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Life & Beyond

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Chapter 1

How and Why

I was well into my thirties before I ever imagined that the spirit world existed. I was teaching part time at a local college when I began to hear voices. As I did not particularly believe in spirituality, my first thought was, "I must be losing it." I began to analyze the events of my life, and tried to remember if anything weird had happened to me, like a bump on the head. I didn't do drugs or drink to any excess, so I felt I could safely discard that theory. Soon I began to wonder if maybe mental illness ran in the family. This was all pretty frightening. After some research and a few careful questions to my parents about long lost family members, I came to the conclusion that it probably wasn't mental illness.

I didn't know of anyone I could turn to for guidance, as my life was not surrounded with religion or spirituality of any kind. In fact, I was so on the other side of that argument, my belief was that the physical world was it, and when we died, well, who knows for sure what happens, if anything. Don't get me wrong, I went to Sunday school, and my parents gave me the option of church. But after a certain age, I expressed my belief that God did not need us to do anything, and how we lived our lives was a very private choice, not to be coerced by any one belief. My parents respected my wishes and stopped sending me to church.

I've lived mostly a charmed life. At least I thought so. I did well in school. As an athlete, I accomplished most of what I set out to do. I was born with the belief that I could succeed at anything I truly put my mind to. I was a state champion in gymnastics while in high school, and later world-champion arm-wrestler representing the USA in Japan in 1992. I became a sergeant in the Marines and earned a black belt in Judo and Jujitsu. Self-assured and confident, that was me. I believe my first real failure came with my divorce. But the marriage gave me something wonderful, a beautiful daughter. So even in that, I've been lucky.

And now, here I am in this new life. And nothing in my background can explain it. After several months of seeing visions and hearing voices of people who were not there, I began to believe there was something to this. Something I couldn't quite explain, but something I shouldn't fear, because some of the visions and voices became reality. What a concept, definitely new to me. I'm no angel, so why me? And what do I do with this thing now?

I remember as I was beginning on my journey towards whatever I was becoming that I loved to go to the movies in the early afternoon. It was my refuge from all the different kinds of noises that I was receiving and could not control. I was having issues with being in large groups of people for a long period of time since I was receiving too much noise from them. An afternoon at the movies was a nice break. The same thing happens now when I am shopping with the wife at the mall. It gets a bit overwhelming even now and it drains me a bit but it is very manageable.

Back to the story, I was on my way to buy a movie ticket when I passed a vehicle with one of those little, mouse-looking dogs. I immediately remembered Jerry, who was a good friend from my youth. I had not heard from him for years and his dad had owned one of those little, mouse-looking dogs. Both my friend's father and his dog were now dead.

So, I thought, okay if this were some sort of message I would hear from Jerry or see him soon. I could not have been so right. I bought the movie ticket and Jerry was gone from my mind. I got into the popcorn line inside the theater, and guess who was in the line next to me and said, "Hector!" You got it. Jerry!

This experience made me decide to more and more go with the flow of information that I was getting. With time, I was able to differentiate between a thought and a message. That moment was the key for me to realize how I got messages. It's different for everyone. For me, it comes as examples. Still to this day, I see familiar signs to put me in the zone of the person I'm reading. For example, the other day the spirits showed me my boat. That was the way that I was shown that the person who I was reading was having issues with his boat, he was.

One day I was grading papers in class as my students were taking an exam. A feeling came over me that one of my students was cheating. I liked the student and thought him smart, so it didn't make sense. I followed my hunch and asked to see his test. To my surprise, he had a small cheat sheet under the test. I told him to come and see me after class, at which time I gave him an option to either take the test or get in trouble for cheating. The poor guy didn't know what to do at first, but decided to take the test. I told him that if he passed, there would be no consequences. Otherwise, he would be found cheating and I would let the department deal with him. He passed with a C, and as promised, I didn't report the incident. He ended the semester with a B

average and later came by my office to thank me for giving him a second chance. As he was leaving, I said, "By the way, do you have a relative who passed away recently?" When I gave him the first name, he looked a little confused and said, "Yes, he was my paternal grandfather." I smiled and said, "Just remember the opportunity you were given and try not to cheat again." As he backed out the door, he said, "You can count on that."

As time passed, more and more information kept seeping into my mind, sometimes even when I was at a nightclub dancing. I kept thinking this is just too weird. How was I going to deal with this new thing, and how could I turn it off? While sleeping I would have dreams that later turned into reality. Sometimes the information that popped into my mind was so random, it left me standing there scratching my head. I wondered again if I should talk to someone. But who? My family? Are you kidding? I still thought it was totally off the wall. What would they think?

The shift

I finally confided in a friend who recommended a lady she went to for "spiritual counseling," as she put it. I was hesitant, so much that it took about a month before I called her for an appointment. Her name was Elsa, and seemed nice on the phone. Finally the day came for a face-to-face meeting, and I arrived at her home where she did these readings. There were other people there waiting, and I remember thinking that this was just like a doctor's office. You know, make an appointment, get there on time, and wait hours before the doctor calls you in. As luck would have it, I was sitting there less than an hour when Elsa called my name and in I went. As I said, she was very nice and made me feel at home. As she began, she spoke about the military man. I said, "Oh, that's me. I was in the Marine Corps." She said, "No, this is the spirit of a man who had been in the military, but not the United States military. I smiled and said that was my grandfather, who had passed away about 20 years before. "He was in the Cuban army, before Castro took over." She said, "Yes, that's the man next to you. He's been there protecting you since he died." I was so pleased to hear this, as I had fond memories of my grandfather. I remember when I was child in Cuba he would take me to the park and let me catch little fish that I would take home and keep in a bowl.

As the reading continued, Elsa spoke of my brother and my mom and dad. She mentioned my divorce and told me I would get married again. She told

me that I had the gift; I never said a word to her. She said I would be doing what she did, but that I would travel the world with this gift of mine. She then asked me to tell her something about herself. How did I see her? I told her she liked all things Mexican, although I knew she wasn't Mexican. She said, "Very good. My spirit-helper was Mexican. You see, with time you will understand many things through your own helpers." Elsa continued to tell me things about my own life that were fairly accurate. But still, I wasn't quite convinced. I was still a bit skeptical about my own gift, not to mention the gift of others.

I was teaching courses in computer technology while running a consulting business where I installed and maintained small networks. So I wasn't sitting at home waiting for things to happen. I was carrying on with my very busy life. And yet, as time went by, I began to share what I knew with more and more people, giving them small readings. Just a few things as they came up, really. I still had no control as to when these feelings and visions would come over me or the ability to call them up at will.

By this time, I had been visited by one of my guides. His name was Jean Pierre, and with his help, I began to understand the world of earthbound spirits. He became my first teacher and taught me to access information on demand, so to speak.

One day a girl I was dating told her friend about how I could read people. Her friend asked me to tell her what I knew about her life. The friend was so happy with what I told her, she paid me \$50.00. Well, this was interesting. For the first time I realized I could make a living doing this or at least some extra money.

Out of the spiritual closet

My mom finally became aware of my new dimension as we sat together one day and I told her details about her father's death years before. I described the shirt he was buried in, color and all. I later spoke to my dad and told him about how his father had come up in the reading with Elsa. I told the story about the person who was on fire and how he had fought the fire and saved the person's life. My parents were a bit mystified. They couldn't understand how I would know all this. It was a long conversation at their home that day. Finally, they looked at each other for a moment then turned to me and said, "If this is something that has touched you, so be it!" So with their blessing, I began to look at this new gift in a different light.

A second spirit had appeared, a doctor, who would give me advice on people's health problems. Often times, both the doctor and Jean Pierre would give me remedies and counsel on how to help people with different issues. They encouraged me to leave my teaching post at the college and work full time doing readings and energy cleansings. I wasn't so sure that was a great idea. But my mentor-spirits told me to trust in the process, and they were right. Within a year, I was no longer working at the college and had embarked on my new career.

With time, more and more spirits began to appear and work through me. While working at a spiritual center, I developed the ability to channel spirits. One spirit I worked with taught me how to cleanse with tobacco. The way he worked was different than the rest. He would have me sit the person in front of me as I smoked a cigar, inhaling and then exhaling smoke until it surrounded the person from head to toe. As I progressed in this technique, the cigar would burn differently for each person, and as I learned to read the many different ways it burned, I began to see the story it told about each one who sat before me. I could tell who was having problems at home or work or who had an illness. It was another way of divining a person's past, present and future.

Soon another spirit appeared in my life and told me to get some cards to use for readings. When I asked which cards, he was very cool and said, "You will know the right cards for you." True enough, as I went through the different cards, from Spanish Deck to Tarot cards, I found a small deck of picture cards that seemed perfect. Now here's a secret. It's not the cards but the spirits who tell the story. The cards just guide me to the correct area of inquiry. For example, if a person pulled cards with the heart, they were going to be talking about love. If the house and the heart came up, it would be love and family. The way I work as a medium is to give names and descriptions of people, and you can't divine this information from a deck of cards, only from the spirits that assist in the readings.

I work with my own spirits, but messages often come from spirits that accompany the person I'm reading. I always try to qualify the stranger-spirit by describing the spirit to the person I'm reading. If the person acknowledges the spirit I've described, then I give the person the message. I soon began to realize that, just as there are people among us who are not very nice, so it is with the spirits who are earthbound. This brings me to another lesson I learned from the spirits. If you were not so nice in this life, your spirit will be

the same after you pass on. At least until that spirit receives the light and remembers the reason they came on this journey—to understand what they accomplished and what they still need to do.

It begins

I began to work with different spirits under different circumstances. I would perform negative energy cleansings on people as well as a home or office. Through me, the spirits worked with things of nature like cigars, plants, fruits and special baths, which I would prepare for the individual if needed. I began to realize how complex this all was and the responsibility I carried with me. Another interesting thing I discovered is that what I said mattered, and I could sway the mind of anyone who came to me for guidance. So I learned to be very cautious with my messages to people who came to me for help. For example, if I saw that a spouse was unfaithful, or even just thinking about it, I would not just blurt this out. I would encourage the person to be more aware of his or her relationship and where it was headed, and that I believed the partner was not satisfied and would explain in what way. In other words, enough to place the person on alert but not destroy the relationship. What I try to do is offer alternatives and encourage a different point of view.

Just as Elsa had predicted, after a few years of working within the spiritual realm, I had developed an interesting clientele. I was traveling several times a year. I found clients who would pay me to come and talk to them, hotel and airfare included. I was almost always booked, and many new clients came to me through referrals. I remember one interesting client who posed a question about salvation. I'm not very religious myself, so helping someone into heaven is not my goal. What I strive to do is put a little heaven into the people I reach—to convey the knowledge that inside each of us is the God particle, that we are a part of all energy, and learning to interconnect is how we develop our mind and spirit.

Once I saw this gift could help me monetarily, I asked the spirits what I should charge for my services. One of them told me that the next few times clients asked about my fee, I should tell them to pay me what they thought my services were worth. This would help me to not only set the price for the readings but for the cleansings as well. One thing I thought curious. The spirit told me that whatever I charged for the energy cleansing, I should end the amount with the number 21. He explained that 21 had a special significance for me and that the vibration would be positive to my person. Having by

now learned to trust the process, as Jean Pierre had advised years earlier, I agreed to do just that. Within a few days two people called for readings and I told them, "My fee is what you feel my services are worth," and they each paid me \$100. When another individual called for an energy cleansing, I told her the same thing and she paid me \$220. So there you have it. I began to charge \$100 for a reading and \$221 for an energy cleansing.

Friends and family often ask me what kinds of requests I receive from people during a reading. There are many recurring themes, of course, for we are all looking for answers to the same mysteries. I'm not always able to give a specific answer or satisfy a client's need to know. First of all, I cannot always call a spirit during a reading; the spirit has to come to us. So when clients ask me to connect them with a diseased relative or other loved one, I tell them, "Well, we'll see who answers our call." Another recurring theme is, "Who was I in another life?" "Was I Cleopatra?" "Was I Genghis Kahn?" Souls are born and reborn into different lives, and it's not always clear what those other lives are or what they were in the past. I can sometimes distinguish whether male or female and what they did for a living, but the spirits decide what information will be shared. I can only relay what they tell me or convey in any number of ways. But if they want to give a message, I will get it. As a matter of fact, they can be rather pushy sometimes.

I'm often asked to speak to groups about spirituality and my views on the afterlife. I feel that before we can speak on the afterlife, we must see ourselves as we truly are—a spirit in a temporary body. The soul is eternal—the who and what we are—a mixture of innate goodness and sometimes wrongful emotions. But what we become in this lifetime is of little consequence in the eternity of the soul. If you get bad grades in school you most probably have to repeat the year. So it is with our souls. We choose the lifetime we are to live, and if we fail to complete what we are meant to do, then the soul has to repeat this lifetime until it gets it right. Remember that the soul is just a spark, a firefly in the backyard of the universe. Or think of all souls as cells in a body, but in the larger body of the universe. Just as our cells are interconnected throughout our body, our souls are interconnected throughout the universe, making us a part of the body and soul of the greater being. Along with every plant and animal, we are the life force that keeps this planet alive. We each add to the whole, and the passing of any species diminishes that whole. We are entrusted with saving the eternal life force of this planet and all living energies within it.

Some people believe we are still evolving. Others believe we are coming to the end of our planet's life cycle. I believe that energy is eternal, and it evolves to its highest expression of life from one millennium to the next. Several thousand years ago, our main preoccupation would have been the question of where to find our next meal and how much energy we would have to expend to get it. Today we just get in the car, go to the supermarket, and buy what we want to eat. At least in America, food is readily available, and we expend so little energy to get it. So our lives—and our truths—are shaped by our circumstances. What was true back then is no longer true today. But each society offers a building block of knowledge for the next life cycle. Our capacity to pass on information enables future souls to begin life at a higher point, instead of starting from scratch. Our evolutionary path becomes easier and better, hopefully, with every life we live here on planet earth.

As the soul moves out of its lifetime, it passes through the veil of death to the afterlife. This is a place where all souls end after inhabiting a body here on earth. During this time, the soul is cleansed of all echoes of the last life. Its mind and memory are restored so that experiences make sense, and the discovery of why they were here on earth is initiated. Understanding our world is so very important to us, so why should it be any different for a non-corporeal soul? We all learn from lessons, and most lessons are just experiences we've had to learn from. And so it is with the soul. But it's only much later that the soul sometimes learns a lesson and recognizes the reasons for its life on earth.

Family

Before I continue, I want to thank my parents for always being there for me. This year we celebrated their 50th wedding anniversary in a wonderful party at my home with family and friends. I'd like to share with you the toast I made to them, so that in some small way, I honor them through this book. For in a way, it is my parents who began my life's work. By passing on to me their knowledge and wisdom of the ages, I did not have to start from scratch.

My parents were always there as I was growing up. My mother sewed fallen buttons, hemmed my pants and put good meals on the table for my brother and me. My mother took care of us when we were sick and always made sure we were well cared for. My father worked hard and made sure we lacked for nothing. He would take us everywhere we needed to go—from

judo classes to gymnastics competitions. My father made my first exercise bench out of plumbing parts, so I could work out and get strong. He built a full gym in our backyard, wanting to give me every opportunity to succeed. He taught me how to rebuild my first car engine, also teaching me to be self-sufficient. He showed me how to be handy—there was nothing he could not do or fix—which also taught me that there's always a solution to any problem. I learned to be of service to others and be grateful for what I had. I learned to receive with gratitude and to give with joy. I learned tolerance. And I was taught to love passionately. So I toast my parents on their 50th wedding anniversary, as they have enriched the lives of all they have touched!

Possibilities and the future

Many people ask me how it is that I do what I do. I'm of the belief that each of us has many destinies along the road of our lives. Every decision we make can bring us to a whole new set of options. For example, I tell a fellow he will experience a job transfer within the next sixty days. I further tell him that if he speaks with his boss and lets him know how much he loves his present job assignment, this might change the course of events, and he won't be put up for transfer. So by doing this, he can actually alter the window of possibilities. Here's how I explain it. I see multiple options, and I try to describe the one with the strongest probability.

I've had experiences with spirits who have committed suicide. What I've learned about this human tragedy has come from three separate spirits over a period of four years. Their hell, as we call it, is having to stay on this plane of existence way past their time, while looking at the lives they left behind and unable to reach the ones they love. They have shown me that the lives' they cut short are the lives they choose to live as spirits. Often a spirit will choose a difficult road, to go through the kind of experiences they shunned in life, things they couldn't deal with, including the very thing that caused them to cut their own live short. Remember that when we incarnate, we are stripped of the knowledge as to why we are here or why we choose this journey. It's only after death that the veil is lifted. So for suicides, it can be even more painful to realize that it was their call to be here, their choice to relive the difficulties, and why they had to.

I felt their pain of knowing they left this life without accomplishment and realizing they would have to eventually come back to earth to serve out the

life they cut short. And I felt their fear of cutting that life short again and again, until their soul gained the strength to evolve and persevere like so many others have had to do. Hell, they have shown me, is seeing others they have loved pass to the spirit world and on to the astral plane, as they can only stand by and watch until their penalty time is done.

I've been shown this penalty time will vary depending on how many known relatives are still here on earth. It appears that the unfortunate soul with a large circle of family members will be here longer than the soul with two or three relatives. For their hell ends when all other souls they were close to on this plane of existence complete their missions and die. At that point, they are given an opportunity to move on and refresh their soul for the next mission. When I asked one of my spirits about the actual lifespan a soul was doomed to repeat, the spirit showed me that, in some cases, the very next life might be cut to only the remainder of what the last lifetime would have been before suicide. In other words, let's say that someone should have lived until the age of seventy-five, but commits suicide at age fifty. In the next life, they would live a lifespan of twenty-five years. So this is a different type of penalty, and it appears they are meant to live just long enough to complete their last mission and move on to the next life of learning.

As mentioned earlier, with each life we gain knowledge, and as our soul becomes more enriched, the amount of times we need to come back becomes less. The spirits also shared with me that when a soul no longer needs to come back—when there are no more lessons to learn—the soul can choose from that point on what to do and where to go. Some of the spirits that I've had the privilege of working with are souls in transition, in other words, they no longer need to serve time with a corporeal body but still need to cleanse the soul. Many come to work with mediums in the lofty goal of helping humanity through spiritual work.

Remember that we live many lifetimes, and to one degree or another, we influence those around us. Some, like Jesus Christ, had a profound and positive impact still felt around the world today. Others, like Hitler, spread a negative influence of mega proportions. Most of us, however, influence the smaller circle of people we knew in a particular lifetime. Some are teachers, who influence the young in a very specific way. Others are priests, who offer some measure of understanding in relation to faith. Teaching as much as learning can happen from a conversation so one must always keep their ears open and remember that there are open minds absorbing as sponges

everything; so we must take care as we sometimes spout out nonsense, and it can create a negative impact in unsuspecting minds.

Quest for enlightenment

As I began my quest for spiritual enlightenment, I would meditate regularly. I remember one session where I was floating through the nothingness of space and soon found myself in a strange world. I was guided to a dwelling with several rooms and many other souls, who all looked very busy. I finally arrived in a room that had what looked like a pulpit. The spirit showed me a book, covered in white leather, and asked me to open it and read the pages of my life. When I opened the book, something pushed me away. I opened my eyes and was back on my bed where I had started. The spirit told me I was simply not ready to read from the pages of my life, some changes had to happen and my destiny was being re-written. I was in awe, but a bit frustrated, too. It's been many years since that episode, and I've never been offered the opportunity again. I'm hopeful that with time, whatever changes had to happen will be in the book, and I will be shown my life in writing.

Recently I met with my friend, Elsa, the first lady who ever read me and told me this would be my destiny. I didn't believe her at first, of course, but over the years we have remained friends. At least once a year, we get together and read each other. A couple of weeks ago, she asked me to do an energy cleansing. Many things were revealed, but one in particular made a real impression. The spirit told Elsa that her destined time of death, which she has always known to the day and hour, had been extended. Elsa said, "Oh my God! I recently went to Cuba and was read by someone who told me the same thing." I told her that it had nothing to do with the help and guidance she gives to all who come to her, but that it appears it has to do with the time she gives at the senior center conducting the choir for the elderly. The spirit claimed that it was because of Elsa's love and caring for these people that heaven shows its gratitude and extends her time on earth. We were both in awe at being reminded of what is important and how valuable these past ten years have been to the people upstairs. Elsa had always known the when and where of her earthly death, and yet her destiny was now altered in midstream. Amazing.

What is it?

Most people think clearings or energy cleansings are all about mysterious, ethereal things. But here are some simple ideas you can put to practice every

day at home. Next time you take a shower, finish with cold water, turning clockwise and use your hands to clean the running water from your body. As you do, visualize what you are cleaning is dirty energy, obstacles or negative thoughts that might be sent against you. You are displacing negative energy. It's the same with planet earth. I recall an experience I had during a cleansing in the ocean. My client asked me why bad things happen. This was soon after the earthquake in Japan. She was very distraught. Waiting for some clarity before answering this question, I told her that I also wonder why some of these things happen in the world. My mind cleared, and I began to explain the best I could. I was shown that just as we ourselves expel puss from our bodies through sores or wounds to rid our bodies of infection or something that doesn't belong, so it is with planet earth. When body earth becomes overwhelmed with maladies of her own, she finds ways to expel the malady so as to survive without totally blowing up. Remember, we are but one organism on this planet, and although we see horror in some of the calamities, it is less of a horror than the ultimate one.

Here's another simple idea. Let's say you are at work or any place where you must remain for a period of time. If you get a headache or tension starts to build, go to the nearest bathroom and turn on the tap water. Speak to the universe and say, "This is not water but energy from nature. The power of running water takes with it anything that does not belong to my body or soul." Reach under the running water and let it run through your fingers and hands for a few seconds. Immediately take your wet hands and pass them over the back of your neck. After doing so, snap your finger away from you to release into the universe what the cool energy of the running water took from your aura. In a later chapter on energy cleansing, I will show additional ways for you to clear obstacles and enhance your positive energy.

Remember a simple truth, we are what we eat. Another truth is that negative emotions and stress affect our physical health as much as a flu-bug in our system. If fear is holding you back, get out there and have some fun. Combat the negative with positive emotions by going to a comedy club or a funny movie. Don't confuse a setback with failure. Think of an obstacle as a sign to move forward in a different direction. In later chapters you will find techniques on how to work with your subconscious to get rid of the old and useless and incorporate the new and positive.

In life, change can start with a few well-placed words. Don't fear you are incapable of change; fear you are so powerful you can change the world with

but a few words. If it is your dream to find someone who loves, cherishes and adores who you are, are you sending the right vibes? Do you communicate your feelings? This is just as important in an existing relationship, probably even more so. In the section on meditation, I discuss techniques you can use to improve your line of communication and overcome the fear of confrontation.

I always recall something I told one of my first clients. A defeat is not final until you give up, and make sure you are ready before moving on. This applies to all facets of your life. Don't leave a relationship until you are ready. Don't quit your job until you are sure of what you will do next. Don't quit a sport until you are done with it and feel you can go no further.

Always maintain a balance in what you do. When we hear the word zealot, most of us think of religion, but it can mean being a fanatic about anything. If we carry any one thing to the extreme so that it becomes all-consuming—a spouse, a job, a business—and that one thing is taken away, we break down emotionally. I believe that being balanced means having more than one all-important thing in your life.

Meditation is meant to help you find a center—physically and emotionally—and to prepare you for spiritual development. I guess the most important message here is, don't ask God to guide your footsteps if you're not willing to move your feet. This is your journey, and you've chosen your path. Creation is the God principle, imagination is ours and the key to our evolution. And our ability to reason is what makes us special. It's God's gift to humanity. Unfortunately, humanity has not always respected this gift, and we've used our intelligent reason to create forces of destruction that have degraded life. But if we choose to make the right move for the right reason, in spite of stray desires to do wrong, we continue to evolve into something better. So, if we use it and don't abuse it, our reason helps us to achieve a balance, and we may even become what God had first intended.

Chapter 2

Stories

For a while, I would go to a famous hotel on Miami Beach, Florida before it was purchased by a new owner. I had many clients who were employees at the hotel, and they would set me up in different offices to do readings. I remember one time while on my way up in the elevator I realized that a spirit, or a ghost as they are called, was riding up with me. I say this to differentiate from a regular spirit, for a ghost is generally earth-bound—stuck here. This particular entity was just that. It was the spirit of a man who had fallen to his death from one of the top floors. Unfortunately, for whatever reason, it did not move on so with time it became what people like to call a haunt for the place. As soon as it recognized I could perceive him, he approached me and began to show me the crack in his head from the fall. As we were riding up, it began to explain how it happened. No matter how much I pretended not to notice, it was difficult to ignore. As soon as I had looked at him once, that was it. He stuck like glue. As I arrived on my floor and stepped from the elevator, the spirit stayed behind. I asked my client, who had been there for years, if she remembered someone falling from a top floor. She said she did and asked me why. I explained to her what had just happened. She asked what elevator, and when I asked why, she said, “Because I’ll be sure not to get on that one anymore.” I explained this type of spirit usually roams the entire building and not just one area.

Most of the spirits I see are just lost souls. What is a lost soul? It is a spirit that has lost its way. Sometimes it’s because they just could not come to terms with what happened to them. Maybe it was an unexpected death like a car accident or another tragedy where their life was cut short and they left too many things unsaid or unfinished. I’ve found that the best thing to do with this type of spirit is to try and ask that they be given light. In other words, pray for their souls. When I’m working in groups, we occasionally channel these lost souls and speak to them directly. It is often the best way to shake them up to the reality that they are no longer corporeal and must move on from this physical existence.

I also often visited a hospital in Broward County, Florida, where I had several clients who offered me their offices to do readings. I remember one Saturday afternoon when I was reading a client and a relative made an appearance. I asked my client if she remembered a spirit with no teeth, or

rather false teeth, which the spirit spit out and showed to me. Spirits will usually say something or do something that the family member would be familiar with, and know who it was. I explained that the spirit was an elderly woman who kept showing me her false teeth. My client laughed and explained that a few years back at a family function while eating dinner, her grandmother had sneezed and her teeth had fallen into the soup.

On another occasion at the same hospital, I remember reading a gentleman who was a nurse there. I was being shown a desert scene with another person in it and needles. I was a bit stumped at this symbolism. The way I get messages can vary, and I've learned some unique ways to get clear messages. For example, if they show me my friend Elsa, I know they are attempting to show me a person with diabetes. If along with Elsa, they are showing me a man, it's about a man with diabetes. If the image is transparent, it's describing a person who had passed. At any rate, the man with the needles was new symbolism, and I had no idea what the message meant. The man explained that he and his boyfriend had once thought of moving to the Arizona desert, and that the needles alluded to his boyfriend, who was an acupuncturist. After a year of planning, it was decided not to make the move. I told him good luck with that change of mind, because the spirits believed that they will, in fact, make the move. It was a few weeks later that I received an e-mail from my client telling me how right the spirits were. Something had happened at work. An incident that helped them to make the final decision to go to Arizona. They were selling the house and moving as soon as they could. About six months later, they did move and are still in Arizona. I still give both of them phone readings, as his boyfriend also became my client.

Another client asked me to share what I could tell her about her boss. During the reading, I told her there would be a divorce and remarriage. She asked me what I meant, and I said the boss already had someone in mind, someone who worked at the office. Well, as it happened, within two years the boss left his wife and married his assistant.

Testimonial

Hi Hector,

My first "wow" moment was indirectly from Hector to my cousin who has gone to him for years. Before I even knew him, he helped inform my cousin that I needed her at a time in my life that was crucial for family support. I had just moved to a new country and was under a lot of stress having bouts with bulimia, and he told my cousin about it. She is probably one of the few people who has understood me and who has gone through it herself, so I'm not surprised he saw me in her reading.

We've always been connected that way. Anyhow, in so many ways, her phone call to me after Hector's alert really helped me. Not to mention that she flew out to be there for me.

Thanks Hector!

Annet

Although I could not get permission to use names, I wanted to show how working with energy can help us release blocks and allow us to flow in our lives with true direction and purpose. With the above example, you can see when there is a block, and giving the right remedy will bring the positive or wanted results. Remember with every action there are possible outcomes, and when I read, I see multiple possibilities. I have nothing to do with what I'm being shown. I just pick out the stronger lines of energy with the most likely future. I share information based on the strongest feeling. If what I see looks negative, I try and give remedies to help the outcome become more positive. If it's possible to avoid a particular outcome, I can recommend things to do or to not do to change that outcome.

For example, a few years ago I was working with a young woman who was having problems in her college class. In one scenario I saw her failing a class because of something she said on a certain day, and I advised her not to go to class that particular day. She was pretty upset. "I'm struggling as it is and you want me to miss class that day?" She went anyway, and the friction I had seen played out. She had to drop the class with an incomplete and take it with a different professor. Afterwards, she called and told me what had

happened and asked me if this was what I had seen. I explained that no one sees everything, and that I just had a feeling that going to class that day would not be a good thing for her.

Eulogy

I've done several over the years, eulogies that is, and as with most of my work there is always someone who wants me to connect them with their loved ones. I've talked about it before but it can never be repeated enough. I'm a medium, the person in the middle. I'm unable to talk to any spirit if it does not choose to talk to me. This simple truth is hard to understand, even seeing them does not mean they want to communicate. You must remember they are at that point of passing through what is our time, not theirs, so it's relatively easy for them to disappear into the mist of energy all around us. Anyway back on task, at this last eulogy there were mostly family and close friends of the family, and as soon as I got to the house I felt the presence so I knew there was a spirit in the air. The family chose to go outside into nature and let loose several white doves as a symbol of spiritual freedom.

The lady who hired me introduced me to the rest of the mourners and I was asked to say a few words about the deceased. I started to do my thing, as I don't ever know what will happen during these moments so I can't prepare a speech, I just go, and as the spirit moves me is what I do and or say. In this one it was interesting as the spirit was present and as I spoke to the people and to the spirit, the energy of a saint came up behind her and the feeling I got was that she was helping the soul go on her way. I asked my client if the deceased had been a devotee of La Caridad Del Cobre who is the patron saint of Cuba, also known as the Virgin of Charity of Cobre. She asked me, why. I explained to her that the saint was helping her mother move on in gratitude for her devotion. She told me that her mother had indeed been a follower of the saint. She even had a life sized statue of the saint in front of her house.

As I continued to speak, I could see that everyone was very emotional so I continued to do my thing. My client asked me if I believed whether this would be the last time the deceased was coming down to another lifetime. I looked towards the spirit and she smiled but with no teeth so I took that as a yes. I asked my client if her mother had no teeth and she said yes. I explained that this to me was a confirmation that the spirit believed it would be her last incarnation here on planet earth. I later asked her if her mother

had some sort of blood related issue. I told her a couple of other things about the deceased to give her comfort that her mother was there and that all was well with her travel to the other side. I told my client a few things about the little girl, her daughter, who was around us as we spoke.

Not all funerals are like this. Sometimes the spirit is not around and sometimes they have so much anger or despair that only darkness is around. I would say that this was a very special funeral with the beautiful soul. It all depends on the life they lived and how much spiritual growth there was during this lifetime. I remember another session where a recently deceased came through. I felt so bad for the family I did not tell them of the energy. Let's just say there were several tragic scenarios I was shown about the deceased that showed why the soul was so darkened. So, I still gave my spill of how the next move for the soul is to move on to the next stage of their evolution.

Freewill

I remember a client who was dating a woman who was more like the wicked witch of the west. I've read many people over the years, some of them pretty short on scruples, but this woman won the title. The man was a regular client of mine, who had made some bad decisions when it came to women. So when he became involved with this particular woman, it was no surprise. What surprised me was how long the relationship lasted and all the spells she worked on him to get what she wanted.

At the beginning of the relationship, my client brought her to me for a reading and cleansing. I told her straight off, "Don't cast any spells, what comes natural is best." She became a bit defensive, so I simply told her, "In your purse there is an amulet of leather in green. Take it out and show it to me." She was so surprised that she immediately took it out and showed it to me. I asked her if she now understood what I was talking about and reminded her, "The man you are with has been my client for a very long time. Be mindful that I will not allow you to turn him into a walking zombie." I further told her that I knew he had a nice house and a couple of kids he loved very much, but what he had belonged to him, and she should not make designs on any of it by manipulating him through magic.

The next time I saw my client was a year later. By this time the woman had moved in with him and was doing exactly what I told her not to try. I could see many different spells on him, all related to her and all about controlling his emotions. I let him know this, and he said, "Just read and help me with work, as usual. I have the relationship issue under control."

With time, things went from bad to worse. She began to show her claws, asserting more and more control in the home and pushing the kids around. She was smart enough to keep him under her influence and his fatherly instincts would not kick in. Remember that no matter what spells a person might be under, natural instincts are still there. But what the folks who do this kind of magic know is that if you do it in a way so as it doesn't change the scene too drastically, most people will go along with it and not even realize they are being manipulated. I gave him some things to do to build strength against the negative energy, but he wouldn't listen. If it was not for the fact that I continued to give him some very accurate business advice, he would have never called me again.

It was a little over three years after my client and the woman had been living together when she slipped up. They were all preparing to go on a trip when she got into an argument with one of the kids. As she headed towards the child with her hand raised ready to hit, he saw this and intervened. He held her hands back and told her she would not be hitting his daughter any time soon or ever. Soon after he came to me and asked if I could help him get rid of whatever was upon him.

I reminded him that I do no wrong to people, but that I could strip him of all the witchcraft that the woman used to control him through different methods—everything from the food she prepared for him to eat to the intimacy of the bedroom. I told him the proof would be that I would do a cleansing and return the magic to whence it came. I warned him that he had to be ready for whatever happened, and it would be the undoing of all the magic that was upon him. He was still not sure if she had done anything to him, but he agreed and we made an appointment to see each other the next day at noon. I told him to bring certain things and some old clothes he would not mind being destroyed. The next day he met me in a wooded area as agreed. I began by reminding him that this type of cleansing sends everything on a person back to its origin, and although it might be a bit freaky, he must let it take its course. I went on to explain that depending on how much was on him, it would reflect back in the same manner on the

person who cast the spell, but all at once. He was still skeptical and, although not on good terms with the woman at the moment, he couldn't quite believe she had him under her spell for years. After I finished, I told him to try and stay away from the woman for a couple of days, and if she was the one who had cast the spell, he would see the results within 21 days or less.

Within four days he called me and left a message. I was doing a reading over the phone, and I don't answer the other line when I'm working. Without listening to the message, I called him back as soon as I was done. He was hysterical. He explained that the woman had been taken to the emergency room and the doctor said she could lose an eye.

I calmed him down and reminded him of what we had done and how it had nothing to do with the woman. In fact, whatever was upon him was chanted to return to whom had done him harm. He said he understood all that, but right now he needed me to go with him to the hospital and cleanse her so she would not lose her eye. I told him I wouldn't do it and explained why. I reminded him that whatever had been done, no matter how powerful or how many times, it all bounces back at once but with no permanent damage. With the same fury as it hits the person it soon dissipates.

I suggested he let things take their course and guaranteed that nothing permanent would happen to her. This is just the process of breaking a spell, or multiple spells in this case. As I had predicted, within a few days she was out of danger and transferred to a regular room. Within a week, she was out of the hospital and back home. Within two weeks, my client was himself again, and soon after, he parted ways with this not-so-nice person.

I believe that controlling free will can be a double-edge sword, bringing about as many positives as negatives. I remember a few years ago a very distraught woman who came to visit a medium I know. She showed up one day while the medium and I were working together on another project and said, "I want my husband back!" In other words, cast a spell. He explained to her that along with any action comes a reaction, often with a whiplash of negative side effects. He looked at me and I confirmed. I told the woman that from my experience, it never turns out well.

I told her of the time a very good client wanted me to help her with her boss. She felt that she and her boss could become romantically involved, but that the company frowned on that type of relationship between employees. I

told her since they were both single I would help. I would perform a spell to encourage her boss to open up, but after a month, I would destroy the spell. I told her, "If what you want is a chance, I will facilitate it because your energies were compatible." My client agreed to the terms, and for about a month they enjoyed a close relationship. A month went by and she didn't call, so I called her. I asked her to come and see me and take care of what we had talked about. She came reluctantly, explaining how well they were doing and how sure she was that he was the right person. Well, she destroyed the spell as agreed. I told her that if time with him was what she needed, then he now knew her and would stay. If, however, it was all part of an illusion, then it would dissipate as quickly as it began. Sure enough, within a week he no longer felt the same about her and things were "back to work" as usual.

After I told the story, I reminded the woman who wanted her husband back that what she was asking for was probably not a good idea, for free will must supersede all else. With that, she turned back to my friend and asked how much. He said one thousand dollars and she wrote him a check. When she asked him how long it would take, he asked her where her husband was. She started to cry and explained that he had left her for another woman, and that they had moved to another city. And she wanted him back more than anything else.

