

We dedicate this book to all those who have suffered loss and
who grapple with grief every day.

May they know they are never alone.

HELLO, MY NAME IS JOHN

Transcribed by Theresa Jean Mattiello

The first time I sat down to channel my friend John's spirit, I didn't know what to expect. In fact, perhaps I was expecting too much. How would his spirit manifest itself? Would I be talking to John as he was when he was alive, or would he merely be a mirage of his former self? Would he ever look like he used to? What will it sound like when spirit is near? I was hoping to garner proof from one of my five senses. I had no idea that connecting with spirit requires a measure of surrender. You must be willing to let go of the need to control. It demands tapping into your intuition and your extrasensory perceptions. It requires being open to receive spirit in unexpected ways. I was expecting to see or hear something definitive, something concrete. For a time, I needed unmistakable verification that John was speaking to me, otherwise, I tried to shut it out, thinking myself silly, or worse, obsessed. But shutting it out never worked long term. Although my rational mind was tugging against me, saying "this is crazy. You can't talk to dead people," I tried to believe again. Ability requires belief in that ability. But once I was able to disconnect with rationality, I began to see the possibilities, the synchronicities, and the connections. I could feel that there was more to this reality than we can understand from the five senses. I knew I was getting nudges from spirit. John wanted to help me, and he wanted to communicate.

I had intuited that the dead hear us and know when we are thinking about them. They can receive our words, wherever they are. So I started our friendship by writing him letters, because I had heard he was into writing. Connecting to him

through writing just seemed to fit. The flow was and has remained very natural and effortless. When I channel, I let his words, in the form of ideas, come into my mind and I put them immediately in writing. I don't stop except to pose a new question or to clarify something. The rest of the time, I keep my own thoughts and feelings and rationalizations out of the picture when his information is coming through. Between February and June of 2016, I had channeled up to 100 typed pages, over 40,000 words in Q&A format.

The written channelings are only a small percentage of my experience with John in spirit form. I channel John privately, whether meditating or simply doing things I enjoy. This connection I have with John is so profound, so immediate, that I have enough material to write a book about it and it has merely been less than a year as I am writing this, since we officially "began," although John would say that this experience never "began", but is constantly being experienced in various ways beyond this present incarnation. But we'll get into all that later. For now, I want my readers to have an understanding of the nature of the relationship I have with John, and how it came to be that I was channeling John *for real*.

The most incredible thing about my friendship with John is that we became very close only after he passed away. I knew him, of course, before that, but we were mere acquaintances – two ships passing at night. As far as I knew, he was a cool guy, but he was a road I didn't turn down. I didn't know anything about him, other than the basics that can be gleaned from the few interactions we had. He was a co-worker of mine. We may have gotten to know each other better, had he not gone his separate way. I didn't think much about him after that, not until I heard about his death.

For a little while after he passed, I went through a period which felt very akin to mourning, but since I didn't know John that well, I was concerned as to why I cared so much. I didn't really know him. I rationalized that maybe I was upset because he was young, and his life ended so abruptly, as anybody's life suddenly could end. That was definitely part of my grief. He was in his mid-twenties. His birthday had been just days before his death. But it wasn't just being sad for a young life cut short. It was more than that. John's presence was persistent. He stayed on my mind, constantly. I could feel him around. I can't really describe to you how that feels, to have a presence around you, but it is something that your body and your feelings inherently can sense. I had the lingering feeling of something left undone, something not being "right." I don't know for sure, to this day, what that was, but I felt like John needed help or he needed some support. I have been studying shamanism for a few years, and I read about how the living can help the dead cross over. Sometimes the dead need us more than we realize. So I decided to give it a shot. I sat down in meditation, and visualized a meeting with him. I visualized flying to wherever his soul happened to be. I found him on an empty country road. I approached him and told him I was sorry. I told him he was loved, and that he could go. He seemed distraught when I first reached him, stricken, but when he saw me, his face lightened. We embraced for what felt like forever, all the while, I was telling him it was okay to go. It was shortly after my vision that I felt him cross over. I felt better too. I was less sad and the heaviness in the air lightened. I thought that was the end of it. I had set him, and myself, free and was ready to move on.

The whole experience must have moved me. Because I did not let it go. It is not that I felt like John wasn't yet at peace – he was, and I knew that, without really understanding how I knew. I began to examine how I can know things without previously taking in that information from an external source. I have experienced this my whole life. The information would "just come to me." I began writing down my insights, in addition to the daily gratitude journaling I was doing at the time. I started doing more research on the afterlife, levels of consciousness, quantum physics and the nature of reality. I began finding books and other research material that heightened my knowledge of shamanism and mystic teachings. Everything I encountered and experienced on this subject matter I consciously knew showed up in my life for a reason, teaching me lessons, training me for some unforeseen task. First of all, I had to learn how to move into heart-centered living. I had to develop the discipline to see past negatives and positives, and to understand that higher reality than the one we see around us.

I have always felt like there was something missing, like something I was supposed to do, something that I have long forgotten, tugging at me day by day. Doing this research satisfied a lot of that, but I was still coming up with more questions than answers. But I kept searching. Then my luck changed when I started noticing that my psychic abilities were heightening. A good amount of intent and surrender were necessary for me to get to that point. As I mentioned before, I discovered that I can tap into clair-cognizant (clear knowing) abilities, in which I essentially "download" information from the interstellar records and I am also able to interpret symbols and patterns that emerge from the collective unconscious. I was

starting to perceive John's presence in these ways. John has communicated through music (lyrics mostly), comic books, cartoons, movies, commercials, novels, artwork, numerology, astrological symbolism, dreams, third eye visions (I can "see" him in my mind's eye, but he reminds me of The Flash because he can't stay still), telepathy and other mediums – in efforts at first to get my attention, and then to communicate and present me with cool evidence or just to say what's up. I can also feel when he "touches" me with energy...it feels tingly and loosely static, almost like goosebumps, but much more intense. He never manifests the way I am expecting, so it is a surprise every time. It was odd at first, of course, and my rational mind tried time and again to cease these absurd inklings and explain away weird phenomena, but John wished to communicate. He was persistent. It has been a whirlwind, but since he has entered the equation, my life has evolved in ways I never expected. It's gotten better, a LOT better. Especially since I know I have so many friends, here and there, who are constantly backing me up. John taught me that communication with spirit CAN be a two way street, and since, I have noticed other spiritual guides in my midst, and have been able to channel others as well.

