

REFLECTIONS

In addition to the inner ages I've written about in this book, other ages from this life also signaled me for help. They all had one thing in common: they needed to express their feelings and understand the experiences causing their distress so they could alter the thoughts created by that experience. In regression, I went to the adoption nursery three times to help my newborn with her fear, her anger, and her feelings of rejection. My three-year-old and five-year-old came forward several times. They too felt fear, hurt, rejection, and deep unworthiness. Each of them showed me how important these ages are in childhood development. While inner ages continue to surface from time to time, I've learned to help them with their concerns myself. In the years since I did this work, no other past lives have signaled me.

During the course of my work with Pamela she shared many stories of her work with other clients. Some healed physical disabilities, including asthma, diabetes, heart disease, chronic pain, depression, cancer, the autoimmune diseases, bi-polar disorder, autism and ADD, addictions, erectile dysfunction, infertility, and weight. Even a brain

tumor disappeared. Then there were stories of healing emotional dysfunctions, including depression, suppressed anger, and so many forms of feeling unworthy—unworthy of joy, of love, of respect and acknowledgment, of being attractive, of prosperity and accomplishment. I liked the children's stories the best, like the little girl who used her mind to go for a ride in a red convertible to throw her cancer cells in the ditch.

There were also many stories of spirit attachments wreaking havoc with people's bodies. Sleep walking, tremor diseases, Tourette's syndrome, unexplainable rage, schizophrenia, multiple personalities, violence, abuse—these things and more can be caused by the thoughts, beliefs, and emotions of spirit attachments interfering with a person's brain and body chemistry, thoughts, and emotions.

I had some experiences with spirit attachments, but their interference with my body was less dramatic than others I heard about. I might sleep ten hours a night and still be fatigued the next day or I might become irritable or dizzy. I learned to keep spirit attachments away by visualizing myself surrounded with gold light.

Through this regression work, I discovered my soul lessons for this lifetime and also lessons that I had failed to learn in earlier lives. The universal lesson for all my past life personalities as well as the inner ages of this life was finding their spiritual self—their inner light or power. This lesson is common to all souls living the human experience. We can only find truth, peace, and happiness by reconnecting with our Higher Self and listening to our Higher Self's guidance. Learning this truth *before* we die allows us to live our lives in joy. And what an experience that is!

I have two new best friends. One is my Higher Self. I now talk to my Higher Self constantly. I ask it for guidance. I ask it for dream interpretations and for the meanings of signals. Often I'll ask a question before I go to sleep and request that

my first thought in the morning be the answer. I always get an answer. I keep a journal of what I ask and what I'm told. I totally trust in the protection of my Higher Self and know it will not allow anything to happen to me that isn't meant to be.

My other new best friend is my body. I also talk to my body many times a day. I thank it for staying young and healthy. I praise it and acknowledge it as part of my team along with mind and spirit. And because it feels appreciated it complies when I ask it to do something. I've lifted my eyelids and straightened my teeth. I've restored the elastin and collagen in my skin. I've grown in a toenail and rotated a toe. I've healed a sprained wrist overnight. We've fought off the flu together. I keep it alkaline with positive food and positive thoughts so cancer and other undesirable cells cannot grow. I also pay attention to the signals my body sends me. Usually they mean that something is out of balance, and I'm always amazed at the symbolism. For sample body dialogues see the "How Our Soul Uses Our Body" section of my website at www.signalsfromthesoul.com.

Besides befriending my Higher Self and my body, another valuable result of my journey has been a shift in perspective. I used to think things "just happen." I remember, when I first learned that everything happens for a reason, exclaiming to Pamela, "What? Everything? I have to look for reasons in everything?" She answered: "If you want to be the creator of your life, the answer is yes." I've learned to think of my life as a jigsaw puzzle. Where does this piece fit? Where does that piece fit? This is much better than sitting back in the observer's chair wondering: "Why is this happening to me?"

Once I understood the reasons, everything began to make sense. For example, the metaphysical message of a cold is often confusion. A bout of indigestion was signaling there was something in my life other than food I wasn't digesting.

The vitamin tablet that got stuck in my throat was signaling I wasn't speaking my truth at a job. A back wheel flat tire on the Interstate was a signal I couldn't "go back" to the situation at the destination I was driving toward. (I went anyway and came home after four days, realizing the situation offered me nothing.) A rear end collision that nearly totaled my car was a message that a project I was headed to would hold me back, as well as a message to be aware of all things around me. It was also my first out-of-body experience. I actually looked down on myself in my demolished car.

The emotional programs that had been buried so deep in my subconscious and gave me so much trouble have been resolved and reprogrammed. I feel like I've pulled myself out of emotional quicksand. Although my life lesson of rejection still pops up from time to time, I no longer need to be in control or be perfect. I can trust relationships. I don't need to rescue everyone. I don't feel unworthy—of love or money or anything else. And although I'll have to keep you posted on this one, I now know I can speak my truth in a marriage.

I see every single, solitary thing that happens in my life, and in everyone else's life, from the perspective of the soul's story. It's kind of like watching from a mountaintop. I still participate, I still *feel*, but I am rarely upset by things people do or say because I understand now that everyone is on their own path, working out what they have to work out. It's their deal, not mine, so what's to judge? This perspective changes everything.

Some of us might be a little further along on the path to higher consciousness than others, but that's because of many challenges and a lot of hard work. So how could any of us even entertain the notion that we're better than another of our fellow humans? Money, status, power—in the end they mean nothing. Life is all about consciousness and fulfilling our purpose. Now when I pass people on the street or

encounter them in any situation, I see other spirits on their soul odyssey—the same as me.

There are times when something irritates me. But now I ask myself: What am I supposed to be learning here? Spirit is stronger and more powerful than *things*. Pain is a *thing*. Suffering is a *thing*. Loneliness is a *thing*. We can use spirit—we can use what is *alive*, including the spirit within the cells of the body—to master matter so that it is in the same joyful vibration as spirit. The result is joy!

We are meant to live our lives with a core feeling of fulfillment. If you aren't feeling fulfilled, I urge you to make use of the knowledge in this book. Yet everyone is on his or her own timetable. If it's your time to make this information part of your journey, I am happy for you beyond words. If it isn't, no problem. Someday it will be your time. As Pamela explained to my subconscious in one of the sessions:

Within every soul there is that knowing. But they forget. They turn away. They are fearful to see the suffering. They are fearful to see what they don't want to see. But you know that within them there is the part that is urging them to look, behold, see: "I bring for you something of great importance. Look beyond the obvious. Look deep into what is behind the physical. Look into the metaphysical."

There is more to life and existence than everyday, day-to-day human reality. *Explore* the rest of it. *Explore* the spiritual causes, *explore* the spiritual reasons, *explore* the spiritual reality behind what is happening physically. This is what brings the joy that cannot be taken away. This is what brings the love that cannot be lost.