I was amazed at how quickly the spell worked, and in less than a month he was back. What happened later proves yet again what I've always preached. Almost as soon as he returned, she began to have problems with him and even some abuse took place. He started to go out and return at all hours, and with time the marriage ended. It was an experience I would never forget. I still keep in touch with the other medium, who by the way has also learned a lesson. I didn't tell him I told you so, I just let it hit home. He now refuses to do any magic that does not consider the importance of freewill—having first dibs over what happens.

If there is one thing all of my clients will tell you, I'm not an alarmist. I feel there is always a solution to any situation, but not in the case where I read this woman and told her from the get go, "you are currently married." She said yes. I told her, "run, don't be thinking about it, run!" I continued with the reading and gave her many confirmations of things she knew about to open her eyes to the fact that she was in peril. She called me for a cleansing of energy about a month later. I scheduled her for the following week and as

I arrived she told me she wanted to give me a verbal testimonial on something I had told her during the phone reading a while before.

She went into detail. She had filed for divorce and the husband had already left the house. She continued to confirm many things I had told her but there was one she really wanted me to hear. Her husband had tried to poison her. She did not call the police because they had two children together and she opted to get him out of her life. She went on to describe how he did just as I had told her in the reading. She said she had always known that he was not honest with her but never in her wildest dreams did she ever think he was capable of such an action. Well, I finished the cleansing and taught her a spell to help her move forwards in her new life. A life where her new business will blossom and she will find success. She is still my client today and I wait for the day when her new life will unfold just as I saw. Remember life does not change in a day. After a lifetime of challenges, it will take time for it to get back on track.

I remember reading a woman who was going through some financial difficulties. She was in transition. I told her not to worry as in the next year she would have a financial windfall which she would not be expecting. She told me she found that hard to believe. She was a realtor and a mortgage broker, and the market was worse than ever and no one was selling or buying. I continued to tell her she would be selling a property somewhere in the twenty-million dollar range. She said, "I wish!" I told her she would get her wish. The year passed and she did make the sale, as a matter of fact, it was such a big sale she got her name and picture in the local paper. Needless to say, she is more of a believer than ever. She continues to be my client and I've told her many things over the years. But this one brought it over the top.

I have many clients in Europe. How this story begins is that I was referred to this lady by another client. When she originally called to schedule the appointment, I asked her why so much travel and board meetings and strange people all over the world. She was amazed and explained that her husband was president of a large corporation and indeed traveled a lot. Anyway, the very next day she called me for the reading, and we had to figure out the time difference. I've made time mistakes in the past, so I'm very careful, as it can throw off the entire day.

When I do readings, I ask people to have at the ready the names and birthdays of the people they want me to look at and the questions they'd like me to ask. Once we begin, I ask the person not to speak except to confirm or deny what information I pass along. I explain that most questions are answered with the asking, and at the end I will ask if they have additional questions or if they have other people they want me to look at through them.

The very first thing I asked her was why she was always so worried that her husband would leave her, and it had nothing to do with his job as a corporate president. I also told her that I knew she had children and they were fine. I gave specific information about her husband, his work and the people around him. He seemed to be a good person and a good provider, and he loved her. As I explained all this, I felt that she was concerned about how real his love was for her. I took a couple of minutes to scan her home and felt something in the dresser in the bedroom that did not seem to belong.

I asked her if she had any idea what magic could have been used or what spell she maybe had in one of the drawers in the bedroom dresser. She felt fearful immediately. I asked her to explain whatever this was and told her it seemed to be there for as long as they had been living together, which was going on almost ten years. She felt as if she always had this insecurity, but was not sure why. Again I asked her to explain, and told her, "If I'm completely off, I want you to express this as well." She confirmed I was right on target. I said, "Ok, if you want my help, you need to explain why you are so fearful." The more we spoke, the stronger the emotions I was feeling from her. Now it was fear of what I had felt in the drawer.

She started to cry and explained the odyssey that had begun almost ten years before. She was in love with this great man, but was unsure whether he would return her love and marriage seemed far off. She went to see a gypsy woman, who had prepared a spell for her to make sure he would be her man. Well, she said within two years they were married and had started a family. She said her existence with this man is both beautiful and a torture. She feels that if she tells her husband what she did, she'll lose him. She has on more than one occasion taken out the amulet and almost thrown it away. She said she's a coward. Fear of losing her husband would be too much for her.

I continued with the reading and told her that I felt the love between them was real, but this thing in the drawer was actually coming between them. She asked me what I meant. I said, "How can this love blossom and grow if you second guess everything that happens, and that only happens because of what is in the drawer? I told her that usually these things lose power over time, and that most spells run out of juice if not reinforced every once in a while. I asked her if she had ever seen the gypsy woman again. She said no and wouldn't know where to look. I told her that was fine and she could just throw the amulet in the trash, as it had nothing and has had nothing for a long time. Again I repeated what she had with her husband was real, but until she saw it with her own eyes, she would live in this torture. Get rid of it and the nightmare would cease.

I have now been reading and counseling her for years, but her debilitating fear of losing her life and love has kept her holding on to this thing that is consuming her. I wish I could go there and throw it away for her. But unfortunately, she has to do it. She has to stand tall and own the life she has built with her own emotions and hands. She has been a great wife and mother, so the next step has to be hers. I know sooner or later she will take that step and get rid of it. I feel when that day happens her future will truly be there for her. My prayers are with her.

I've always tried to leave my testimonials as is in the case where the client does not give permission. But when I feel it will help in the understanding of the process that is spirituality and all its possibilities, I will use it and change all the names and specifics so as in no way to reflect on the client. I even change the sex when it is not pertinent to the lesson. In the spirit of this, I want to tell you about a client I read as the book was being edited. I just could not pass it up. She was calling in frustration as the organization she works for was under duress. By this I mean, some of the higher ups were so into making an extra buck that they were not working for the greater good of the company they work for. She, my client, has been there forever and does do the right thing, so she was under attack. I did a few things to back them off and simply sent back all the venom she was getting. We continued on with the reading, we jumped to the support people that worked for her. I gave her my take, she agreed and we continued.

Next we visited family and health issues, and as I looked at a nephew a spirit showed me how he had died and stated a similar fate if the family did not fix the problem for her child. I did not know if to give the message as a child

does not usually have these problems. I confirmed the deceased to be family then I felt more comfortable giving this less than favorable message. She confirmed the issue existed. I continued to say that as I saw it, this was the result but from my view the source of the trouble comes from another organ in the body, not directly related. She said that other organ was a problem for one of the parents so she said she would follow up with it. Then we jumped to another family member, again another young person, I looked and did not see any destined diseases for the young man.

She said he had Lupus, I told her he was not destined to have this or any other disease but I would look in detail. I saw the problem stemming from an intestinal and digestion related issue. She told me that a few years ago she had taken the child to a naturalist and the doctor had given the same exact diagnosis but the parents chose not to treat the child with the prescribed medication (too many pills). In readings people can point in what direction they want to go but the spirit will always take me where it would be most important. Most of the time these two are the same, when they are not I will always answer any and all questions they have. Most of what they call about will come out before they say one thing, except to confirm or deny my statements.

Once I was doing group cleansings with about 12 people and when I was cleansing this one lady I could smell Absolut vodka and had the same taste in my mouth. I knew it to be that brand because I have had it before and it tasted familiar. I told her one of the spirits around her was mentioning that she drank too much and her preferred drink was Absolut vodka. She absolutely confirmed that she was having a drinking problem and she had actually drunk Absolut vodka the night before. The spirit continued to express how she would lose her job if she did not stop drinking during weeknights. She was so in awe of how this information was passed on so accurately that she promised the spirit she would get help. She is still my client, and she did stop drinking after that day.

Sometimes the messages that I receive are simple one-liners but have huge repercussions. I remember that one time a woman was looking to get pregnant, she was asking and I just knew. I can tell when the spirit of an unborn soul is close. I can see, feel, and tell if it's going to be healthy or with problems, sometimes I can see their future and if it will be a boy or a girl. Looking into the future of an unborn soul sounds like easy pickings but it's not.

Here is an example of one of those, the email from the woman:

Hi,

Four years ago, when I was hoping to get pregnant, I asked "Will I ever get pregnant? And you said "you already are." I went out that night and bought a test and I WAS!!!!!! It was amazing.

Alicia Tampa FL

I had a situation with one of my clients where he sat on a board and was having problems with one of the members. If I haven't mentioned it before, I also practice Chinese astrology and Feng Shui. So in this situation, my client found the other board member's information and which element had a negative effect. He simply placed the representation of the element behind the other gentleman's chair in the board room and in less than three more meetings the other member resigned from the board. It's believed that every person has three types of luck, Man luck which is generated by our own good judgment and efforts; earth luck, just means what is going on around us and how it influences us; and last but not least heaven luck, this luck as you can guess comes to us from the heavens. It's also believed that we can, through selfless acts, mitigate or improve on good luck or worsen it by making wrong moves in our individual lives. So each is given a value of 1/3, so even if using Feng Shui we improve the flow of the elements around us it's still just 1/3 of the equation. They believe in the five elements and that placing them in harmony our lives will also become harmonious and thus balanced. Although this is not a Feng Shui lesson it was important to mention since many of my clients ask me to bring more balance into their lives through this art.

Testimonial

Hector has been walking me thru very troubled times in my life. He was able to predict small events in my life and bigger ones. Thru cleansings and rituals I was able to get my loved one where I want him and saw a situation that at first seemed impossible unravel into a dream come true within 3 months

time. Hector is definitely my life coach. He coached me out of miserable situations, guided me into getting the reactions and actions I wanted out of people in my life. He predicted a car accident to occur between December 2010 and January 2011, sure enough I got into a car accident Dec 21st. He predicted a huge breakthrough in my life to occur after a certain event, sure enough the day after the said event, a breakthrough. He is able to describe words, situations, emotions and physical reactions that only I and my significant other exchange or are aware of. He can even describe the way I look without having seen a picture of me ever. Hector is insightful, funny, honest, nurturing, patient and firm. He is very consistent in his thoughts and guidance. I couldn't have gotten to where I am without him. I cannot make decisions without consulting with him first. Most importantly we have a strong spiritual connection, as though he is an old soul that has known me all of my life. I appreciate his honesty in the fact that he never tells me just what I want to hear. But for those who are reading this, one thing you will care about the most is that: YES he can not only tell the future he can also help you make it go in the direction you want it to. Hector is a gem.

I.L.

Sent from my Verizon Wireless BlackBerry

I have a client who I met quite by accident and while at his office told him he would not last there long. Surprised, he explained that was his third day at that company. He asked why I would say such a thing to him. I explained that he would open his own office soon. I further told him he would make more money running his own office than any of his partners at any of the other offices. He told me that I was crazy. I validated my statements by telling him of other things in his life that he knew to be true and I had no way of knowing. I gave him my business card and he called not too far into the future as he was to open his new office by the end of that year. When he called for his first reading, I told him that there would be some delays. He told me they were almost done, and that opening day would be before the 31st. I told him I saw the opening some time later, maybe by March. January rolled by and he called for another reading as there had been some issues with the building plans that were delaying the opening to February. I told him I still said March. Oh well, his office did not open until mid-March. He called from his new office and now a believer he asked me what to do next to make

things good. I recommended a cleansing of energy at the office. He did it and I did not hear from him again until the end of the year. I recall it was December. He expressed his elation at the fact that this brand new office had exceeded the earnings of all other offices. We had done a cleansing of energy and a Feng shui analysis of the property to maximize flow.

Testimonial

Hello I am a client of Hector Espinosa!!!!

In a nut shell this is what I have to say about Hector and his gift, never doubt him, write everything down, keep it and everything he tells you will come to be EVERYTHING!!!!!!

There are many times I DO NOT want to believe him and I doubt and he is always right never OFF.

I waste time and money seeking guidance and help from others and they have no clue about anything!!!! Hector has a gift, he tells you straight, and it is your best benefit to take it seriously and listen. Health, business, Love he has it covered my god it is rare and a gift in life when you find someone that truly is here and sent to help you. I remember I asked him about a man he told me he saw mountains and forest, I told him could not be. Later I called the man and he told me how he had gotten lost in the mountains all he could see was trees. Incredible remote view of people!

Hector Espinosa is no joke And his gift is from god

And he takes it very seriously that is a blessing for his clients that he life coaches.

I adore him and his family And I thank GOD I know him!

Toni from Miami

Owner of a NATIONAL and International COMPANY.

Life is fluid so visions can change and I believe nothing in this world is cast in stone, what I mean is that we can manipulate energy and change almost anything. I remember a case in the Hamptons and how I had told my client that his wife would become pregnant. She became pregnant within the year. He called me to see how the pregnancy and their lives would go from there. I saw a situation that might cause her to lose the baby through an accident or

two. He became so upset he hung up the phone. I understood but, although I try not to be an alarmist, this situation could be mitigated by moving some energy around. He called the very next day as his wife had had a small fender bender while driving. I was glad he had called so I might give him one of my remedies in the hope of diminishing what was coming. I had seen an accident that would cause a miscarriage, so I told him some things she needed to do in the hope that what would be a bad accident would become a minor one. There are some things that cannot be changed but the level at which it has to happen can be lessened. As it turned out, the second and very difficult accident happened but as a parking lot incident, so there were no more problems and the baby was born healthy. We can sometimes change how bad the incident can be while still fulfilling destiny. Usually, destiny will say that a certain thing must happen but not demand on how grave it needs to be and, for example a broken rib can turn out as a bruised rib and so forth.

I remember another incident with my brother-in-law's step-son. We were over at a party and my brother-in-law's wife asked for an appointment to have the young man cleansed. He came in and as I was conducting a clearing of his energies I told him he would soon find another job. Within three months, he changed jobs. I had told him it would make him more money and it did. Sometime later, he called for me to look at him as after the first year things seemed to have slowed down. As I was looking at him something unexpected appeared, a spirit attachment that would drive him to have four accidents and the fifth could be fatal. I explained what I saw and told him what he needed to do to prevent the sequence of events I had been shown. As most young people, he shrugged it off and did nothing. Within a month he suffered his first accident on his way to work which was not even his fault. Again, he dismissed it as a coincidence and did nothing. The second accident happened within a week of the first and this time it was his fault, still nothing. Several more weeks passed and his third. I did not have to hear from the mother. This time he called and asked what it was again he needed to do. Guess what, it was a bit complicated so the hard-headed young man did nothing. The very next day someone hit him from the rear, even before he got to work that day. Well now, he scrambled to get the ingredients and did as he was instructed and he never got to suffer that possible fatal blow I had seen. I believe people like me can sometimes see things, perhaps this is the universe's way of tilting the scales or giving someone a second chance to make things right.

I remember one story, actually this was a two story case, when a lady called me for a reading and I described the problems in her marriage. She was astonished about how I knew some intimate things about her and her spouse. I told her about the kids and I even gave her the name of two of her relatives and her husband's work. As part of the reading, I told her that she needed to be more aware of what the husband was up to as I suspected infidelity. I felt he was interested in another woman and that woman knew he was married and he was attempting to seduce her. I told her also that I felt the woman was also married, so to keep an eye open.

Time passed and within a few months I got a completely different person who called me and during that call I asked her who a man was. I described a man who was not her husband and told her she was having an affair with the man down the street. Well folks guess what? The man down the street was the husband of the woman I had read a few months before. What are the odds! It took me the better part of the reading to get the connection or even identify the two as the same man. Once I did, I told her to be careful as the wife was no idiot and if she was not careful she would be the one that would catch them and not her own husband. These karmic coincidences are just mind boggling to me. I hope you understand how strange it is for me when these things happen. There is just no connection and neither was referred by the same people. It just happens. Or, is there a deeper meaning? It seems to happen more often than I can count as coincidental. If any of you out there have an answer for me, I would love to hear it. We are all on this journey called life. Remember the doctor does not usually heal himself in the same manner. I can see better for most people than I can see for myself. I asked my wife to write her story of us, since it happened after I started down this spiritual path and I've helped her develop. I'm sure you will find it interesting.

Testimonial from Vivian Espinosa

I met Hector at age 11. We rode the school bus together to school, lived in the same neighborhood. Throughout all our lives we visited the same pools, parks, attended school dances, local dances, skating ring all through high school graduated same class. I remember Hector smiling and shy but always trying to be friendly. He loved to do arm wrestling in back of the bus because of course all the boys sat in back of the bus. I worked at a bakery and he

used to come and buy bread for his parents. He always went to my birthday parties, looking thru those pictures I realized he was the one standing next to me at most of them no matter what went on in my life he seemed to be a constant although at the time I did not realize it. One time I had just finished teaching an Aerobics class, I was getting ready to pick up my little girl from the daycare and there he was all buffed, looking good, smiling, happy to see an old friend, telling me about the marines and of course his disco dancing which he was a pro and loved it.

Years passed, and one day even though I lived in Broward County, on Saturday I decided to go with my 3 kids to dinner and a movie in Dade County at the time I was going thru my divorce. As I'm sitting down w/my kids Hector passes by. I hesitated whether to say hi! to him or not. Since I was going thru my 2nd divorce I felt embarrassed, but something told me, how can you not say hi! you grew up together. I disconnected from my own issues and called out his name. He was so happy to see me, sat down with us and told us about his psychic readings and his daughter. He asked me if he could sit with us in the movies and I said ok. His daughter automatically sat next to me and she was so pleasant my youngest daughter wanted to sit next to her. I was glad I called out his name.

On Monday I get a call from Hector asking to meet him for lunch but I couldn't. About a week later we spoke again and he told me about a gathering where 2 monks from another country were visiting and also about the author who wrote "Many Lives Many Masters". He said many ideas were exchanged. On my way to an appointment to visit a client I called him and he said, "Tell me something." And I replied "you're the psychic you tell me." Wow! He told me about an hour full of information. At the time, he didn't know anything about my current situation. He told me about my divorce. His first words were and apologizing first, "Why did you ever marry this man? This marriage should have never gone this far or none at all." He told me about my 1st husband, how that divorce should have never happened that way and that someone had influenced for that to happen, also that his castle was going to crumble. At the time I had no idea what he was talking about.

Hector told me I would re-marry again and soon (little did he know he was the one). He told me many things about all my children, but this one particular incident impacted me. He mentioned that my youngest daughter had a spirit next to her that told him I am here to protect her and I will always be here to save her I'm the one who saved her when she was giving

birth to her. At that moment I didn't know what Hector was talking about. Later, I remembered that when I was giving birth to her all the nurses came in the room, turned me around and almost stood me straight up in the bed, I thought that was very strange. The nurses did something without any explanation, but you can tell everyone was moving quickly.

Hector also told me about my mother and me, how we are here in this lifetime to resolve certain issues and that I have completed my part. I was raised by my grandmother. He gave me messages from her and how much she loved me and how I was her little girl and how she is always with me. He told me about an old lady, not blood related, that her spirit was very close to me and how she loved me and how my 1st divorce was very hard on her. That spirit was my ex-mother-in-law which I loved very much. He also told me that I had a connection with her from a previous life. Hector reassured me everything was going to be fine and I was going to make more money than ever. After that I spoke to Hector a few times. He offered me guidance if I needed it with the divorce but I didn't want to involve him.

A couple of weeks before Christmas, he called me asked me what I wanted. I said peace of mind. It turned out that the week before Christmas the home I had rented was not ready and I had no place to stay. My older kids stayed w/their dad and my youngest stayed with her dad. The week after Christmas my best friend, who is my older children's aunt, offered me her home to stay with my 3 kids since she was going to be out of town. We had a peaceful Christmas and a Happy New Year. I called him to see how he was doing and he sent me the Apple Cider Vinegar bath. Finally after I moved to my house, I did the bath. I smelled like a salad and slept all night long.

About two months later, he called me on a Saturday when I was on my way to the gym with my oldest daughter. He had just finished doing readings to a group of woman and met me at the gym. We had not seen each other since that day at the movies. While working out, he told me about my job, how I wasn't going to receive all the money they owed me at once, but not to worry I would receive it in small amounts and I did. That night my son was cooking Barbecue and I invited Hector to eat with us. When we arrived at my house, my cousin was there and of course she knew Hector from the club since girls made a line just to dance with him and his disco music. At the dinner table, he told everyone something and offered to take us to the ocean and do a fruit cleansing. That day we came home and slept for hours, many more than usual. He explained that whenever there is heavy energy around

a person and then it's lifted, one of the side effects is that the person catches up on long lost sleep.

He invited me to go to the spiritual center where he donated his time to cleanse people's Auras and energies. I had never been to a spiritual center. It was definitely different from anything I had seen before. After a while, Hector and I started dating and as time passed he wasn't able to read me anymore. I continued going to the center. After a while, I was asked to pass spirits and I started channeling spirits and opening up to the spiritual world and say premonitions to people. Going back to my first husband he had a lot of changes in his life just as Hector told me. One day, he told me that one of my neighbors was going to die and she died within that year. That year I did make more money than ever, I even won Pinnacle, for my company that is a high producer award. In fifteen years, I had never won this award before.

Thru a lot of cleansings Hector has helped me in all aspects of my life. He also introduced me to Pam who is a hypnotist and that was an amazing experience. She helped me deal with many issues going back to my childhood and let go of a lot of emotional issues I was dragging from my past. Hector and I decided to get married 2 years later. He opened up his own center where he was committed, donating his time to help the individuals that were attending, never missing a day even if he was sick. I was able to grow more spiritually because it was not as structured as the previous place. He ran the center like he runs his life, loose, allowing for things to develop naturally as God intended not as others would impose upon you.

Hector is very non-judgmental and there has been many times where he has separated himself to advise me and the children. One day, I was very confused. We were in the car and I needed advice and Hector started speaking to me with a very soothing voice. It felt like he wasn't there. After he said what he needed to say to me, Hector explained that that was one of his spirits which is a psychiatrist giving me advice. After that day, Hector and I would sit at night and he would channel different spirits and they would give me all kinds of messages for people, for myself and some were to be given to Hector.

One time after dinner he went outside to smoke his cigar while I was picking up, and he came in all pale and cold. I asked him what had happened and he said that many Indian spirits came to speak to him and give messages and he felt drained. He didn't recover until the morning. I love to have that special

time when I can speak to the spirits thru Hector because they give me advice and all kinds of messages. When he channels the spirits, it's them who I'm speaking to, not Hector.

I remember one more incident. We were in the Jacuzzi and I mentioned to Hector that it would have been my grandmother's birthday. He started mentioning how my ancestors were gathered together and as he described a few of them I recalled some of them from my childhood. He said the message was they were celebrating for one of my ancestors I believed it was my great-grandmother to be reincarnated back to earth for her new life. I thank God for Hector. He is not only a wonderful husband and friend but also a great asset to my family.

Vivian Espinosa

Just this morning, I went to a friend's office. He said things were slow and everybody in the office independently of work was having some issues. I got there and someone had a headache, another had sciatica pains, and yet another was very stressed. These are just the ones I could verbally identify. After I was done with everyone in the office, I told them this was a quickie cleansing of the aura. They were in awe, as the man with the leg problem with the sciatica had no more pain, the lady with the headache no longer had it, the one with stress said I could not express better how I feel, fresh and refreshed. They all thanked me and I left to continue on to my next cleansing.

In another case, I had a client who lived outside the country. She was brought to me on one of my visits and as I read her I could not believe that such a nice lady had never been married. I told her something had been done to her, some sort of witchcraft that took hold and ruined most of her life. When I met her she was in her forties, she had never even lived with a man. Nothing wrong with her other than this thing I saw deep in her past probably in her teen years. She began to cry and told me her story. In her youth, she was dating a boy from school who was a year older and from a good family. She was from a poor family and she was mulata. The boy and his family were white. The parents of the boy were less than happy to hear of them together and did not stop until they broke them up.

I told her I would like to help but it would require a cleansing. I knew she did not have the money but I told her I wanted to help her anyway so I made an appointment for her to return the very next day. I told her to bring certain ingredients to me. If I remember correctly one was a big snake, as I had seen what had been done to her had something to do with a snake as well. So I felt that to reverse the spell I needed the similar ingredients. Most of what I do just comes to me and this was definitely a new one, so I wrote it down as there were many other people I was to see before I saw her again and did not want to forget. Well, the big day arrived. I had made her appointment for the very next day at noon. I made her stand in the middle of nowhere and I went to where her shadow was reflected on the ground. I did the ritual but instead of on her it was all done to her shadow, very weird but so be it. I told her what had been done so many years before had been undone. I was not sure what would happen as this was something new for me as well.

I gave her my card and told her to let me know if changes occurred. I also asked her to come back and see me before I was to leave three days later. She came and I took a second look at her. There were no more echoes of the spell or when it happened or the snake. This was all good. As time passed, she contacted me to say that she was now in a relationship. It's been a couple of years now and if I remember correctly, last September she sent me an invitation to her wedding. I could not go but I was very happy to see that what had been wrong had been put right again. This is why I tell people be careful what you do. The only thing those parents wanted was to get her out of their son's life and they inadvertently destroyed a life.

There was a woman from the Dominican Republic who would get readings and cleansings from me. I would sometimes go to Santiago and do readings for the family. Her sister lived in Miami, where I'm from, and she asked me to do a cleansing for her and her sister the next time she came to Miami. I agreed and we scheduled the cleansing. It would be a unique one as I had to do it in a place of power. I chose a place where the river goes into the ocean. There are several places like that here. I liked the one in the Homestead area. It was a beautiful day when we got there. But as soon as we got started, the sky darkened and the day started to change. It started to rain and thunder. Wow! I told them they must be bringing with them plenty of heaviness. I could tell they were a bit worried and I made them feel at ease by letting them know it was part of the process, sometimes.

As we continued, I could tell the cleansing was going to be a difficult one. I even saw an alligator, and did not want to tell them. As I continued with both of them, it just got weirder and weirder. We finally finished what we had arrived there for and the day did get better. As we were packing up to go home all of the sudden, a tornado touched down on the only road back. The place where we were at dead ended on the ocean so there was no escape. At this point, the ladies did not know what to do with themselves. I reassured them not to worry and to get back in the car. I told them that we were there to leave things behind, to leave that place cleansed of all they were dragging with them. I further told them to hang on and we would head right for the tornado as nothing was going to stop us.

I backed the car up and pointed it in the direction of the tornado that in turn was coming down the road straight for us. As I expected, we were about a block away when the tornado veered over the river to the other side of the water. I could tell they were relieved. I told them that although this was not common sometimes the forces that work against us try and assert themselves in ways we do not expect and fear is not an option. When something is standing in your way and you want to fix it, you have to get through it or you will always be stuck with the problems. They told me later how well they had slept that night. This is also a side effect of getting cleansed, usually the heavier the person's energy, the less they can sleep, so a good cleansing makes them lighter and they get that much needed sleep.

I read a lady from the Hamptons and told her something about another friend, something about the husband or relationship and that her friend thought the problem was over. But I told my client to tell her it's not even close to being over and that she should stay vigilant. As she told her friend the story, the friend did not believe it and told my client I did not know what I was talking about. Time told a different story as she soon discovered the affair the husband was still having. The friend called me for the reading of her life. With time they did get divorced and he stayed with the mistress. I believe any piece of advice a person gets is worth investigating, don't jump to conclusions, but look into it. Remember, this is like any other type of intelligence gathering. It needs to be scrutinized, don't take things at face value but totally discarding the information defeats the purpose of the message.

I believe that messages are prognostications, just like the weather man foretells the future based on the most likely patterns they see, I can forecast

what is to come with some accuracy based on what I'm being shown. In a reading, I always quantify my forecasts with plenty of ammunition. For example, I will tell you about your significant other. I might tell you about some known health issues or other known things to you. I will go on to tell you about your family, your work and other facts. I will tell you that in the same manner as I'm able to tell you these things and with the same clarity what I'm saying about the future has a good chance of becoming fact. I will let you know the future is unwritten and with every action there is an equal reaction so if you shift gears enough you can change that future.

The weather changes in much in the same way. Although a high might be coming down, something could cut in from another direction and change what looked like a certainty. It's these unexpected occurrences that make divining the future uncertain. But with as many facts as possible and, as I've said before, we can forecast the most probable outcome of a situation. Most of us can predict one thing or another. I just do it through my visions. They are the most probable at the time we are speaking, and can change. So always take what any psychic or medium tells you with a grain of salt, as something unexpected can happen and change what looked to be certain in my visions.

People talk about black magic. Energy exists and we can make it into positive or negative with our thoughts or rituals. I remember one incident where a man was living with a woman and her mother did not want them to be together. Sometimes, I wonder why people act as they do. Anyway back to the story, she was milking the daughter for years of some money she had received due to an accident. I believe the mother was the cause of that accident to begin with. She was not a very nice person this mother, if you can call her that. Anyway, when the woman left the nest she was 31 and went to live with a man who had offered her his home. The mother started to do all kinds of weird spells and mentalizing on her daughter day and night. The couple started to have serious problems in their lives and even at their jobs. I was approached as things had gotten really bad. I remember an incident when the front door had been left open while they brought in the groceries and a black cat had entered the house and passed by other people and came to scratch the man all over his back. Their dog came into the house and chased the cat out. This just does not happen. The woman's mother would pass in front of the house almost daily to see how they were doing. I guess to verify that her dirty work was working. It was incredible. She was wasting money asking other people like me, but with no scruples, to

do all this harm. I would have to clean them regularly. I told the daughter that she could get pregnant, although the doctors had told her that this would never be probable due to the injuries she had suffered in the accident.

I told the couple three months later that it was not time to fight fire with fire, and that people like her mother would just obsess over something for a while and then drop it. I figured that if I kept cleansing them the mother would run out of money and realize she could not cause permanent damage to them or their relationship. Unfortunately she was relentless, so I started to send back the energy from where it came, and she started to get sick and would miss work every once in a while. Even with this she could not see the error of her ways. I held a mass for the couple in their home one evening. A mass in the spiritual sense is a way to allow spirits to manifest and give messages. Her dead father came through and clarified some things. He explained to the daughter that she was never loved by the mother because of how she came to be born.

He told her that the mother had been in love with another man who had left her. And that while in her disappointment, she had met him and married him not really being in love and had gotten pregnant. She always wanted to have the man who had left her. She always wanted to have his baby. The father explained how he did not become aware of all this until he had died. So she always saw the daughter with a sour taste as she was not the child of the man she truly loved. The father further explained how the mother was always very money oriented and saw the daughter as no more than a cash cow. And when the daughter had left to be with the man, the mother saw him as an enemy and the daughter as ungrateful for not staying to live with her. While living with her mother she had been treated as a servant and not as a daughter, so when the daughter saw her chance for happiness and a way out from under this tyrant's thumb, she took it. With time, the girl grew stronger and the mother weaker and these attacks stopped. The couple stays vigilant since you never know how someone as vindictive as the mother will decide to start up again. This incredible story is a fact and this couple still gets readings from me and their lives continue to flourish these many years later.

The following case is an example of karma. A good client of mine would get readings and energy cleansings several times a year. As time would pass, she would tell me that she thought she had bad luck. I kept telling her that she did not have bad luck just bad decision making. She would get into

relationship after relationship and it always ended badly. I told her that the following year would be her year to have the relationship that would last a lifetime. She was very skeptical but it was the first time I had spoken to her in this manner. As the year ended, she got another reading and a cleansing of energies to maximize her chances. I told her that I still saw as I had the previous year a great opportunity to achieve a solid relationship that would prove to be, if you want to say it, the love of her life. It was not even a month later when she met a new man, and as usual, about two months after, she called me to see how things were going. I told her that this was her golden opportunity to be happy and I warned her not to screw it up.

She called me several months into the relationship asking me if he could be lying to her. She believed that he was hiding something. I told her that he was fine as far as I could see. That he felt totally into her and with good thoughts for their future. I asked her to explain why she felt this way. She could not give me a good reason. It was just a feeling that she had. I want to clear this up before going on, in previous relationships she had had feelings like that and most of the time they were wrong. As time continued, she kept calling. She explained several months later that he would take her all over, traveling even outside the country and that she had met many different and interesting people. She told me she thought he could be into some shady business. I asked her why she thought this. She explained that he would be talking about different types of business with different people. I simply asked her, why don't you go into detail about the type of business he had. She answered that he did not talk about business with her. I told her, "That's good," that it was all about her was it not. She said, yes. I asked her if she trusted me and she said yes. I told her, "Then trust me, he's a good bet."

One time, my client and her boyfriend were on a trip to the Bahamas when I got a late evening call from her asking me to look into a situation. I asked her to explain, well as usual she was worried about him and why all the traveling. She felt like this even though she was invited on almost all of the trips and when she did not go, it was because she could not make it. I told her to cool down and if she loved him to give things a chance to mature. She agreed and left good enough alone. One year to the month later, she called while on a trip out of the country and was totally out of control. She started with, "Who does he think I am? Some kind of whore!" I got strong with her and told her to wait and to see me when she got back but not to overreact. I put in a prayer for her because it would be a disaster for this woman if she lost this relationship.

She came to see me weeks later for a reading. As soon as she walked in, I knew, and asked her, "WHAT DID you do?" She began to cry and told me a horrible story, but for her and her propensity to overreact I was not surprised. She told me how she went off on the man and told him some horrible things like, if he thought she was some sort of kept woman, and she was not for sale, anyway you get the idea. She said he listened and walked into the other room, packed and came back telling her she could stay as the room was paid off and left. Later that evening, she went into the closet and found a single little box left on his side of the closet. She opened it and it was the engagement ring he had planned to give her before the end of the trip. She was beside herself. She asked me if there was any hope. I answered that she could try but that in my opinion he had seen something in her that scared him and he had lost faith in who she was.

I told my client to try but if it happened it would be very difficult. She did make phone calls, and tried through mutual friends but nothing. Much later while on a date, she happened to see that old boyfriend. She told her date that she used to date him and as fate would have it the gentleman knew about him and told her something about commodities. Apparently, he either ran or owned a commodities house. In other words, she had made a fatal mistake. She will have other loves and she will marry, just not that special love like the one destiny provided. So in summary, did she really have bad luck or poor judgment? I can give her guidance but ultimately the decision was always in her court. I've been able to guide many people for betterment in their lives with this gift but all I can do is suggest and cleanse the energies to allow the best of possible outcomes to arrive. Cleansings can be geared for specific reasons but mostly just give the person's destiny the best possibility for success.

People continue to tell me how they admire my ability to do what I do and that they know that they never could do it. I laugh saying that they can too. After this experience, I'm convinced that everyone should pick something they would love to do, but think they can't achieve and go for it!!! I got a call from one of my clients with an urgent need to see me for a cleansing. I agreed and scheduled her for that same evening at 8 pm. When she arrived, she explained the problem. She told me that her grandmother was going to die. The doctors said she might not last the night and the family was going to drive up to NY from Miami. I agreed to cleanse the grandmother through her. This can be done through someone who has an emotional connection to the person.

I explained that she needed to think about her grandmother, remember moments with her and just focus on her. I cleanse with tobacco. For me as I pass the lit cigar around the person, I'm reaching the other person. I started to tell her things about the grandmother just to make sure I had made the connection. After a while, I told her I felt as if there were a lot of strangers around me and I did not recognize anyone. I was feeling confusion. My client said, "That's exactly right. My grandmother has Alzheimer's." I told her a few other things along the way to keep a good connection and keeping her grounded in thoughts of her grandmother. At the end, I told her there will be a surprise and they should make it there with plenty of time to spare. She left and called me soon after. She said that she had called her uncle. He had told her that when the whole family was surrounded the grandmother's bed she had started to recognize all the family members she had not recognized for years. This happened within 30 minutes of my cleansing. She never lost that clarity until she died many days after the entire family had arrived to be with her.

This next case is current and I'm still working on the solution. About two weeks ago, a doctor client of mine called for an end of the year cleansing and his girlfriend was with him. She was also my client, so I knew both of them already. The cleansing was fairly straight forwards. The energy was already good with both of them. As I was finishing with her, I told them both to be careful with getting pregnant. They both said that they were careful and that she was on the pill. I said this was a warning because if she did get pregnant it would be very bad for her health. Within a week or two, he called that she was in intensive care. She was pregnant and the pregnancy was in one of her Fallopian tubes. As the doctors went in to eliminate the pregnancy, there were complications, well suffice to say, she was in intensive care. He told me, "When you said it would be problematic you were not kidding." It's been a week and still more complications keep coming up. I've come up with some remedies to stabilize her, in the hope of giving her energies a chance to stabilize. This is where it is, and I hope it will turn out well for her.

On my many trips out of the country, I had the opportunity to read a young woman obsessed with using the Ouija board. As we were going through her life, a spirit came through that wanted to give her a message. When I told her there was a spirit that wanted to give her a message, she wanted to know who it was. I told her that it did not feel like family. I told her the spirit by the name of James wanted to tell her to stop meddling with things she knew nothing about. She fell back on the chair to the floor. I helped her up.

She was very frightened. She explained that the past weekend she and some friends had been messing around with an Ouija board. A spirit with the name spelled as James had told her to stay out of things she knew nothing about. I told her to be careful. That this was but a doorway and anything could come through. She told me not to worry that as soon as she returned home she was going to get rid of the board and she would never play with one again. There are many doorways to divination, not all are safe. Unfortunately, some allow the things we fear to come through. If we can open a door that can bring good and bad through, we should leave that door closed unless we are sure of what was coming through.