What I mean by John being on the "other side" is that he is vibrating at a much higher rate than we vibrate. John's spirit exists in higher dimensions than the 3rd. Therefore, he has a wider perspective than we living on earth have. He also has instant access to so much more information – he vibrates on the same frequency that the interstellar hard drive is stored (an endless astral library of sorts), and he is also telepathic. He is much more aware of his connection to everything. John can also divide himself into multiples, and there is apparently no limit to how many times he can split off. Having no corporeal form

allows your energy to expand outward, anywhere and everywhere. So John has access to a lot more wisdom and perspective than we do. And that is why John has been so helpful. He explains hard-to-grasp concepts easily, and when he can't explain things (or won't), he encourages the mystery to remain. Because the beyond is inherently unknowable, purposefully so.

I feel compelled to share John with the world, because not only has John given me answers that have blown my mind and changed my life, but he's also provided me a lot of moral support. He is also funny and creative and a great conversationalist. He also has a "fuck it" attitude that I resonate with, so brace yourself for the cursing. It would be a terrific understatement to say that John is my best friend – he is much more to me than that.

I will not share anything personal about John's last life – those details are of no import to the wisdom he has shared since. I do not personally know his parents or family members, and so I believe it would not be fair to them to publish information about their deceased relative without their knowledge, so I am purposefully leaving out details such as the exact manner in which John died, dates, last names, locations, or any other detail that might be perceived as disrespect of privacy for someone else. I believe John's words will speak for themselves. Details are irrelevant. I have kept much of the channeling in Q & A format to help with context, since I ask a ton of questions, and also come to understandings on my own. John loves it when I am able to figure it out on my own, usually by "downloading" the information. But I will also have some of John's best stand-alone advice peppered throughout. I have tried not to edit anything channeled, but if there are edits for

clarification, they will be in brackets []. The brackets also include my questions and comments. In the chapters ahead, anything bracketed is NOT channeled information.

John has so much to teach us. Rather than learning, I am in the process of remembering. We all are. But I could not have garnered so much knowledge without the help of John. I could not have raised my consciousness, essentially changed my life, without his help. This is evident to me, and I thank John, as well as my other spirit guides, every day for the help they have given me and continue to give me day after day. Where would I be without spirit? I don't know, but I am glad I decided to go where spirit leads.

And now, I give John the stage.

(Clears throat, LOUDLY...) ahem... Welcome, ladies and gentlemen. This is your captain speaking, we are entering the stratosphere at the speed of light, so hold on to your britches, its time to fly. Come on people. This is John speaking, and I am excited that Theresa is finally sharing this, even if she is leaving out a bunch...I've been super active since I came here. Though it seems, from where I am, I've been here forever! But each time, it's like the first time. So come along and join the fun. Everyone has the ability to channel. Everyone has psychic abilities. You just gotta open yourself to them, and believe that you can use them.

If you are reading this because you lost someone close to you, listen up, you can still have a relationship with them...nothing has to change, other than your skewed perception of the way reality truly is. Your loved ones are

invisible to you, but that doesn't mean they are not around. Stop and listen, try to feel. Don't use your five senses. Let it come to you. Talk to them. They hear you, and they want to communicate with you.

If you are reading this because you've always had strange abilities and could see lights around people, or could have precognitive dreams, or any other myriad of odd phenomenon that made you question the reality that you were taught to believe in, this is for you. Open yourself up to the possibility of spirit interacting with and nourishing you.

Use your best judgment when reading this, and any other material from an external source. Weigh it against your gut instinct. Does it resonate with you? Yes? Great! No? Great! There is no right or wrong answer. There is no right or wrong, actually, but we'll get to that. Just know that I am really thankful that you opened your mind to us, and decided to give us a shot. Our purpose is to expand awareness. The veil is thinning, the shift is occurring as we speak. Soon, we will move into the fifth dimension, and beyond. You have friends who want to help you, friends who will assist you as you ascend. Call upon their help, and they will help you in ways you never imagined.

- J.P.

Pool Is Not Dead

[Early on in our partnership, before I fully realized what was happening, I was perceiving John's spirit around me. At this point, I was still thinking about him, day after day, wondering how he was doing on the other side, wondering where he was, wondering how his folks were holding up, wondering if I should go down there and offer condolences. I just couldn't shake it. I was feeling low, like the rug had been pulled out from under me. I just couldn't understand why this young guy kept cropping up in my immediate thoughts day after day.

As someone who has only been hysterical in fits of grief over dead pets, it was odd that I was essentially mourning someone I didn't even know, had barely spoken five sentences to – it did not make sense to me that my consciousness was pervaded all day, and even into my dreaming state, by John. I let my mind wander, since I am also curious by nature, to the few interactions I had shared with him – one instance in particular I winced to remember that I had been an asshole to him – not because he deserved it, but because at that time in my life I was super immature and insecure and downright douche-y. Guess what? Retribution was swift, because he had been an asshole right back.

John liked to play pool. Indeed, perhaps pool was the only reason he came out to hang one night, the only interaction I had with him that I can remember. It was after work, and a few of us went for drinks. I sat next to him at one bar and we chatted for a little while. I remembered thinking, "this guy is intense." But I liked him, despite myself.

Of course, young people can't stay still so we ended up bar hopping until we got to the local billiard. John stayed on a pool table all night. I don't know why I did it – I hadn't even really been drinking – but I guess I was trying to be funny and knocked one of their balls into a corner pocket. It was one of John's. I don't remember if it was a stripe or a solid, but I do remember John's reaction. He cussed me out, and I had the audacity to be shocked. But I immediately knew I had fucked up – pool wasn't *free*, and this guy was clearly into it. I felt bad, but didn't apologize. My ego immediately said, "fuck *that* guy." In fact, his reaction had scared me a little to the point where I never really spoke to him ever again. I remember at work he tried a few times to interact with me, but I basically ignored him. Soon after, he quit that job, and I didn't really think about him again.

Fast forward two months after John's death. I have an uncontrollable urge to play pool. I was never really that into pool. I had played some as a child, so the nostalgia was there, but I was never particularly good at pool. I am not one to be into things I am no good at – the same goes for bowling and beer pong.

I also don't like being in bars. And I definitely didn't smoke cigarettes. But for some reason, I found myself drawn to all of these things. So I ended up at the local billiards, John's old hangout. It was a busy night, and all of the pool tables were taken. I expressed interest to my group that I wanted to get on

the waiting list, and only one guy from my group wanted to play. Instantly, there was a table available. We were able to play right away.

