at the negative feelings (some very strong) that have come up, including thinking about suicide from time to time. Will I make it through this time? How?

Answer:

If you are “thinking about suicide,” get help immediately. There are many wonderful services to help anyone through difficult times and many of them are free. Call a “hot line”, check the telephone book or internet in your area to find help.

You are dealing with both physical and spiritual issues and you need to get help with your physical issues first. Your body is crying for help and you need to pay attention to it. Your emotions are your body’s communication with you, the spirit. Your body is afraid and fear generates many feelings we are taught are “bad.” Fear generates jealousy, greed, hate, a desire to control others and so forth. Those emotions can help you realize your body is afraid so you can do something about the fear and regain control of your life.

You create from your beliefs, so believe in yourself and your ability to handle anything in your life. You do not create things you cannot deal with so you can make it through this. You can learn to receive help from others and learn how to accept your body and its emotions.

You may want to add meditation to your healing options as well as counseling so you can turn within to know yourself with the help of others. You are not alone.