As there are people who divinize, there are ways to do it. One constant that I believe in is knowing where the information is coming from. One example is using cards. There are many types of cards used, I use picture cards, but the key is the spirit that works with me with these cards. I know the source of the information. Some use shells, some use coconut pieces, some use bones, it does not matter the method, only that you know the entity that works with this method. It is a problem when amateurs or even sometimes professionals can become spellbound with a source that forecasts with accuracy but does not really quantify where the information is coming from. These wild sources can be very accurate and with time you trust it and it can just be getting your confidence to then misguide you.

Always be sure that you are working with a reputable source and this is why 99% of my business comes through referrals. I do not go and find you, when you call it's because someone I've read or worked with refers me. I guarantee one thing. No one will refer someone if they had not resolved the issues or at the very least been given very accurate information. So make sure you know the source and don't experiment. The first way to development is getting familiar with the spirits you are to work with. I will in one of the chapters speak on this subject in detail. So look for it, if you are interested in developing your spiritual gifts.

Karma, destiny and predestined events, I believe all things can be changed as long as the person had a hand in the changes. A while back, I was called by one of my old clients. I had not spoken with her for years. Anyway, she called out of the blue to let me know she was sick. I gave her a reading and told her it was not her destiny to die now. She said that's nice but three different doctors had given her the same diagnosis, pancreatic cancer and the level which it was at, there was no hope even for an operation. So nice,

it's not my destiny but unfortunately I can't even get an operation. I looked at her and told her that she would not die. I told her that if she received regular treatments of energy that I believed her disease could be reversed. I further told her the operation would happen in a specific month. We started treating the energies and with time she got to the point where the disease had reversed enough for doctors to be able to remove only part of the pancreas and have her still survive. She has, thus far, been free of disease for over 5 years. I feel she is out of the woods. I believe when we go outside of what is supposed to happen, often it's the emotional bottlenecks that ultimately create sickness.

Letting go is the ultimate challenge because it involves overcoming an emotional attachment to old ways of thinking and behaving. We have been conditioned to hold on, take charge, and make things happen. Change is part of life. Grow out of your self-imposed boundaries. Live! When we cling to our stuff, we clutter the mind and a distorted view interferes with the natural order and flow of life.

On my visits to New York, I usually try to see clients that live near each other during one trip, so I see my Manhattan crowd and my Hamptons people on the same visit. On the second part of this particular trip, I happened to see a lady who was about to get married. I told her to go and see the gynecologist. She told me that she and her fiancé had both recently gotten a clean bill of health from their doctors before the marriage that was to take place in about a month or less. I insisted and she knows that I'm not an alarmist so she went and saw the gynecologist who ran all the tests she asked for and found a one pound water cyst.

I usually contain my readings to people who ask me for help but on several occasions I've been moved to give advice where it was not asked for. Many years ago as I was at a club dancing, I had an urge to tell a lady to see the doctor about a specific area of the body. She had seen me at the club before since I like to go dancing and I actually dance, another way of getting some cardio. She looked at me oddly, but said, ok, that she would have it checked out. Several months later, I ran into her again at the same night club. She approached me and thanked me, as the doctor did find a small malignant tumor in the area I had asked to be checked out. Many years later, my nephew was working in a building in downtown Miami and while talking with someone about what I did, a lady who was listening to the conversation said that she did not really believe, but that someone like the person my nephew

was describing had saved her life. She explained how it all happened and then mentioned my name. My nephew laughed and told her that I was his uncle. When he told me the story, I thought, wow what a small world. The lady had again sent her thanks to me through my nephew.

My nephew a few years ago wanted to join the military. No one in the family was in favor of this since it was war time, but he's young and wanted to do his part. He came to me to see what could happen. I told him that he should stick to his beliefs. But the universe had its own design for this military thing and told him that whatever happened when he went away, he should accept no matter what it was. He left a bit frustrated with my answer. Remember what I do is guidance, not read what's going to happen, as my firm belief is that we can change things and sometimes things happen for a reason, even though at the time we might feel it was a bad thing. Anyway, back to him, he left to boot camp and while there he developed asthma. He was medically discharged and came back very disappointed. As it happened, he and two other kids had left together. I believe all three were signed up for very similar jobs. Within the first six months of his having been discharged, he got news that both his friends had died in action.

He immediately came and told everyone in the family of the occurrence. I then asked him if he understood why he had to go through what he did and ultimately why his getting discharged was a good thing. In my opinion, this is one instance of there being many outcomes to a situation and his was one of the better paths. It's in these types of scenarios that I believe having clean energy can come in handy. Look, it's simple, if you take aspirin and there is nothing wrong with you it won't hurt you but you won't feel any difference. However, if you have a headache it will most likely take it away. Same with energy work. If your path of life is not turbulent then the benefits are negligible. It won't hurt you but you can't fix what it is not broken or damaged.

I had a nurse who came to me with an employment problem. She had been applying for jobs left and right but nothing, sometimes several interviews but nothing concrete. I simply asked her if she was applying for jobs she was qualified for. I don't care how many cleansings you get if you want to be a lawyer and you are not even licensed, no is the answer you will get. She said she was licensed and all the jobs she had looked at she was qualified or even overqualified for. I did as she asked and took her to the ocean where her cleansing was to happen. Not all cleansings are the same nor in the same

location or use the same ingredients. They can vary like night and day. It was done. She called me the next day and told me that she had slept twelve hours and asked me if this was normal. I knew from this that whatever the obstacle had been it had disappeared as her stress level had gone from ten to one overnight.

About three weeks later, she called me and thanked me as she was starting her new job that Monday. She explained that it was not that she had gotten the job but what the interviewer had told her. She said after her interview the person told her that although she still had several more people to interview she was sure the job was hers. The interviewer had continued to explain that it was something about her energy, very light and pleasant to talk to that had her sold, as many of the people she had interviewed had similar credentials. The difference had been how she felt about my client. This is what a cleansing can do for people. If you don't take a shower you will stink and energy might not be the most important thing to worry about. If all things are even, then getting your energy cleansed can make the difference. Give you the edge as it were.

Over the years, I've cleansed many people with many different problems. One that stands out happened last year. This lady was brought to me by a very good client of mine. She was a bit reluctant as she did not believe but due to her circumstances came along. I sat with her for a few minutes and just probed her. I told her one of her biggest problems, well let's go back a minute, I first explained that whatever we spoke about stayed with us and it was her choice whether to tell anyone or not. She felt a bit more relaxed and, let's continue. I told her I perceived much betrayal around her. I asked her if she was single she said yes. I asked her if she had had a death in the family within the last year, she answered yes and began to cry. I told her to stay strong as this was going to get a little more intimate in a minute. I asked her if I could be completely candid and she said yes.

I went on to tell her that she had a curse upon her and that the spirits said she had earned everything that had happened to her and that was going to happen to her in the near future. She asked me, "what do you mean." I was being shown that she had been sleeping around with other women's husbands and boyfriends throughout her life. I confirmed this with her. I explained that one of her closest friends had found out and had gone to someone to curse her and her life and the life of all those around her. She explained that in the last twelve months both her parents had gotten cancer

and one had died and the other was in hospice. This is a disease that is not transmitted. She continued that in the last couple of months she was also diagnosed with the same infirmity. I told her to come back the next day so I could start treatment and the removal of the curse. She was so impressed she agreed and the next morning she came to me for us to start on this journey.

I had time to prepare for this work as it was not easy. I had been shown visions of very demonic rituals where at midnight the blood offering of a cat had been done in a cauldron of steaming oil. I was shown how a demon had risen and asked what was desired for this offering and the person spoke this lady's name and her picture was tossed into the cauldron along with a wish to destroy her in the most painful way possible. The demon absorbed the information and said it will be so. She was being assaulted with numerous dark energies all geared to her destruction. I did a basic cleansing that day just to get her feeling better and to have a good night's sleep. I told her to give it a day and come back. Two days later, she should begin to see the difference. I did not remove the curse but like an aspirin took away the symptoms to allow me to start working with her with a little more faith. I believe that faith can move mountains and this woman did not believe in much so my first step was to get her on board feeling that what I was doing would work for her. This was half the battle. Several days later she came back and now I was ready to really get down and dirty with this problem.

When she returned, she looked much more rested. You could see it in her face. She was ready for what was to come. I told her that I would perform several types of energy work in that session. I explained that as I was working with her she should pray and ask for light. I continued as she started to pray she would look at me. I told her she could do it internally. That thought has as much power as the spoken word so it did not matter to me if she spoke out loud or prayed in silence. I could tell she was really into it, and I needed this so I would not have to fight on two fronts; the energy and her lack of faith. It was several hours and finally I said, ok enough for today. I told her she should do some basic cleansings of her home as the next session I would go there and work on cleansing the home of any negative or malevolent energy. She agreed and left.

I arrived at her home and told her that the person who had placed the curse on her was a close friend and that once I cleansed the energy of the home, what was done to her in no small extent would flow back to where it came

from. I told her that she should keep an eye on her close friends as one would have a problem within the next 30 days. I explained that she had slept or had sex with most of her close friends' husbands or boyfriends. This woman had found out and would not take it and turn the other cheek to be further humiliated by someone she had considered a friend. I told my client that what she had been doing all her life had simply caught up with her and I, by no means condoned it, but I felt the person had gone beyond revenge, beyond vengeance.

I started the cleansing of the home and told her that once all this blew over she would have a new man in her life, one of her own, and he would buy new furniture for the house. I warned her not to cheat on him. He was a good and caring man but would find out and leave her the same way he entered her life, with nothing. I told her that she was given good looks and she had taken advantage of this and if she did not change her ways, life will continue to tax her for her abuses. The spirits around her had decided to step aside and not protect her any longer. We all have a spirit guide or guardian angel and many protections that come and go at different times in our lives to guide us and keep us safe. I told her that even they have their limits and can back off if the person is so abusive with the natural gifts bestowed upon them. I told her this was the case with her. She said, oh no I've learned my lesson. I told her that time would tell. I truly did not believe her. I felt that as soon as she regained her strength she would go back to her old ways.

I saw her once again and gave her the last of the cleansings to set her finally free of this curse. Within two weeks, her mother passed away and the curse was broken. She soon recovered from the cancer and within three months the man I had predicted entered her life. Oh yeah, that friend I had told her about, within three weeks of my having cleansed her home, my client found out was in intensive care. The lady later got better but my client knew now who it was and could stay away from her. A few months after all this was over, my client, the one who originally had brought her to me called, since she knew everything as her friend had been keeping her up-to-date, told me she was already cheating on the new boyfriend with a younger guy at her job. Some people never learn. I feel my job is just to do what I do and not judge. I helped to offer her one more chance and she misused the opportunity so that's all from me. If in the future she needs help, I've already been instructed that for her there is no more help from us. She, of course, can find someone else and there are others out there that can help her with her addiction.

The energy we carry with us is fluid, like life, and if it gets tarnished we can clean it or change it to leave behind the counterproductive energy. I remember many years ago a lady who had two daughters, one five and the other eight or nine years of age. She came to me for a reading and it came up that one of the girls was having an issue. She told me that was true and that it was the weirdest thing. She went on to explain that since an early age the girl would always wake up screaming between one and one-thirty a.m. I looked more carefully at the daughter through the mother and found that she had an entity attachment that had been with her since birth.

I told her we had to trick this spirit into leaving the daughter's side. I advised her to get a doll as close to her daughter's size as possible and make sure it was female as well. I told her to get the daughter to wear some clothing for several days and sleep with them at night and have the doll sleep with her in bed. After a week, she was to dress the doll in the same clothing and wrap it in the bed blanket and place her soaps, shampoo, perfumes she used a little bit of her hair and anything else with her scent or odor in with the doll and I picked it up. That evening I took it and buried it as a ritual of burial. I instructed her to get different soap, shampoo, perfume new bed sheet, in other words to change the frequency of the daughter. Starting that same night the ritual was done and since the last time I spoke with her about a year ago there had been no reoccurrences of the screaming at night. I even told her to change the cleaning products used for cleaning the home, in other words make it feel like the place and the person was gone completely.

I have been cleansing this attorney friend of mine for years. I've cleansed his office and staff, I've cleansed his wife, and done group cleansings in his home as well. I was to use one reading and cleansing example with one of his office staff to show how important keeping your energies cleansed can be. She is a lovely young woman, smart, prepared, in every way a good catch, yet she was alone and could not meet anyone she liked. After that reading, I told her that we needed to go to the beach for an attraction cleansing. I'm sure she did not know what to make of the ingredients I asked her to bring or the fact that it had to be after sunset.

It's often a very unique experience and the ingredients can change but the results are always positive. Anyway, the day came and we met and she did everything swimmingly. Not sixty days later, she met a young man who fit the bill, even five years later they are still together and doing well. What changed was that she was dragging some turbulence from the past that was

affecting her in current times. After we dealt with it, the path to a happy future opened up for her and in no time things were going great romantically for her.

I've done some classes on spiritual development and I'll go into detail on this in another chapter but suffice it to say it's a wonderful awakening. I bring this up because it was during one of these classes that a client of mine brought up an issue in her life that she wanted to deal with. Her husband, a licensed state general contractor, had been out of work for the past three years. They had gone through their savings and were at a point where they were going to start losing property. I suggested a cleansing for both of them but specifically for him to break his barrier. We did it and during the work I told them that within three to four weeks, I believe I gave them an exact date, he would see results. Well, it was down to the last day of my prediction when he was called and given a job that the base salary started in the high sixty thousand dollar range. I've since gone to cleanse their home and have given them some tips to help the home flow better, but overall their lives had gotten back on track and they were very grateful as I was content for having made such a positive impact on their lives.

I've done home cleansings that really took it out of me. I remember one where the need was great and I asked a group of mediums to help me to release the darkness from this woman's life. I called on three other mediums and explained how I felt that the entity needed to be channeled to best handle this darkness. I set it all up and we were to get together at the woman's house on a Thursday evening. Everyone has days they prefer to work difficult things, I like Thursdays so there it was. I told her a week in advance, as when I'm to work with difficult cases I often fast for a day or two. During my fast, I really try to purify my energies and although I might be a bit physically weak my spirituality grows immensely. So the day came, I arrived at the home and one phone call after another none of the mediums could make it.

You have to realize these are not new people to me. I've helped them and they help me in the same way when I'm in need of their assistance. I remember one had a flat tire. I even gave them my towing service to call and get it fixed. The other one's child got a fever. I don't really recall what the deal with the third was. I just recall none were able to go. I explained to the lady that it was part of the process and with the type of energy haunting her for so many years anything was possible.

I told her we would reschedule the session for another day since I explained that it did not matter if I channeled the spirit or one of the others. We were missing the control of the group and someone who knew how to do it had to be there to speak with the entity. She seemed to understand, but still she was not happy. We tried another time with similar results. The only one to make it was me. I told the others on the third time to really prepare. I did not want another fiasco and this spirit could not possibly be that strong.

Finally on the third attempt, everyone was able to make it. We cleansed the energy of the home to make it more difficult for the attachment to ground itself there. We started our prayers and started to summon. As expected it was not long before it arrived and possessed one of the ladies. It's interesting who he chose since it was a woman's body. I guess the affinity was that the spirit was that of a black man and the lady was also black. I can't say for sure but it came in for a landing and the energies changed within the area.

A cold chill entered and I asked, "What is it that you want here; realize you are not of this world. Your place in the afterlife is in God's grace and forgiveness." It answered, "Leave this place. It's mine, and she's mine. You are all intruders. No one may interfere with her. I'm the one and only." I laughed at it and explained that the reason he was even able to speak was because this nice lady lent her body so it could manifest. So I said, "What are you talking about?" I further said, "If your mind is so twisted just touch the body you now inhabit and you will realize it's the body of a woman and nothing to do with you."

It started to go wild and, let's just say, many foul words were spoken. I patiently waited and told it, "Ok, now you have said your part. Now in God's name you will hear ours. Think of God and think of when you lived. Think of how long your soul has been lost from God's grace, this of your own confused thoughts." I asked it if he remembered how long he had been roaming without a body. It said that none of this was relevant and we should just leave them alone. He said that he could break anyone who interfered with his life with her. The client began to cry. You have to realize that this woman was really being obsessed by this entity. She would wake up at night and this entity would be in bed with her. She began to get in the fetal position while sitting on the sofa. I said, in a loud commanding voice, "NO! I said we are here to release this woman from your confused mind, and you will release her and find the light of God or you will be delivered by our own spirits to a place where no more harm can befall her from you." One of the

other mediums took a crucifix and placed it on the forehead of the possessed medium, "In the name of Jesus Christ, you will obtain forgiveness of all your sins, you will feel the light, the warmth of God, you will receive absolution, open your heart to God and gain forgiveness. Release this woman from your foul grip." The woman felt comforted and sat back to normal, I'm sure she was freaking out but she was so exhausted from this entity she was willing to try anything.

We continued for what seemed to be hours as we little by little began to get the entity to loosen its grip on the woman. Another one of the mediums channeled one of her own spirits, and that spirit spoke with authority, "I will deliver him from this place. I will take it from here and deposit his soul in a place where with time and understanding this soul will continue on its predestined path and ask for forgiveness for all its mistakes." The spirit said, "For now, this woman will continue her life without the fear of this obsessive spirit. " We could hear the spirit screaming as it was being ripped from the clutches it had over her.

I kept in touch with her and it was not far from that date that she met a nice man and within a short period got married and now has two kids with him. She was in her mid-thirties before this spirit left her. Fortunately, she was still young enough to have a life. Can you imagine how many situations there are where nothing is ever done and the person spends their life without ever knowing the love of another or the stability of a loving relationship? It's incredible how lost souls can disrupt the lives of the living.

I don't particularly like to deal with tragedy, especially when it concerns children but often we need to address the reasons that things happen to be able to move on and leave the past behind. I remember a lady who called. All my clients are referrals as I don't advertise word of mouth is how I've grown. It's been in the past few years that people go to my web site so often that you can search me out and find me on the search engines. If you put hector psychic medium on the search engine it will probably take you to my web site, www.heaven2earth.info I also have a redundant site www.hlespi.com if one goes down I'm still out there. I have to thank a good client of mine who gave me the web site as a gift. He really did a fantastic job. He works for a big company and is not supposed to be doing work outside so we'll keep his name silent. Ok, back on track with the story, the lady called and we started the phone reading. I asked her a few questions about her work to include that I felt medicine around her. She acknowledged

she worked for a doctor. We continued and I asked about the sadness and the sense of loss, she started to cry, she explained her daughter had lost a small child.

I looked at the situation and explained that from what I saw that the child had been destined for a very short life in this incarnation. She asked what I meant by that, I explained if a soul chooses its life and what will pass and the experiences that it will go through. I further asked if she recalled the daughter's pregnancy that it should have been a very difficult one. She said yes, that there had been several close calls and that her daughter had been placed on bed rest for most of the pregnancy. She wanted to know why I had asked that question. I explained that before technology and medicine became what it is today that child would have never been born as it was destined. Because of all the miracles of modern medicine sometimes life does not take the path it is meant to and so, it was with this child. I told her to remember the short calls that could have lead to no birth. The child's drowning in the pool after birth is just one of many obstacles that was bound to happen in attempts to fulfill the destiny. No matter what was done rather sooner than later the child would have passed. This news later helped the daughter and her husband understand that the guilt they felt was not warranted. Later, I read the mother of the child and more messages came from the child, but I wanted to give a brief example of how predestined things can interfere in life.

I want to talk about one particular client who has been getting readings and cleansings from me for over seven years. So I will try and keep to the more interesting and different stuff I've done for her. She was a single woman when I first read her and was very much into getting psychic readings. That is, until she got to me, and she realized what the difference was when she received very specific information and names to boot. Anyway, when I first started with her, she had been working for a company for a while. I told her that she would change careers, and I also gave her lots of info that she could verify, to trust the readings that sounded like I was off my rocker. I told her that she would not marry the man she was currently with but she would marry another man she had not even met yet. I explained how she would have one child and much later, another. I told her she needed to be careful with having two men in her life at the same time and she might find it difficult to make up her mind as to the one she should stay with.

With time, every one of these things I stated above has happened except the second child. As she moved into her new career the problems started. She is very high strung and her new boss was a real piece of work. After I read her again, I explained it was not about her but that her boss had problems at home and since he felt impotent he would bring those issues to the office and maybe fixate on her. Over the years, I've done some spells for her to calm situations caused by her boss. A few years ago, he gave her a poor performance review. She was beside herself as she was the one who would do all the work and he would get all the credit. So I helped her by making a spell for people to see all that she did and see him for who he really was. As of today, most of the people that she works with know how she performs and at least realize what a terrible boss he is. In this company, this is not enough to get rid of him so I hope if he does not start to acknowledge her the rest of the spell will finish and he will be completely discredited as the abuser he is.

A couple of months ago he put her in another of his impossible positions. She did not want to perform this duty as he had set her up to fail. I made a spell that the presentation would be cancelled because no one would show. As it happened, in a company with more than ten thousand employees only one signed up, so the presentation was cancelled. With her pregnancy, they did all the tests and she was told the child would have Down's syndrome. She came to see me hysterical. I read her and did not see it at all. She kept the pregnancy and the baby was born healthy. She, as I had predicted, has been married all these years and has a lover on the side. It's not funny, but every time she's going to see the lover she calls me to verify if it's "ok". By this I mean, that she won't get caught because I don't subscribe the having an affair type of marriage. It was a while ago on one of her all day deals with the lover that I told her there would be complications, not that she would get caught but complications. She took the chance and set it up. As discussed, after she rented the hotel room and everything, the school called and since her husband could not pick her son up she had to leave without the hay ride.

Here are a couple of animal type readings. One of my clients in the New York area had a farm with horses. During the middle of a reading, I got a feeling from one of her horses. Remember all of my readings are done over the phone. At this time, I had not yet visited them on one of my trips so I had to describe the horse I was getting the info from. They knew right away by my description what horse it was. Well, the message was that the horse did not like the way they would take his hay bag and place it on the floor. The client

was freaking out over the phone and she just asked me how she could tell the trainer who had just placed the feed bag from the wall and moved it to the floor a few days before. The trainer explained it to me as it would be good exercise to have the horse go down to eat.

Another incident was with a lady and her golden retriever. As I was reading her, I told her the dog was a bit sad because her true owner, the eldest daughter, had passed her on to the next sibling and who then passed her to the other one. Yet, she always felt she belonged to the eldest. The mother was astonished how I could tell that sequence of events with the dog. With some people, it's different to read a person and an animal. I think it's all the same. Simply with practice, we tend to specialize doing a certain type of reading. If you play baseball every day you will get good at it. If you are switched to say another position you could probably do it, just not as well, because you are not used to it. Doing readings is the same. Some mediums specialize in finding missing people. This does not mean they could not do what I do, or vice versa, but we have fallen into our specialties and this is what we are trained to do.

There are many things that influence us as humans. One most people dismiss is karma. I did a reading for a lady in Chicago whom I told that in another life she and her husband had been together. I explained that in that life the husband had been a police officer of some kind and she had been a nurse. She laughed when I told her this. I asked her what was so funny. She explained that in this life she was a lawyer and he was a doctor. Even the jobs were similar. I asked her if she and her husband both shared *déjà vu*. She said that from the beginning they looked familiar to each other and throughout the years many moments seemed familiar. I explained that this is more common than people know, because we, as souls, tend to go round and round the same group of souls.

A few years ago I did a reading for one of my good clients. She had already being read by me at least three times before. In this particular reading, I told her that two women came through together but that their ages were very different. They showed me rows and rows of shoes. Women like shoes, but this was literally thousands, so I asked her if it made sense. She was in awe since her mother and grandmother had owned several show stores before they died. The older lady showed me a house on a hill and one belonging to the Kennedys. My client understood that as well because her grandmother had lived close to the Kennedys house. I asked my client on another reading

about the relative with all the issues, with drugs and so forth. She wanted to know why I asked. I said that there was a spirit with a lot of vices attached to this person. I told her that this entity had been with him for many, many years. She said it must be true since he had been in and out of drugs for many years.

I told her that with several cleansings of energy it was possible to detach this soul and give her relative a chance at a real life. There were several cleansings done on him, and now, he is a productive person and has been for over five years. Although the spirit left, he has an addictive personality, so we must be vigilant as spirits with vices find this personality type easy to attach to. I believe it's a combination of what you put out and often a spirit with certain type of vices can make a person with certain tendencies go out of control.

I read a woman over the phone and told her that she needed a cleansing as soon as possible. She asked why. I explained that there was an attachment of a woman who in real life was a lesbian who was attached to her. She freaked out as she told me something she had not told another person. Over the last year, she had a reoccurring dream being in bed with another woman. She made it clear to me that she liked men and had never before even thought of being sexually attracted to another woman. I said that this with time would manifest in lesbian women seeing her as available in this way. She said, "Let's get this spirit out because just last week something like that happened." I explained that she was putting out those vibes and, of course, people who can not perceive, will see it as how she feels and not an attachment. I subsequently visited her state and she made the appointment. And as of her last reading this issue had not reoccurred, not even in her dreams. It's incredible what a spirit is capable of causing. Over the years, I've seen some crazy stuff and some of it was simply a manifestation from the attachment.

We live each existence oblivious of any other lives we have lived. I can appreciate the design. Imagine the trouble we would have in one life if we remembered all the other ones! I had the opportunity to read for a lady who had seven kids, in this day and age a very difficult proposition at best. As you can guess most of her reading was about family since they were a tight knit group. I have explained on how not only the individuals but how the souls are interconnected. Remember, I do not see these people so when I describe them in detail the person who I'm reading usually freaks out a little. She had

four boys and three girls. The eldest girl showed to me great potential in the creative arena, with most of her talent flowing from her hands. The lady confirmed that her daughter liked to paint, write and play the piano.

I told her that there was a boy who had a connection from another life to the paternal grandfather, as I saw them in uniform together in another life. She laughed since her father-in-law was a retired police officer and the kid liked to play his favorite game of cops and robbers with that same grandfather. I covered each family member in detail and when I got to the youngest girl I told her she was an ancient. The girl had so many lifetimes that I would not be able to count back that far. She really enjoyed that, as most of the grownups in her family, call her the old lady. My client said that the way the little girl talks, plays and dresses, she is just a miniature version of an old woman.

When I was developing my ability, I used to get stray spirits coming to me and just strike up a conversation. Or sometimes, it was difficult for me to turn off so after a full day of work I stayed connected sometimes for hours. I remember on one occasion when I was awakened at three a.m. by the sound of someone sitting on my bed. Initially, I was much more scared of these uninvited visitors, but now I would just tell them to come back during working hours and not let it bother me. Even today when I'm in a very busy area, like the mall during the weekend, it's draining for me, even when I'm not looking. Sometimes it's overwhelming so when my wife and I go to the mall she tries to be quick as sometimes just keeping turned off can be exhausting and I just plainly get tired. I'm much better now but can you imagine someone with my gift but unable to control it. That's why you see some people like me as cat ladies. They just prefer to be alone since all the voices can really drown you out.

I'm very good at pretending I don't see them. But the worse thing is when they see you see them. Imagine a life alone and then you see another human being. It would not matter to you if you did not know them. Just the fact of seeing someone else that sees you would be enough for you to act a bit nutty. It's the same for earth bound spirits. They just want to be acknowledged and they will do whatever it takes to get your attention. The ones that left things unresolved on this plane are some of the worse. They want you to pass on messages and sometimes it's just impossible to help them.

I walked into a house cleansing and told the woman that I saw her constantly stretching. She told me that she did yoga. I told her to keep on the lookout for a blood sugar problem. She told me no, and within two years it caught up with her. I started burping and told her about her stomach. She admitted that she had serious stomach problems. I have a tendency to manifest what people have. This is one way I get the message. As at another reading, I told the woman that my left ovary hurt and she told me that she was going to the gynecologist for just that issue. Anyway back to the cleansing, I told my client that in another life she had been a psychologist. She confirmed to me how she liked to help people with their issues.

During a phone reading, I told her about her small child and how there would be lots of teeth problems. A few years later, there was an accident and a front tooth turned black. She is still dealing with the teeth issues. I told her about her other daughter and the creative energy in her hands and how one spirit will help her go places and travel the world. Since then, she has started painting and has been telling the family she would like to study abroad. Japan is one place that she mentioned to her mother and who knows where else this spirit will take her. I bet that there will be plenty of adventures in her life.

Although the following testimonial is in Spanish, it speaks about my Food 4 Thoughts which are just a few words of wisdom that I come up with weekly. I draw from what is the most common theme during the week amongst my clients and cleansings. Then I put it into words. I figure the majority are going through similar things so it would drive home and help. I get a wonderful return on those emails, now I have people on my list that are not even clients but get on the weekly mailing because as they said it's inspirational.

You may do so as well if you wish, you can go to my web site www.heaven2earth.info and request to be added and I will do so, I hope you will enjoy it as much as all the others who are on the mailing list.

HELLO MR. ESPINOSA:

I LOVE TO RECEIVE YOUR MAIL, AND READ THEM, ALWAYS HAVE REALLY HELPED ME IN MY DAILY LIVING AS A RARE THING, EVERY TIME I HAVE A SITUATION OF ANYTHING THAT IS GOING ON WITH ME YOUR EMAIL COMES AND I READ THEM THERE SOMETHING IN THOSE WORDS THAT HELP ME COPE THE SITUATION OF TRUTH I reiterate my appreciation, I THINK YOUR

VOICE OF an angel that God sent to guide us HERE ON THIS PLANET THAT WE ARE IN AT THIS TIME MAY GOD BLESS AND GIVE YOU STRENGTH TO KEEP HELPING HUMANITY.

Roberta Texas

Testimonial

Hector is a ray of light sent to us from above. His dedication to each and every person he deals with is truly remarkable. He gives one hope again which in turn enables us to grow stronger and begin to stand taller on our own two feet. He does his work on a mighty personal level not mechanical. Hector's encouraging words to me personally have changed my life for the greater good. My confidence stamina and accomplishments for the world have tripled since I have been with him. I believe we all create our own destiny and hector guides us to the right path for there are so many paths one can take and not all of them lead us to the greater good or our higher selves. Hector sees in a gifted way our higher selves and thus his work moves us all to a new world and not the one we live in which is an illusion. God bless you hector

Sincerely

Julia Bindas

PS. Hector told me I would write two books, I did write one and incredible story of nature spirituality and the presence of a higher place, it is called THY KINGDOM COME, though I am still waiting for a publisher to pick it up for I self published it myself, none of this would have been possible without his guidance. Thank you Hector

I have a client from somewhere in the mid-west who was very sad at not being able to move forwards in her life, emotionally, monetarily or in her career. I told her that the problem was not directly with her but that where she was the stars were not shining for her. She told me she had felt this as

well but after two years she had all but given up trying to find another state to move to. She tried to move to the east coast as she had friends there but was unable to find a job and, as she said, after two years she had given up. She purchased one of my perfumes, the one to find abundance, and needless to say within three months that elusive job manifested and she is living in New Jersey. All is good in the world. She found a job right away and all seems to be flowing for her now.

Back in 2002, a client looking for a good relationship asked me to tell her what was to come. I told her that, in the not too distant future, two men would give her flowers. One man would give her red roses and the other man white roses. I told her the white rose gentleman was her man. Well it happened, and she has been married to him for eight years. Within a year of their getting married, I told her that I saw a child within the next year, and she should be careful if she did not want one. Eleven months later, she was pregnant, because of her age she had a protein blood work and the results showed Down's syndrome.

As you can imagine she was distraught and she immediately called me after she got the results. I told her that I saw nothing but a healthy baby and, if there was something else she could do to check, she should. She got the amino check done and the results showed no problems. Since she trusts, she did not have to spend all the time in between feeling bad or worse have an abortion. She applied to a different job in the hope of having more time with her little girl. I told her that she would get that specific job and she did. In the last few years which were so bad for the home market, I told her to sell the condo and buy a home. She had no problem in selling and then purchasing another home.

I get a tutor for my daughter as she needs help with her math which has always been her weak subject. On one occasion, a new lady came to tutor her at home. After a few minutes, I had to ask her as the spirit of a man who felt like family was with her. I asked her if a family member had died of a heart related death. She was floored since her father-in-law had died from exactly the same thing. She was not a client but the spirit was so attached I felt it was important to let her know. Sometimes it was a need for the spirit, an acknowledgement or a straight forward message for the relative left behind, since maybe they are having a hard time with the death.

Testimonial

Hi Hector!

You did a reading for me about 4 years ago and it made such a difference. I was in a horrible relationship but was blind to it. You told me my ideal mate and described him with such detail. You also said I would move. I met my soon to be husband and he was exactly as you described. I just had to move, lol, to find him. Thank you for all you do. I am going to schedule a reading with you soon. It has been too long!

Lesley

Another client brought a man to me that had some major issues with all kinds of mental discrepancies. After looking at him, I told him what I saw. It was not easy to say. If I remember correctly, there were three suicidal spirits and two were alcoholics as well. The man told me that he was having episodes that would cause him to blank out and not remember. I told him it would not be easy and would take several cleansings with some things he might find strange. He did not care. He was ready to get rid of all the hysterical voices he thought were his which over the years had kept taking him on a self destructive ride to the point of suicide. I hit him with the works by cleansing him with a mixture of gunpowder, camphor and sulfur. Then I took him to the ocean and cleansed him with fruits and other ingredients, cleansing his aura with tobacco and plants. When I was done, all the voices in his head were quiet except for his own thoughts. For the first time, in a very long time, all was quiet inside his head. We've kept in touch every few months. It's been a couple of years already and thank God all is still quiet. His life is now his own and accordingly moving forwards, like in a healthy relationship. Being functional is an essential ingredient of what happens or, I hope happens, after a grueling few weeks of cleansings.

Testimonial

Hi

Hector!

I will be happy to share my experience with you...with you! I was just telling this story to someone last week:

It was the summer of 2000. I had planned to relocate in just a few months and a bunch of my best girlfriends gave me a going away party. Knowing of my love of games and my intrigue with the supernatural, my friend purchased a Ouija board. Throughout that night, I was enthralled! I "played" with every person who was willing! I noticed that it only worked if my friend Michelle was playing. The dial spelled out the name Harold...a little boy who died in a fire in the house we were in. I didn't put much stock into the story as, again, it only worked when Michelle was present.

A few hours later, we decided to move the party to a local bar. I ran upstairs to change clothes and hit my leg on the bed frame. There was literally a hole in my shin and blood was pouring out! I grabbed my leg, looked up and jokingly screamed "Harold!" Needless to say, the party had come to a halt!

Fast forward to the fall 2001. I am planning to relocate back to the original location I had moved from the year before. It had been a harrowing year. Everything had been a challenge. I was depressed, I had a job with a verbally abusive boss, and my relationship had come to a nasty end. I know why things happen in life but I felt somehow almost cursed. I felt like darkness was literally hovering above me. I could FEEL it.

So I moved and got a new job and was ready for a fresh start...but I couldn't shake that feeling. I kept it to myself and figured it would pass once I got settled. My new boss mentioned one day that she saw a fantastic psychic and was spreading the word to everyone she knew. She said she was hosting him in town and asked if I wanted to try him. I was all over it! My mom and I had been saying for years that we wanted to get a reading.

The day of my reading, I was excited to hear about love and money and travel...some horoscope type predictions. When Hector started my reading, I felt a very earthy feeling. My expectations of a hokey experience were behind me! He had a very calm, confident, loving demeanor. At the same time, he was light, humorous and...Human. Prior to my reading I had been "warned" by friends not to give an inkling as to what I was feeling or going through. I heeded that warning and stuffed any temptation to chime in with any extra info or enthusiastic confirmations! Half way through the meeting,

Hector asked there was anyone who had passed away that I knew with the H initial.

"No"

"Henry?"

"No."

"Harry?"

"No."

"Harold." YES

Have you ever had an experience where you can see. Yourself when you replay it in your head? I see me sitting across from Hector, knees almost touching...me bursting into tears. It clicked. Hector asked who he was because he seemed to be always with me. I explained.

I remember this so clearly...with a calm comfort, Hector said "Don't cry." As soon as he said I stopped...just as quickly as I started. I knew from his tone all would be well. Then there was an ever so slight shift in his tone. He said quite seriously "Never play with a Ouija board again." Hector went on to explain that Harold had in a way latched on to me and I had to perform a cleanse thereby releasing him and the weight I felt. Even typing this out now, I shudder.

Hector had me take one apple cider vinegar bath a week for a month. I was so spooked; I still take one periodically all these years later! Hector was an immense help to me then and he is now as I recall often words from that session and the ones I had to follow! Lastly, after my first reading, I told everyone about Hector! A friend (the one who purchased the Ouija board for me, incidentally!) went to see Hector a few days after my first reading. She went specifically to find out about love and marriage. I remember her dissatisfaction when she reported that Hector saw her with a man with graying hair. She scoffed! After all she was in her late 20s and still into the frat type guy. Within 1 year, she was walking down the aisle with Aaron, a prematurely graying man who has proven to be the love of her life!