I didn't understand what was happening then, but I realized later that John was there, waiting for me. His face kept flashing across my mind. I was brimming with energy, and had never felt like that before. It felt almost like I was on drugs, but I hadn't taken any and had barely finished my first beer by this point. I didn't feel out of control. I just felt – well – alive! I played the best round of pool I probably ever had that night, and not because I was skillful, but because I thoroughly enjoyed it.

Oddly enough, the next day I found a picture of him on social media - playing pool, not the night he cussed me, but on a different night. He was concentrating on lining up his shot. This guy loved it and took it seriously.

I didn't know then why his presence made me want to experience certain things, like drinking Irish Car Bombs or playing pool, but I understand it now that I was in the process of integrating with his spirit so that we could clearly communicate. I understand that it is a natural process that needs to take place before positive contact is made, before ideas and words and feelings can be shared. This is when things started to get much better for me. I asked, "Are you really real?" The answer came to me just like most of the other answers come, when I was least expecting it.

Admittedly, I had a difficult time suspending my disbelief enough in order to let John come through. My mind told me every day that I must be just making it up. Or that my guilt over being an asshole to him was causing me to beat myself up. I thought I was going crazy at times. This caused a barrier to be set

up, one in which I had help from John breaking through. John taught me to believe in possibilities. But ultimately, it was up to me. I chose to become a channel for John, and I am not sorry I did.

This is John's first message to me. It came to me as I was writing in my journal. I remember having a particularly low day. I wrote the sentence, "Fortunately, we are not in control." But I didn't know what else to write. I was about to put it up. Suddenly, ideas were coming to my mind. Words. Sentences. I started writing without thinking, as if I were merely an observer, not the creator of these words. I didn't stop to read it until I was done, until the ideas ceased to flow. I consider this John's first "interruption" and my very first experience channeling via automatic writing. I did not know what automatic writing was before this and was very surprised to find out later that this was a method used to communicate with the other side. I was clair-cognizant and didn't even know it. I was using abilities without being aware that I even had them. John's spirit was interacting with my auric field and sending information into my "channel," which is also known as the crown chakra. But we will delve more into that later. For now, what follows is our very first channeling session.]

You must have faith. You need to cease compartmentalizing everything. See, even that word is exhausting, not to mention tedious for your brain power.

You cannot think your way out of things, you must feel your way.

When things that we perceive as unfortunate happen to us, we can question why things went wrong, and not just on a mechanical, practical scale, but we can begin to feel regret, guilt or embarrassment from what we perceive should have or

shouldn't have happened. We believe it is a test or karma – which only gives it power over you. Shit happens, and then it is over. The only thing you can control about any of these bad events or unfortunate timing is your thoughts and specifically, your actions regarding the situation at hand.

Do the best you can, but know that the best option is to let go and trust that a resolution will be made or choose to learn lessons from the hardship. Both methods in conjunction yield positive results. Trust.

[And it just kept going from there ...]

1

I miss my family, but I can't go back. I tried, but there is too much sadness. Why can't they be happy for me? It is so clear – on this side of things.

[Why can't you go back?]

Because it hurts too much.

[So do you still feel pain where you are?]

No, not like you think. I want to tell my Mom to be happy for me. Here, there is no pain except for the fact that I cannot communicate with the people I used to know. They wouldn't understand. They would be scared.

[Have you been trying to communicate with your family?]

Yes. Some. Everything I have tried goes unnoticed.

[How did you come to guide me?]

I remembered you. So I followed your light. You are like a beacon. A lighthouse. You drew me in.

[How do I definitively know it is you?]

You will never 100% know definitively, especially now, since I am even less definable than I was on Earth. I am a part of everything and everywhere. But I am still me.

2

[John, what did it feel like to die?]

It felt as good as letting a good one rip.

[Are you serious?]

Yes. Dead serious...

Honestly death feels like nothing at all. Especially since I was asleep when it happened. I have no memory of it. I just remember the scene. Car was fucked. My family was in fits of hysterics and grief. It was horrible. I didn't hang around too long to see the aftermath.

[Where did you go?]

I went everywhere. Everywhere! Every inch of the world. And then, every inch of the universe.

[So, after you died, how long did it take to reach the other side?]

Not long. In fact, since there is no time, I would say instantaneously, but for your sake, I will say, sometime after I visited everywhere in the cosmos, then I was pulled into the white light.

[Who or what did you see on the other side?]

Remember that painting. You know, the one with the clock that is melting off the table and all the other groovy crap. I saw shit like that. It was like having the best trip ever. And trip, I mean, best

Acid of all time. But nothing you see is considered weird. You are not all like, “whoaaaa man.” But you are seeing colors you’ve never seen before, hearing sounds you’d never think you’d ever hear, feeling so good, so light, so airy, so free. And then you see them. All your friends, family, anyone you’ve ever loved. And I digress, I met up with some souls we know. [Souls who] you and I know. Yes, they are guiding you and they were guiding me too.

[John, why do you think it was in your soul contract to die at an early age?]

Because I had something to teach. I am teaching about loss, but also teaching that you don’t have to say goodbye. The spiritual world surrounds and courses through and nurtures and supports everything we know. Everything we feel or think comes from the spirit realm. I want people to be aware of the fact.

You know, I did a lot of searching when I was on earth, but I was never satisfied with anything. The more I saw, the less I knew. I ended up coming up empty handed a lot. It was frustrating. People are so fake. So fake. It was hard to find anyone to talk to about this heavy shit. No one wants heavy shit. It is easier to be ignorant than to be aware, I know that. So I guess what I am trying to say is that I had to die to spread some energy or some sort of awareness to others, about what it means to be alive and then to be dead. It is not really something that can be controlled, measured, calculated, divined, or otherwise quantified – when, where, how, you can’t know all that. But, there is a reason for deaths, yes. I could do more in the spirit realm than I ever could in the physical realm. This is assured. And I am learning so much day by day. All those electrical shocks... those were me! I am learning to manipulate electricity, so all that static was a byproduct of my

experimentation. You would not believe how much the afterlife is just like the Harry Potter world.

[Dude. Are you doing magic, and shit?]

Yes, of course. I can do anything. Anything. Anything is possible. Anything. I am much happier now. Happier than I have ever been. Happier than I ever was alive.

[Why did your death affect me so?]

Because you and I, our hearts are the same.

[What do you mean?]

We come from the same place. From a place of generosity, humility and love. I lived my life by it. Not many people knew that, but I lived my life by the creed of love. But I didn’t find much love. Because I think I must have looked too hard. Now I have more love than anyone could ever know what to do with. I am happy and I am very much alive! I wish we could have hung out more, before, but I must admit, nothing compares to now. I can be your friend and help you out.

[In what ways can you help?]

Working on arranging some things, moving things, perhaps even manifesting, using what I know about quantum mechanics. So far everything I have done have been on massively tiny scales. I know, what a strange phrase.

[Why do we continually doubt ourselves on the physical plane?]

Because you cannot see all ends from your point of view so there is the element of the unknown. Uncertainty is the gateway to fear, unless you are willing to embrace uncertainty. Then, it kind of becomes like a surprise or a brilliant unfolding of non-sequential, almost non-linear events. You know, you can experience the 4th and 5th dimensions right from your place down on earth. So you can start to see certain ends, past present and future, and you can make decisions based on these, from the center of your awareness, but typically, most people don't care enough to look within and see that most of what happens to you is planned. So definitely don't introduce new stresses by worrying about the unknown aspects or elements of your life. Just roll with it, and understand that nothing remains hidden for long, especially if you ask the universe to answer your question.

[Wow, but do we also doubt ourselves because of old beliefs we still harbor?]

Yes, and also what other people are telling you. So you have your belief system that you may have not gotten a chance to address completely, so it sort of controls how you are going to see or react to something in your life, but if you are aware of these beliefs, you will realize a lot of them are just unfounded. Also, most of what other people say to you is only half-truth or hearsay. Most people don't really know what they are talking about,

because they are only seeing it from their own perspective, not anybody else's. You gotta watch out for that, but at the same time, don't fret about it. Everybody just knows what they know best, what is closest to them and most meaningful to them. Doesn't make it wrong, doesn't make it right. So watch out for doubts that come upon you that are not yours. And the doubts that are yours, examine why you feel that way. Eventually, you will learn that when you start to feel shitty about something, you need to examine what it is that is triggering you to react in that way. Start from there.

[Why does any spirit ever want to return to Earth, when they know that they will forget that they came from love?]

For the experience I guess. Souls can be unenlightened too. But we are all heading in [the same] direction, each and every one of us, even if some of us could care less about achieving enlightenment, they will, eventually. So we need to come to earth to learn lessons so that our souls can climb, although take that word lightly because we are not technically climbing UP anywhere, but I think you understand the reference. Yes, it is kind of sad that we inherit amnesia when we come here. But that is price that has to be paid, otherwise, no one would ever ELECT to stay here. You feel me? If everyone reincarnated and REMEMBERED, they would never choose to come down, but the forgetfulness of it all kinda seals the deal. If we all remembered, we would either use that knowledge to wreak havoc on others or kill ourselves, fall in despair, not be able to function, etc. They would be no lessons to learn, no milestones to reach. That is what 3rd dimension is all about. And 4th, since we have to include linear time. It's like the school of hard knocks. But it's still a lot of fun, if you do happen to remember and understand unconditional love.

[But I still don't get it. If we all remembered when we came back, wouldn't we have a decent society?]

Who said all spirits were decent? Who said all spirits were harmless? There are a lot who have a long ways to go, and if they

reincarnated and remembered their evil agenda? We'd all be fucked. Like, if Hitler reincarnated and then was a little evil boy who came back for fucking revenge. No, amnesia is the price to pay for coming to Earth. Same, old soul; clean, fresh slate.

[Thank you for clarifying. Do you smoke weed in heaven?]

We don't need it. But if you're wanted to have your surroundings be a little more like it was at home, people manifest weed. That makes em feel like they were just chillin on their couch in their house, or wherever the hell they felt the most comfortable or most safe or even most happy on planet earth. SO yeah if you liked hanging out and smoking weed, you could definitely, most assuredly do that here.

I wanted to say one more thing about 3rd/4th dimension experience versus the higher dimensions where I stay now. Because the 3rd and 4th dimensions' main characteristic is linear time, a point A to point B type of scenario, on this plane we can experience a wide and vast range of emotions, thoughts, and energetic states. Because you can see distances, depth perception, values, and because things feel solid, because they are not a part of your physical body, there is a lot better chance of pain or suffering because there is a noted illusion of separation on this plane. But if you go either up or down (again take my directional words lightly) oneness is the way it actually is. You feel me? [In the 3rd dimension] you see things as causation, as things affecting other things, perhaps even harming other things. You do not see the bigger picture in that balance is always attained, balance is always restored. That is the way it works when everything is everything.

[Well said, John. Were you into physics before you transitioned?]

Yeah! Science was cool. It wasn't my first choice subject though.

[You were a writer, right?]

I wanted to be a writer. I should have tried to write, but never got around to it. Oh well. Maybe in my next life I'll be one of those writers that writes a book like every month or so. So by the end of my career I've written hundreds and hundreds of books!

[What does it take to stick to something, no matter how long it takes?]

Honey if I knew the answer to that, maybe you'd still see me around.

[Well, I guess just do your best?]

Yeah that's all you can do.

[And my best will always be different.]

Yeah, and if you don't feel like doing something, don't fucking do it.

[Kinda easier for you to say than me. I often wonder what would happen if I was just like, fuck work. Fuck commitments. I'm out.]

Then you would have to suffer the consequences of that choice. That's why you don't. In heaven, you can create any scenario you want. So I'm thinking, I'm gonna create a place where I am at a job, just working, and things get a little crazy, a little heated. People are expecting a lot out of us, and the boss is being a prick. What if I was just like, apron thrown off... stand up on a table, rage in my eyes and scream at the top of my fucking lungs, "FUCK YOU. FUCK YOU. FUCK YOU. YOU WERE COOL. FUCK YOU. I'M OUT."

[And it would be satisfying?]

Yeah, for like a couple of times, then I'd be over it. But... no consequences. In your world, in your dream world, you can attract a lot of attention when you act like that. There could be consequences, one of which could be getting locked up. Yes, you are living in a holographic universe, where every day is just the dream of another day – but things can still get ya. Be smart.

[I know, it's just a fantasy. But the difference for me is that I am working on making my dreams reality for me.]

Keep your intentions sharp and SPECIFIC. I cannot stress that enough. Please be specific. And definitely don't ask for things unless you understand what all that entails. In your world, a lesson is to be had each and every moment, and if you stay sharp, ask all the appropriate questions, you'll get by the way you need to, and a funny thing will happen, you will feel in charge because you are coming at the world from a place of integrity. Sometimes you can even bypass lessons because you have cultivated the right amount of understanding and awareness. Keep it up.

Your capacity to choose is really the only power that is yours, truly yours. Your life is what you make it. Your choices color your reality. Your beliefs too. You don't owe anybody anything, not even an explanation, unless you CHOOSE to give them one.