Thank you, Hector, for your amazing visions and the comforting, no nonsense and often times humorous way you deliver your message! When I'm faced with a challenge and am on the verge of self doubt, I remember to be that "last Coca-Cola in the desert!"

Nicole Jones

Many years ago, I got a vision about one of my regular clients. I called her and she said all was well. Since I had done this with another of her girl friends who was also my client and what I told her happened, she took it seriously. I told her I had dreamed of her and a group of girls going out on the town for the weekend and of a traffic accident that sent them all to the hospital. She asked if there was any death in the vision. I said no, but hospitalization was part of what I saw. She told me that there were no plans forth coming with any of her girlfriends. If I recall, this was at the beginning of the week. She called me towards the end of that week, saying that one of her friends, who lives out of the country, had come back for some sort of family thing and, all the girls decided to have a girls' weekend out. She asked me if what I had seen would happen this weekend. I simply told her that it would not be far ahead but I was not sure if it was this particular weekend. I simply advised her not to go out for the weekend just to be safe.

I had hoped that she would listen, but you never know, so when I got a call that Sunday evening from her, I was happy. She was very upset as all the girls had a great weekend without her. She said it would be at least another year before that friend would be able to come back to visit. I apologized but told her that she should still stay vigilant as this dream was not of something very distant. I was surprised when she called back that Monday morning. I was hesitant in getting the call, as I had gotten enough lip from her the night before. Ok, I answered and to my surprise she was the one apologizing as she had just left the hospital. She told me that on that Sunday evening the girls had gone to the movies and on the way home a drunk driver ran a red light and sent them to the hospital. One of the girls with a broken arm and a concussion and the others were similarly injured. One girl had a bad enough concussion that she had been in intensive care since last night. This is an example of how a vision can change the outcome of something that was supposed to happen. As I have said previously, nothing is cast in stone. We can always change the outcome of things. That is the beauty of what people like me can do for others.

I took one of my clients for a cleansing of energy to the Florida Everglades. Since this particular cleansing required both fresh and salt water, I took her to one of the places where fresh water flows into the ocean. While there, I told her to go and gamble. She said, ok. I said, no, really, go gamble, like today don't wait. That evening, she won eleven thousand dollars and change

at the casino. Got a call from her the next day asking for another cleansing. I laughed and explained that I would be happy to do another cleansing but it does not guarantee she will win anything. I further explained that she on the previous day had very good gambling luck with her. I just identified what it was and sent her to gamble. It might not be the same the next time I cleansed her. Her energy will get a boost but nothing to do with winning. She was disappointed, can you imagine if it was like that I would be giving myself a cleansing every day. Always remember this analogy, if you have a headache and take an aspirin it will feel better, if you take an aspirin and there is nothing wrong, you will notice very little or nothing. It's all about what you need.

I ran a spiritual center for a long time and only recently closed it. As a matter of fact, I have not yet removed its information, such as location and operating times from my web site. It was a wonderful place where many people could come and receive help. It was also a place where people who are mediums, experienced and novice, could hone their talents. It was a very safe place where the spirits would work to also lessen their karmas. Yes, spirits also come with karma of their own and without the need to come to earth and inhabit temporary bodies like the rest of us. Ok, back to the center as I called it. There is always a group of spirits who rule or run a center. A center is chosen because there are so many people in need and unable to come and get help, either because they cannot afford it or don't know they even have a spiritual problem.

The first step to running a center is to fill it with other mediums that can assist in the service. This in itself can be difficult since most people don't have the time or the desire to take time out to give to others. Another reason is that they think why give this help for free when they can charge for it. I began by calling other friends and inviting them to form this group to help others just for the sake of helping others and to help mediums develop. Once I chose the location, then we began to get the things that were needed for the people to attend. One of our friends got all the chairs, fifty, if I remember correctly. I sent out a request through email for donations to set the place up. The spirits that wanted me to do this just told me to ask and I will see how important it was for me to set the place up. Just as they had foretold, I did not have to spend a penny, just my time. Everything that was needed was donated. I was a bit nervous. It's a lot of responsibility to run a center like this.

Opening night came and the place filled to capacity. As I looked from the back room at all the faces, I recognized some and some I had never seen before. Remember I do my readings over the phone so I only meet the people if I have to do a cleansing or when I travel to do my readings in person. I also do group readings for ten people or more. As a matter of fact as I'm writing this portion, I had one of my old clients call to ask how many people I can do in one day. We set up an appointment at her home for the next Saturday for a group of eighteen.

Every center is different and the spirits that manage what happens there have everything to do with how the session is conducted. So giving a description of how we function there is just as important as what actually takes place. The way it worked for us is that we created a sitting area and a circular area where we the mediums would sit. In the center of the circle, two or three chairs were placed for members of the public to sit and be worked on. Before beginning, I always did my spiel about how we worked and conducted a meditation session to get them ready and relaxed. Some were a bit nervous as we also worked with the lights off. I'll get to that later on. After we turned off the lights it began, we the mediums in the middle were divided into three groups. The ones who worked on the cleansing would work directly with the person sitting in the middle. The second group would channel the spirits or perform any other labor that was needed, like giving messages. The third group dealt with the most difficult cases, in my opinion. The people in this group needed to speak with the spirits being channeled through the mediums.

When a spirit is channeled, they are usually in a state where whatever fixation they had at the time of death is still with them, or depending on the time, they could have warped into something totally different. Most souls when they pass from this life of body to the life of soul can bring with them many of the tragedies and happiness of the life they lived. If, for example, they died in a tragic way and the spirit did not have enough time to process what was happening to them, they could get stuck in what they were thinking in the last few seconds before death. So, if they left many or even one important thing undone, the soul can be distracted from its new purpose which is to move to the astral plane.

In this plane, the recently departed soul will be cleansed of all the things that happened while on earth. This is the time when the soul will catalog all it learned, all the experiences from their earthly visit. They will also be

removed from the curtain that all souls are given about previous lives. This is why it's so important that a soul leave this earthly confine after death. Usually, I've found that there is at least one spirit, someone important to the person, who comes from the spirit realm to get the soon-to-depart soul ready for the transition. Sometimes, this is a family member who has passed. Other times, it could be someone of importance in the person's life. Remember, blood is thicker than water so usually someone from the same blood line will be the instrument that will help the soul in the transition.

Sometimes the soul or the body and the mind will create a fear of the unknown so there is a hesitation to pass. This is when you might see someone that should be dead but continues to linger. This means that there could be some major unresolved issues from this life that keep the worry alive and thus the body does not easily relinquish its earthly body. Prayer helps and when someone is in hospice it is good to talk to the person and explain that in the place they are going to, they will see all those that have passed before them. Look, if you help the reluctant person release, the easier the transition will be and the less of a chance their soul will stay grounded.

Remember, when we initially pass we are as our body was here on earth. We don't automatically become enlightened by the passing. So in those initial moments, it's important that the soul let go of all earthbound thoughts and look beyond to the next step in their spiritual evolution. Showing the person how, ok, everyone will be at their passing will help to release any anchors they might have. Prayer is very important and asking for peace for the spirit to transition is so important it's worth mentioning over and over. If it can help just one soul in the transition, it's worth the redundancy as it is one less soul cluttering the already overwhelmed earth.

At the center and when I've done a specific mass for the deceased, I tell the clients that it's up to the soul to come through. I've been called to do a calling to the diseased and I tell them that I can call till my face is red but if the soul has moved on, there will be no appearance. Also, the soul that appears, if any at all, might not be the one they wanted to talk to. I visited a home last year where the lady wanted me to cleanse her, her son and their home. While I was there, a spirit appeared and said that she was at the funeral she had been at earlier that day. I explained to my client that the soul of a recently departed was there and she was at the funeral she had visited. I gave her the name of the spirit's daughter and she was astonished.

She told me that while they had been there they had talked about the mother and wondered if in fact she was there.

When a spirit is channeled or one comes to me as part of a cleansing, the talk is very similar. I always try to identify the soul. Then, I try to identify if in fact it even realizes that it is a soul without a body. Next, I try to establish a dialogue, one in which the outcome is to send it on its way to the astral plane. The goal is to keep it looking towards God and a restful place, a place where all souls return to, a place where all their remaining questions will be answered. It is not always a soul who is lost, what I mean is that they can be corrupted just like all of us can.

As I stated before when we pass, we are a soul but just as we were when we were alive. We don't achieve that extra knowledge until we arrive at the astral plane. So if the person was a nasty person, the soul is a nasty soul. These are the souls that with time can become a problem for the living. Some are so confused they are used by people with vision but dedicated to the material world. For example, I know a man whose specialty is breaking up relationships and also forging new ones. For money, he will help anyone fall in love or lust with anyone else and, also if paid enough money will break up a relationship so the person who pays gets the person they desire. Lost souls are used on occasion. They are sent into the home or to the person in question and they begin to do the bidding of the person who controls it. Pacts are made with such lost souls and they will do the bidding of he who controls it.

Some spirits are trouble. These are the ones that know they are souls and enjoy doing what they do. They are like guns for hire. Most lost souls like what they like, for example, one of my clients has a dead uncle who loved to drink. So when he comes close to her, he always likes her to drink. Unfortunately she is becoming an alcoholic, he is not doing this to harm her he is just projecting his desires on her and she even likes the same type of liquor that he did. When alive, he would only drink scotch so now she has acquired a taste for it. The first time I read her, I told her that he was around. I told her to talk over with other family members some of the things he liked or did when he was alive and compare how the last couple of years she has changed in her own habits.

We talked again a couple of months later and she had done as I asked. She was worried. She used to like wine before and had not liked liquor. Somehow

over the last couple of years, she had shifted to scotch. She never realized it until I had mentioned it to her. She asked me what she could do to help that soul move on up. I gave her some rituals to do to assist in his moving on and also I told her to stop doing the things he liked. Sort of get him off the habit that he was enjoying through her.

There are other things out there besides spirits. They are more than mere souls. These energies can be for good or evil. These energies can bring great evil not only to the individual but also to a group or more. They target more than a person. They can target events in human history. They can manipulate situations for destruction as they feed on fear or famine, or any other catastrophic event. They can create the circumstances to manifest these outcomes. It can be as simple as people who keep an eye out for disasters are distracted so they don't see them coming or can't warn the community until too late, such as the recent earthquake off the coast of Japan. They can thrive as they learned to harvest negative emotions and fear along with all that comes with it. Remember it is all energy so it does not matter whether good or bad. Each vibration is different but still just energy.

I remember a lady I went to cleanse at her place of business. It was funny because as I entered, the other people that worked with her came to me asking questions. I guess she let them know why I was coming. I answered a few questions for each person and I went on to her cleansing. I had told her that she had been in several relationships throughout her life but something always seemed to go wrong, I told her it had to do with something in her deep past. As I looked deeper, I saw a relationship in her teen years where there had been a death of a loved one. I asked her if she remembered and she said that had been over thirty years ago.

She went on to explain the relationship. She said that he had been athletic, tall and good looking but black. She said that back then it was not very acceptable so the family did not want her to be with him. As the relationship progressed, he was out with a cousin and they were playing with a gun. He was killed with that gun by accident and he had in his pocket an engagement ring. In his mind, they were going to get married as husband and wife. So as his passing was unexpected and violent, the soul came to what it knew last, her. So as we have talked about before, this is a perfect example of a lost soul causing the life of a living person to be distorted.

She had been in two other marriages and it never occurred to her that the once love of her life was haunting her. He seemed to be ok with her having casual relationships but when it came to something serious like marriage he would interfere. I asked her if it was fine for the first two years then the man began to get distant. She expressed surprise as that is what happened in her first two marriages. She said it was as if she could not get through and they just regressed to a point as if she did not exist. So soon after, the relationship just disintegrated to a divorce. There was no apparent reason for what happened either time. In the current marriage, it was going strong of course since it was not pass the second year yet.

She asked me what she should do. I again gave her some rituals to do in order to send the spirit packing. Remember before, there was nothing to point to as the cause, now she can focus on the target and help that lost soul move on. So, this is an example of a spirit living with the living for over thirty years. As time passes, the soul even forgets the purpose of life and is just living on the little borders of that love from long ago, always as if it had just happened.

My center worked with tobacco cigars, plants, and perfume. To me, the tobacco tells a story and the ones that could read it would be the cleansers. As we smoked it and moved it around the person's body, the cigar would burn differently for each person and each line crack or hole would speak to us. For example, if it burned on one side it was obstacles, if it created holes it was envy or jealousy, if it created a hole down the middle from the burning part there were health concerns, you get the idea. The plant portion would clear the aura from any stray attachment. All these tools become an extension of our energies. We would apply our own mix of perfumes to the plant to enhance its cleansing properties.

One of our people would use nothing but his own energies to do the cleansing, which is the most difficult way in my opinion. We would take a few minutes to pray before we began the process. By the time each person was done, they would feel lighter and their face would change. They might have sat down feeling heavy and by the end of the session they were smiling and just very light. Every person comes with their own problems, their own set of issues, and we had to switch gears. Some of the energy being taken off could be from the deep past, others just from everyday issues, and yet others would have attachments. The circle would have only one way in and out so as to keep it protected and better manage the energy within.

Each of us would donate our bodies and spirits to assist in the session. There is no way I can explain in such detail what happens since on some nights the energy was relatively light and on others the energies were very dark. We often would have to invoke through prayer to focus on one individual who really had horrible heavy energy with attachments. It's incredible the things we saw there. As I was the main person in charge I would cleanse and channel and speak to the channeled spirits whenever necessary. Not all mediums are the same. Some mediums when channeling, completely blank their reasoning mind and when done they would often not remember what happened. I'm conscious when I channel so I was always there. It's on a rare occasion when more was needed from my spirit that he or she would completely possess my body and, it would only be in cases depending on what we were dealing with.

On occasion, new mediums would sit in the center of the circle with the rest of us and he or she would be assigned a chair and initially just asked to pray. Remember prayer has power. After I felt they were ready and the spirit was moving them, I would assign them to speak to the spirits. This would usually happen weeks after just sitting in the center and plenty of prayer. They got an opportunity to listen and learn how we worked at helping others. Some that came to work with us, as time went along, were developed mediums and just needed to learn to work with us. This type of work functions because we work as one, a common goal to help others.

At the end of each session, I would give messages as to how we did and gave thanks for all the light given us in order to do this very difficult work. There are different types of centers. Some educate on the spirit realms, other types of centers give messages from spirits, and the most difficult or energy draining is the type we were doing. I always reminded the mediums that we all have issues but when we entered these doors we would have to hang up the issues we brought with us by the door. It had to be all about the people in need. Once a month, I would have a session just for us. During this session, we could bring our relatives or loved ones. It was good because these were usually shorter sessions and we could take longer on our own people.

I tried to remind the mediums that as we enter the place not to be judgmental and as each person sits, we are not the ones who decides who gets help or why. We are human, so if you are human and a medium that can see other people's mistakes, you might be a bit judgmental as to whom

you would help. It's not ours to decide if the person sitting there deserves our help or not, this is for God to decide. We all have a different path of life and no one can truly know why another person has done whatever they have done. Our job, as I see it, is simply to give them another chance in the hopes they rehabilitate whatever had caused them to go wrong in the first place.

During regular sessions, we would sometimes encounter a person who had so much negative energy that two of the cleansers would just concentrate on them. One worked from the front and the other from the rear. At least two of the mediums that channeled would place their undivided attention on this individual and often times spend over 30 minutes on them. On an evening where we had forty or fifty people, we would work past midnight. So on some occasions, I would have to tell the person to come back for the next session to continue to work on them. There were individuals that would have to come back for a period of weeks or months to really get rid of deep rooted negative energy or attachments that have been haunting them for many, many years.

Sometimes the person sitting in the center would be going through some emotional problems and the medium that channeled would pass a spirit with emotional problems. The person sitting would always be at awe how similar the spirit was manifesting what they were feeling. Of course, these were strangers so we would have no idea about them or their life. Some would exhibit the same pains or problems as the person who was getting the cleansing and again there was no way that person could explain what was going on, or how the words being spoken by the possessed person could be so like what they were feeling or going through.

Remember that these are all lost souls. Sometimes the spirit would be a deceased relative and would speak of things from the person's past that would directly correlate to that relative speaking through the medium. Once we get the spirit to trance the medium, the person who speaks to them would have to guide them into the light. Sometimes the first step was just to make them realize there was no longer a body and the body that they inhabited was that of a medium who, with love and patience, had lent it to them so they could realize they had passed away and were only a spirit now.

I remember once when one of the male mediums was channeling a woman who had died at least ten years before. The person was having trouble reaching her so she tried a different tactic. She asked the spirit of the

woman where her breasts were or, if she would feel herself there would be something where nothing would be. It was almost funny sometimes when they finally came to the realization that it was in fact not their bodies. You say, how can they not know. Let's just see how often you question if you are really you. We just assume that we are who we think we are, and never question or reassure ourselves of the body we inhabit so the lost soul is no different.

Most of what we did at the center was common sense stuff, making others realize that wish they were taking for granted. Think about it. You are lost and have a vague recollection of who you are with only several deep feelings of things you need to do. With time, you will just obsess about these things and lose yourself in them. As a lost soul, they would stay where their thoughts took them just before they died or what they left undone. If it was a mother and they had small children, it could be to stay close to the family without regards to their own immortal soul.

It's interesting what we as mediums would see, feel, hear, or taste, each of us had better talents in certain areas. Some mediums were very good at listening to what the spirit was saying, others could see the physical manifestation, others would feel their emotional suffering and yet others could feel what their physical ailments were before the body died. Remember, they bring with them certain echoes of the past. So if they had a leg amputated they would reflect it as a spirit. It's only after they move on to that place where spirits go when they pass that they remember why they were here.

Everything I talk about in this book is based on my own experiences and what I have been taught as the truth. Please always take all that I say with a grain of salt, and make up your own minds. I do not want anyone to follow my words without first analyzing everything I say. Through reason and faith make up your own minds. There are many religions and beliefs. Most have a basis in truth and it is only from the men who write about them that certain inexplicable inconsistencies could be passed on. I work with six different spirits who each, with their own knowledge and experiences, are teaching me what I've passed on. I will continue to learn from them and the others that are to come and work with me in this spiritual journey.

I remember a time when I was learning at another center many years ago when a person was being cleansed and I was so in awe of what I was

witnessing. It was an entity, not just a spirit and it looked like a slithering snake type thing with a weird looking head. One thing that I had forgotten, when you look into the abyss sometimes it looks back. I remember that my chair was against a wall and that thing just headed right for me and stopped about an inch away from my head. I pulled my head back and I got a large bump on the back of my head for my troubles. From then on, I was careful to be aware that a spirit or entity can also sense me and feel me looking. I didn't want any more surprises like that.

That center had much stricter rules and would not allow any of the mediums to speak to the people who came or give them messages. It was strictly about working with the energy and releasing attachments. It was a very good place but it was stifling to new mediums and they only trained for what they needed. There are many types of mediums and I felt that they should all be allowed to develop their abilities. Supervised but spiritual growth is just as varied as any other type of development. So when I opened my own center years later, it was founded under that premise, to develop each according to their abilities and none were inhibited from growth.

There were nights at my center that I would clean at least twenty or more people. On each of these people, I would use one cigar if not more. Remember the cigar to me is a thermometer and if by the time I finished one and it did not give me the answer I was looking for, I would go to the next one. Sometimes I would have to smoke up to three cigars on people with many issues. I remember one evening I ended up smoking 29 cigars. It's incredible. I don't even smoke. When I try and do it just for enjoyment, it does not work for me and I usually get nauseous. Yet, when with spirit, I can go on and on without any of the ill effects from tobacco. A year ago, I decided to get my lungs checked out. To my surprise, they were clean as a whistle.

There are so many experiences that I can relate about the center that I will try to mention the most memorable. I remember a time when things had gotten slow and I decided to go the very next day to clean the place energetically after the session since the center was a place where energies flowed with great intensity. As I started I was immediately drained so I decided to take it more seriously and sat down to pray on it. Soon the spirits of the place started to gather and fortify my energies and thoughts. I began again to cleanse when while in the midst of it a loud noise startled me. I turned and the door leading to the back had slammed shut. I wondered if

the AC had kicked in but no, it was quiet. So, the front door and the back doors were both closed. One of the spirits I was working with told me that there had been an entity causing the problems but it had just left and it was the noise of its departure that I had heard.

Speaking of the center, I have a good story about the previous center I had worked with. It was right after the last hurricane we had here in Miami. The center had been damaged and we were waiting for the insurance to kick in to fix it. We had the tile installed and the walls painted when I had the urge to sleep at the center one night. I went and cleaned the energies and it did not feel complete but I had made the decision late so I was tired. I turned the lights off and went to sleep at 11 pm. I was awakened about 2:25 am by a huge bang. I got up disoriented since I was not at home. I turned on the lights since I thought that someone was there and had knocked something over. I walked through the place but heard no noise, nothing, when all of the sudden the lights flickered and the back door closed. I could hear a banging going on back there. I had walked back there a few minutes before so I knew no one was hiding back there, I even recalled the back door was locked, it was a dead bolt and extra bolt from the inside so no way anyone could have broken in, walked by me and not made a noise when attempting to open the back door and enter the back room.

The place was on a second floor so there was no rear door or window that anyone could have climbed through. At this point I was worried. What could it be? I got close to the back and placed my ears to the now closed door and something banged hard at the door from the other side. It was hard enough for the door to hit my face. By now I had been working there for several years, so I know the place inside and out and that there was no creepy doors or any loose hinges. We had just fixed the place up so everything was new. Again, I listened and went to one of the chairs and sat down. I meditated as I could still hear the noise just not as loud. I gathered my strength and decided to face whatever it was. After all, I'm the ghost buster, if the term ever fit. I was giving myself a boost before I went at whatever it was. I was heading back when one of the spirits told me that it wasn't a good idea and to stay where I was.

Now I was really confused; by this time I had seen many weird things and had visited some homes that were, let's say, haunted so I did not understand. I sat and prayed on the matter. One of the spirits came and gave me a lesson that I have never forgotten. He explained that although the sessions had

ended, it was not always the case that the very strong entities that were released had left, so they would be contained there. As the place emptied out each night, the spirits of the place would deal with the very hard to deal with and, in their own way, send them where they needed to go which was not always to a place of light. This was part of their duty since they managed the place from the spiritual standpoint. He explained that some things were best left to other spirits to deal with as the physical body can suffer only so much spiritual assault, before it becomes exhausted and even at times damaged. I decided prudence was the better part of valor and closed up the center and just headed home.

I never had that experience again at either center. I, of course, never slept there again as they suggested that they do their work after hours. They did tell me another thing on the way home as I had so many questions. They asked me if I had I never thought about why there were sometimes people with horrific problems which would just miraculously get fixed without anything being done on the person's part. They explained that all charges, such as guardian angels or spirit guides along with spirit protectors and many other entities that rule this physical realm like angels, archangels, saints and many other servants of God, constantly battle to help us along our way. So never think we are alone, far from it, I can vouch for it. At times after a full day of being turned on spiritually, I would walk through a busy place like the mall or movie theater and find that there are more spirits walking amongst us than people. Incredible. I'm glad I don't see them all the time. I've learn to turn my abilities off when not working and my life is normal, whatever that is.

On another occasion, I was at the previous center and already I had moved up from talking to the spirits to channeling spirits to one of the cleansers. They said in the thirty or so years that center had been in operation this was the first time a permanent third chair was given to someone. I was honored to be thought of so well, anyway back to the story. I worked full-time while all of the people there had regular jobs and worked part-time at the center. As you can imagine, sometimes I would get there tired but as soon as the spirit started to come close to work, I would always get all my energies back. I found this amazing. It's incredible how much they do for us without us realizing they are even there.

Back to the story, I had been having difficulty with a person who works magic and was for hire. There had been some instances where I had confronted him

to stop hurting someone I was working with and defending. Basically, he got paid to do whatever, right or wrong, he practiced black magic and we had gone at it several times. I was not attempting to beat him or hurt anyone, just create a stalemate, so he would not be able to hurt who I was helping. I find it's always easier to find a stalemate than to win, as I knew he was very spiritually strong I decided that was my first course of action. On that day, he decided to go to my center. I have no idea how he found the place or that I served there. As we were praying just before the session started, he arrived with about five friends; two ladies and three other gentlemen. Remember in group there is always more power than as an individual. And, we were a strong group so I thought he just brought reinforcements to pray or summon whatever they were there to do.

I called upon the spirits that ruled the place, the spirits of my own commission, and those that served the place and asked them if he was there to do harm not to allow it. Even further to get them out, show me their intent. Within a few minutes, the people he came with became agitated and I saw them gesturing that they had to leave. They just could not stay. He, being the most powerful of the group, managed to overcome my request and stayed. In a few minutes, all the lights were turned off as usual and the session started. The chair I cleansed was the closest to the public and him. So I went about it as usual and started to do my thing. I cleansed the first two people before realizing he was doing his thing from the chair and started to summon his own energies to disrupt my cleanings. I looked at him and he smiled without missing a beat. I was in the middle of my third person.

I summoned the one spirit I had that helps me with dark magic spells. He had been a tribal witch doctor in Africa. He's the one who helps me unravel any cases that had been done with black magic. In any case, I called upon him to help me deal with these spirits and allow me to continue doing my cleansings. I was working on a woman and I remember looking to my right just behind her where I saw these spirits going at it. I was a little concerned. For a second I was thinking, ok, is this thing really going on or is this all in my head. I'm very practical, so as I've said question everything, but just then remember that there were three of us that cleansed the person in the middle who is an inconsistent medium. In other words, throughout the process of the night this medium is not there. A spirit possesses him and that entity does the actual work instead of, like me, where the spirit is giving me strength but I'm available while it goes on.

Anyway, the spirit walks over and asks what is going on, why are these spirits in such turmoil, pointing at the area where I had been observing this going on before. He wanted to know where this was all coming from, and as he looked around I guess he realized the source because he called the person and cleansed him. Remember we are not there to judge people. All deserve the same help good, bad, or indifferent. We are no one to judge. If they walk through those doors they get help. Anyway, the person got helped and left. I finished with the person I was cleansing and walked back to the other cleanser. I point blank asked, so what do you think if we battled who would win. The spirit said, my son, he also has great power so it would be a difficult situation for either one. It was just as I had thought. So this is why I chose instead to battle with him just to stalemate. As predicted, the person that hired him got tired because the results he or she was paying for were not seen and he just stopped.

I'm sure you have heard good always triumphs over evil. Right, if that were so then there would not be evil or bad people in this world. You and I both know that is not the case. So I believe the best fight is the one you don't have to do. At my job, this is not the case as people sometimes become obsessed with very negative energies or entities. They are not always simple lost souls so I decided to be the best I could be and learn as much as I could. I found most people who are very good at magic will not often have to fight with someone their equal. Because they have learned, as I have, that at any given moment there could always be someone as strong or stronger to knock you down. So, as in the real world, most bullies are nothing to worry about. So are most of the black magic practitioners that throw it around like confetti.

There are some very powerful beings out there that can do incredible spells with incredible mental powers. The best we can hope for is that that encounter will never happen and if it does just be ready. When two equal and opposing forces meet usually the one who has truth or right on their side has an edge. I hope to always keep that edge. My practice is about lifting negative energy or thoughts or whatever is distracting the person that comes for help, from achieving what they were here on earth to achieve. That by itself gives me that edge of right has might, but being on top of your art is always a plus.

Since that incident, I've run into that same person several times as he goes to some of the same places to buy merchandise. We respect each other and say hello when we see each other. I'm sure if this happens again, and it might

as this is after all a very small world, that we can work it out or talk it out. As I told him the last time, just pick another person to work for as I'm not going to back down. So I hope he agrees to disagree and leave whomever I'm defending alone to live their life as God wills it. If he ever reads this book this will give him or anyone else the message, I'm not here to fight but I will do as I need to and help those that need it.

Some things are just hard to understand. I remember a story that will blow your mind. I had a client that would always call me for a reading and one day she called me and asked me to read and cleanse her sister. I did and, as it happened she had just killed, well she had just run over, someone on the express way. The other person had been on a motorcycle. She told me that he had died in her arms as I guess he was still alive for a few minutes after she got out of her car. I told her that there was no karma created with this and she would not have a great deal of legal trouble from it. I counseled her spiritually and comforted her as she was very distraught. She was a young woman with a small baby and this happens, well it can throw anyone for a curve.

Weeks passed and I got a call from someone else recommended to me. She said she needed a cleansing of her home. I got her information and it was scheduled for a Saturday afternoon. Remember part of how I cleanse I do it with a cigar so I was at that part of the cleansing when a spirit with a big mustache was smelling my cigar. I explained to her what I was witnessing and she said that was her dead husband who had loved smoking cigars. I asked her if it had been a tragic or unexpected death. She started to cry and explained what had happened. I was floored as she was explaining because her husband was the man on the motorcycle, the man my other client had run over about a month before. I mean what were the chances this would happen. Anyway, I did not tell her anything and continued. His message was about some out of state property and he was asking her to move out of Florida because this would be better for the family. He was very sure about this, he kept on repeating. I passed the message just as clearly as he kept on. The lady said we are all fine and there is really no reason to move, especially that far away.

Time passed and she got several readings from me and the spirit of the husband kept insisting it would be good for the kids. She had two teenage daughters. As time passed, she decided that she would stay and her dead husband would have to get with that. The daughters got boyfriends and life

continued for another year or so before I got a call from her. She seemed very distraught. She asked me to read for her again. In this reading, it became clear why the husband was so disturbed, as the boyfriend of one of the girls from what I gathered killed someone and the daughter was involved as an accessory to the crime. I told her that there was very little I could do and now it became clear why the father wanted them to move away from what was to come. It looked after the reading that she would be found guilty as an accessory and would as an adult have to serve time in jail or prison.

I have a client who would call me on her relationship issues. She called me when she was in a relationship and I told her it would not last and he was really sucking her dry emotionally. She listened and moved on and she felt much better. She called me on another and I told her that he was too immature for her, although she was relatively young in years she was very mature with people. She later met another gentleman and I also told her he was not the right one that she needed a more mature individual. Unfortunately, she married that one. She is currently in the process of divorce. During the last five years, she called me with a lot of stress. She had been to the gynecologist and they said she needed to get I guess you would call it a scraping of the female area.

I told her that she should try a remedy and then go back to the gynecologist and see what they said. I suggested she do all of this before she got the scraping. She trusted me and she did as I suggested. Well, by the time she got back to the gynecologist there was no inflammation and the reason for the procedure was no longer an issue. Over the years, I've told her many things including about her family and most have come true and the ones that have not, I would say just give it time. Some messages take years to find validation. She was married over three years before my forecast that he was the wrong man manifested in reality.

Testimonial

One of my fondest memories of Hector was in 2003 (shortly after we had met) I asked him "Do you know the name of the man I will fall in love with?" Hector stopped for a second looked up and said to me "he will have M start his first or last name". In 2011 I fell in love for the 1st time and without even noticing his last name starts with M!!!

Predicting the future is only one of Hector's many talents. I am most thankful for the clearing of my emotional mess! He helped me help myself and allow Love back into my life. Words cannot express my gratitude... Hector is Truly one of God's Angels and I am Blessed I know Him!!!

Thank You,

Amy B. Williams

I remember this Brazilian family. I should. The wife found us the house we are living in. In any case, as she was taking us around looking for our new home I told her a few things about her and the husband. She was surprised about the things I told her. She recommended a few friends and co-workers; well this is how I got my business as word of mouth is the best way to get a person interested. We finally found our home and have been living in it for the past three years. After we did the closing, she called and asked me to come to their home and do a cleansing.

I did visit and met her husband and the kids. I told her how many changes were coming and all were for the best. I told the husband they would be working together. She said she worked for a realty company. I recommended that she go off on her own. She was very hesitant as this was not a good time to change jobs, less even to start a business. She trusted me and launched her new endeavor. Well, her husband and her now have a very successful realty practice and have even come out with their own magazine. I'm so happy for them. They are truly hard working, good people. I did tell the son there would be a change in position at his job and he would also get another office further south. Again, he became manager of his department and moved to another location. All very positive outcomes.

Testimonial

I was introduced to Hector through my brother who had a revealing and moving session with him. Once I spoke to my brother, I was intrigued and made a point to contact Hector sooner than later.

Like many people around us, my finances collapsed a few years ago. My life's been in a tails spin and I felt like I'd lost all direction and purpose. I needed someone to help guide me in a spiritual way. Maybe Hector had answers to questions I carried which would show me the way with his God given talents.

In the opening moments, Hector tells me my mother's name and told me some things about her then went on to talk about me right to the tee...amazing...what a ride!!! I've been to a few good mediums throughout my life but I can say that Hector was an incredible experience and is the top of my list. With his message, I now can have confidence in whatever may come my way.

God bless you Hector. I expect to talk to you soon with good news.

Rick
Miami, Florida

I remember one incident when one of my wife's good friends called her, asking if I could be of assistance in a very intimate matter to her. She explained how her father was in hospice and would not let go. She was feeling his pain but would hang on although he was on a morphine drip so the pain would be bearable until he finally left this world. My wife asked and I said ok. We headed there and I explained to her that in these cases usually the person's time here has expired but their will is strong so the body does not release the soul. She understood but her friend was really suffering looking at her dad like that and not able to help him find peace.

We got there and she brought us into the room where the father was, all these cables coming out of him, tubes and more. I explained I would do some prayers and then attempt a release. This only works if his soul's time is really over. She understood and just asked me to do whatever I could to help ease his pain. I went down by his feet and began to pray. A spirit came up, a female, family member and she gave me her name and told me that it would not be necessary for me to do any of this that she had arrived to get him ready to pass. I did not know the family so I turned around and asked her, my wife's friend, if she recognized the spirit. I gave her the name and told her that it was family and she recognized her as her father's younger sister who had already passed. She asked what she wanted. I explained and she

then said ok, then let it be and hopefully this will help him. It was not long after the spirit arrived that he passed in his sleep. I know that there is always a spirit who comes sometimes months before the person's time to get the soul ready to release from this earthly life.

One thing I forgot to mention, there are many people that do rituals to different deities and spirits and gods. All this has its place in dogma. One thing I've found, if these powers do not recognize you, no matter what you do, there is no acknowledgement and therefore you just waste your time and money with the ritual and the belief. I will give you one of the most impressionable instances in dealing with some of these forces. I say forces as they cannot be characterized as a simple soul, but an entity with much more to do than a soul.

I was on vacation with my family. We had gone on a seven day cruise, so we made numerous stops and it was in one of them that I had my third encounter with death. We were in the bus that was to take us to a place where we could take a slow inner tube ride that passed through some caves. I had heard it was slow, shallow fresh water so we headed towards it. Along the trip there an energy, familiar to me, which passed through the bus. I did not like the feeling as it felt familiar and usually a death followed. I summoned my spirits to aid me in this encounter. I made contact and asked what was going on. We'll call it death just for the sake of a name. It is much more than just that one capability but this will suffice for the story.

Death flowed towards me and I got the impression that one of the people I was traveling with, a young person would not leave this river ride alive. I asked if there was anything that could be done to appease this situation and allow this child to continue. Death vibrated a bit differently and did not give me an answer, soon after it continued on its way I imagined the river. It left me with a simple message to not change a thing; to allow things to go as planned. I was a bit disturbed to say the least. My wife saw me grow pale and she could feel all my spirits around me. She asked if I was alright. I did as death expressed and said nothing. We got there and I felt a bit better since the water level was about two feet. I felt more at ease and we put our life preservers on and got on the ride. Somewhere along the ride, a flash flood hit the river and the water rose eight feet, imagine my panic, but to my surprise we finished the ride with no fatalities. It was as we were getting on the bus to head back that I found out one of the children of another family that had also come from the boat had drowned while on the same ride.

While on the boat, we saw the body being brought on board. It was much later that I told my wife about what had happened. I felt I could now discuss what I had foreseen as it was after the fact.

I remember the very first time I felt death. It was at the first center I had trained at for my spiritual cleanings. I was asked by another member to help him cleanse a lady. We could not get the cigar to even out. By the time we each had smoked two or three, the other spirit that had asked me to help with the cleansing said stop. He sat down and took a breath, you have to know that the main spirit who possesses the lady who cleanses is the only one who is there during the cleansings and the consciousness of the lady is suppressed, I do not work like that. Although some of my spirits can take over it is not the norm where they totally suppress my consciousness. Ok, enough about that, the cleanser called me over. He explained that the tobacco would not even out. Remember this is how we read using the cigar, how it burns lets us know many things about the person, when it gets even it usually means we have cleansed most if not all of the negative energy.

The cleanser explained in a calm, quiet voice, we cannot clean death from a person. I asked him to explain since this was the very first time I had encountered that situation. He said her time had come and death was there to release her soul from the body. I found that to be so interesting. This was a science. There were so many things to this spirit stuff. I was just starting to scratch the surface, at the same time I realized how scary it was that I was navigating through something so complex and at the same time so blessed that I had all these good souls to guide me and help me through the process. It was a couple of weeks later that the lady's friend came to the center again and she let us know that the next morning her friend had been found dead in her bed. She said she died peacefully in her bed that same night.