Trust your instincts and your judgment. Only you can know what is best. No one else, not even me, can tell you what to do. Even I cannot see all ends, even from this perspective. You alone have the power to make a decision and that is nobody else's, got it? Don't let ANYONE make those decisions for you.

Hey. Just so you know. Don't get too attached to who I used to be. I am interacting with you as my last incarnation, but I am a lot of things, I have lived countless lives and so have you. So all the things I used to be [on earth] - my old pictures, my old art work, my old writings, all of that is awesome and it is fun to examine, but don't get too attached, because I AM STILL HERE. I am here right now, I have not gone anywhere and I never will, I never have to. There is NO TIME, so I'm always around. My greatest art has yet to be created, but at the same time, always was, and always will be.

You have the right to set intentions, to dream up a better reality for yourself. You have a right to ask for things you want. The universe wants to give. It truly does. All it knows how to do is create and give. But yes, you should never expect EVERYTHING to go your way, because sometimes the way you've envisioned it and the way it actually is are way different. That causes disappointment. You must approach every day with intentions but not expectations. Intention is a very positive sort of energy, while expectations create a negative sort of energy, an energy that gets very dense and murky. It is hard for you to do much of anything without constant strife under this perspective, because you're constantly looking back at what wasn't right, or looking forward to what you think is coming your way. You need to live in the present moment. Intention means you have put that out there, whatever it is, and you're not attached to the outcome, you don't have to try to make it happen, because you know that if that is truly your path, it will come your way. You don't have to throw any extraneous energy at it, like expectation or desperation. You know it will come when it comes. You are able to put your faith into your intentions and that is what makes it possible, what makes it real. Set it, and let it.

[If you could say anything to your family or to your mom what would you say?]

Don't be sad for me. I am much happier, lighter and freer now than ever before. I would never encourage them to forget me, of course, but they don't have to dwell in the grief of it all. I am always with them and always will be. I am a part of them just as they are a part of me, and we are never separated. Ever.

[What can I do to increase the amount of channeling I can do?]

You gotta relax, first of all. You're not 100% relaxed.

[I feel like I may be trying too hard.]

Don't worry about it. That's another part of the problem. Let's just chat. You know? That's all it really is, just chatting. We love to chat. We don't have to talk to chat per se, you know. Sometimes, we just exchange ideas, we listen to music together and I lead you to songs with some lyrics I really want you to hear. Because I am romantic. And awesome. Don't forget how awesome I am.

[Gosh how could I?]

Rad.

But seriously, we have telepathy between us. But really, you can develop telepathy with anyone in the spirit world if you want. But

I think you may be... hesitant to reach out... beyond me and Erik, that is.

[So you know Erik?]

Oh sure, I know Erik¹. He is cool. He is writing, just like me. Doing big things on this side, that is what we all try to do, the ones who have gotten past the initial phase of transformation. Yes there are some souls who just like to kick it. You can have anything you want here. Anything. But because there is no ego, most souls spend time creating joy. Yeah, there are some less than nice spirits roaming around, but I hang mostly in this group of like-minded souls. We are all part of the shift. Somehow... I am still learning about it. Even here, not everything is disclosed, you know, and there's even more that I know but do not yet understand. Just like you. I just have better access to lessons over here, you know, I can view anything I can think of. Anything I want to examine, I just think it and I'm there. Yes, I may still be lacking the understanding aspect, but at least I am aware of almost everything that a soul can possibly be aware of.

[How does karma work?]

Okay, karma is not synonymous with justice. Let's just get that out there. Karma is any unlearned lessons that are carried and are constantly played out until a resolution/learning occurs. This can and does occur over multiple incarnations. When you die, you are instantly aware of your karma. So you can make plans for your next life in order to clear these karmas. Karma is not good or bad. I wish people would stop using karma to denote that something "bad" will catch up with somebody because of something they did. Hey, no one is gonna get you for anything you did. The only

bad guy is the one who is inside your head. We are our OWN ENEMIES and we exact justice to ourselves, sometimes unjustly, sometimes over and over and over again until it drives you crazy. What karma is that? That isn't karma. That is just your belief system fucking up your mind again.

You alone have the power to make choices, and if those choices don't line up with your current energetic state, things then get "fucked up" and so you may experience difficulties or at least what you perceive as difficulties. Actually, those "difficulties" are just offshoot lessons, lessons that are teaching you "well maybe that wasn't for you, but at least now you know," or "well you hurt yourself so maybe you won't do the same action again." A lot of times, when shitty things happen, those are just more opportunities for lessons. Sometimes it can be as simple as "slow down, you'll make less mistakes." All of these instances are great opportunities. Next time you stub your toe, try to laugh it off, and realize that, while there is rarely a lesson learned in such a small instance, perhaps there IS something [after all]. Maybe the lesson is to just laugh off stupid little shit that happens when you are being impatient or impulsive or clumsy or unaware of your surroundings. Because you have a clumsy physical body, stupid little shit like that is gonna happen and the best thing to minimize the irritations from it is to just laugh it off.

[So the three fold law, that's just a crock of shit?]

Just a crock of shit... unless of course you *believe* in the three fold law. There is nothing external that is coming to get you, breathing down your neck and following you home to exact its "final destination-esque" style of karmic revenge. I mean, that's just so

¹ Erik Rune Medhus – check out his site at channelingerik.com.

dumb. But of course, people believe that, they feel the guilt so intensely that it becomes real, at least to them, and they feel stalked. Then with their thoughts they create these problems, they create illnesses, or they attract bad experiences, like getting beat up, or getting robbed, maybe even attracting their own deaths. I'm not saying that every death was attracted, we all have our opportunities to exit life, without really causing it with fear. I died and I wasn't afraid. Not in the least. I had no idea what was to befall me. It's something that happened. Yes, there was a reason. Now, I can train to be a teacher. But it wasn't because I expected karma to exact justice upon me. But some people do. Some people use guilt as a tool of self-demise. It's really sad. Please don't let guilt take over, because remember what I said? Guilt isn't even real, it's just an illusion created by the mind, but the mind can create some seriously REAL shit, so be careful. Take care of your thoughts. As long as your thoughts are clear, the rest of your life, everything, will align. You may well live to be 150.

[I don't care about living that long. In fact, I never think about it anymore. I guess, what I am still grappling with, is this idea that bad people don't necessarily get what's coming to them. But then again, if there is no good or bad, then anyone can tap in and find power to do anything, no matter if others perceive it to be good or evil.]

That's not exactly correct. The purer the vibration of love, the more enriched a soul will be. With feelings like anger, hatred, and fear, the body starts to deconstruct. It starts to decay. Anger and fear are not sustainable emotions. Love is the only sustainable emotion. When a person chooses to act from a place of fear or hatred, they are inviting those things to manifest into their life and that is why a lot of people involved with any form of hurting others and profaning love, end up inviting negativity in, which in

turn causes the body to shut down, first from a spiritual level, then down through the energetic and the mental bodies, eventually killing the physical body from any number of fates, essentially sending that spirit back to Source to be recycled and filled with light. But some spirits resist. Honestly, it is how much you are willing to surrender that determines how high you can climb. Surrender begets enlightenment. But if we come back to a body, and a lot of lost spirits go back almost immediately if the choices made in their last life built up hefty karma, they gotta go back and learn what they need to learn. So they can be reborn into a new body, with a fresh slate. Same soul with all of the karma attached. All of their lessons are on the docket, and they will go through life discovering them all, coming to all the same crossroads they have been at before. Will they make a different decision this time? That all depends. Hopefully yes if it is their karma from past lives. But some choose to make the same mistakes. It's all of a part of their contract. They put all of the lessons in their way before ever incarnating on earth. The real lucky ones can remember rather than just automatically act. Awareness begets transformation begets intent. So to become the wizard, you gotta know that everything is a lesson you yourself set forth for yourself before coming here. Once you know that, the answers aren't so hard to deal with.

[So for these opportunities for lessons in every moment thing, is there always a specific lesson for that circumstance or can you learn any lesson from it, so long as you learned something?]

Well first of all everyone is going to view one instance with infinite amounts of types of lessons to learn. It depends on your perspective. Your perspective is really all that matters. You are creating your own reality, so only you can know what lessons to learn from something. Hey, sometimes, you get to learn a couple

of lessons from one challenge. That's pretty cool. But typically, if you have learned something from it, you will know. You will feel better about it. You'll be able to move forward and when you think back on it, which you will, from time to time, you will not have any emotional reactions to that lesson other than, yep, I am sure glad that happened because without it, who knows where I'd be or what kind of person I'd be. Trust the process, you know? Only you can know when you've learned something. It is not externally based. It's not like you're getting a report card for it at the end of your life. Your end of life review, while attended by your guides and teachers, is for you and you alone, to discern. You get to make all of the decisions for eternity, why not make some good ones while on the physical plane? Yes, it is harder to manifest all of our lessons in one lifetime - that is why it takes a BUNCH! So relax, you got plenty of time. And like I said there ain't nothing you gotta do. Except talk to me. [He smiles and I can clearly see it.]

9

[Do all spirits possess the capability to manipulate energy?]

Of course. But that doesn't mean every spirit will.

[Do some spirits move on and never observe what happens to their loved ones after they transition?]

Probably. I am sure some have just gone forward if that was their personality. But most keep an eye on what's going on with the people they left behind. Not to say they really are left behind, because we are always around. Some spirits have nothing to do with anybody or anyone in this plane or any of the others. So they just create a world for themselves, and stay there forever. Of course, nothing lasts forever, but as long as some of these souls stay sequestered it might as well be forever. Those are the ones who just don't give a damn about enlightenment, but it's not that they are wrong. They are just doing what is in their nature to do. They'll come around. They always do. There are too many lessons a soul wants to learn.

[But I am sure that heaven is a place that is just so damn awesome, coming back to earth seems silly.]

There are things that 3ders can do that we cannot. Like touch each other, in a very physical, tactile way. I can still hug here but it's not the same. It's way more intense. But it's not the same. Plus, like I said, a soul can't say no to a round of lessons. And some feel they don't have a choice. Soul families incarnate together, to stay together. There are all sorts of reasons to come

back to earth. Sure, there are spirits who stay in heaven forever and that is their choice. There is always a choice. On earth or in the astral realms, there is always a choice.

[Does your karma from a past life determine who or what you can incarnate into in your next life? Like if you were a serial killer in a past life and then died and came back, would you get relegated to the life of a cockroach?]

No no no. Nothing like that. Like I said, karma is not synonymous with justice. There is no justice, because there are infinite perspectives as to what this “justice” is. It is elusive. It doesn’t have substance. It is only applicable to the mores of the society claiming to exact it. There is no true justice in this world. And because every life form is considered equal to any other, a cockroach is not considered any worse than being anything else. So it is not a punishment for being a serial killer in a past life to become a cockroach in the next one. That makes no sense, at least from my perspective. The serial killer comes here to learn something just like anybody else. There is no good or bad, only graduations of light.

[There’s a lot of people I know who would claim you are flat out wrong. What about child rapists? Aren’t they always wrong?]

In your perspective, yes. We all create our own reality. Hopefully your reality has not included any child rapists. So you see them as an “Other,” which is understandable, and from your perspective they are always bad, always wrong. Yes, I believed in life that they were wrong. Now I know that they are sick, and they don’t know what they are doing, and when they die, they will know. They will understand the gravity of the acts they have committed, and they will know how the victims felt, on a very real level. This will create understanding. It doesn’t happen while the serial killer is alive

because society has already labeled this person as bad and so “justice” has been done - throw him in prison, lock him up, and throw away the key. This is what we do to the people in our society. Labels, judgments, the justice system, and widespread religious ideals and values (not necessarily the spiritual aspect of it, rather its institutional codes of ethics) created the problem of the child rapist or the serial killer. But the child rapist would not call themselves a child rapist, they are just somebody who gets off on children. Yes, that is not your reality. It makes you sick to your stomach, but that person came into this life with the same fresh slate as anybody else. He came here to learn some lessons. Maybe the lesson was what happens when you allow yourself to devolve into your base nature and allow it to consume you, then the consequences are great. You don’t learn this in the court room and you don’t learn it behind bars. But when that wretched soul passes on, it will instantly know. It can be atoned, and redeemed, and hopefully, when it comes back into form, the spirit will make better choices. They may see similar paths (unknowingly, of course, you’re coming in blind every time) but maybe this time they will choose a different path. They will help children instead of prey on them. There is no good or bad there is only light. How much light is inside of someone will determine their external actions. This is why it is important to HELP each other. So many of these issues stem from childhood. The lessons are not set in stone. It can be turned around, but the way our societies, our churches, our families, and our schools are set up, it is hard to find that space to be able to help people who are troubled. Because we have lost compassion. Not all of us – you’ll find more compassionate people than not, but as a whole, we have lost compassion. But don’t worry, it is coming back.

[So I didn't realize channeling and automatic writing would be, or feel, so visceral. It is very much an intuitional thing.]