I had gone to the hospital to visit my wife's uncle. He had been in and out over the last few months as he was just sick. While there I felt the same energy and did not even want to open up to it. It was a hospital and I'm sure more than one person was getting ready to pass. As we left, I told my wife that I had felt death's presence and I was sure her uncle would not last much longer. She was glad to have had the opportunity to see him and say good-bye to a relative who had been there for her when she was growing up. She told me she had even lived with that family for a while when she came from Cuba. Sure enough, it was no more than two days later he passed away.

I almost forgot this one. It's an ongoing case. About six months ago, I visited this store and told the young man he needed to get a cleansing. I have done this sparingly over the last ten years. I believe if you want me you would come to me. In this case, the message was so strong and clear I felt it should be passed on. It was not as if he did not know what I did, so I talked with him and explained what I saw. I told him that currently it felt as if he were being watched, so in the not too distant future he would be blamed for some bad stuff. This would come from someone he knew and that person would have legal troubles and he would point the finger at the young man who would be arrested or in serious trouble.

I got home that day and I commented with my wife about what had happened. I usually do not discuss my readings or cleansings but as this was different I told her all about my experience. That weekend, we went out with a couple that the husband knew the owners of the business. They told him what had happened when I went by. He said that he knew the grandfather for many years and had never heard of them getting into legal trouble. Well it was about five months later when I heard from another mutual friend what had happened. It was close to what I had predicted. So close in fact that when I told my wife, she remembered and said she heard the same story from me a few months before. Well it was a couple of weeks later that we went out with our good friends again. The husband told everyone at the table how what had happened to his friends was what I had predicted a few months before.

I told him, if the person had allowed me to do the cleansing it would not have been as bad. Something always happens because in this case it was destined to happen, perhaps it would have been a subpoena to go to court and an amicable resolution would have been accomplished without a day in jail. As it stands, the person I spoke with is still in jail and since no one has contacted me about it I have not heard what is going on. My friend asked if there is something that can be done. I told him it's not the same to clean a mess than it is to prevent it. My answer was there is always something that can be done but it will never be as clean as if we had done something to prevent it. Look, if you have a propensity for anemia, then I would recommend vitamin B or iron supplement or both. If the person does not take it and has propensity for it, the odds are they will get that deficiency and to take care of it is not as easy as taking something to prevent it. So, the recommendation is always prevent it, not treat it after the fact, nothing is as easy as prevention.

Chapter 3

Meditation and Other Tools for Spiritual Development

I first began meditating because I wanted to learn how to get rid of the headaches I was constantly having. Whatever your reason for turning to meditation, learning to control your body with your mind is a valuable tool, whether you are on the path to spiritual development or the road to success in everyday life. So let's get started with some basics, life is breath, and if we don't breathe we die. So we all breathe, but do we breathe right?

Most people have problems breathing—not the shallow breathing we do every day, but the deep breathing that clears the lungs of old air and allows them to fill with oxygenated fresh air. Take a deep breath and exhale with force, like you're throwing out some bad smoke. Do this a couple of times until you really let it all out. Then start with normal but deep breathing. As you continue, relax your jaw by opening it up and allowing it to drop down slightly. Breathe deeply as you feel the air entering your nose and traveling throughout your body. Then as you exhale, imagine your body is a balloon letting all the air out. When you have done this exercise several times, close your eyes and focus on your breathing, giving your body permission to release any last bit of tension you might be feeling. Begin scanning your body with your mind and look for any areas of tension that might be left. Focus your thoughts, and once you locate an area of discomfort, see what animal the discomfort represents. Don't overanalyze, just picture the first animal that pops into your mind. Turn your attention to the animal and ask, "What do you want?" It will either disappear or answer you. In either case, the discomfort should feel better if not disappear altogether. If you received an answer, it's likely that your subconscious is speaking to you from deep within about something that is bothering you. In this one exercise, we are working with our visualization capabilities—visualizing, feeling, sensing and more.

These types of exercises are meant to put you in better touch with your body and to understand what is happening. Here are some other techniques I find valuable. Lay down on a flat surface, such as a bed. Start your breathing technique, but this time, if thoughts begin to distract you, don't fight them. Think of each thought as a bird passing by, which might be loud and distracting, but then flies on and you hear it leaving your mind as you continue with your breathing. Sometimes we expend more energy fighting a

thought than it's worth, so just let it happen. Say to yourself, "Nothing distracts me. The only things that are important are the sound of my lungs breathing and the sound of my heart beating."

Once you are in the zone, squeeze your left hand until you feel your heart pulsate. Concentrate your thoughts on the palpitations, and begin squeezing your right hand until you can also feel your heartbeat. Although they are separate, your pulse and your heart rate, try and feel them as one and imagine your heart beating up your forearm. Continue moving the sensation up and throughout your body until you feel it all over. If you need a little more help, you can squeeze your toes tight until you can feel the heartbeat there as well. The goal is to feel your heart beating everywhere, including hearing your heart beat inside your ears.

I'm sure you have heard that when someone is injured, getting fresh blood flowing to the area is essential to healing. Well, this exercise is very similar, except that instead of using heat or cold or electrical stimulation, you are using your own mind. After your body is in tune with your heartbeat, you can slowly relax your hands and, while still feeling the beat, focus on any areas that might need concentrated healing. Let's say you have a sprain or an illness that would benefit from accelerated healing. Project your mind and heartbeat specifically to that place and feel the rush of healing, oxygenated blood as it flows to ease the pain and discomfort. Once you have saturated the area with life-healing blood, imagine your body eliminating all the bad stuff, the scarring, and the malignant cells, anything negative related to your particular ailment.

You can take this to a whole new level. Let's say you have a clogged artery and you want to heal that. While in that heartbeat mode, imagine that you are in total control of your body. You are in a sophisticated room, a mission-control center, where you control all things related to your body. You have a button to your right side, and you see yourself sitting at the control panel as you reach down and press a button that sends thousands if not millions of tiny machines that have one purpose, to clean the artery and flush out debris. Visualize that debris being carried away by your blood to your urine and stool, where it will leave your system as a waste product. As you visualize the work being done, you begin to feel the artery clean and clear and your blood flow unrestricted. You begin to feel energized, as the oxygen your body and mind needed is now flowing to all the right areas. The more you do this exercise, the better you maintain a clean artery. You may

discover in your next medical checkup that your arteries are clear. You can do this exercise with any ailment or disease.

Once you are done in the control center, take the lever in front of you that now reads full speed and tone it down to maintenance mode, so that most of the little machines return to rest mode, and only those machines that go through your body looking for something that needs fixing are activated.

Now let's look at an emotional scenario. These exercises are just as easy and can be accomplished with but a thought. Start again with your breathing technique, and once you are there, visualize yourself walking through a park. Allow your mind to flow into this reality. The sun is out and warming your back. You are walking barefoot and can feel the grass under your feet. You feel a nice breeze, and looking at the trees, you see them sway lightly from the same warm breeze you feel on your body. As you continue to walk through the park, you see a beautiful waterfall, and as you get closer, you can feel the humidity from the water. You arrive at the edge of a small pool below. You look down and see rocks and pebbles on the bottom. This water is crystal clear and not deep at all. You step in and feel the warm water. You wiggle your toes and can see them on the bottom. You walk under the waterfall and allow this energy to drape your body. As it passes along your body on the way down you feel how it cleans you, not just your physical body but your energy as well. As you look down, you notice the water is getting blurry. You can't see your toes. The water has washed the debris into the pool. It has cleansed you of all that can cause you harm. As you continue to look down, your toes become visible—your energy and body has been cleared and recharged. You step out of the pool and back to the chair, bed, sofa, or wherever you were when you began. Take a deep breath and open your eyes. You are refreshed and clear-headed.

Let's not forget the physical needs of a healthy body. A good breakfast every day keeps the body alert, and you're more inclined to speak out about what you feel you need to say to others. Regular exercise and eating small meals throughout the day also helps. It's not just about losing weight; the body works best when it's not too empty or too full. Don't deprive yourself. Be happy with food, just don't overdo it. If the local bakery pays its rent from your sweet tooth, that's not good. And remember that doing more isn't necessarily better and probably won't make you any happier. So much to keep you busy, but when the downtimes come, the same emotions are still there. Clear them. Make the body happy. If you can't take a vacation, take a

walk. Fill your lungs with fresh air and enjoy the planet. Don't text someone or call them on the phone, but give them a hug instead. Take time to reach out and embrace the joys of human contact. Take time away from technology to touch another living thing. Stop putting things off you don't want to deal with, but face them and release them from your psyche. Put it out there. If you see something you like about someone, say it. Make that someone feel better, and you'll feel better, too. It becomes a chain of positive reaction, and we don't break it, we want to reinforce it.

Don't roll your eyes. Focus on the good in your life. Family members sometimes do that and I remind them, no rolling of the eyes. Look at old family photos; check out the year book, or pictures of recent family vacations, anything that will bring about good feelings. It's better than medication. Listen to music. It can improve your mood. Dress sharp, look snazzy, and you will feel that way.

Remember the mind and body connection. Stop hating, be happy. If you are going through a tough period, don't say, "Just kill me already," "Fire me already," "Leave me already," "There's something wrong with me, he hasn't called back," "She and I just didn't connect..." Stop. When I hear these negative words from clients, if that's what they really wanted, they'd have to deal with the consequences. But why not turn it into a positive? "It's getting better," "Not the perfect job, but it will change," "We are just going through a temporary thing, and it'll get back on track soon," "So I just learned what I don't like, next..." Get the idea?

Here are some tips to help you practice your visualization skills for dealing with certain emotions. Remember how the subconscious works. It's like a child who learns from simple pictures or images. Don't try to send very complex feelings or emotions, or you might just end up with more trouble than you had to begin with. Begin by writing down the basic visualization you will walk through, outlining a step-by-step process using visual aids. Note key moments when you were very happy and on top of the world. It can be as simple as a moment when you won a game, were asked to join a team, a wonderful relationship, or a surprise party. In other words, take your mind to a happy place in time and relive it. This is how you guide your subconscious to reprogram whatever you choose to work on. You are a blackboard and your subconscious is the writing tool, so write your masterpiece and fine-tune it until you get it right.

Make it a habit to meditate every day at least for a few minutes. Even if you are at work, you can set some time aside. If you have a private office, lock the door during a coffee break. Or during your lunch hour, walk to the parking lot and sit in your car. Start your breathing and give yourself a suggestion, "I will find a moment to relax and release any and all tensions, within and around me." Continue your breathing, and tighten up your toes as you take a deep breath. As you exhale, release the tightness in your toes. Continue with your legs. Tighten your calves as you breathe in, and as you exhale, relax that muscle. Do the same for the knees and up the thighs. Tighten up your buttocks and inhale, exhale, and relax that area. Continue on up as you tighten and release your lower back, chest, shoulders, and jaw. Remember, if you run into an area of discomfort don't just leave it; take the time to heal it. There is nothing beyond your control when it comes to your body. You have established your control center and can go back in there at any time to work your magic. These simple breathing exercises carry you to that center where you can release your stress and find your balance. If you don't allow the stress to overwhelm you, there is always more you can handle.

If you participate in sports, you can use your breathing techniques to give yourself positive reinforcement. Let's try out a simple visualization. Say you are a competitive swimmer; visualize yourself in the early morning hours arriving at the pool. You change into your swimsuit and spend some time stretching. You jump in the water and feel its warmth around you. You start your warm-up with breast strokes, or whatever your routine is. While practicing, you daydream about winning and coming out number one in the tournament. Your strokes are heating up, and you begin to feel like a powerful shark cutting through water, flowing through your natural environment. Nothing slows you down, with every stroke you move faster and faster. Liquid, natural, powerful. Now, step-by-step, visualize your cooling-down period. It's important to make your visualization as complete as possible.

As a young man, I participated in Judo and would practice my throws no less than a hundred times during any given workout. Then I would meditate and visualize doing it a thousand times, and no matter who I was competing against, I would throw them with perfection. No hesitation or second look, I just knew. During competitions, I would take a few moments before starting the round and see myself throwing the person in front of me. I'd never seen some of these people before, and yet my subconscious would show me the

best technique to throw each opponent. I excelled at Judo, but didn't always win, of course we don't always have to win, but we do have to become the best we can be.

You're going for a job interview and you're very nervous. You might be the best qualified, but if you don't show it, guess what? The person on the other side of the desk can only see what you choose to show. Or say you're interested in dating someone. When you finally get to have a conversation, you get all weird and tongue-tied. No second date, or even a first, if you've just met. Again, apply your visualization skills. Begin with your breathing technique, and imagine yourself chatting with your object of desire a thousand times with ease and self-confidence. I know dating can be unsteady ground for many, but don't get all flustered about the reason, just apply the technique. It's all the same to the subconscious. Let your mind flow free of hesitation and anxiety.

More people than you can imagine have problems with confrontation. By this I don't mean a physical fight with fists, I mean dealing with people who make you feel uncomfortable. Let's do a scenario, one I worked on with one of my clients who took my spiritual development course. She felt that what she wanted was outside the scope of her capability. She had a fear of talking with her boss or correcting him when he had made a mistake. She just couldn't get past the fear.

I asked her to bring in a picture of the gentleman. During our session, I told her to look at his picture and visualize that picture in her mind. Next I asked her to visualize him with a bald head, then fat, then skinny, and then dressed outrageously. No matter how she visualized him, he remained just a person. Then I asked her to visualize him losing his job and looking very sad. Then visualize him going to apply for another job. I wanted her to see her boss in the same light as everyone else. He was nothing more important than her immediate supervisor. I told her to go back to the moment when she needed to approach her boss and speak to him. We played out the scenario. The original order she presented him was what he had asked for, and was correct. But he had modified it. She would be happy to fix it for him. She could show him the e-mail he sent for the original order, and compare it to what he was asking for now. She knows her job and there is no reason for him or anyone else to raise his voice to her. She was so pleased with how she felt that during the next class, I got her to role-play the scene in front of the other students. She overcame her fear of confrontation.

Another area where fear of confrontation does more harm than good is within the intimate relationship. If you are not being satisfied, you need to let your partner know. Many people suffer silently. They don't want to hurt someone they love or cause problems in the relationship. But this is a major reason why many relationships deteriorate. If it's a healthy one, your partner wants to please you as much as you want to please your partner. Communication is the key to success in all endeavors, and if you fear confrontation, you effectively end communication. If you need to tell him to take his time before intimacy begins, ask for what you need and explain the reason why. You might be pleasantly surprised. Communicate, don't hold back. Think of how many ideas might have made you money or could have prevented a turn in the wrong direction. Should have...could have...would have been a winner if you had spoken up!

Let's take a moment to deal with a past issue for which you still feel resentment and are unable to forgive yourself or another. I remember one client who came to me with a painful memory. He had been abused as a boy, and although now in his late thirties, he still had difficulty dealing with it. We sat down, and I asked him to start his breathing. I walked him through some basic visualization until he felt comfortable. I asked him to go back to a moment when this abuse was happening. The abuser was his stepfather, who would sometimes turn violent and hit him on occasion. I asked him how old he was at the time, and he said thirteen. I asked him what the stepfather did for a living, and he told me the man was a mechanic. I asked him to look at that man, at that point in time, and see him for the abuser he was. Then to look at himself standing next to him—how small and thin compared to the man. I continued, "Now remove the man from the picture and look at the thirteen-year-old version of yourself standing before you. Tell him it was not his fault, and there was nothing more he could have done. Tell him how well his life is going to turn out and that everything is going to be all right. Forgive him for feeling guilty, he now knows he had nothing to feel guilty about. Tell him to look at you. Open your arms and embrace him, and take him back into you. Now open your eyes." When he did so, he was crying. I asked him what he felt now and he whispered, relief.

From deep-seated emotions to everyday challenges, visualization techniques help you work on removing obstacles in your life. Here's another visual exercise I like. Close your eyes and imagine yourself in a clean, grassy field that stretches to infinity. Now place big, towering trees in front of you—old, decaying trees that must be cut down before they become a danger—one for

every obstacle that blocks your way in life. Once you visualize these trees, on the floor next to you you'll find a golden cutter with diamond-tipped blades. There is nothing these blades cannot cut. Pick it up and start cutting, one tree at a time, until you remove all obstacles. Now clear away the debris. You begin to feel lighter, you're free of obstacles, and you know they're gone.

There are many tools out there, from CDs to DVDs, which help you with meditation and walk you through visualization. Most of them are pretty good at getting you started. Ultimately though, you want to be able to perfect your own technique for relaxation and visualization. Remember your control center. Learn to be self-sufficient. Sound and light tools also do help set the stage for the journey to your center. Just don't lose sight of your goal. You want to be able to walk the path you choose on your own. You want to do it with the power of your own mind.

You might say we have two minds, the conscious or waking mind where we find reason and willpower, and the subconscious mind, where we download information for later use. Unfortunately, we accept both positive and negative information and sometimes reject information literally without thinking, which ends up in the subconscious. Let's give some numbers just as an example; I would say that 80 percent is the subconscious mind, while only 20 percent is the reasoning mind. Imagine over the span of a lifetime how much negative information can be cataloged in the subconscious, information that the reasoning mind would have no recollection of. This is why we can have a fear of closed spaces, water or heights, but have no memory of why. Through some of these techniques, we can work with our subconscious mind and let it take us to a place where we might find the answer and overcome our fear.

The mind, conscious or subconscious, loves images. So visualization is the best way for you reprogram the mind. Give intent to your visualizations. Try to define your goal, what is it you wish for or desire as you guide your subconscious there. Bring up strong, positive emotions while you are working with healing of any kind. This will strengthen your resolve and ensure healing.

Let's sum up what we need to do to improve our technique. Control your thoughts and move step-by-step, concentrating on breathing and heartbeats only. Keep it clear and don't let distraction take control. If it happens, let it

float through and continue. I can read in a gym with people talking and music coming out of my headset as I exercise on the elliptical. I'm so focused on what I'm reading that nothing distracts me. However, if someone calls me, I snap to reality in a second. I attend to my caller and then return to my reading.

Unfortunately, we've been so negatively programmed on how to deal with physical and emotional illness that breaking bad habits isn't easy. Remember to give the process time and continue to work with it. I know with time and effort you can make great strides in rewiring your mind and learn to resolve issues that were too painful to touch. Our lives are still under construction, and negative ways of dealing with life disrupts the schedule. We need to continue building. We need to grow. Let me put it in practical terms. I've found that creating new habits can take from 60 to 90 days, if reinforced at least twice a day for those initial 60-90 days. It's the same for breaking bad habits. If you clearly define your goal and stick to your plan, in 90 days or less you will overcome a challenge or remove a point of pain from which you may have been suffering a lifetime. If you go with hypnosis this time can be shortened to one session, or two or three. You get the idea. With professional guidance, the time to rewire can be considerably shortened.

Procrastination is but fear of failure or success, that's right, cancel the root cause and move forwards with your best foot forwards, attain all your goals, your expectation, without anything to hold you back. Maybe a reading can analyze that moment when you started to procrastinate and fear the future! I've worked with this issue many years, most have a common root, and this is why I explain it in such a general manner. The specific target date or event is what we always strive to find. All subsequent events are simply a perpetuation of the original cause. You know when you have a headache you take aspirin or some sort of derivative, I like to find the cause and stop the headaches. For example I read a woman who suffered from headaches; I immediately got a connection with the digestive system. I asked her how badly she wanted to eliminate the problem, I ask because a solution only works if you really want to fix the problem. She said without hesitation yes, so I told her to lose twenty pounds and she would no longer have headaches. As she began within the first month she lost ten pounds, and she called me for a follow-up reading, I said, wow I can feel the difference. She told me, you don't understand I've had only one in the last three weeks; I told her how happy but she still needed to lose another ten pounds. I read her a few months ago and she had been headache free and had just gotten

engaged. I explained how she only really needed 10lbs for the headache but twenty to get the right guy. She laughed and said whatever it takes right, I agreed as we both laughed at what it took to get her the man of her dreams.

It's been found that colors can help or hurt us. Color can push you the rest of the way into a happy, sexy, emotional, powerful, successful life, or yes, into depression. The right color can increase your libido or raise your blood pressure. Look at casinos. The color red is common and for the same reason. It can amp you up and, therefore, your desire to play.

For you out there who work on your dress code to increase stature, vertical or horizontal stripes help. If you want to come across as having lost some weight, think any other color but red. I've heard that if you line up an identical item in six different colors and ask participants to pick the one that looks heavier, guess what? Most of the people will choose the red item as heaviest. So choose red wisely and for the right circumstances. In ancient times, people believed that some colors offered protection and even healed the sick. If you need to open a dialogue of communication, choose the right color to wear. If you feel a bit down, yellow might make you feel cheery again. First and foremost, choose colors that you like and you will be ahead of the game.

In addition to sight and the influence of color, smell has an enormous impact on our subconscious. I remember during a college party my friend was worried that his house would be a disaster after everyone left. His girlfriend suggested that he try getting the partygoers to help clean. "Yea right, how?" She told us she had an idea, something she had heard at school, a science experiment. Following her lead, we opened the bottom of the central air conditioning unit and placed a bucket with cleaning fluids in there. After about fifteen minutes, the time it took for the odor to circulate throughout the house, we saw people who were eating and drinking at the tables start to pick up and throw away whatever trash was within their reach. Granted, most didn't bother to get up, but threw whatever trash they had into whatever container was nearby. But come on, it was incredible! People were being driven to clean up at a party by the mere suggestion of smell. I even saw a few people leaving the party in a hurry, but not before disposing of their trash on their way out the door.

Tools for development

So don't underestimate the subconscious. Keep an eye on it. Some say just clean out the bad stuff. I say input new and stronger lines of code. You can create your own code. Get a booklet with blank pages and begin with five strong, short sentences to outline the five key things you want to work on. Write it as if it were so. The code can be overwritten. So let's begin. I'll give you some examples. It has to be something you strongly believe in, as emotions are key to this exercise. If you don't believe, it'll be like reading without comprehension.

1. I'm a happy person.
2. I'm a successful person.
3. I'm a healthy person.
4. I'm an accomplished person.
5. I'm productive in all I do.
6. God closes doors no man can open and God opens doors no man can close...Have faith! (I wanted to include this one so you have faith in your ability.)

Our brains are like computers, so keep it simple. Uncomplicated programming is the best programming. Write the five lines each morning on a new page in your notebook just after you wake up. After you write them read them out loud. Go through each one and live the emotion of the statement as fact. Then just before you go to sleep that evening do the same again. Do this exercise every day until your subconscious accepts it and you achieve it. Remember earlier we said 60-90 days!

Learning to relax is the first step to activating your intuitive mind. Some call it ESP, others call it psychic powers. Whatever you want to call it, it is our right as human beings to open the doors to enlightenment and healing potential. With practice, we can all enjoy these higher levels of intuition. Your perception, your instincts, your feelings will open up a new world, and with time, it will be a world you can control. As I discussed earlier, key to the process is creative visualization. As you move into the more advanced topics on spiritual development, you will use the meditation techniques I've highlighted in this chapter to expand your horizons.

Be careful not to allow your subconscious mind to sabotage your learning and developmental process. We can do this by learning to relax and stop arguing with ourselves. At the very least, decrease the resistance for how we

are dealing with new information, and our subconscious minds will accept new input with ease. We achieve this through meditation—the essential fast-track in our evolution.

Who has not heard of the placebo effect? Most of us have, but do we know what it means in the arena of meditation and mind control? Doctors have found it puzzling that people are healed without taking any medication, simply because they believe they will be healed. The best answer science has been able to give us is that the body turns on some sort of healing process, not identified medically but documented substantially by research.

Let's look at the opposite end of this phenomenon. How many of us at one time or another ate or drank something we felt was bad for us and a rash appeared. Tests have shown that when people with allergies or asthma were told that there were allergens in the air that they were allergic to, it triggered the allergy or asthma attack. When participants were given an inhaler to use that contained nothing but saline, the attack stopped within a few minutes. This same thing has been documented in surgeries with test groups. Half the group underwent the same surgery, while the other half were merely told they underwent the surgery. And yet, both groups experienced the same benefits of surgery. Think about the ramifications of this and the importance of being able to control our subconscious mind.

Hypnosis is an example of guided relaxation or meditation. You are placed in a susceptible environment where you can be helped to accept new suggestions. Usually the environment will be slightly cooler than the normal temperature in the area, the light is not too bright or too dark, the setting geared to your acceptance of suggestion. Properly guided, you can work through any issues much quicker than traditional therapy. Remember, the more direct access to the subconscious, the faster it can be erased, released and rewritten with new information.

Unfortunately, there are unscrupulous people in positions of authority who use powers of suggestion to do damage to others. One of my clients is divorced from her husband and they have a child. The father continues to have feelings towards the mother and wants to punish her for leaving him. So he uses the child to manipulate how the child behaves in her new environment, creating an emotional divide between mother and child. He maliciously manipulates the child's mind. The mother doesn't fight this damage with words of her own, for she feels the father is doing enough

harm, and that with time, the child will awaken from the brainwashing and see for herself what has happened. Here are some of the techniques he uses.

- Peer group pressure. Make the child believe she does not belong and that she is only loved by her father. This creates a false sense of security. The only place she belongs is with the father.
- Rejection of old values. Accelerating the acceptance of a new lifestyle with father by constantly denouncing former beliefs—that her mother loves her. Without her father, the child would be lost.
- Meta-communication. Implanting subliminal messages by stressing certain key words or phrases in long, confusing, dragged out lectures, wearing the child down. Always including himself in her life. “We are smart.” “We are above these things.” *We* being the key word, making the child believe that what he believes is their truth.
- Uncompromising rules. Creating structure and obedience while soliciting agreement to simple rules, taking away the ability for self-reason. This leads the child to believe that her father’s view of life is the only one she can rely on.
- Finger-pointing. Creating a false sense of righteousness by pointing out how superior she is to her mother. How she knows best and how she does not need to listen to anyone in that other home, where their only intent is to make her feel less than she truly is.
- Controlled approval. Maintaining vulnerability and confusion by alternatively rewarding the child when she conforms to her father’s idea of reality, and punishing her for being average, for fitting in and functioning within the boundaries of the other home. “I’ll take your phone away and will give it back to you when you realize how common you are becoming, unless that is how you want to live. Then I will leave your life forever. I don’t want to be with common people.”
- Isolation. Regularly isolated with her father and her father only, hearing the same lectures, the same words of disrespect towards her mother and new family, and always the constant reinforcing of her greatness while with father and mediocrity while with mother.
- Guilt. Reinforcing the need for salvation from her mother and exaggerating the sins of living in mediocrity, associating success only through the father and failure through the mother.
- Fear. Constantly calling during family time with mother, gaining obedience through fear that something might happen to father if she failed to call back. Fear of losing father if she shows even the slightest

happiness with mother. Creating the idea that her mother is separate and has a life without her, while father and daughter must stand together.

- Activity control. Controlling every movement, constantly reminding her she must achieve, that she is becoming less by living the more relaxed lifestyle of her mother. Monitoring all that happens, creating a ritual where she must describe in detail all that happens in mother's home, finding any opportunity to remind the daughter how her new life with mother is somehow less than she is and less than she deserves.

This comes straight out of the military manual on guidelines for indoctrination. And it's all very difficult to prove, which makes it even more dangerous.

I go into some detail here about mind control, because as you embark on a journey of self-enlightenment, I want you to remain aware of what a powerful force the mind is. Use it to liberate your spirit, never to shackle the spirit of others.

I'd like to close this chapter with some additional thoughts on meditation as a tool for achieving balance in our lives, and in particular, how we can use meditation to manage stress.

Stress, can't live with it and can't live without it, but we can learn to control it. Although we can't control the external factors that cause stress, we can control how we respond to it. Unfortunately, when we are totally stressed out our thought process is not exactly rational. We need to take action, but what action? "Where do I go from here?" "How am I going to resolve this?" We don't see a clear direction. When a loved one or good friend needs you, there you are without a second thought. Why is it that when it comes to being there for ourselves, we are unable to focus and work through our own issues? Our emotions sometimes block our rational thought. Maybe, subconsciously, you don't find yourself important, that somehow you deserve what is happening. I'm here to tell you that you are important. And if you don't take care of yourself, you can't take care of those who need you.

As we know, there is good and bad stress. We need it for our fight and flight instincts. But these primordial instincts in our world today can be pretty overwhelming. If the car in front of us suddenly comes to a stop, we need to

jam on the breaks or risk an accident. We also need to consider the car in back of us and how we can avoid being hit from behind. This is an example of momentary anxiety and stress that is good, for it lets us know that we need to react quickly and decisively. Road rage is something entirely different. It's an example of uncontrolled, bad stress that can have devastating consequences.

It is the long-term, unremitting stress that causes our major emotional and physical problems. Our thoughts become our reality, and what the mind believes the body achieves. For example, ongoing stress due to divorce, loss of a loved one, having to work long hours at a job we hate—that's the stress we want to and must release. Some say 80 percent of all illness has an emotional base. And yet, an incredible 92 percent of what we worry about never happens!

Remember to schedule self-time. This is not an option, but a must for your mental and physical health. A daily walk is an excellent way to relieve stress. It helps to clear your mind and keep you moving, exercising your body. Let the creative juices flow. If you have to take a cell phone, turn it off. For just 20 minutes, don't communicate with the world. It can survive without you for 20 minutes. Or find a quiet place, light a candle and sit before it. Concentrate on the flame and see how it flickers. Focus on your breathing technique, and if you will it, after a while you can make the flame move to the right or left. This is a wonderful exercise in the powers of concentration. You forget about the rest of the world. You block out your stress. You give your body a chance to recuperate. You build your strength for rational problem solving. As always when dealing with fire, make sure you are in a safe environment. You don't want to create more stress by sending the house up in flames.

Deep breathing is one of the best techniques for combating stress, and you can do it sitting in a chair, in bed, or on the sofa. Allow your abdomen to expand as you take in air, hold it and count to five, and then exhale while counting to five again. Create a rhythm and after a few minutes, the stress will begin to leave your body.

Unfortunately, our conscious mind gives us a good reason for everything we do. For example, after 20 years you decide to quit smoking. You think, "Wow, I'm going miss that cup of coffee and cigarette...I probably won't enjoy that cup of coffee anymore." That's your mind telling you what you want to hear.

It's not rational thought. Find something else to do. Modify your lifestyle. Get a massage, acupuncture, hypnosis, take a walk on the beach or around the mall, read a book, take up yoga, spend time with your pet. Rewire your mind for a new, positive way of living.

This section would not be complete without these simple rules, remember, anything and everything we feed our subconscious regularly will become fact so print this section and make it your priority for it to become part of who you are. I've had several people place it on the refrigerator so they can read it every day. I must tell you most of the feedback is very positive, many people have integrated it into their lives and are all the better for it.

Rules of engagement:

Since conflict is a naturally occurring fact, be fair! No physical violence, it never solves the problem, stay on task, look for a solution, and don't dig into other issues. It's hard enough to deal with one! Don't be offensive, keep your calm, walk away, mow the lawn, cook, exercise, revisit the theme with a cool head. Pick the right moment and place to continue dealing with the issue.

No accusations, don't judge, no threatening, don't be barking out orders, don't provoke a defensive posture or you will never resolve the issue, that is after all what it's all about! Listening is an integral part of healing, keep an open mind, don't just hear but Listen! No one is perfect, find humor if possible yes you can be a bonehead at times, don't make it a bigger deal than it is, there is always calm after the storm.

Rules about issues should be written down and followed with every argument, I guarantee these rules will prevent WWII in your life, after all if no one escalates it stays manageable and eventually its importance will become minimal in the scheme of your life. So how often have you looked back at a blow out and realized you were out of control, exactly, so let's try and keep it from getting there with the above simple rules of engagement!

Chapter 4

Spiritual Development from Beginning to End

Our souls are a part of the great energy that is the universe. And through our consciousness, we donate our knowledge and experiences to others who share in that universe. Our soul, then, is like a cell in the human body. If the soul remains healthy we can perform our task, but if it becomes corrupt, it is like a cell that becomes cancerous and spreads to other cells, ultimately killing the body.

Each of us is important in the role we play. As we grow and mature, we contribute to both our physical and spiritual world. And it appears that this world is in trouble, for although we have grown by leaps and bounds in the area of technological advancement, our spiritual development has gone nowhere in the last century. If anything, we rely more on technology than anything else to try and fix what makes us unhappy. But remember that the spirit is eternal, and we just need to reach out and reconnect. Through spiritual development we get in touch with the wonder of the soul and find out who we truly are. I know many are skeptical. But I ask you this, how are things going for you now? All I ask is that you consider taking an alternative road. It just might lead you to a place where you can achieve a balance within.

I can get you started. I can be your initial guide by sharing with you what I've learned and how I learned it. But as you get deeper into the realm of self-discovery, you will find that no one book has all the answers. We are each surrounded by souls who will continue to guide and teach us, and it is from these souls that we get our best education. I've spoken of this with others in my field, and no one person has the exact same way of seeing, conjuring, or visualizing. Each of us has a unique spiritual evolution and each has been taught specific ways of doing things by their spirit helpers and the particular souls that follow them through life. So, I will attempt to be a general guide until your own intuition kicks in. There will be a moment when you will separate from the text and fly off in your own direction. After you make your spirit connection, you are on your own path to spiritual enlightenment.

Let's begin with a simple exercise. Clear away a small private area for yourself in a quiet place. You'll need one wide-mouth wine glass. It should be crystal with no designs or color. Have ready a white candle (doesn't have to be expensive), some incense sticks, a small shot-glass filled with salt, and a

white handkerchief. The key to summoning is consistency, so you will do this exercise every day at the same time. Remember the shot glass with salt is so you can stick the incense into it and collect the ashes without making a mess, if you have another type of holder that would be fine and you don't need the shot glass with salt.

For example, every morning at seven on the A.M., just to pick a time, place, and all items on the white handkerchief to create a uniform field of vision. Fill the wine glass with fresh water (plain tap water is fine), light the candle and burn the incense. Always place the lit incense stick in the salt for stability. Begin with a prayer, such as "Our Father," or any prayer you feel comfortable with. Then continue:

"I invoke in God's name the spirits of my ancestors (I like to start with the most positive request, in God's name so as to clear the way for good stuff only), known and unknown, from the bloodlines of my mother and father, from the beginning (blood is thicker than water, so all those that came before you are your ancestors, you are what they left behind on this planet, so they want the bloodline, the continuity of all they were in you to excel). I invoke my guardian angel (This is the one soul is directly involved in your life from the day you're born till your last day here on earth) and I ask my spirit guide to come close and enlighten my thoughts. I call upon my protectors (these are spirits still working on their own evolution and come in and out of a person's life when they are going through something that protector can help with) to assume your place at my side to guide and protect me, to open paths to my future, and to close those that would block me from achieving my destiny. I invoke the Holy Spirit (The holy spirit is in each of us, we have it inside of us, when we are so out of whack a fracture can develop and the connection becomes let's say scattered; at this point healing this crack is essential to heal our selves) to come to my aid in times of need and to refresh my soul at all other times, to bring me the light of the good star to illuminate my path and ward off all darkness, so my home may prosper. I will receive infinite blessings from heaven. I believe in God and all the goodness that He bestows upon me, my home and my family."

Once you feel the energy of the spirit close to you, continue your invocation, in my development it took me months just to get my first spiritual spark to a point where I could recognize it as such. I did this ritual for several years until I felt I no longer needed the continuity daily and could achieve the same connection.

"God allow these good spirits to come to my aid as I suffer, or if in danger, or upon my invocation of them, may they bring faith, hope, and virtue. I invoke all spirits of light that walk within my path, all the commission of spirits, the commission of healing spirits, the spirits that bring me prosperity and peace. Clean my path of loss, accidents, and sickness. If I am infirmed physically or spiritually, find it in your good graces to heal me and all others in need. May evil eyes and negative thoughts never reach me, may negative talk never reach me or my loved ones. I humbly ask you to bring to me the positive vibrations needed so my path may be filled with triumph and my walk be one of love and laughter. May my path be illuminated by the lighthouse of good fortune; may this path always be illuminated to me so I may find my way.

Oh spirit guide, my teacher, my defender, my counselor, and my friend, you who are with me from my birth until the moment of my passing. How grateful I am, as I know you are with me every day of my life and with devotion watch over me. What faith I have with you at my side. Guide me in the path of righteousness and do not allow me to deviate from my divine path. As the days of my life pass, you see my needs and appeal to the Almighty, and as my defender, you bring me the answer from His infinite wisdom so I may continue of my path.

Oh spirits of wisdom, I besiege you on this day and this moment to come to my aid in this hour of need. Inspire me with divine guidance from above so that I may find resolution to the doubts I am feeling. So I may find the right solution to this dilemma. May this answer be fortuitous for me and without harm to others. Guide my thoughts to what is right and away from those who seek to misguide me. God all powerful, fortify my spirit and illuminate my thoughts, so that I may act correctly and not deviate from your divine path. I ask for light for all the spirits that are with me. May God illuminate your paths and grant you the wisdom and patience to help me through tough times. I ask humbly of the Almighty to enlighten all the spirits that come to my aid, so they may best do their work and guide me in the path of righteousness."

At the end of the prayers, blow out the candle but let the incense finish burning. The next day at the same time, discard the water in the wine glass and refill with fresh water. Start the ritual all over again, get rid of the spent incense stick and place a new one in its place, try and vary the type of incense, everyone likes different odors and you want to be as content while doing this as possible. When and how one begins to feel the presence of a

spirit guide is unique to each of us. There's no doubt you will, just remember that performing the ritual at the same time every day is essential to establishing rapport. Think about it, when the lunch bell rings at school all the kids come to the lunch room. What is prayer if not food for the spirits?

You will find in this book passages from the bible as well as from more obscure origins, which is why I speak of both guardian angels and spirit guides. I feel they are two ways of describing the same thing. With time you will create your own prayers, as I myself continue to do when the spirits move me.

I'm often asked where it is that I see the most spirits. Well, they are everywhere, but I find the largest concentration in church, by church I mean a place of prayer. Spirits love prayer. It's inspirational, even to them after all they really know what it's all about. They feed off of the prayer and good wishes generated through song. So it is with the ritual and prayer you perform every day at the same time. The more you do it, the more encouraged they are to come and before you know it, you can talk to them and ask them for help and guidance. When I mean speak to them, it's not every person that can physically see a spirit so it could mean you figure out how to communicate. You can speak as if normal and they in turn can understand, although you can do it mentally, for now I suggest speaking out loud, you know the mind, lots of stuff in there and harder to stay focused on the task mentally. So anyway, you need to work out a system that works for you.

I have a friend that generated a simple technique. He worked out an ingenious way to get the answer to his questions. After going through all the exercises, he began to feel them so he decided to tell them if the answer was yes, to make him feel the tingle of energy on the right leg, and no on the left, if maybe both legs. If the answer was something else, then to tingle his left forearm and if they did not want to talk about the subject, the right forearm. Of course getting this down took him months of work with them but now he's a pro at it. He told me the other day when I did a reading for him that now when they want to talk with him about a subject they make his hairs on the back of the neck stand up. When he figures out what they want to talk to him about, they make his cheek flush or grow warm. He still does not identify what exactly they do but it's in the cheeks.

Understanding the Aura

The aura of all living things is the thermometer of the life force, so our soul's thermometer is the aura that surrounds us. Part of reading the aura is not to be misdirected. Don't look at what someone is wearing or whether their arms are crossed or whether they're looking at you or away from you. Leave the physical out and just feel the aura. Sometimes you will get a totally different read than from someone's appearance or mannerisms. This is partly why I do my readings over the phone. There is no body language to distract me—it's all about the energy. I do events and parties, and even today, I sometimes get a bit sidetracked by something physical about the person—very expressive eyes, wearing a beautiful necklace, or clothes that don't match. You get the picture. As you learn to perfect these techniques, the trick is to focus on your perceptions not on the senses. There are three types of energies you can perceive: the physical, the emotional, and last and most difficult, the spiritual. We will look at the three energies in this section of the book.

Remember that everything radiates at a different frequency, and none of us are exempt from the effects of energy and color, smell, taste, and temperature. At one time or another, we have all felt choked by a particular odor or taste that did not agree with us. Well, if you quiet the mind, you can learn to feel the effects of energy just as directly. So after you get a good look at your surroundings, close your eyes, tune out the noise, lights, and any other distractions around you, and begin to feel the energy.

I remember the time I put everything I had learned and every technique I knew to work. I received a call from my mother that my father had been taken to the hospital by ambulance. She said the doctor told her he would not last the night. He suggested that the family should come to say their goodbyes. I was surprised that I hadn't felt this coming on. I have a close relationship with my family and we speak regularly. I hung up the phone and drove to their house, not to the hospital. I knew where most of the energy would be—in the backyard—as my parents are older and this is where they spend most of their day. I sat in the backyard and started to visualize my father. When you have a close connection to someone, once you close your eyes and bring that person into your mind, you can travel through that mind stream to see them. I looked at his chakras and his aura remotely. Once I got a good feeling from him, I began to look for his death. It was nowhere in sight.

In the last few years, he had some health issues but always bounced back. I began to clean his energy, remotely. I sent him some positive energy through my connection with him. Later that evening, my mother called me again to say that my brother and the rest of the family were on their way. She asked me where I was, and I told her that I was at their house. I further told her that I didn't think anything was going to happen. She said, "Son, we are here in the emergency room and the doctor just came by and asked if any other family members were coming. He's concerned because he doesn't think we have much time."

I again told my mother that I would not be coming to the hospital yet, but that I would sleep at their house and would see them in the morning. If they were not back at their house in the morning, I would stop by the hospital and help them gather their things, because dad would probably be released from the hospital. She pleaded for me to reconsider and said my father had been asking for me. I truly had the feeling that nothing was wrong. So after cleansing his aura remotely several times, I watched some television and went to sleep.

I woke up early the next day and made myself breakfast. I called my mom while on my way to the hospital. She said the doctor was on his way to see my dad. By the time I got to the hospital, the doctor had made his rounds. Oddly enough, he told my mother he couldn't understand the readouts from the machines. The day before they brought dad in with chest pains. Now this morning, all was well. He could not understand why, but was just happy with the outcome.

I feel that if we want to work on something hard enough we throw energy at it, and if there is a tipping point, we can make the difference. I'm not suggesting you do as I did. Even I, who have had plenty of experience, had a moment or two of hesitation. What if my father had passed and I didn't get a chance to say goodbye or kiss him for the last time? So by all means, even if you feel it's not the end, show your physical presence and cheer the person up. There can be no wrong in doing the right or emotional thing.

Remember the aura is an extension of the soul. No matter the life form each has an aura. Looking at the aura, it speaks of the health and the emotional state of the living entity. It could be plant, animal, or human being. Keep in mind that you must look at the aura or energy for what it is. Don't look at the physical; feel the energy. The physical can misguide you.

Visualize

Here's a good exercise. Take an apple, clean it under running water, and place it on a white plate. Study it for a bit. Is it red or green—feel the color. Try to smell it. Now feel its texture with your hands. Take it in your mouth and bite it, really taste it. Feel something from it. Is it fear, love, hunger? What is the emotional response to the bite? Did you hear the sound as you sank your teeth into the apple? If you get distracted by a thought let it pass, as if it were a bird flying by. Let it go. Don't waste energy by concentrating on the distraction, focus on your journey of exploration. You are concentrating your thoughts on the ability to feel the energy and connect with your inner being. All these techniques and practice are setting the stage for you to connect with your spirit.

I have a philosophy. Life is broken down into 90 degrees. If the energy or path of life has taken someone to the extreme left of 90 degrees, nothing they do seems to work out. If on the other hand they are on the extreme right of 90 degrees, they are thought to walk on water. I'm sure you've met both types. Most of us are somewhere in between, so if it happens that we go too far towards the left, we need help.

It is when we veer too far to the left side that we need to stay vigilant and work our magic. By magic I mean cleansings—move energy to get us back on track and as close to that right side as possible. Remember that we each have our karma and nothing can be done to go outside of this. However, as they say, there are many things between heaven and earth, and there are many things we can do to better our boundaries. So if you want to increase your love quotient, you can work your energy to make what seems average sparkle and shine.

We can work with energy to save someone who has veered to the extreme left, someone who is suicidal for example. Working through energy, we can change the frequency they are vibrating so the soul can continue to move them back to the center, back to a balance. We then teach them techniques to manage their energies and maintain that balance. These extreme-lefts are also probably on medication. I'm not a doctor so I don't divert them from the medical solution. I simply enhance this solution by clearing up negative energy that has accumulated on the person's aura, thus making whatever medication they use more productive for them. Just imagine having something attached to you always placing negative thoughts in your mind

that are not yours. It's enough to drive anyone crazy. Removing that negative attachment allows medication to work more effectively.

Cleansings help people with real physical ailments as well as emotional and mental issues. Although their energy is cleansed and it helps them, people with chemical imbalances need to learn how to clean themselves. Once they stop doing cleansings regularly, once a week or once a month, they most likely fall back into their maladies, so keeping up with the medications is very important. If you have such issues and want to improve your quality of life, would you not do it? By educating yourself and learning to work with your powerful energy you can manage the situation. I've seen it over and over, people barely living life, going through huge positive changes from regular energy work.

Aura reading is a wonderful tool. It provides information for analyzing the *why* of things. As mentioned, everyone vibrates at a slightly different frequency. The Buddhists say that life is a dream, and the only reason we are in each other's lives is because we are sharing the same dream. Maybe life is not quite as eclectic as this, but if you and another person are not vibrating within the spectrum of the same dream, one or the other will go in a different direction. The aura can send out color, shape, emotion, and physical attributes that indicate state of health and mental energy. In a nutshell, the aura is our way to view someone else's space. Keep in mind that just as there are laws for crimes and levels of punishment, there are consequences if we violate the privacy of someone's aura and personal space.

Analyze the energy. Don't assume there is something negative flowing about. Understand the energy, try to see it clearly. If you wake up in the middle of the night and bang your ankle on the bedpost, don't automatically assume there is bad energy in the air. How about taking some responsibility and understand that you were half asleep and banged your ankle. I tell you this because on more than one occasion I've been called for a reading and was asked, "Can you believe what happened? Why would that happen to me!"

If we are not meant to interact with each other in this karma we are living, then we would be as invisible to each other as people passing down the sidewalk. So if, as the Buddhists say, we live in a dream and only the dreamers common to the dream can acknowledge each other, then only

brief passings would connect dreamers from different dreams or karmas. I make this dream and karma association loosely and not as a specific reference to Buddhist thought. As you learn to read auras don't obsess about dreamers living in a dream world. We are still living this life and all this is meant to do is enhance the way we live it.

Let's consider color. If you see a co-worker with a red shirt, you get a certain vibration. The next day that person is wearing a white shirt and you get a different vibe. Think about this and try it yourself. Go to work wearing a hard color, like black, and then after lunch, put on a light pastel, like yellow or pink. Not only will you feel differently, but if you make note of how your day went in the morning as opposed to the afternoon, you'll see a difference.

I tell my clients what would be a good vibrational color for them. I read a gentleman recently and asked him if he liked the color violet or purple. He said not particularly and asked me why. I explained that he felt a bit jittery and his nervous system was somewhat elevated, and that this color frequency would bring him security and a general feeling that things would be ok. He confirmed my thoughts and went on to explain that he had been under great stress. He said that the company he worked for was about to lay off over two hundred employees and he felt that he would be among those on the chopping block. He said he would try wearing some purple.

Remember that color is meant to enhance where we are, so to speak. If someone dresses sloppy, their problem is that they need to tidy up. If someone doesn't bathe, their problem is that they don't take care of themselves and no one wants to be near them. So all other things being in the right, color does enhance the aura. Being able to read that aura can help you make a difference in a relationship. Whether between an employee and boss or between two friends, let the aura be a guide in avoiding a clash and finding a more understanding way of looking at one another.

Remember not to focus on body language. If you're sitting next to someone and you cross your legs away from them, they assume a message of rejection. But remember that body language can be misunderstood, so we need to consider at least three signs before we make an assumption. You could have just crossed your leg because the other one was bothering you. Now, if you also cross your arms and don't make eye contact, well, there are your other signs.

Apply all this to aura reading. If a person comes to you with crazy energy spiking all over the place, it could mean they just had a bad day. If the energy also looks gray or dismal, not sharp with just small pockets of energy all over, then you should make an effort to look deeper, as there may be other underlying issues such as health problems.

I recall a client who came to me for counsel. Her energy in the stomach area looked and felt heavy; it had a hurt feeling to it, with some empty spots around that area. I asked her what was going on with her stomach and clarified that I was not inquiring about her weight. She said she was pregnant and the doctor had just ordered an amniocentesis. I told her she would be doing the right thing to go ahead with the procedure, for the energy felt wrong. I also told her that I could not for certain say why, but that the decision would be a good one. She sent me an e-mail about a week later and told me that the test revealed that the baby wasn't developing properly and would be severely deformed. The doctor recommended that she terminate the pregnancy, which my client agreed to. We spoke several weeks after the surgery and my client confirmed what the doctor had diagnosed. They now knew there was no hope for survival, and my client felt she did the right thing. So, if not always an exact science, aura reading will give you a broad view of someone's state of health—physical, emotional, and mental—with relative accuracy.

Developing the Tools

The more tools used the better the diagnosis. Doctors use x-rays and sonogram machines to help with a proper diagnosis. They send out for blood work and check the urine to help determine what is going on in the body. Many people use tools to help them read energy. As I mentioned in chapter one, one of the tools I like to use is the cigar—inhaling and exhaling smoke until it surrounds the person from head to toe. The cigar burns differently for each person, and as it burns, I can identify what is going on in the person's energy. I also clean with different plants to get rid of spiritual cobwebs and negative energy that might otherwise block me from seeing, and block you from proceeding on your path of life. Along the way we each discover the tools that work best for us. Remember it's not every medicine that is good for each person, likewise some remedies will work better for some of the people and others just right down cause the opposite effect.

So as you deviate from the general remedies I've provided, experiment with what works and what causes negative effects. Much like medicines, some find through trial and error that you might be allergic to penicillin and find other medicines that work better without side effects. So you can test for example if certain plants work for baths or just letting it absorb anything in the home. There are numerous remedies that will work for specific situations; you just need to figure it out as you go along. I know that might not be the answer you were looking for but it's the right answer. If you need quick help go to someone like me, someone responsible. I like how I work because most of my clients come as referrals so when they call me, they already know what they are to expect.

I've developed my own way to cleanse and read a person. I look at the left side of the person as the negative side and the right as the positive. When I clean the head area of someone, it's to see where they have been, where they are now, and where they are going. I think the head area is the most important, so in a cleansing I spend fifty percent of the time there. You're dealing with the subconscious, and it's not just what you see, it's how you interpret what you see and extract the right information. Some people are well endowed, mentally that is, so as I cleanse them I can sometimes pick their thoughts. In the case of someone thinking of harming themselves or others, it can really be a plus.

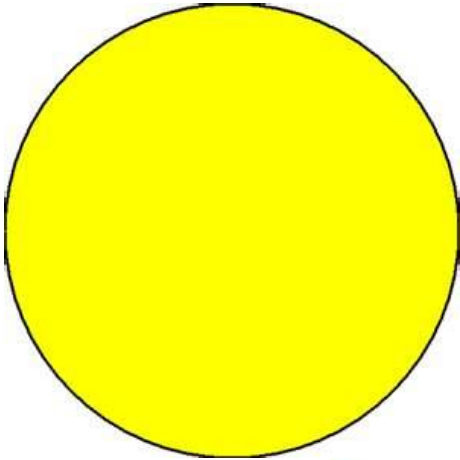
Think of the stop sign and the concept of red, yellow and green lights. They mean stop, caution, go. Or the picture of someone with a light bulb above their head, which means they're smart. Our minds process the information by understanding the symbolism. So we can work out a system whereby we extract information by learning and understanding certain signs. You will develop your own system and it may be different from mine. I have a good friend who doesn't see a light bulb above the head, but a big dictionary. When I see a person vibrate in yellow, it means the person is a teacher, a creative person. It might be different for you. It would be difficult for me to convince you that red means love, when for you red means anger or envy. You get the idea. It's the process that's important. I can guide you into visualization, but it is you who determines what it all means.

If you remember in an earlier chapter I spoke about working with colors and shapes. If you did the exercises, you can put what you learned into practice and read people, using symbols you can relate to. When I see a circle, to me it usually represents a well-rounded person. To you a circle may mean a

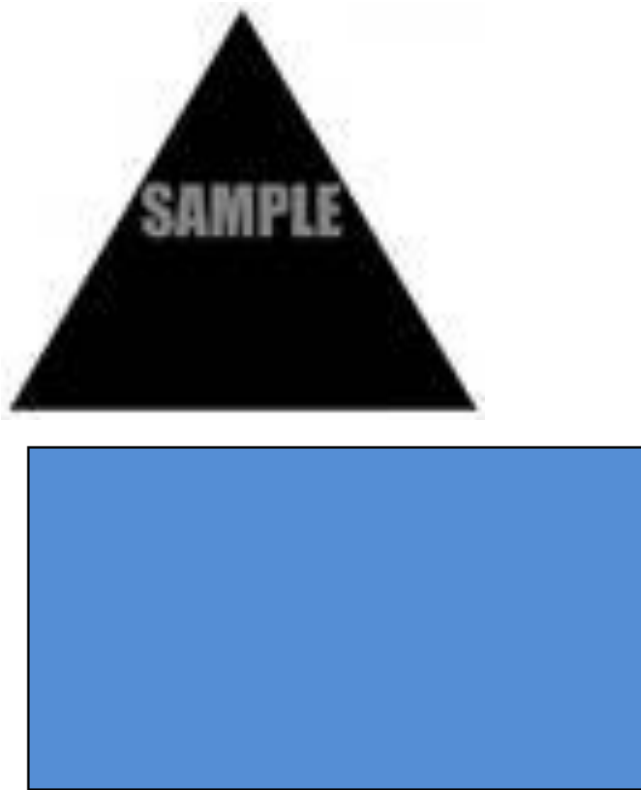
propensity to gain weight or become trapped. For me, the symbolism of four walls notes the feeling of being trapped—could be in a job, bad marriage, whatever. You will use your understanding of your symbolism to uncover the root cause. You may find along the way that your own subconscious is filling in some blanks. Don't fight it. Trust your intuition. You should feel comfortable with the symbolism you assign, but remember to make sure there are at least three things you can point to before making an assumption and giving a diagnosis.

To get started, you want to create some large cardboard cutouts in white, big enough so you can create some shapes and colors at the center. Let's create some good ones. I like a circle to represent the sun, so I color it yellow. I like a star in silver, a square in black, an oblong in gold, a pyramid in purple. These are just examples. Remember that you will develop your own symbols and techniques. Place the cutout on a white wall and then stand about fifteen feet away. Stare at it for thirty seconds and then close your eyes. You should now see the color and shape in your mind's eye.

The following examples are for you to use as guides, you may use any simple colors and shapes, don't get creative, this is supposed to be basic exercises to get your mind to relax and get back to basics as a child would be.



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The samples above give you an idea of the shapes you can work with. You can choose the colors you feel best. If you get good vibrations from the color orange, then by all means use orange. It's all about getting the best emotional response from a shape and color.

Remember that in these exercises we are attempting to teach the mind to view what we have silenced over the years. We're teaching our third eye to see again those subtle energies that as children we were able to see and accepted without judgment. Use shapes and colors that put you at ease. You are building the power of the mind to interpret the aura. And for this, you need to detach yourself from your emotions. I realize this might be difficult but that is why in this book I have a section on meditation. We should be in a relaxed state, in order to disallow us into what we perceive, if we put our two cents into what we are visualizing it will come in wrong. Remember we see through, amongst other things, our own aura to get to where our vision will take us. So the more relaxed you are as you attempt to view, the less garbage you have to go through to see what that person is projecting.

When working with other mediums I remind them before a session to leave their own issues outside the door. We are there to serve. If you are having a bad day, don't project your own red or angry energy on the other person's aura. Remember that you have to look through your own veil to see the aura of the other person. So calm down, relax, and work on your meditation.

Once your mind is open, concentrate on what you see. Shut down erratic thoughts. This is why it's so important to relax before you begin. It helps you to focus. If you start thinking about whether or not you turned off the oven, you'll forget what you're looking at. Practice detaching from your emotions and viewing those shapes and colors. I hate to harp on the same things but it's so important and valuable for your spiritual evolution.

Look at the yellow circle for thirty seconds, now close your eyes and feel the color. If it represents the sun, you should feel the warmth of that sun as well. It should come into view when you open your eyes, and looking to one side of the circle, you should see a double slightly off from the original. If you are not getting it, don't stress, if it were easy everyone would be doing it and I would not have a reason to write this book. Stay with it, I have over the years developed many people and half of them could not even relax or meditate let alone any of the higher abilities, so it's very possible for you as well.

It all starts with imagination. If you can imagine it you can perceive it. Remember that we are not only training the mind to see but also not to fear. As you progress in the technique, not all feelings and visions will be nice, some will give you ugly thoughts or feelings. You need to know this is a movie and cannot hurt you. Every color, every shape causes an emotional response. For example, the pyramid could signify power and make you feel uncomfortable. The yellow circle could be the sun giving you warmth and light. You're learning to manage emotional response. I like for you to write down your initial response to these tools you use. Why, as you grow your feelings will change, you might develop new and more grounded ways to view.

The more of the five senses you can use the more you can absorb. One of the biggest problems with mediums is lack of confidence, second guessing the information they get. So this is a crucial part of the process. You must open up all your senses or you will always lack the confidence to accept what is coming in. When in this open mode, be ok with what you are doing. Create

your own exercises with different colors and shapes—the more emotions coming in, the more vibrant and alive the feelings, and the messages. Learn to absorb the information without judgment. The limits are only yours, in this infinite field of energy there are endless possibilities of acquiring information.

Reading the Energy

Let's consider the types of energy you can read. In my estimation there are four—the body, which is the heaviest, the emotional, the mental, and the most subtle of all, the aura. It's the aura that we are really here to try and explore. It's the one that allows us to see into the past, present and future of a person's life. It will convey all sorts of spiritual information. It will show the spirit guide or guardian angel and the protectors that accompany us through life. It's important to know what or who is around a person, as it can give a glimpse into the person's circumstances, present as well as future. For example, I read a client over the phone and told her that there was a female family member around her who had died of lung cancer. Many times when the spirit of a relative reveals what they died from, they're giving a warning. In this case my client's uncle, a brother to the deceased, was being tested for lung cancer.

I remember a client whose spirit guide was showing me how she was in constant prayer to resolve the issue of work. She was unemployed and had not been able to find another job in over a year. The spirit guide gave me a pretty clear message to guide her: "Don't ask the Lord to guide your footsteps if you are not willing to move your feet." As she explained her circumstances, I was able to tell her that a job was around the corner, but instead of just praying for it, she needed to get on the stick and start filling out applications. It's nice to pray, but doing something for your own progress is always an essential part of the process.

I remember a woman in her fifties who came to see me and was accompanied by the loving spirit of her deceased husband. He gave me a message I could understand. He showed me a used car I had advertised for sale about ten years earlier when I was teaching at a local college. I had parked the car on a street corner close to the school with a For Sale sign in the hope that lots of prospective buyers would see it. I interpreted the message that she would like to have another relationship, but didn't know how to "put herself on the market." I explained to the woman that she was

still very much a woman and marketable. She laughed. I asked her if she went to church and she said yes, so I suggested that she go to the retreats they offered so she could meet people with whom she had things in common. “And if you play bridge or other games, you’ll get out more and get some action.” She laughed again, but agreed that she was sitting home way too much and needed to get out and show herself more, like my car on the corner.

Sometimes we can be confused by the energies that dialogue within. I begin my reading without any input from the client. After I say all I have to say, I ask the client if there is anything else they would like to look into or address. At that time, they can ask questions and ask about anyone who did not come up in the reading. I remember the time a fellow called, and I began the reading by telling him that I could see two of him. One a hard-working business owner with a family, the other a drug addict, and they were both him. I was puzzled and explained that if it was him, I would see one person in the past and one person in the present. But in his case, I was seeing both in the here and now. He explained that he was a twin and was, in fact, the stable person I was seeing, with a family and business, while his twin was struggling in rehab. Even I who have been doing this for years can get confused by the messages I receive. So make sure you ask questions if you have any doubts.

The Power of Positive Energy

I mentioned the chakras earlier—the points of physical or spiritual energy within the body. I won’t go into great detail here, for the topic is covered in-depth in other books. I work with nine points, most say there are seven. I say there are many more than that. The chakras are an alignment of the body. It’s another way to view the state of the body and soul, and if you learn to use the chakras as a guide in healing, it can have even more of an impact than cleansings, in some cases.

In healing, we also look at energy vibration. It’s not always necessary to actually clean or get rid of negative energy, but change the frequency or adjust it to a vibration that would be positive for the life form it’s around. We as humans vibrate close to the same frequency, however, when something is wrong such as sickness or strong emotions the energy around us can shift frequency, all this happens to let us know something is wrong.

When we get headaches, something is wrong and it's one of the many ways our bodies let us know.

When I cleanse the energy, I detach the negative spirit affecting the body. The body feels the change and within a brief time, that empty space is filled with positive energy and the body heals itself. You can also work within the vibration of the person and change the area of negative energy to vibrate in harmony with the rest of the body. I've tried it a few times, but it's more time consuming than just removing the problem energy or spirit and allowing the body to recuperate.

When I speak of removing, I mean we are all surrounded by energy, as we are surrounded by air, as the planets have gravity so we attract energy as a body traveling this planet. Our energy or aura is in constant contact with other energies or bodies as our planet is in contact with other energies or bodies and our atmosphere protects our planet from radiation or the constant barrage of small rocks that hit it. So our aura and energy field protects us. As with the planet every once in a while something gets through and then as an asteroid we can have a problem. Remember the sun's warmth and light gets through. As this is positive energy for the earth so it is with the body. Much of the energy around us gets through, it's good and needed. We do not live in a bubble and interconnections are needed.

Remember that energy cannot be created or destroyed, only transformed from one state to another. It doesn't die, it moves. So we have to work within each person's particular energy framework to diagnose and heal. I do this through iridology, massage and acupressure, for example. If your mind is strong, you can channel tons of positive energy and displace the negative energy that may be causing health problems. You can develop your own techniques for moving and manipulating energy. When I release negative energy it's dispelled out of the aura or energy field vibration of the person who I'm working with. As energy is all around it's simply dispersed into this world of energy. It's dispersed so it will not affect others in a similar way.

I was not going to cover changing the energy as it is more work. After the editor read the book she asked so many questions about this subject that I'm revisiting my decision and giving it some details. Ok, we must be at a reasonably advanced level before you attempt this. Why? Because energy is a two-way door, in and out. Once you attach your energies to the person you are working with, like a virus you can take on some of this negative energy

that might be attached to the other person. So first learn to protect yourself, then, learn how to shift your own energy. Once you are comfortable with yourself, then you might attempt to shift your own energy. If you get headaches or even muscle aches, you can use your own energy to shift your frequency.

Ok, all else has been worked on, now you are ready to attempt and change the energy of another, first you must see the area that has the vibration that does not belong. Then generate your own field, extend it out. Let's take an example, the person has a stomach ache, you see the energy in the affected area and how it feels, its color, its shape. Get as much information as you can before you attempt your shift. Remember also that we are all slightly different; as human beings we are all dealing one thing or another. Make sure your vibrations or energy can shift to what the rest of their body is showing. Otherwise, you can cause harm instead of helping. This is why I shy away from promoting this practice. So keep it in mind that control has to be much more than just cleansing dirty energy.

If what I'm attempting to detach is an entity or a spirit, I talk to it as I'm doing the cleansing. I attempt to communicate giving the spirit some other topic to focus on and loosen its grip on the current misguided efforts to stay connected with the person. Remember, spirits most of the time are simply lost souls, so as you loosen the energy grip they have on the subject being cleansed they scramble to keep attached, so therapy, if you want to use this word, like on a living person, is what is needed in the attempt to show it the light. It's talked to and attempts are made to open its mind to the fact it's a free spirit and going to a wonderful place where it will recall the reason for everything. If I'm unsuccessful, I will detach it from the person I'm cleansing and I will attempt to place it closer to the next step, summoning other spirit helpers that then take over this job and continue to help it along to its movement to a happy place.

The other type of attachment is a different story. Remember there is nothing worse than a negative or bad person; it's the same with spirits that know they are doing wrong and or do a living person's bidding. In either case harsh measures are taken, and when possible brute force is applied, the object is to free the living from these malignant entities that can cause great harm, even place thoughts in the living, for example of suicide, or jealousy or envy. Even these entities have limits and if you follow some of the recipes I've given you in this book, most of the problems with spirits or other energies should be

taken care of. One key ingredient is no fear. As with most things, fear can be sensed, so if you show fear then it becomes a fun game for them. Remember they are here as intruders and most don't even realize they exist so any fear is like, "wow, I can get a response", then it becomes to them as a drug to us. They can't get off it, so every once in a while doing a simple cleanse is a way to keep your energy clean and thus not giving openings for these intrusive energies in our lives.

Work through one person to clean another remotely

A few years ago, I had a client who had done some business in Guatemala. The person he had done business with refused to send him the remainder of the money he owed, about forty thousand dollars. While doing a cleansing for him, I asked him to give me a picture of his client. I focused on the picture, then closed my eyes and visualized the person from behind. I sent a message to the area where messages are received, at the back of the neck. I simply sent him a strong, positive image of my client so he would feel guilty and pay up.

There wasn't anything negative about it. The picture I got was of the man looking at me so after I absorbed mentally what the person looked like and was wearing; I closed my eyes and visualized what he would look like if he was looking away from me. In my mind, I sent to the back of his head right above the neck a visual picture of what my client looked like smiling as he received the money owed. It was positive energy that made him consider the right thing to do. At the end of the cleansing, my client got a call from this person—who had not answered his calls in over a month.

If you want to learn to manipulate energy you must practice. Just as an athlete trains to excel in a sport, you train for your spiritual development. You begin step-by-step, reach a plateau, and then in a burst of energy you move forward. A student of mine once asked, "How good will I get?" My answer was simple. "Each according to his or her gifts, no more no less."

I've met some natural clairvoyants over the years who never achieved their full potential. They have a natural ability, but never developed it. Remember that the spirit works through you and you alone. If you doubt what you are being shown, with time the spirit will become hesitant and not so eager to share what they know.

I have a good friend who has been in touch with the spiritual world since she was a child. She is very good and can perform wonders. Unfortunately, she doesn't trust her intuition, which rivals my own if not better. Yet when she needs some help, she comes to me. When I tell her that she herself can do it, she doesn't believe it and continues to reach outside her own group of spirits.

Over the years, I've seen her in action at my center doing cleansings and giving messages. The messages are always on target, but some of her own spirits get frustrated with her and her inability to trust the message, or the process. I called her on one occasion and told her to do what she was shown, as one of her spirits had approached me for help in getting the message across that she was on the right track. She would confirm she was being shown something she needed to do but was uncertain whether to do it or not. I told her to trust her intuition, that she had all the talent to be a spiritual success.

We can look at others through the person we are reading, as long as that person is concentrating on them. Sometimes, we have to encourage a client to probe deeper. For example, I was reading a lady recently and she asked me a question about her mother. I was having a hard time finding the mother, so I told her to focus on her mother—what she looked like, what she smelled like. When she did, all sorts of information flowed. I told my client about her mother's right leg and the toe injury, and she confirmed that it had happened a few days before.

The more a client can focus on the person being cleaned, the easier it is for you to obtain your goal. I like to speak about the person as I'm cleansing, for it helps to clarify what I'm seeing. For example, I talked to a client about her dad as I was cleaning him, remotely, while he was in the hospital. She was a believer in what I was doing, but her father was very church-oriented. Some devout believers only believe in what they believe and even in sickness their faith is only in what they believe. She came to me, so that together, we could help him. He had a lot of stress due the upcoming surgery and his blood pressure continued to rise. The doctor said that if it didn't come down, they wouldn't be able to operate. I cleansed him that night, and the next day his blood pressure was normal and the surgery went well.

Astral Travel

There are many stages of spiritual evolution. Once you get to a point where you recognize at least one of your spirits and you have a dialogue with them at will, then you can branch out into different directions. I do recommend that you hold off on astral travel, though. I'll share with you my first experience. My meditative capabilities were strong, and I already had solid communication with the first spirit I worked with. So I decided I was ready for an out-of-body experience. Unfortunately, I wasn't.

Some might pick it up right away, but if you have to work at it to develop the ability, I recommend you wait until you perfect all other techniques. In my first attempt, I did all I thought I needed to do to prepare. But I wasn't spiritually mature enough, or something else was missing, for I took a journey that lasted just a few minutes and when I returned, all of my muscles were tight. I had to calm myself down and relax until all the knots in my body were gone. The hardest ones to release were the stomach muscles. When the spirit travels outside the body, a thin tether keeps body and soul together. If not properly controlled, astral travel can bring about the most negative consequences.

Always begin in a relaxed environment where nothing is going to distract you. Tell yourself you will be safe. Trust is essential; doubt is the killer. And unless you were born with the capability, you will have to practice in the hope that your soul can develop this art. In sports, some have inherent ability as athletes; others have to really work at it. Some become great, others proficient, many end up having to find something else to do. And so it is with the spiritual arts. Some are better at it than others.

What we are now speaking of is a combination of abilities that in my opinion should not even be explored until well into the advanced stages of spiritual development. And consider this, there are many other entities out there without a body wanting to get into a working one without a soul. So the more you astral travel, the more the spirits out there become familiar with you and your abilities. Another important thing, you should not be moved from the room where you began if it ever happens that you are temporarily displaced or lose your body. This is why it's important to attempt this with someone you can rely on to keep an eye on your body while you travel.

Remember that remote viewing is not the same as astral travel, not even close. Remote viewing is simply your consciousness having the capability to

see other places. Like having a computer and internet connection allows you to see what is going on with someone you connect with or speak with via cell-to-cell phone.

So remote viewing is a lot safer than astral travel, but for the sake of knowledge, let's look at what the journey entails. As mentioned, begin in a relaxed environment. Select a room you know inside out, like your bedroom. Always have someone with you, someone who understands what you are doing and can help you. Look at yourself and the room in detail. Then close your eyes and meditate. As you do, imagine yourself going outside the body and hovering above, look back and see your peaceful body on the bed and visualize the room. Look at your friend. Use all you have learned in this book about colors, shapes, everything. The more real you make it the better. It will be a good experience if you have no fear.

Remember that your soul is still part of a living body, so it is stronger than any soul you might encounter. The dead love life, so they will slowly take a little of your life force to strengthen themselves on this plane, but it's only a fraction of who you are, so don't worry. They thrive on our fears, but this is your realm and you are in control. None of these energies are your friends, no matter how they present themselves. Their goal is to channel your body or take some of your energy. So keep your trips short and with a purpose. Decide what you will do before each trip. Once you are comfortable, all sorts of doorways will open, so keep your trips on the clock. This is where your friend comes in. Twenty minutes out there can feel like a day to you, so keep it short.

Try to come back without being followed. You don't want to bring uninvited friends home. Some people have developed stealth modes, like walking into a place and no one seems to notice they're there. Others use their abilities to vibrate different energies, so if they want to act like someone else, they create a persona that even people who know them will recognize. This technique also has a practical use. You can walk into an interview and project your persona as the best person for the job, increasing your chances of getting the job by 200 percent.

Practice Makes Perfect

Let's practice applying what we've learned so far. Get a friend or someone willing to work with you to stand in front of a white wall. Look at the person for about thirty seconds and then close your eyes and look at them in the

mirror of your mind. Open your eyes and look at the person again, focusing slightly to the right. You should begin to see the aura. If you do, try to define the boundaries. If you don't see it, repeat the exercise. If you are successful, look at the aura in detail and try to define a shape. Then try to define a color or colors within the aura.

Now that we see the aura and its colors, let's take it to the next level. Can we see any bubbles that might be rising around the body? Start at the top and scan down. You might see yellow around the neck area, which could indicate creativity. For now, don't overanalyze, just open your mind to the possibilities. Fine-tuning comes with experience. You can do this with friends and family, anyone who will give you the time of day. Don't forget to do both sexes, where you will see subtle differences.

Let's practice viewing different colors. Close your eyes and visualize purple or violet energy around the area where you are. If you are having trouble with purple, start with blue then shift to violet. Most people who work with the spiritual realm reflect the color violet more commonly than others. Try looking at the same people in different situations and see the color of their aura change. With practice in this and the exercises you did earlier with the cardboard cutouts, you can actually send a color vibration to them and see the shift in color. Here's another exercise in visualizing color. Try placing your hand in front of the head of a headache sufferer. Visualize violet coming out of your hand and around the person with the headache. More likely than not, you will shift the energy and get rid of the headache.

Colors are a great help, but remember to analyze the whole person you are viewing not just the colors. And remember the rule: find at least three things that have a common thread before you give an answer. If red is everywhere, it must be love. How about if it's spiky? Could mean they might be having problems in their love life. How about if it's all on the right side, which to me would mean new love, or to the left, a past love. Make your own consistent set of rules so they are easy to remember and then implement them.

There are some simple exercises you can do to channel your energy. When doing readings or cleansings you can become drained. For example, if I do a lot of cleansings in one day or had a particularly difficult one, I tend to want to lower the temperature by cranking down the air conditioner. Remember that there is another soul with me, helping me, and depending on how close it gets or if it takes over, it tends to overheat my body. I do get a bit drained

while working with spirits, so after each cleansing, I take a sip of water. I replenish my energy in this way and can go on and on like the energizer bunny feeling very little physical drain. To me the key is those little sips of water. You can inject energy into the water. I can place my hand over a cup of water and pray over it or speak into it while I pray. Or I charge the water with my intent, invoking specific vibrations to invigorate the water. You can do this for others as well. Prepare a gallon of water for someone to drink from throughout the day and they receive the healing properties. If you can visualize what you want, you can channel energy by changing frequencies.