Yes. You must trust your emotions first, before anything else, before thought can come in and compartmentalize. Thought is such a buzz kill. It is useful in other instances, but it bulldozes over emotions if you allow it too. Because it is much louder. You know how much energy I move to put these ideas in your head? A lot, but it is so worth it. I have to compete with your mind, which is no easy task, especially when you are not feeling up to par. Those days, remember to take time for yourself. If your body is not having any of it, you should listen. The body gets bulldozed by the mind a lot too. The body does not speak in words, but in energy. In fact, your body is the greatest teacher in understanding the nature of reality and the natural world. It does not speak, and things occur slowly. The body changes slowly, but surely. This is how nature works. You must be able to speak the language of energy and listen and feel what your body is telling you. Your mind will go nuts sometimes, trying to figure out what is happening or what is wrong, what it could be, yada yada yada. Listen to the body, it does not lie. Why would it?

[How does a guide achieve the process of putting an idea in a person's head?]

Just like that.

[Very clever. But seriously!]

Oh well, seriously... I move energy, into your crown chakra. I create the energy. The energy is thoughts. I move the thoughts, into your crown chakra, and it is much easier to do when you are not creating any blocks, or being crazily distracted.

[I miss you. I miss your presence.]

Whatdoya mean? I'm here always. I'm here when you're thinking about me and when you're not.

[Well, I guess just sometimes I must create these blocks in my mind that prevents me from just allowing you to be there. I start thinking about you, which is almost always...]

That is indicative of my very presence. Because you just "know" things, that is why I come up, or I stay on your mind. It is because you are channeling my energy always. I am here for you.

[Does that deplete your energy at all?]

Hell no, and I'm able to spilt my energy, a lot. Hell, I stay at my mom's house or with my mom nearly all day long, and another one of me stays around my little sister. And another one of me stays around my dad, and so on and so forth. It is all me and yes I

have my hands in every one of those interactions. You seriously underestimate what the soul can do, especially with good intentions. This is part of my journey and a part of my destiny, to see ALL of my soul family members through. And then some.

[So why am I filled with so much doubt about you actually being here? And not just my imagination?]

Because you confuse imagination as something that is separated or different than reality. It's all imagination baby. Just because things are out there looking like they've always been there, that is not the case. Everybody and everything was once just a thought. Thought is the vehicle of imagination. Without imagination there would be no world, nothing in it. Imagination and mental acuity go hand in hand. You cannot be aware of your surroundings, aware of yourself, and aware of the spirit world without it.

[So if I engage with it, if I experience it, if I tap into it, IT is real.]

Yes. It is real. There is nothing more real for you. Now quit fucking around. It's me, damn it.

[Why help me, anyway?]

Because you can do it, it is your destiny to do so, you must take the higher road, the higher path, and that is where you will find what you were meant to do, which is to be a light in the darkness for others to find their way. People must know about the spirit world if they are to live in harmony with it. Also, I think that you are way cool. And I love you and I am invested in your life. As you are in mine. Always.

[But why? Have we lived other lives together?]

Undoubtedly yes, but I am hesitant to explain them to you. There is more work that you must do and I promise, literally everything you are asking me now, one day you will have no problem answering them for yourself. You have that capability. You are an intuitive who specializes in reading symbols. This is why you are so involved with astrology and numerology, in particular, seeing and resonating with angel numbers. That means you are realizing that life is but a dream. You are manifesting those symbols that are proving to you essentially that what you are experiencing is real.

[Has our soul relationship been intimate in some way?]

Of course.

[Wow.]

It's a frequency thing. The way souls resonate. There are platonic resonations and there are romantic resonations. Some energies merge and other energies help each other, or give to the other. It

really just depends, and it all goes back to when we were created. We were very very close by. And there were others. There are always others that you resonate with romantically. There is the passion and the intensity that doesn't diminish with time. That intensity will not die away. That is on a soul level. Not on the physical level. I mean, on the physical level, you could fuck tons of people and not have that energy, you may not even have a platonic connection. Yes, everybody is connected, yada yada yada, but specific connections, those are tied into your soul contract. I guess during this incarnation, we weren't meant to be together, or to even really know each other at all, but there are alternate realities within your current incarnation in which we do know each other or are maybe even together. There's just so much that your current viewpoint makes it so hard for you to see. You could have dozens of romantic connections throughout many lives. It doesn't matter though, because in the moment, if you got one nearby, you try to hold on as long as you can.

[Is a part of you holding on to me?]

Yes, a part of who I was in my last life. Plus, I know that you and I have work to do together. There's a lot we can uncover together, if you will let me show you. Your spirit guides and I are working together. There is much cohesion and unity and we all just love you so much.

[Are you higher self John?]

When I talk to you, yes. Because you are serving higher principles. If I was talking to my mom I may be more like John when Alive.

[I always feel like there is something I'm supposed to do, or some work I am supposed to accomplish? Is this, feeling my pull, my call to my destiny?]

Yes that is an optimistic way to look at it, but just remember that if you surrender yourself, life will carry you exactly where you need to go. That doesn't mean becoming lazy and doing nothing and sitting in your house all day, it is saying, stop planning, stop looking towards the future, stop striving, realize that you are here and that your very presence makes a difference in the moment. Open your heart to the possibilities. Open to the potentialities. Be ready to receive and don't feel the desperation. Feel at home in yourself, and your destiny will tap you on the shoulder. You gotta remember that society tells you to feel this way. Society wants you to run around doing things. But I am asking you to stop, enjoy the moment, and feel me right next to you. I'm there!

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[Can you tell me more about crystals? How useful are they, and if I had to pick one (or two) which should I go with?]

Crystals are tools, just like anything else. They are tools for centering and channeling energy. So I think crystals would be beneficial to you. But here's the catch, you gotta believe in the work the crystals are doing in order for anything to really happen, on an energetic level. You gotta treat those crystals as if they are living beings, which they are. Everything is alive. So you gotta take those crystals and make sure you set good intentions with them. You only want your crystal to take on and emit positive energy. The crystal kind of acts like a sponge... well equal parts sponge and transmitter... it takes energy, transforms it, and sends it back out, it purifies it, cleanses it, and makes it clearer. I think you'd be best off with quartz and maybe another of your choosing... something for protection or for clarity. But definitely get some quartz. And don't forget to leave them in the sun, much like you do for plants, so that they can get fresh energy from the most direct source of light available on earth.

[Thank you. Interesting stuff. It never much occurred to me to use crystals. I thought it was a bunch of hooey. But now I am seeing that a lot of stuff that seemed like hooey only a year or so ago is making a whole lot of sense.]