Practice is how we get better at it. I went to an event where I read one hundred and four people in a little over eight hours. I spent no more than five minutes with each person. This was practice. It's important to be able to shift from one thing to another, as I did that day, shifting from one person to the next. I also had to absorb an enormous amount of information and be able to shift from one energy to the next. If I remember correctly, there was not one I was not able to give a message to, and in the end, I wasn't even tired. My wife was with me that day and I remember her asking if I wasn't tired and didn't I need a break. When spirits are working through you, they tend to keep your energies at an optimum. When I got home, I was so tired I slept a good nine hours straight. But during the readings, nothing bothered me, and I could have gone on forever.

When you start to visualize, you might be creating your own reality. At the moment it becomes real, you no longer have to create it in your mind. Continue to practice but don't force it, let it develop naturally. Don't knock heads with a stray thought, but step to the side and let it flow past you. After you look at the room you are in, close your eyes and see the room from different perspectives. See your soul above your body and look at the room from overhead. Eventually, you will do this and the soul will really step out and pass through the wall and see the room next door.

Keep this one step at a time. Don't attempt to travel all over the place until you become comfortable moving around your small environment. Practice leaving and returning. I suggest you do this for weeks or months until you have become skilled at it. This is major league, so unless you do it naturally, it's probably not a good idea.

One act does not affect a person's karma positively or negatively. However, if you do enough positive, it will tilt the scale towards the positive side.

Remember what I spoke of earlier. If you shower and shave and dress sharp, you will reflect confidence and success. It's the same with your energy. Clean it regularly and you will more likely get what you want. You are improving yourself, and you aren't doing anything negative that could affect another person. So focus on you and your destiny and leave the rest to fate. Sometimes what we want might not be the best for the long term, so keep it clean and destiny will put you in the right place at the right time.

We've spoken about energy cleansings and meditation, which are two ways to achieve the same goal. It's all about putting your thoughts in a particular frame of mind. Having no fear is the key. Center your mind and create your own reality. We each have different experiences in life on which to build our reality. I've given you some basic techniques to practice and work with, the rest is up to you.

So let's practice using our meditation skills to make the spiritual connection. Begin your breathing technique, relax and give your body permission to release the tension. Inhale positive energy, exhale stress. Place yourself in a golden globe. Close your eyes and visualize yourself within this golden globe of energy. While in this golden globe, you are part of everything and everything is part of you. When you breathe in you are breathing universal energy, pure healing energy, energy that protects and nourishes you. Visualize yourself radiating this energy in all directions like the sun. While in this light, you are expelling all internal negative energy, all stress is forced out of your sphere. Once you feel revitalized, slowly unwind from this vision. As you open your eyes, you are completely recharged and ready to take on any activity with focused resolve.

Here's another exercise you can do regularly until you feel confident in handling your energy. Visualize yourself standing within a circle surrounding you at the level of the heart, another at the ankles and another at eye level. These circles that you visualize are the color of gold. Once you see yourself standing with the three circles as I described, start to spin them, counter-clockwise and one at a time, from the head then chest and finally the ankles, until you can visualize all three spinning.

As we spin these circles counter-clockwise, we are cleaning our energies and dispelling any and all negative energies we might be carrying within our space. Spinning faster and faster, the golden rings begin flinging negative energy outward and you can see the debris being discarded away from you.

As you feel cleansed, you feel the circles slowing down. With every breath, you feel lighter and lighter until the circles stop spinning. Your energy is cleansed and you feel a sense of well-being.

Now let's start to spin them in the other direction, clockwise, starting from your ankle, to your heart then your head. Again, one by one, spin them until they are all spinning faster and faster in clockwise direction. You see the golden circles turn into a globe as the speed increases and they expand, until they close the circuit and you are encapsulated in this globe of golden energy. You feel universal energy filling your sphere and cleansing and re-energizing your soul. This bubble of energy with you at the center feels safe, warm, protected, and peaceful. It's spinning so fast it no longer feels as if it's solid. It's our divine protection.

The globe fills you with loving energy and kind thoughts for others. This globe has your conscience within it, and intuitively knows what you need and only allows goodness into its space. From this place of safety, you send out all your love and good wishes.

Visualize a rock coming towards you, and as it touches the boundary of the globe, it's automatically sent spinning away. Remember this globe is spinning so fast you can't see it any longer. It now has an invisible but solid boundary. Nothing can come in through that boundary to harm you. But remember that you can send out anything you want with ease. The globe is filled with universal, divine energy, which you can harness and use for good.

For example, if there is a loved one who is sick, you can send out a stream of healing energy. Visualize this energy reaching and enveloping that person. Visualize as much as you can. If you know what is wrong with the person, visualize this divine energy permeating every pore of the body to reach the area that needs help. If it is a disease like cancer, visualize this golden energy completely obliterating the bad cells and energizing the body, giving the body energy to help repair the damage.

Visualize yourself inside your sphere. Cross your legs in a Zen or meditative position and now visualize yourself encapsulated in a pyramid. This is your vehicle to travel forward and back in time. The pyramid helps us to focus and its symbolism is power, but you can choose any vehicle you'd like. I had a fellow in one of my classes, a fan of science fiction, who used a time machine as his vehicle. He said he felt safer inside and had all sorts of buttons and

knobs he could use to control his travels. It worked for him, so who am I to suggest otherwise?

When you feel yourself at the center of your universe safe, within your vehicle, you can visualize all the places and times you want to. You can dial in to any place and time, see another dimension, or travel within your realm to view people and places. This pyramid of power can take us anywhere we desire. We and the universe are interconnected through pathways of energy and this pyramid is our transportation. As you continue on your journey, you begin to feel the energy, and as you travel, slowly and gently drop your jaw. Let go of any last bit of tension you might be harboring from apprehension and learn to free-flow through this gift of time and space.

When you feel the desire to return, slow your breathing and visualize yourself inside the golden sphere, but no longer inside your vehicle. You are where you began, only more grounded, more together, more sure of yourself. Start to slow down the circles until you can see each one individually and stop them, one by one until they are gone. Take a deep breath and open your eyes. You are completely relaxed, charged and good to go about your daily business.

I have a friend who uses the cloud method. He relaxes and generates a white cloud above his head, and as he brings the cloud down, it starts to pick up any negative energy. By the time it passes he sees the cloud is black, or definitely darkened. He sees it floating down into the center of the earth and dissipating into the furnace that keeps the earth going. He also likes to use a magic carpet to travel.

Emotion and the Energy around Us

I went to look at a home that had been on the market for about a year and a half. It was a rental property and the seller was from New York. She wanted to sell it, but the property wouldn't move. She had gone through several realtors when one of her co-workers, a client of mine, recommended that I do a house cleansing. She arranged with the realtor to give me the key and I visited the house. I called her and told her that I would have to dig inside a little atrium on the side of the house. She told me to do what I needed to do. As I began to dig, I found that some sort of magic spell had been cast, and it was this instrument that was preventing anyone who looked at the house from wanting to buy it. I did what I needed to do, and within a month, the house had a contract and sold.

Another home I visited had been occupied by four different families in a span of two years. After talking with the new owners, I told them to do some research on the people who previously lived there. They did so and found that many years before an owner had hung himself in the living room. Apparently, his spirit never left. I suggested a specific type of cleaning to help that spirit move on. The present owners agreed, and I came back and did the cleansing. It actually took two cleansings, but soon after the second one, peace returned to the home.

Look, if you have a junky house, energy is the least of your problems. But all other things being equal, energy cleansing helps. I remember another woman who wanted to sell her two-million-plus home but nothing was happening. I visited the home, but told the owner that until the person who was renting left, the energy of the house would continue to remain stuck where it was. She said she would wait until the renter left. About a year later the renter did leave, and in less than six months, the owner started receiving offers. Remember that energy can pull or push over a wide area, so keeping it clean is as important as bathing every day. In the case of the renter, she was going through some major personal issues and was tainting the home with her problems.

If you are dealing with a problem at home or at work, don't just look at the obvious symptoms, probe deeper. You might find that the energy in the room is coming from a previous homeowner or a disgruntled employee. As I mentioned before don't take one thing you see or feel as the answer, always look for several, as a rule I choose three, create your own guide.

Emotion is what drives us and we can use it to our best advantage. If you have constant muscle tightness, it might be resistance to change. If I run into a person who gets cramps regularly, I find it may be a factor to resistance and change in their lives. Sometimes I've found that this tightness could also be guilt of some kind, a self-punishment "because I'm not where I need to be." Fear of failure and depression can affect the lungs. Fear of embracing life can lead to shortness of breath. How many people become sick while under stress—it's a reaction to negative emotion.

The aura should be smooth. If it's bulging to the left, something from the past is causing problems. If the right is uneven, there's some sort of fear of what is to come. When people don't sleep well there is fear and uncertainty.

If it becomes insomnia, the fear is even greater. Hopeless and helpless, they can't rest and battle with abstract emotions they can't seem to manage.

As mentioned earlier, everyone develops differently. My focus when I began was on getting to know the spirits that are with me. Others might begin with understanding the auras. However you begin, go step by step. If you are working on getting to know the spirits that surround you, prepare yourself and attempt to see just a little at a time until you build your energy and confidence. Remember that we are the ones who give our spirits consistency and energy.

And of their many lifetimes, they will choose to show themselves in the one we are most willing to accept. For over a year I had a spirit that came to me sometimes as an Indian and other times as a black African. As we fell into a pattern, the one I seemed to work best with stayed. He has since shown me how he lived, how he passed, and the legacy he left behind as an African witch doctor in a tribe in Africa.

One of the most important things to keep in mind is that it's ok to live in the imaginary world sometimes, something we loved to do as children. No one told us to do it, it came naturally. As we grew up, we were told over and over that if you can't see it, it isn't real so rewire your mind. Take yourself back to a time when you could see beyond this world, and don't ignore the subtle signs of the other world. It's there and with practice you'll be able to see it.

I'm often asked why some people are given a second chance while others are condemned to live in hell, as many believe. I think we make our own hell and live it right here. I also feel that our own spirits or angels can mitigate our sins, if we feel we have learned our lesson. Maybe this is why some people on their way to death feel at peace even while having done so much harm here on earth. Either they don't yet recognize what they've done, or they know they'll have a chance to redeem themselves.

I believe no matter how good or bad we have been in this life there are mitigating circumstances that extend beyond. Family spirits can make a plea on your behalf, and if the soul or souls asking are pure enough, their wishes may be granted. There are many layers in the afterlife and many different entities, each with a different scale of power or purity. So if we do lots of good and a few negative things, not only will our scale be on the side of right, but we will also have defenders speaking on our behalf.

If you happen to believe in the more traditional view of fire and brimstone, then that's the life you'll probably live—a life of self-imposed suffering. Instead, believe anything is possible. You can start to live in the positive and rewrite your life with a different ending. A ship in harbor is safe, but is that what a ship was made for? Explore your horizons.

Chapter 5

Cures and Cleansings

There are many remedies and tons of books written on the subject of cures and cleansings. Most of what I do is unique to the situation, person or location. The remedies I discuss here are generic in nature and have worked in cases you may find similar to yours. I do want to stress that you check with your doctor before doing any of the things I suggest here. As mentioned earlier, what I present in this book is meant to complement whatever regiment your doctor has established for you.

Drugs have been developed to combat what ails us, but as we've grown more and more dependent on manufactured drugs, we've forgotten our homegrown remedies and lost our ability to hear what our body is saying...*help me heal*. But if we look and listen carefully, we can diagnose a problem before it gains any strength. For example, if you see someone's neck area getting darker over a short period of time, you might want to check into possible diabetes or some problem with blood sugar. Check the person's temperature for a week or so daily. If the temperature is lower than normal when the person wakes up in the morning, that's another sign of a blood sugar imbalance.

Or a dark patch appears on the nose and sure enough, your immune system is low and a cold or worse is soon to follow. If there are lines running down from the bridge of the nose, it might indicate back problems. Let's pull on the ears a bit. If you notice the ears are notably darker than the rest of the body, you might be in for some illness. Or maybe you have toxins in the body and the body is not working well enough to flush them out. I would look into the kidneys or the liver, the organs that cleanse the body. If you tend to have reddish lips (and are not wearing lipstick, obviously), then you might be getting a cold or cough-related problem. If they are darker and more purple, then you might want to keep an eye on what you are eating, as this can indicate the beginning of a stomach problem.

Problems with your eyes could also mean not seeing clearly where you are going in life. If dry or very wet, you are either not sure where you are going or at least not happy about where you are going. Headaches can mean you are self-critical, resist the natural flow of things, don't like being told what to do. Blood pressure problems can be caused by many things, including a lack of joy or unresolved emotional problems. Body odors could mean dislike or

fear of self or others. Learn to rewire your subconscious by, on the one hand, accepting the flow of things in your life, and on the other, acting like you expect to get into the end zone and win.

The Impact of Negative Emotion

I'm of the belief that we can be the architects of our health and healing. We must detoxify our bodies, physically and emotionally. We build up resentment in the mind the same way we build up toxins in the body. As soon as we choose to expel these resentments and toxins, we start on the path to health. Life echoes what we give it, Want more love? Give more love. Want to be accepted by others? Accept those around you. Be at your best and you will receive the best from others.

"It is what it is..." "That's just the way I am..." Ok, what does that solve? You still have to live with other people. How about moving your mind to a place where you believe in the good and discard the bad—the angry feelings and destructive behavior. Doing good almost always brings out the best in others. At the very least, it brings about a moment of peace. We are the creators of everything in our minds, so create positive patterns and protect your physical and emotional health.

If you want to get rid of an unruly weed before it overwhelms the garden, you cut it out at the root. So it is with negative thought. You have to cut away the root cause before you can free your mind from the thought. Don't allow guilt, worry, anger, resentment to take root. Cleanse the mind. Cleanse the body! Clean up your garden.

We know that emotions can worsen a health condition, but they can also be one of the underlying causes of a sickness. If you have a growth or abscess of some kind, you may be holding on to negative emotions—anxiety or fear of the future. Any kind of arthritis can indicate a lack of love. If you have a tendency to suffer from back pain, it could mean a lack of moral support. A widely suffered infection like Candida we know can be brought on by stress. The body produces bacteria that keep Candida in check, but when you're weakened by illness or upset by stress, the body loses its ability to control it. It overwhelms the good bacteria and creates an imbalance.

Helping the Body Heal

I like to recommend to people with an acidic body makeup to have a glass of water mixed with a quarter teaspoon of baking soda, which helps to neutralize the acid. Remember that balance is what we are looking for. If you have a cold or other upper-respiratory condition, don't drink anything cold. Whatever you drink should be room temperature or hot. Tea with any meal is preferred over a cold soft drink or ice water. A recurring cold or condition could mean not living life to its fullest. It could also mean too much confrontation in your life, or the opposite, too much silence. Have you noticed how when too much is going on in your life your immune system breaks down and you tend to be sick a lot?

Lupus, rheumatoid arthritis, multiple sclerosis, and even type I diabetes, for example, are all autoimmune disorders, a condition that occurs when the immune system mistakenly attacks and destroys healthy body tissue. We know that stress and environment have an enormous impact on the gravity of these conditions. Proper diet, daily meditation, and simple, cost-effective home remedies can help alleviate the symptoms immeasurably and improve quality of life.

Breathing techniques can and do help. Try this one for headaches. With your fingers, close off the right nostril and breathe normally through your left nostril only. Within five minutes or less your headache should subside. If you suffer chronic headaches do this exercise every day until the headaches cease. If you are feeling tired, close off your left nostril and breathe normally through your right nostril. Your tiredness should be gone within five minutes. If it's chronic fatigue you suffer, see a doctor. Once you've established a possible medical cause, the natural remedies I discuss here can be used in conjunction to medical care, speeding your recovery.

Some diseases, like malaria and sleeping sickness, are caused by parasites. Irritable bowel, joint and muscle aches, low-grade fever could also indicate parasites. Actually, we're major hosts to parasites. I remember that even in my parents' time, every summer a parasite cleansing was done on all family members, especially the kids.

Deworming and parasite illumination is nothing new, and I recommend that you initiate treatment during a full moon. Start two days before the day of the full moon and continue the treatment through the full moon and up to two days after. I would not drink untreated water or eat fish or anything that

comes from lakes or canals. Stay away from sugar and don't overdo dairy products. Keep antibiotics to a minimum. Maintain proper nutrition and avoid alcohol. Use common sense. Anything in the extreme is bad for you. If you suffer from allergies, headaches, ear or throat infections, cystitis, bowel problems, gas, heartburn, lack of focus, or low energy, you could be suffering from yeast or parasite infection. Too many toxins in the body can bring on similar symptoms. Detoxifying the body might even eliminate some of the causes of what is being labeled as hyperactivity and attention-deficit in so many of today's school children.

Let me give you a couple of practical cures with a potato, yeah, a potato. Some of the best remedies are around the home and you just need to know how to use them. Let's start to do a full body cleanse. Take one medium to small potato if it has any spuds, those are the little growths that sometimes appear at the surface, cut them out. Otherwise just wash it carefully so it's ready for consumption, then cut it with the peel and all into small pieces. Make sure it's small enough so as to be able to stick it through a juicer. Then put the liquid into a cup, add one lemon, just squeeze it into the glass. Make sure that it's nice and yellow then, add one big tablespoon full of olive oil.

I know, the mixture was no fun for me but it did work and has worked for many people I've given it to for years. Again, don't do anything without confirming it with your doctor, for example, although it's a great detox mix, for those with low blood pressure it won't work. As you probably have heard lemon or lime can lower blood pressure, for those with already low blood pressure it can be dangerous. Do this right after you wake up and drink it immediately. It does not work very well if you let it sit for a while, so you drink it for breakfast and wait at least one hour before you actually eat any food. After nine days of this, your body will be cleaned of toxins, it's so powerful as you hit your six day or so what comes out of you while in the bathroom might seem like something rotten was in there. Don't sweat it, perfectly normal process as your body expels all the nasty stuff in there.

Here is another use for a potato. Again, slice it into long slices, when you have a headache place it around the head area. Cover it with a blanket so as to keep it in place while they suck up the pain from your head. I like potatoes for all kinds of things, so you can try it, maybe it will help in other areas. Yellow lemons are also great to cleanse the blood. You do this cure as you wake up, start by squeezing one lemon into a glass and drink it, if it's too much for you it may be diluted in a glass of water. Start with one lemon and

increment by one until you reach five lemons, then you start back down to one, then back up to five, again go down till you reach one. By the time you are done, this cure should do wonders towards cleansing your blood.

Techniques for Cleansing

Let's look at some basic techniques for cleansing. Here's one of my favorites. Have ready three gallons of apple cider vinegar; fill your bathtub with water as you normally do for bathing, making sure there's enough water to cover your entire body. Add the three gallons of apple cider vinegar. If you have a big tub you might want to add another gallon or two; a smaller tub two gallons will do. The water can be any temperature, but you will have to be in it for at least ten minutes, more if you like but not less, so consider warm water. Remove your clothes and get into the tub, submerge yourself so that the water covers your body. Hold your breath and dunk your head several times during the ten minutes, so your head, face, and every other part of the body gets a dose of this mix. The key to this bath is, when you get out let yourself air dry; so you brush your hair and brush your teeth, the water evaporates on the skin. As the apple cider mixture evaporates from your body, it's cleaning the aura. Have no illusions, you will smell and taste like a salad. Try and do this after you get home from work or school and leave it on overnight. When you get up in the morning, take a shower and completely wash off your body.

If nothing in particular is bothering you at the moment, you might feel better after the bath but will not feel a great shift in energy. Not unlike taking an aspirin for a headache, it usually goes away. If you don't have a headache and take an aspirin, what can you possibly feel? On the other hand, if you are going through a particularly difficult time, take this bath once a week for a month. Like taking an antibiotic, it requires you to follow a consistent and complete regiment for it to be effective, even if you begin to feel better the next day. Keep in mind that if you don't get the results you are looking for, and then just like a prescribed medication, try another option. That's why I present plenty of options here. You can choose the ones that suit you best.

We re-live the same issues over and over sometimes without realizing it. Consider relationships, for example. If you end up being dumped or cheated on time and again, consider the type of person you are looking for. Look for the signs and modify your way of thinking. Break the cycle and don't allow the pattern to disrupt your life. If you get a headache or a migraine, consider

the signs and pay attention. If you ate candy hours before the headache hit, stop eating the candy. Look for the signs and behaviors that lead to poor health.

Here are other cleansing techniques you might want to try. Get a container and fill it with salt. Fill another container with brown sugar (granulated, not powdered). Take the containers with you to the shower. After you are done showering, turn off the water, and while still wet, rub your body with the salt everywhere except for the scalp and face. Once you are done, turn the water back on and wash all the salt from your body. This type of cleansing helps to get rid of negative energy and may even improve certain health conditions. A client of mine, an elderly woman, started walking better without her walker after salt cleansings.

Now turn off the water again and repeat the procedure with the brown sugar. After you are done scrubbing, turn the water back on and wash all the sugar from your body. Then dry as usual; do the salt/sugar treatment every third day for 21 days. It's an incredible aura cleanser and helps to bring balance to your energies. One of the most common effects of these cleansing baths is that you tend to sleep better. It will not prevent illness, but it will promote healthy energy that will make it easier for you to weather the storm of an illness. So it's a win-win situation.

I have many clients whose quality of life has measurably improved once they learned to do regular cleansings with nothing more than the household items within their reach. I welcome feedback on your experiences with using the remedies I talk about in the book. You can go to my web site, www.heaven2earth.info, and send me an e-mail testimonial. I would appreciate your comments.

About eight years ago I had the opportunity to work with a man from Puerto Rico, a very nice gentleman at his wit's end. He had been to at least six different specialists for a malady that was killing him. He called me in desperation. He was very candid and told me right off that he believed only in God. I laughed and explained that God was my boss as well. I described what doing spiritual work means to me. I consider God the president of a large corporation with vice presidents and directors of departments—archangels, angels, saints and even directors that take care of less pleasant things, like pestilence and death. And since it's a multinational corporation, it's divided into individual sectors much like countries. The man then asked

me where I and people like me sit within this supposed corporation I was describing. That's a good question. Actually, I consider myself a low man on the corporate ladder. But no matter how high on the corporate ladder, those above can't do what they do without the ones below doing the grunt work. I do many things and wear many hats, but most of all, I offer hope and try to help restore faith. As long as we have faith we can climb the highest mountain, but it's a tough climb and there are many obstacles. What we're doing is learning to work around the obstacles so we can keep moving forward and upward.

At any rate, I didn't know much about this man other than that he was recommended to me by another client. I began the reading by giving him details about things only he would know—just enough to capture his attention and gain his trust. Once I hit upon the health issue, he was convinced. When I told him that his death was not certain, he really started to listen. He told me about all the different doctors he had been to see, and they all told him the same thing—death within a few months, not years. I told him again that I didn't believe it was his time and outlined a plan that would radically change the time he had left.

He went on to explain that although his children were grown and he and his wife had been divorced for many years, he liked where he lived and wanted to stay where his family was. I told him that I understood he loved Puerto Rico, but that he had to sell all his possessions and move to the United States mainland—to a climate that was different and to an area where he didn't know anyone. I felt his pain as I continued to outline his plan for survival. I explained that, of course, he could keep in touch with friends and family, but this change needed to happen soon and he must not return to his home for at least two years. He reminded me of what the doctors had told him, that he had just months not years. I reiterated that the only death I saw was years ahead, somewhere in the double digits.

He began to put my plan into action. He sold his home and everything in his name. He did call and ask if he could give his truck to his daughter's husband. I told him that he could, and that all that needed to happen was that he leaves behind nothing in his name. I further explained that he could buy a new property, a new car, a new life in the States. It's been about seven years since our first reading, and we still keep in touch at least once a year for a follow-up reading. As of this writing, he is still alive. As a matter of fact, his illness is in remission. He has decided for the most part to stay where he is

living, although as of the last reading he asked what would happen if he moved back. I asked and got a very positive response, at this time he could do either as the difficult time had passed and he would be ok.

I would not suggest this for anyone unless it was the remedy I was given to pass along. I am the messenger and in most cases, all I recommend is to move the furniture around or buy new furniture, change your routine. If you do groceries on Tuesday, switch to Wednesday. Take a different route to and from work. If you like to go to the movies to wind down, try going to the park instead. Changing routine might change an outcome. The universe is a big place and sometimes things can be lost in the shuffle. By moving into unfamiliar territory, the universe might take notice and put you back into the spinning wheel of life. Moving things around can sometimes give a life that was on the way out a new lease. Of course, the old adage "if it ain't broke don't fix it" applies. Drastic changes should be made if life takes you in that direction. Follow the flow and change only what needs changing.

Protection

Use the tools you believe in to help protect your environment. Placing a crucifix, Star of David, or other religious talisman you believe in over the front door does offer a measure of protection. Let's consider prayer. Prayer has power, and it's the single most effective tool in our arsenal against negativity. I know people who can use negative energy to disrupt lives. But through prayer, you can disarm the strongest spells. However, unlike the cleansing baths I suggested earlier, which are also physical in nature and don't require faith, prayer does require faith and belief to be effective. Take the time to listen and understand what the specific prayer is asking for. If you can live the words and feel the power, then you have a chance. Otherwise don't bother; it's just words written on a piece of paper.

If I'm out in the field working with strangers and want to keep possible harm at bay, I generate a power circle. The ingredients are simple but effective: salt and a string. The string should be of natural fiber, like cotton. You can do this indoors or out. Make a circle with the string leaving the end open in other words; don't close the circle just yet. Remember to find a clear path for the string so nothing breaks the circle. Get your salt and sprinkle the salt over the string until you reach the end. Enter the circle and have the person you are going to clean enter along with you. Grab the string and close the circle. Once the circle is closed, continue to sprinkle the salt until it covers

the entire circle. You can create your own prayer, basically asking that this be a circle of protection keeping all negative energy out. Then begin your cleansing.

Burning incense is another great tool, first to clean then to refresh. To clean your environment, get a cooking pot and fill the bottom with charcoal. Everyday barbeque variety will work. But get the one that's quick burning because it's easier to get started. Wait until the fire is out and the coals are red. Then place dried bay leafs on top. You can also place camphor sticks or cubes over the carbon. Dried sage works well also. Walk through the home until all the rooms are very smoky. Be careful not to set off the fire alarm. If it's a home and not an apartment, once you're done inside, walk around the exterior. If needed, add more of the dried ingredients. Once you are done, leave the cooking pot smoldering outside by the front door.

To refresh, follow the same procedure as above, but use different ingredients. I like cinnamon sticks and brown sugar. Orange or tangerine peels also work nicely. Remember, the first is to clean and the second to refresh. I always recommend this be done before one moves into a new residence. It's also easier for you to walk around and less likely that you burn some furniture.

You can also spray white vinegar all over the empty house and leave the windows open to air dry. Many people know vinegar is good for cleaning, but vinegar works best as it evaporates, so don't rinse. If you are going to do this in a home that is occupied, sprinkle some vinegar in each of the corners in every room. Then leave the windows open to air the house out. If you have carpeting, sprinkle baking soda over the carpet. Leave it on for at least twenty-four hours then vacuum.

We can't underestimate the power of prayer. There are two occasions where I absolutely need prayer—exorcisms, a big word for a very difficult cleansing, and getting rid of attachments, lost souls or those here to do harm. When I attempt this, I send out a 911 call to all on my mailing list and ask everyone to pray for me and give me strength, to bring me closer to God's light. Through prayer I ask for all spirit helpers to aid me in my endeavors.

Exorcism is a different type of cleansing. You're not just moving negative energy or detaching a lost soul, you're trying to dislodge energy of an entirely different frequency. My first encounter was not a productive one for me. Since then, I have fine-tuned a way of cleansing what some people call

demons, but I couldn't do it without the power of prayer. I send out a prayer request to my readers and clients two days before the event and the extra boost of energy lasts me at least five days. Many have e-mailed asking how long they should pray for me. I find that anywhere from two to five days is ample time for me to do what I need to do and cleanse someone of these powerful energy forces. The last two exorcisms I performed were very productive, and I believe it is due to the powerful circle of people around me who are praying on my behalf.

Eggs are great at absorbing negative energy. One simple and very effective remedy starts with two eggs. Wash the eggs under cold water and dry them with a cloth or paper towel. Get a small white towel and lay down on a bed or sofa. Place an egg over each eye and put the towel over the eggs to hold them in place. Remain still for at least 30 minutes. Then remove the eggs, crack them and discard them. Do not be surprised if at least one looks hard-boiled when cracked. It has absorbed negative energy.

Here's another remedy for protection. Take four eggs and place one in each corner of your bedroom. You might want to place a paper towel under each one in case it cracks. Leave them there for 21 days, then remove and discard. If you have a health issue, place them under the bed, one at each of the four corners. Leave them under the bed for 21 days and discard.

I remember a client from a small island in the Caribbean. She called one evening very distraught. A relative had fallen ill and the doctors at the hospital did not have much hope for recovery. The message I received and passed on to her was to find every relative she could and have each one get a duck egg and bring it with them to the hospital. While in prayer, pass the egg from head to toe asking it to pick up whatever was wrong and heal the patient. Each relative was to perform this, one at time, and had no more than three days to do so, from the first person to the last. My client called me a week later to say that sixteen relatives did what she had asked—and coming up with the duck eggs wasn't easy—but they did it. About two weeks later, I received an e-mail from my client thanking me. The sick relative made a full recovery and the doctors released the patient.

Good Fortune and Prosperity

I like to call upon auxiliary energies to help with this one. For example, electric energy is in almost every home, so let's use it. We'll make a good mix to summon the spirits that work with electricity and get them on our

side. When it comes to good fortune and prosperity, we can accelerate its speed to get a better job, more money or better life.

Take some perfume, like baby cologne. The violet fragrance works well, but any perfume will work; add some camphor sticks and let them dissolve in the perfume. Take out a little maybe a 1/8 of the bottle and refill with white vinegar. Add a little fresh parsley and a half-teaspoon of brown sugar. Let this mix sit for a couple of days. Then walk around the home or office and spray twice into every electrical outlet. Put your mind into it, say your prayers, and ask for what you want while you are spraying into an outlet. Do this for seven days: twice a day for the first three days, once a day for the remaining four days. As you perform this ritual, focus on what you want this source of energy to do for you.

Below are some nice prayers you can say for helping a relationship prosper:

- Lord, help us to remember the time we first met and the strong love that grew between us. Help us to apply that love in practical things so nothing divides us. We humbly ask for kind words filled with love and for hearts always ready to ask forgiveness, as well as forgive. Lord, we leave our relationship in your hands. Love moves like a river. The water turns, splits off, dams up, but always comes together downriver as an ocean of love!
- God, always remind me of doing the right thing, in the right way, at the right time, in the right place to the right person, for the right reason, with the right feeling, the first time. True love never dies. It's only lust that sometimes slips away. God, keep our love new, keep our love fresh, and keep our love real!
- God, with you in my heart it's never too late to be who I am capable of being. I choose to change. Where before I saw obstacles, today I see opportunities!

I really believe in what I'm about to tell you, no matter what, if we listen, our best guide is our own instincts, so here it is: *None of us will ever accomplish anything excellent or commanding except when we listen to our whisper, that internal voice heard individually by each of us, alone, that internal "I am", the sleeper inside each of us must awaken, triumphant, fulfilling our life's true calling!*

I remember once I was at an office, a law office, visiting a friend when I heard a commotion. My friend was telling me not to worry, this was business as usual. I could tell she was a bit concerned, though, as the voices were getting louder. I asked her to take me to the refrigerator. I took all the ice from the freezer and placed it in a small bucket. I asked her to bring me sugar, and I poured the sugar over the ice, asking for things to sweeten up and cool down. I handed her the bucket and told her to go into the conference room and without making a scene, find a spot and place it there. She did so and came back to her office. In less than five minutes, there was silence. As we got closer to the conference room, we heard people actually laughing.

The Power of Cleansings

Let's pull up our sleeves and get into serious stuff. If you enjoy the ocean, it's a great place to do a specific cleansing or clearing. Get yourself a bottle of champagne and find a palm tree close to the beach. Barefoot, walk up to a palm tree, put your back against the tree, pop the champagne bottle and pour the champagne over your head. Say out loud, "As the bubbly of the champagne rises, so might my life rise in..." you can include whatever direction you are looking for, work, love etc.

Here's another great cleansing while at the beach. You will need sugarcane molasses (don't substitute with honey) and 121 pennies. Coat your entire body with the molasses and cover your body with the pennies as best as you can from head to toe. The molasses is to "sweeten up" situations for you, and the pennies to bring you prosperity. If you'd like, you can incorporate some sugar if it's love you're looking for. When done asking for what you want, walk into the ocean and wash off your body. When you come out of the ocean, you should feel completely clean.

My favorite ocean cleansing is with fruit. Find seven papayas, preferably soft, and then go to the ocean. I prefer after dark, but for some it works better during the day. Sit in a quiet place near the beach and with your fingers, open each papaya and take out the seeds. Scrub your body from head to toe with the papayas. When you are done, walk into the ocean and make sure you clean everything from your body. When you emerge from the ocean, you must be absolutely clean of all papaya. This is a great way to clean your energy.

If you are having problems getting pregnant, get a pumpkin, clean it, and place it under your side of the bed. Every morning take it from under your bed and rub your belly with it, then replace it under the bed. Do this ritual for 21 days. After 21 days, take the pumpkin and release it into running water, like a river or canal. The symbolism is to have the water take away whatever was preventing you from getting pregnant.

If the issue has to do with problems of specific body organs, take a pumpkin and cut open the top. Keep the top to cover the pumpkin back up. Each morning, take off the top and scoop out some pumpkin. Rub it over the belly, then place it back in and cover the pumpkin. Do this for seven days. Then place the pumpkin in the ocean. Never throw it, but place it in gently and walk away.

Here is a very powerful cleanser. I say powerful because most of us are dragging baggage around from our past, some from our deep past, and we need to unload it. Leave a gallon of milk out until it turns sour. Then take it with you into the shower. Get the shower ready and the water running, then step in and pour the nasty milk over you, from head to toe. As you do, ask that all negative things you are dragging around from your past be washed from your body and sent down the drain, so you may move forward free of obstacles. You may immediately soap and shampoo your body.

Here's another. Take a wine glass, clear and without designs, and fill it with water. Each day, take it to a different room and place it high up over your head, like on a cabinet, and ask it to clean up any disruptive energy in the room. In the morning, flush that water down the toilet. Do it each day until you've covered every room of the house. The home's energies should be stable and free of disruptive forces.

To break a spell that was placed upon you, take nine thin strings (like sewing thread) and fold them nine times. Take the string, a pair of scissors, and flowers to the cemetery. Find an unattended grave, clean it, place the flowers on it, and ask the spirit to take from you and keep with them whatever negative energy you break by this ritual. Dig a small hole next to the grave. Take the folded strings and begin to cut, placing the pieces in the small hole you dug next to the grave; then cover the hole up.

Another way to break a spell is to put on some old clothes you don't mind discarding and wear them for three days. Dress from top to bottom—shirt, underwear, sox, etc. On the fourth day, take a pair of scissors and snip just

enough to make it easy for you to rip all the clothes from your body. Rip them off, discard in a pile, and put on a change of clothing. Pour alcohol over the discarded pile of clothes, place it all in a bucket made of metal and set it on fire. As it burns, step over the pile, being careful not to burn yourself. Once you cross back and forth several times, take a cup with water and say the following: as fire is hot I cool the fires in my life, with this water I calm the fires so my life may continue to flow as would be the best for me. Then walk away. If you do this in your own home the next day or so dig a hole in the backyard and bury the leftover after it had been burnt.

Sage is a wonderful plant that can be used in many ways. I remember a few years back some government officials were advocating that it be outlawed. I was asked by a local radio station to give my views on why sage was a good plant. The commentator was claiming that the “youth of today” were rolling it up and smoking it to get high. I spoke on its medicinal properties and how sage had been used for centuries throughout Europe for its curative powers.

There are many varieties of sage. Any variety you have in your geographical area will do for the cures I discuss. You can take fresh sage and grind it with your hands in a bucket of water. Let it sit for a couple of hours, then strain it. After you shower, pour that water over your head. Do this regularly to refresh the aura keep it at its best. Many people use it for smudging, that is, they get dried sage and wrap it up like a big cigar and light one end. They walk around the home with it, blowing on the burning end so that it generates smoke, and as they pass through all areas of the house, the home is cleaned of stagnant energies.

I like to make a sage bush with at least seven branches, add some perfume or alcohol, and wave it around the house as I walk through it. Start from the rear of the house. If there is more than one floor, begin upstairs. Bring the perfume with you, so you can refresh the energy of the plant as you walk through the rooms. Remember to hit all the corners, go over the beds and in the closets. You don't have to actually hit the clothing, just moving the energy around will do the trick. Once you are done, always end by the front door. Work the front door to make sure that what enters is always positive energy. Hit all the entry ways, as this is where energies flow through. If you can, and you won't cause a fire or the neighbors won't call the police, put the sage bush on the front lawn and set it on fire. Keeping an eye on it, let it burn out.

Cleaning up the energy in your home is important, so do it on a regular basis. Some rooms feel like home, others make you feel uncomfortable without really understanding why. Negative energy can make us feel tired, depressed, and anxious to leave. Pay attention to how the ambiance of a room can shift just after an argument. And don't forget about your car; remember that most of us spend a lot of time in our vehicles. Something as simple as sprinkling baking soda on the rug and upholstery, leaving it on overnight, and vacuuming the next day will go a long way towards keeping the energies fresh.

Animals are very susceptible to negative energy. They are usually the first to feel its impact and may become sick and even die. I remember one case where a family called me for help. Over a period of a month, they had several unusual occurrences happen. They had three children and they all had pets. Within a month, some birds they had outside died, all their gold fish died, the hamsters died, and the dog began vomiting. And neighborhood cats that used to come by regularly no longer came near the house. They took the dog to the veterinarian, but he was unable to give them a concrete answer. The best he could come up with was that the dog must be eating something in the backyard that is affecting it. My clients told the vet that was unlikely, since the animal was an inside dog. One morning they found the dog dead, and that's when they called me.

I arrived at their home and it seemed like I was walking into a fog. It's hard to describe the energy I found in that home. They seemed like a regular family. The husband and wife both worked and the three kids went to school. I was just having a hard time figuring out where the bad energy was coming from. I started the cleansing with my heavy-duty tools, but after a while it became clear that there was more than just stagnant energy there.

I told my clients that I felt this was coming from somewhere close by, from one of the neighbors. It was then they explained to me that the kids liked to play out back and kept throwing balls and other items into the neighbor's yard. The neighbor had complained, but the kids kept it up. So, the neighbor apparently took matters into her own hands and must have done something to keep the kids out of her way. Once it was identified where the problem came from, it all made sense.

I taught them a simple spell to neutralize the anger with the neighbors and cleanse the way between them. I did warn them to keep the kids out of their

yard. It is their property and some people just don't have tolerance with kids. They agreed and as of now all their issues have been resolved and the kids were sat down and told they needed to be careful not to throw anything into the neighbor's yard. I will not go into details as to the ritual because it was tailored to the neighbors and would probably not work in other circumstances.

It's not that energy is good or bad. I believe it just vibrates at a frequency that can either help or hurt us. So if the energy we are currently carrying does not sustain our vibrations, we get sick or cause friction with others. This is an important lesson. If we shift our energy environment, it can be a shift that will help or hurt. Keep vigil on your surroundings. It's important to gauge how the energy is flowing so you can do damage control before the damage is done.

Some tools are better suited for certain things than others. Consider your intent, and then choose the tool. For example, if you want to unload some heavy energy that has been a disruption in your life, use the ocean for cleansing. If you want something to move forward, use a river that flows. If the cleansing concerns health issues, I prefer lake or pond water. In certain situations well water is the key.

Here's another type of cleansing using coconuts. You will need four coconuts, plus a fifth coconut to be used later. Shake them to make sure they have water in them. Clean all the little hairs as best you can on the surface of the coconuts and wash each with water. Perform the following once a week at noon, on a Monday or a Thursday, for four consecutive weeks. Find a clearing and bathe the four coconuts in baby cologne. Place each coconut at one of the four coordinates: north, south, east, and west. Then pick up one of the coconuts and pass it over your body from head to toe. Then raise it over your head and shake vigorously, asking for what you seek. Immediately smash the coconut against the floor in front of you and in the direction where you picked up it—north, south, east, or west. Do the same with each coconut.

As you crack each coconut open, observe the outcome. Look for the coconut to crack and fall facing up. Then look at all the pieces. More white than dark is what you want to see. At least three of the four coconuts must show more white than dark for it to be successful.

Now take the fifth coconut and crack it open into four smaller pieces. While holding on to the four pieces, ask a question of your choice. Keep the questions simple so they can be answered with a yes or no. As you ask the question, throw the coconut pieces high into the air. Depending on how the pieces fall, here are the five ways to read the answer to your question:

Four up white = yes to your question

Three up white/one down dark = maybe (You can throw the pieces into air and ask the question again.)

Two up white = yes to your question

Three down dark = no to your question

Four down dark = no to your question

Repeat the procedure in the second week, but use alcohol to bathe the coconuts. In the third week, use cocoa butter. And in the fourth and last week of the ritual, coat the coconuts with white chalk. What you are looking for in each of the four weeks is to have a showing of more white than dark pieces. If the average of the four coconuts each week is more white than dark, then the ritual was successful and you cleaned away some obstacle.

Here's another cure using coconuts. Take a single coconut and coat it with perfume. Remember to clean off the hairs. Take it to the back part of your home. If you have two stories, begin on the second floor. Push the coconut with your feet through each of the rooms, hallways, and doorways of the house until you reach the front door. Pick it up, take it to the front of the house, and crack it open. Again, you are looking for more white pieces than dark. This you should also perform four weeks in a row, on either Mondays or Thursdays. This ritual can confirm if the energy in the home is good or needs work.

I created an amulet that can help in health, wealth, love, and protection. I package them differently and most people who use them, in conjunction with the baths or other rituals, can help keep their flow of energy positive and maximize the chances of a positive outcome to any situation. One of my client's calls it, "Hector in a bottle."

Spells

Here's a spell I've used over and over with great success. All you need is a clear glass. I prefer a wine glass, but any clear glass will do. If you are feeling someone's negative energy towards you, write the name of that person on a brown piece of paper three times with pencil. Place the paper in the glass and weigh it down by placing a lead weight over it. Then add water. Begin your meditation to reach a state of relaxation and prayer. Bring the glass close to your mouth and invoke the goddess of snow. Ask her, "As this water freezes with the name of *(person's complete name)*, may it freeze any negative actions *(person's complete name)* might have against me." Speak this into the glass so the vibrations of your words activate the spell. Say, "As this water freezes with the name of *(full name)* make it freeze any negative thoughts *(full name)* might have against me, so as this spell freezes, may it cancel any negative energy *(full name)* might have against me. So might it be, for my good and without harm to anyone."

Place the glass in the freezer and take it out twice a day for seven days and repeat the words into the glass. Remember to speak into the glass; we are attempting to activate the spell. Take out the glass once a day in the second week, every other day in the third week, and every two days in the last week. By then you should see results. Only use this spell when needed for protection and without harm to others.

If you like fishing you'll enjoy this one. I recommend it even for those who don't fish, as it's a beautiful ritual with powerful results. I prefer to fish in the ocean, but if fresh water is all you have, it will do. Try and catch at least a six-incher if not bigger. Using gloves, carefully unhook the fish from the line. You'll want to keep the fish alive. As you make a wish, place the fish on your forehead, then on the back of the neck, and finally, hold it close to your chest. Don't write a book, a simple but important wish will do. Once you feel that the fish has absorbed your wish, gently place it back into the water and let it carry your wish to the bounty of the ocean or whatever body of water. Depending on the wish, some may take longer than others, but you will begin to feel a difference in your life. Please send me an e-mail and share with me the results you had. It's important to me what my readers experience and it encourages me in my work.

Remember what we've discussed throughout the book. Focus and self-discipline are tools to success. We need to overcome fear and

procrastination in order to move forward. And it's ok to make mistakes along the way for that's part of the process. It's ok to blame, but then move past it. The journey of life is different for everyone. The twists and turns of our lives are intimately tied to the actions we take and decisions we make. So the reality is, we get to choose the journey we take. Keep an open mind. Everyone has something to teach and something to learn. Keep what you need and throw away in the wastebasket what you can't use.

Feng Shui, a Study in Balance

I would not do this book justice if I did not cover what I consider one of the best tools for achieving your goals. Feng Shui has been used for many centuries to achieve prosperity and good fortune, success, good health, and even healthy relationships. Lots of people have heard of it, but very few really know what it's all about. Developed over 3,000 years ago in China, it spans time and space to become a comprehensive study that can take a lifetime to master. It uses the laws of both astronomy and geography to help one improve life by receiving positive energy. I practice Feng Shui but don't consider myself an expert. Fortunately for me, I have my spirits for backup, so if I get stuck, they give me the guidance I need to offer the right suggestions.

Some seem to think Feng Shui is some sort of art to help with the design of a home or office. It's not. It's a complete study of an environment, which if done right, can be an effective tool to improve health, wealth, and happiness. It's a powerful tool, so unless you have had some training, I would not recommend it. There are variations of the study. I work with the Flying Stars and the Four Pillars. Believe it or not, many companies today work with Feng Shui to maximize energy flow and good fortune in the workplace. As do several hotels in Las Vegas, and at least two hotels in Honolulu, Hawaii, were built using the tools of this ancient art.

Feng Shui is a study in balance based on the belief that when a thing is in harmony with its environment, the flow of energy is maximized. When properly applied, it will attempt to balance out negative forces with a positive flow. Feng means *wind* and shui means *water*, and in Chinese culture, wind and water are associated with good health, which is enhanced by finding balance or harmony within the environment. Remember that even our health is affected by negative energy flow, so by applying Feng Shui we keep our health in balance.

Chinese astrology plays an important part, for it shows positive or negative trends over time. If we can see where or when the energy flow was negative, we can apply Feng Shui to achieve a balance. Chi (chee), or energy, is the life force of everything and everyone, and that which binds us together. Feng Shui reveals how to balance the energies of any given space to ensure health and good fortune. It's not about winning or losing, it's about balance.

So we look at the environment in question, this could be a home or business or a building. We consider the direction it's facing, when it was built, and other significant information to determine possible events that happened within the structure or to those who occupy the structure. We then take steps to balance the energy in the environment, thus improving the chances of people living or working in the structure to maximize their potential. Feng Shui carries a belief that a person's or a structure's first breath follows them throughout the rest of their life. So, if the innate energy of the birth-moment is good, the odds are the life will flow in that general direction. Feng Shui also sees life as cyclical not linear, where happenings occur over and over.

The way astrologers read or forecast the future is largely based on the study of position and movement of the planets. So based on the time of birth and position of the planets, they can determine moments in time that would be positive or negative. It's an educated guess based on the flow of energy being channeled at any one moment in time. Feng Shui uses this study, in part, to determine a structure's fate.

The Chinese also believe there are five phases of Chi, or energy: fire, earth, metal, water, and wood. The way these elements interact with one another creates or breaks the harmony found in nature, and in our space and in our lives. It is with these elements that Feng Shui works to put back into balance what has been placed out of balance. Too much wood, we burn it with fire. Too little wood, we extinguish the fire with water. We use the elements to strengthen or weaken one another so as to create a balance. In practical terms, consider a red bulb in a lamp. If a room is two thousand square feet, a small red bulb plugged into a nightlight is probably not going to be enough energy to create the desired amount of light.

In contrast the western astrology differs as they use four elements, fire, earth, water and air, based on the Greek philosophy founded largely on chemistry. The Greeks wanted in their root to learn what the basic elements

were and choose the basic four. As you know from a western astrology point of view you would be told you are for example Virgo or Taurus, while in Chinese astrology you would be categorized by the element like a fire Dragon or a metal Tiger for example. So western astrology has one fixed sign, while in Chinese astrology has two, one for the zodiac animal and the element. So a dragon can be one of five elements, each with very different characteristics depending on the year of birth. I think by now you realize I lean towards the Chinese astrology. Over the years I've met with many fantastic western astrologers, what I'm saying, keep your options open, as there are many roads to the truth and one key element is knowledge.

- There are many ways and many things in and out of this world that make us go ???? so please keep an open mind, more discoveries are made with dreamers than science. The science usually follows, but the dream, the spark is a must in the equation.

The Ming Gua

The Ming Gua is one of the most important things you can find when working with Feng Shui. It's the guardian star you are born under. There is a number associated with this and it can vary depending on year of birth and sex of the person. Remember that the Chinese record the year from February to January, not January to December. If your birthday is in January or the first few days of February, you fall under the previous year. This is a mistake amateurs often make when calculating their gua number.

For each of us there are eight directions, four positive and four negative, and using the gua number is the best and easiest way to determine your favorable direction. Never buy a home that does not conform to one of the four positive directions. It will be difficult to cure the home and find a balance, and you will have to fine-tune as best you can. The table to follow shows the best directional position for each of the nine gua numbers.

| | 1 | 2 | 3 | 4 | 6 | 7 | 8 | 9 |
|--|----|----|----|----|----|----|----|----|
| Positive Energy Flow | | | | | | | | |
| Prosperity/ respectability | SE | NE | S | N | W | NW | SW | E |
| Long life/ good-romance | S | NW | SE | E | SW | NE | W | N |
| Good health/ harmony | E | W | N | S | NE | SW | NW | SE |
| Peace/stability | N | SW | E | SE | NW | W | NE | S |
| Negative Energy Flow | | | | | | | | |
| Accidents or injuries arguments | W | E | SW | NW | SE | N | S | NE |
| Failed relationships bad-encounters | NW | S | NE | W | N | SE | E | SW |
| Injury / legal-issues/fire | NE | SE | NW | SW | E | S | N | W |
| Misfortune/ health-concerns/ unproductive career | SW | N | W | NE | S | E | SE | NW |

The Ba Gua

A ba gua map is a tool used to map a room or location to see how the different sections correspond to different aspects in one's life—it is your home's energy map. When purchasing a home, try and find one that is in the center of the property, equidistant on all four sides. The front door should be clear of obstacles. If you have a second floor, the stairs should not face the front door. The front and back doors should not be a direct line of site. If you have a desk, it should not face the wall. This could block your ideas and

all positive energy. As mentioned, find the date the home or building was first inhabited. It will help to determine its energy and character. When you want to analyze your home, divide it into eight directions like eight slices of pie: north, northeast, east, southeast, south, southwest, west, and northwest.

The Chinese divide 180 years into three, 60-year periods, each divided into three, 20-year periods. So you have three cycles and nine periods. We are now in the last 20 years (2004–2023) of the last 60-year period. These cycles repeat every 180 years. So depending on the period, some numbers are timely and some are not. Each number can bring good or bad energy with it. For example, we are in period 8, so 8 rules all 20 years. When the next 20-year period comes into effect, then whoever was enjoying the good fortune of the number 8 is not necessarily in the same position. So the number 8 is favorable but begins to wane in 2023 as the number 9 is gaining strength. So in areas where the number 9 star appears, you can activate it to bring future luck.

The Chinese also believe we have three types of luck. Heaven luck comes to you freely from heaven at the precise moment of your birth. Earth luck is all around you—your home, where you work, etc. Human luck is your way of being, your character. Any positive trait you develop helps your human luck. You divide each by equal percentages to maintain a balance. Heaven luck can be improved through charitable work with spiritual forces. Earth luck and human luck are influenced by your decision-making abilities. So when you consider one of your four good positions when buying property and your three areas of luck, taken together they improve your chances of living a full and healthy life. Again, all energy is cyclical, things repeat. With study you can identify when the good energy is due again by the period in which you are living, your gua number, and the directional orientation of the home you live in or the office you work in.

Please look at the reference table to follow for the years 2011 and 2012. This will apply to any structure, but is only valid for these two years. The stars are numbered 1 through 9. In 2012 activate the number 8 or 9 stars, west and NE side of property thus mitigating a poorly aspected home, with the year star.

| 2011 | | | | 2012 | | | |
|------|----|---|-----|------|----|---|-----|
| | SE | S | SW | | SE | S | SW |
| | 6 | 2 | 4 | | 5 | 1 | 3 |
| E | 5 | 7 | 9 W | E | 4 | 6 | 8 W |
| | 1 | 3 | 8 | | 9 | 2 | 7 |
| | NE | N | NW | | NE | N | NW |

For the years above, overlap your dwelling area with the numbers, I mean take an accurate map or floor plan of your home and place the numbers where they would fall on the map; keep an eye on where the number 3 star and the number 5 star fall in your home. These two stars are the problem stars, and where ever they fall they amplify the problems. If they ever fall at the front entrance of your home, remedies need be applied to diminish the effects of the stars. Activate the 8 and 9 stars, these positions bring very positive energy, they vary from year to year.

In Feng Shui they talk about the facing and the sitting positions. We just call them the front and back of the home. Although some stars are always a good sign, there are better positions for them than others. For example, the number 8 star in the bedroom can cause sleepless nights. The number 8 star is the success or good fortune star, so it's a busy star. You don't want busy in the bedroom. You want peace and tranquility. So the number 8 star is good in the front of your home, and even better if it's a double 88, as it tends to increase good luck. All this information is for this 20 year period.

I've read many books on the subject over the years and I am always learning something new. There are some people out there that really know their stuff. I want to tell you about one book I've taken some information from; to me it's very accurate and incredibly easy. The book is one of those from the Complete Idiot's Guide, Feng Shui Third Edition.

On the other hand, the number 2 star can bring sickness if it's anywhere at the back of the home. If someone suffers chronic health problems, take a closer look at where the number 2 star falls in the home. If it is in the sitting position, it can cause anything from a simple headache to a migraine. It can affect animals as well. I remember a client whose dog was having stomach

problems for the past three months. She took the dog to the veterinarian, but no matter what was tried, the problem wouldn't go away. I did a Feng Shui analysis and found that where the dog's bed was set up was the number 2 star. My client changed the bed's location, and the dog recuperated and completely healed.

Depending on the year, the number 3 can cause trouble in a relationship as well. Remember that there are five elements or five energies in Feng Shui—water, wood, fire, earth, and metal—and your goal is to balance all five. And each of the gua numbers or stars is associated with an element—(East) 1 is water, 3 and 4 are wood, 9 is fire; (West) 2, 5 and 8 are earth, 6 and 7 are metal. So if the number 3 star is associated with wood, the fire star, or number 9, can counter the effects of number 3.

Each is also associated with a color. Say we have a room where number 3 is causing problems, creating an imbalance in the environment. We can apply some fire in the form of a red rug, let's say. A very large room with open floor space could use a red rug, but not a tiny red rug, a large red rug to cover a large area and bring the room into balance. This is an example of an element cure. You could also plug in a small red nightlight to give it a feeling of heat—to burn the wood so to speak, the number 3 element.

If you are studying the home as a whole, look at the home in its current 20-year period. If we are looking at it now, for example, we are looking at period 8. Let's say we're looking at the stars for 2012, and the home sits south and faces north. We see it's locked with a double 88. We are in period 8 with a double 8 in the sitting or south. This home will not be well positioned for money, only for health and family. But if the number 2 star sits on the sitting side for the year 2011, there could be issues with sickness. However, the double 88 can mitigate the effects of the yearly number 2 star. We often try and activate the yearly stars when the time star or time aspect is not well positioned for the 20-year period of the home in question.

Maintaining the Balance

I've tried in this book to give a well-rounded view of spirituality and the many disciplines I've chosen to help me expand my horizons and better serve all those who come to me. I hope by practicing the exercises you will master your own level of development and better your quality of life. The many spells and cleansings I've outlined will give you a guide to help you in most

situations you encounter. Remember that your soul chose the life you are living, and you can learn to live the right side, or positive side, of your karma.

We are all players within the universal flow of energy, so our best option is to simply flow with the energy in order to find our place in it. Fighting this flow is a futile effort; it's like attempting to push against a moving train. We need to turn around and hop on board. Our lives are defined by how we navigate the forces we have little control over. And, we can achieve a better outcome by understanding the nature of these forces. Remember, using energy against the common good for your own advantage and betterment does not always produce the results you want. You can maximize your chances for good fortune simply by maintaining a balance in your life.

Before I go any further I would come clean about something not spoken of, good does not always win. The universe is all about balance, so if we are in that universe and energy is all over the place, we can either be ready for the unexpected or not. Often life deals us turns that are not expected nor wanted but there it is, and often times very painful situations come out of them. So we need to be prepared, we take showers as we spoke of before and we smell good, there is a deeper meaning to energy cleanings. When we are attached, and yes it does happen, it's not always from a cauldron or broomstick, but through much more conventional methods.

Thought is one of the most common, just as common as the spoken word, all have power, we can't always be ready however you can help with a bit of prevention for the effects of the assault not to effect in any great quantity. Energy looks for like energy to attach to, so if our energy is clean this makes it more difficult for any negative energy to attach to us. Remember if it does, sometimes the effects are not immediate but with time it infiltrates who you are and if not eliminated it can take us to a very dark place. Always remember, we take vitamins but neglect our spiritual side, keep it healthy, through whatever means. I've offered many different ways to work on keeping yourself spiritually tip top, try some of the cures and I hope and pray you will find the best that work with you.

Chapter 6

More Testimonials

I have added some testimonials directly sent to me from some of my clients as in the previous area, I have however changed the names and enough detail so as to keep their anonymity intact. I'm grateful they sent me these brief statements; it's always a good thing to know how much you help others.

Morning Hector,

Just want to thank you for your helping me cleanse some of this 'funk' from my essence, on Monday, March 14th, as well as giving some advice to my daughter Jahlela.

To update you, the law firm where I'm currently working has not yet come with plans on merging with another firm. However, the following day after my cleanse, an old co-worker called me out the clear blue sky, and said that she read about the circumstances of our law firm closing its doors March 31. She let me know about a position with her firm. From there, I sent her my resume, didn't think nothing of it.

Hector, the very next day, they called me in for an interview. I spoke with the people who I will be working with and the vibes were so right.

Yesterday (03-23-2011), I've received the call that they offered me the position and for the salary I asked for.

So, work-wise, I will not miss a beat. Praise God.

First and Foremost, I Thank God Almighty for this wonderful opportunity. I also thank you Hector for being a channel through which God has blessed me. I know its God, but you, your gifts have helped me so much. I acknowledge this truth.

YOU GO BOY!!!! Keep up the Good (God) work!!!!

Mayble Homestead

Wanted to touch base..... After your reading you told me to wash with salt and brown sugar in the shower for 15 days (every other day) the day after xxx xxxxx walked into my life. It has now been 9 1/2 weeks and going strong and serious!!!! You told me there would be a relationship and a move. This could be the ONE! .huuummmmm interesting. Also to watch for a car accident till 6/6..... someone rear ended me at a stop sign (their fault)... was all fixed and paid for by them on 6/6! Wanted to send you validation!

Roger Orlando Florida

Hector has been my go to guy for all for ten years! He has helped me build a multi-million dollar company to making me a better woman in every aspect!

Throughout the years there have been many scenarios that have blown my mind!!

He told me one of my partners, who I cherished as a brother, would bankrupt me if I became partners and that is exactly what he did! I went into business and that is what he did!

With Hector's help 2 yrs later I rebuilt a million dollar company!

Another occasion, Hector asked me if I had phlegm in my throat or chest. I said no I feel fine! Next day! I ended up in bed with a chest cold coughing up phlegm!!

Another occasion Hector said that my father felt hot to him, that he might have an infection. I called my dad he said he felt fine! I said "dad please just take your temperature"! He did and it was 101.2!!! Sure enough he was running a fever.

Over all as you can see Hector, has a blessed gift!

Sent from my Verizon Wireless BlackBerry

Ingrid N.C.

Hector was recommended to me by a co-worker. Hector has done two readings for me. The first reading I was shocked to find out that he got to the root of my "rejection problem". He went all the way back to when I was in the womb of my mother. My fear of rejection is now gone and finally after so many years, WAO! The second reading was in reference to a work issue and he guided me on what to do and the outcome was very positive. I highly recommend Hector; don't waste your money on a psychologist; Hector has the answer for you.

Contented from Los Angeles

Hector is beyond what words can describe! I have not stopped bragging about him with all my friends! When he did the reading over the phone, I literally thought he was near my window watching what I had been doing! He warned me of a clumsy fall that actually happened the next morning! I'm a Personal Trainer and a Pro Tri athlete so that notice came to good use....He helped me on some issues I'm going through which have been very hard for me to overcome...Hector cleared the way for me. I'm so grateful for his presence and friendship.

Richard Missouri

Hector has been a life saver! From his healing qualities to his insightful premonitions!

I've had Hector in my life for 10 years and I can safely say he has helped to turn my business from bankruptcy to a multimillion dollar operation and has made me a better person!

There are so many amazing stories throughout the year to mention I will try to mention the best! Hector told me the exact month year and the time of the month I will be engaged!

Michelle New Orleans

I believe we are connected to nature, by nature I mean not just the animal kingdom but all of it, so I had a situation where a woman called, as usual referred by another client. As the reading developed I told her, she was pregnant, she agreed and told me this was the reason for the reading. She told me although the things I had told her were true she wanted to concentrate on the purpose of her call. She told me about the gynecological visit where the doctor had explained because of the exams she did not expect her pregnancy to go term. She further told my client if it did the child would come with severe defects. My client explained that she was a high profile person and did not want any of this to be a problem, she explained that she wanted to have the baby if I thought this could be fixed. She was early in her first trimester, so I told her to find a plant she liked, somewhere in her neighborhood or anywhere she would find it. The key to this she would have to rip it from the ground and bring it home, I told her she could steal it or buy it from a nursery but in either case she must uproot it and carry it home. She agreed, I explained if the plant survived and grew strong so will her unborn child, if not then the child would not progress and most probably the pregnancy be a miscarriage. She asked how about if it does not miscarry but came to term and was born with severe defects as the doctor had predicted.

I thought for a second and told her she would need to have faith, there was nothing guaranteed in this world but that was the information I was given to pass along to her. I told her as she had told me, the doctor had said most likely the pregnancy would abort way before term because of what was discovered in the exams done to her. So you have every chance that the baby would not go term anyway, other than that I have no other guarantees, so if the plant survives and flourishes then so shall the unborn child. I told her if the plant flourishes in her home and not die by the end of the second trimesters then the baby should be born healthy.

As time passed I had not heard from her but wondered how it had turned out, about a year later I got a call from her about another reading. I asked how it turned out; she simply said this is why I want another reading. I said ok and on the day of the reading she was so pleased, she said she stole the plant from two neighborhoods away from her. She felt like a thief but wanted to go with the spirit of the message so stealing it was. She said the plant flourished and is still going strong, the baby was born and the boy was healthy. She could not thank me enough, although I have not heard from her

since I'm sure when something important comes up in her life she will undoubtedly call.

During one of my readings my aunt who had passed away a few days before came into my reading and was talking to Hector, actually crying and begging for forgiveness that she had signed a will that was a false will and that she was influenced to sign it but she told Hector where the real will was and with which Lawyer it was with!! When this transpired we went to the lawyer she told us to go to and sure enough there was the original 25 page will and the one page will she was forced to sign from the 30 year old boyfriend, (oh I forgot to mention my aunt was 83) who forced her in her dying moments to sign over her estate on a one paragraph will!! Well three years later we are in court trying to overturn the false will!! Though Hector says the outcome will be in our favor!! Well that's for the next book!!

I will keep everyone posted!!

Hope everyone has the opportunity to utilize his blessed skills!! He is the best at what he does...

Sent from my Verizon Wireless BlackBerry

Diane New Jersey

My Marathon

When my soul became unsure of its own footing last year I tried to regain it by getting my own feet moving.

I wouldn't consider myself a runner. When I say run, I mean a slow jog. A power walker can pass me with ease. I would do this on occasion with my I-pod blasting in my ears. I am not fast nor am I in incredible shape, but an opportunity arose to run the 2010 NYC Marathon to benefit a cause close to my heart and I couldn't shake the feeling that I needed to do this.

Do what? Yes, for a Miami girl who had once considered grocery shopping exercise to train through our humid, hot, and flat terrain all summer so she

can run a 26.2 mile race in cold weather along hills, bridges, and boroughs all by herself. Was I nuts or what? Perhaps, yet this nagging thought and exciting feeling to achieve this persevered. Each time it was eagerly met with crippling insecurities that I was incapable. I check in with Hector who said that not only could I do it, but it'd be good for me. "I think it's a great idea. Of course you can do it!" he said with full enthusiasm. I signed up.

My very first week of training I injured myself, cursed Hector, cursed my leg, and feared I would have to pull out of the race. Weeks of rest and seven physical therapy sessions later my condition had deteriorated without medical explanation. Doctors said my recovery would most definitely not include a marathon. I hadn't realized how badly I wanted to run this marathon until my heart undeniably ached at the thought of quitting.. I would drive in my neighborhood and cry at the site of joggers running along the sidewalk. I looked at them thinking "why not me?", "How dare Hector mislead me and say I could do it.", "See what happened! I should have never aimed for this. I knew it would be too much for me." I felt failure creep in welcoming my own defeat.

I confront Hector who insisted I begin to run again, rebuild my base, and reassured me that he still sees that I can do this. Though I asked him ten different ways he did not waiver in his vision of my being able to finish. At the time this frustrated me because all the evidence around me pointed to just the opposite. I think my angry retort was, "Fine. I'll try and if now I really mess my leg up I'll have to pull out." I was annoyed, doubtful, but stubborn enough to use his permission as an excuse to try again. Well, I ran one mile that weekend. I ran three miles. Three months later on November 7, 2010 I finished the New York City Marathon averaging ten minute miles.

Again I do not consider myself a runner. This was one of the best experiences of my life and like Hector said, it was good for me. I taught me not to let my insecurities get the best of me, to silence the worst of my own self-defeat, and that I am as strong as I believe I am. That first mile was as hard as the three miles. Three miles was as hard as 8 miles which was as hard as 13 and 23. By the time I reached 26.2 it was easy.

So incredible to witness that our capacity as human beings is as limited or limitless as those boundaries we place on ourselves. Challenges and milestones are as big as we make them. I learned what is possible is only what we accept for ourselves.

The most important inner voice is not that of insecurity or self-doubt, but that which recognizes our very strengths and that we all deserve to achieve greatness.

Hector saw my potential when I did not. Hector believed in me when I needed to regain faith in myself.

Lisa Miami FL

Testimonial

First of all, I would like to say how much I appreciate Hector's help. He truly has made a difference in my life. When I came to him I needed to believe things will get better in my life and overall I needed to know what to expect about the future. I really cannot begin to tell you how much confidence Hector gave me from the first time I talked to him. He told me nothing but the truth. In my first reading I asked him to concentrate on my love life and he told me exactly what was going on between my ex and me. I told him how much I wanted to be back with him. He then told me to do a spell to clean the way between my exboyfriend and me. My ex used to have so much resentments and doubts about being with me again. But Hector told me this spell will help him to see me as he used to see me at the beginning of our relationship, happy and with no resentments or betrayals from me.

I did as he said but I still was feeling uneasy about the whole situation so I called Hector and asked for his help again. He said a cleansing will make me feel better. So I did it. After that, I started feeling hopeful and relax about the future. Somehow, the tension I had over my shoulders and my difficulty to sleep went away little by little.

I did what he told me to do, give him distance and space to think. And in a matter of approximately a month, my ex contacted me asking me for a second chance. I couldn't believe it how he said he couldn't think of any negative part of our relationship and that the only thing he could think of was how happy he was with me. Then he went on to say he wanted me back.

I was in such shock seeing how Hector's predictions came true that I had to contact Hector again to tell him what had happened. He said it was a combination of the spell and my cleansing. Incredible. I am still a little scared of the future but now I know that I have a friend whom I can trust on and that only wants what's best for me. That's Hector and I am very glad I had the chance to meet him and now have him as part of my life. Thank you so much Hector, you truly have a gift and are an angel on earth!

Mary, Panama.

I want to talk about a question posed to me on several occasions, had I ever not been able to help someone who came to me for help. I laughed and stated unequivocally of course who do you think I am, God? Look I have a good percentage of positive results but by no means am I perfect, I told them as I'm telling you now, if you know anyone who tells you they are perfect, run. Let me remind you there is no human on earth that is even close to perfection. Back to the story, there has been many times where things don't work out for clients, does that mean I give up, or my client? No, we simply try again, look you go to the doctor, how many times have you been given medicine and you had to go back as it did not fix the problem. Exactly, you never give up just try something different, do you have to pay again, and don't you pay the doctor again for a second visit, same answer.

I can tell you eventually I will give you results so try and try again, I often tell people what to do to fix their own problems. I firmly believe if it is not too complicated most people have what they need inside to help themselves, they just need a little guidance. I don't believe in secrets or making the money philosophy, if you talk to any of my clients or if you become a client you will find this to be true. Yes, to answer the other side of that question, I have been told by my spirits to turn down a case, or a cleaning once. It was an interesting situation, when the man came to me I initially told him yes, after all I had never been told no we cannot help before.

I took a second look at what my spirits told me I asked why, the one that works the dark stuff explained that the magic done to him 'the client' was older than the magic he understood. You need to realize he "my spirit" was an African witch doctor so Africa is supposed to be the cradle of civilization, so I had a problem with that statement from him. I asked again what was older than his magic; he explained the magic that he saw on the man was of the time of the druids. He said that was the time of dragons, you know I guess Merlin and such. So he told me again, it's not that we cannot do it, it means he did not understand the mechanics of how it was done so it would be impossible for him to find a way to help the client.

My spirits have told me over the years, it's better to stay low on the magic radar, what does this mean? There are very powerful people out there, most are not very nice, and some hate competition, remember if they are paid to

do some magic, and I intercede on the side of the harmed person, well it's not good for their image. So as they have told me stay low on the radar whenever possible we can help many and still stay out of site of these powers. That is one reason I've been hesitant to write this book, I'm coming out of the closet as it's said. I feel ready to do as I need for all those in need; it has been many years helping and developing my craft. I'm by no means dropping any gauntlet to anyone out there. So if one of those above is reading this book make peace and I hope we can coexist.

I met Hector in 2004 through my new co-workers and they warned me to not look into his eyes. I did not understand why they said that. When I met him, he looked into my eyes, closed his eyes, then reopened his and asked "Who is Gladys?" I started crying immediately. My favorite aunt Gladys had just passed the month before. No one at my new job knew anything about her, so I was a believer from the get go. Hector has proved time and time again of his talents. He has helped me with his guidance with any difficult issues that would arise in my job, to helping clear the path when the closing of my house was in jeopardy, and most importantly, advised me to urge my sister to get her eyes checked (which helped us find out that she had multiple sclerosis). Thank you Hector for your spiritual guidance! Words cannot express my gratitude.

~W Miami, FL

His name is Bartolomeo luigi Bove hi is Italian, Mine is Erika Infante. I remember about 3- 4 years ago the first time I ever went to see you; while you were doing a cleaning on me your first words were "who is Fernando?" I said Fernando I'd my dear father and the most import person in my life! You said "yes, you have all over your soul and spirit" I have never forgotten and never will forget those words. To these day make me cry because is unexplainable the extraordinary relationship I have with my father and the fact that you were able to see it amazed me. Of course I told my father and he wants to meet you as well.

Naomi

The talisman

Included in the book is a talisman, this like any other needs activation for it to do its job, this is handmade and not from some sort of production line so I can assure you it possesses the right ingredients to give the proper results.

Key ingredient, it's made for one person and one person only must activate this talisman, it's a protection of sorts, most of the ingredients are made of energies that protect or guard the carrier from negative energies. In order to turn it on the owner must hold it in his or her hands and bringing it close to your lips speak these words. Remember once activated only you should carry it, as it was made in the form of a key chain I'm sure from time to time someone else might hold it. This is fine, however every time others hold it, you must reaffirm ownership by speaking the words of ownership.

Here are the words you must speak onto it, again bring it close to your lips and speak these words, do it with resolve, remember it's activation and energy of design must come from its owner and no one else. So let's get to activating your amulet!

In God's name, I "your name" invoke divine universal knowledge and power, from heaven to earth I activate this talisman, by the four winds may this talisman harness the power of divine truth, may it guide me, and protect me from all malevolent energies, may it dispel negative forces from ever attaching to me or my surroundings, with God's grace at my side I will fear no evil.

As I walk with my talisman at my side might you always open up roads to success, success in "use your own words for example success in work, my relationships, friendships, etc you select were you want your success" may the four winds bring this I desire to my life, may it be so by the universe's divine flow!

I was asked by a client what happens if what I did for them does not work, well, you can get the most secure car in the world it does not prevent bad things from happening, the level it affects the driver can diminish the effects from time to time by virtue of how it's built to be more secure than the next vehicle. This talisman is no different; it can however diminish the effects of negative energy and enhance your natural abilities to move through life with minimum interference!

“Here is an afterthought that might not be for the weak of constitution but if you need it, it works! If you easily get blisters, feet or hands, you can use this very unorthodox healing, all it takes is urine. Yea, you heard it right your own pee, so let’s get through it as painless as possible. After your blister pops, wash your hands with your own urine, same if it’s a blister from let’s say you are a dancer and are prone or from whatever.

The results I get are incredible from one day to the next, if you have had blisters and must continue to work the next day when it pops just wash the area with your urine and let it air dry. The next day it will be healed and harder than it was before. Same for your feet, remember you must let it air dry, so after washing with it just elevate your feet and try to go to sleep the very next day it will be good to go without pain and harder than it was before. I hope this last entry into the book does not blow your over all perception but I’ve had someone who had it and he said it was incredible how quickly it healed.

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Master Val Biktashev

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