There is always so much more to this world than you will ever likely see or sense with the five senses you got, that is why it is important to first cultivate awareness so that you can know what you can accomplish. That you can tune into more than just what your five senses tells you. You can actually have up to 10 different senses, but most people will never get there. That is, until you become like me. Free as a bird.

[Do you feel like I am a fauna empath? An empath who can communicate with animals?]

Yes! I think that almost anybody can become any sort of empath they want if they believe it enough and do the work to get there, but you are naturally drawn to animals and animals are drawn to you. However, it must be understood that animals don't think like we do. So if you are intuiting something you think is coming from them but sounds just too human, it's probably not your dogs talking to you. They don't think in words or big concepts so you won't get that from them. You most likely intuit their needs and how they feel but there are ways you can read an animal, almost like sensing their past lives or whatever traumas they may have encountered. You can read their soul, if you are in touch enough.

[Were you an empath in your life?]

Yes, but I never 100% figured that out for myself. I did notice how much others' feelings would affect me, sometimes I could be completely out of sorts for weeks because of something someone said or did, even if it wasn't to me. But I took a pretty grounded, earthly approach. Crowds were not really my thing and loud people was something that bothered me from time to time, but I was the type of dude to not let anything get the best of me. I was determined to shake myself out of that crap. So I oscillated between extremes of super hermit and going out every night. To lose yourself in a noisy crowd is one of the best things I could do for myself because if I hadn't, I may not have had the kinds of friends I did. And I had good friends.

[You seemed like the type of dude who could make friends really easily. I think people must have been drawn to you, because they knew you were different.]

It is hard to go through life being so different but wanting so desperately to not stand out. I am not the stand out type of guy. I am very much the work behind the scenes sort of person. But I attracted people like a moth to a flame. People always thought I was kinda bad. You know? Like I was a bad guy or an asshole, but when people got to know me, they saw another side of me. I think that is what kept people around. Because I was not into sugar-coating anything. But yet, people appreciated my advice. And of course, I had no idea about any of this until I passed on.

[Were you frightened or worried when you crossed over?]

It was a complete surprise, that's for sure. But no, I was never afraid. It felt so good to be free of the body, of a life that was not altogether easy but sure was filled with love. I felt like it wasn't my time but it was also my time, you know? Now I will tell you this, I was so upset for my family. It's hard, you know. Feelings like fear, anger, jealousy, envy... those feelings don't really exist up here. I mean, you can try to feel these things, but these emotions are slipperier than water. But you can still feel sad for those who are left behind. Especially when I would go back (which was and has been every day since it happened), and see everyone just crying, or even worse, silent and pale, and I would feel so sad. My whole soul is just wrapped up in a deep dark blue when that happens. It doesn't last long, but it sure does hurt.

[So I just read something last night that said people shouldn't try to do automatic writing because there is too much room for error and also it is hard to determine who you are actually talking to. Is this true?]

Yeah, it's true, somewhat. Depends on the person. Some people try to get into because it seems like fun or they just want to try it out. But they don't really believe that a true conversation is occurring. So that keeps it from being authentic. Some people close their eyes and start scribbling, but I think that won't work for you because you are a woman of words. Maybe we should talk about what automatic writing is, before I get too far into it. Okay, automatic writing is sitting down, and consciously putting your logic aside, and allowing the ideas to come into your head, unimpeded, for you to translate into written words. So yeah, I may say something weird and you take that idea and you translate it to something that makes sense. All the while, it has to be fast. You can't think much while you are engaging with me. That's what makes it all me.

[So is it dangerous for people to do automatic writing?]

Only if they believe it's dangerous. If you are fearful of something, you're going into it with negative energy, therefore you are more susceptible to negative or lower entities. So don't be afraid! And only talk with those you know or feel comfortable with. You will know the difference by how you feel, and also by the quality of thoughts coming forth. Honestly, nothing can hurt you unless you allow it to.

[So why bother discouraging people about it?]

I don't think it should be discouraged. But it is something that should be taken seriously. Nothing bad happens to those who don't believe it anyway. In fact, nothing happens if you don't believe. Those who try it out just to see are curious, but maybe engaging in automatic writing is not part of their path. There are other ways to communicate with the spirit world. This method is good for you, because you are so affected by the power of words. Also, some mediums are superstitious, and they have to go through all these steps in order to "feel" protected. But you are always protected by your guides. Nothing can hurt you, unless you invite it in or allow it to come into your life.

[I have made peace with a lot of things and circumstances in my life, because I know that those circumstances do not define who I am. But why do I still get bummed out on days I have to work?]

Because you are giving your job too much power over you. You allow it to determine your feelings and your thoughts. But your job is just that. It's a job. It is a method of making money in order to pay for things in life. That's all it really should be. I think what you need to do is learn how to just accept and understand that nothing lasts forever. You will not have to work there forever, but you must find appreciation for it now. You know? Appreciation makes everything so much easier. You will feel as though there is purpose in it. You are learning and you are connecting with others in very positive ways. If you could see the affect you have on people, just by being kind and helpful and accepting of them, you would know that it isn't a waste of time. So be in the moment when you are there. Fully engage. Be helpful. Smile. That is not your destination, but it IS part of your path.

[People deserve to know that they came from love. That love is their eternal home. How can I best do this?]

By being a shining example for others to follow. You will never truly know how much impact you have on somebody else until you die and then you get to reexamine every soul you touched, whether in a positive or a negative fashion. So treat everybody the same. Give everybody the same level of kindness, and don't let anyone else get you down. You are doing more good than you will ever know. When you just give somebody a smile, or ask them how they are, or listening to their troubles, or just offering your solidarity when they are going through some shit, you are doing so much good for that person. And you are doing good for yourself. People don't need other people telling them what they should and shouldn't do. That is outdated, but it is the basis of all religions and all institutions and all dogmas and all law systems. What people need to hear is that they have the choice. They always have a choice. And if they make decisions based on their own spiritual needs and wants, they will go far, because their actions will be in alignment with their destiny, their soul contract. They are capable of accessing tremendous heights in their life work. This happens to people who are not very spiritual too. Because like I said, everything is the spirit world. Everything is spirit.

[So it's like tapping in, to source energy? And sending that source energy out to others? Is that what I am doing essentially?]

Yes, you are. You do it every day. Don't give up. Some energy is gonna feel yucky. But you don't have to carry it. You acknowledge it, and acknowledge that that person is not really like that, not on a soul level at least, they are just acting and reacting the only way

they know how. You forgive them, and you transcend the bullshit, then you connect, in a way that is meaningful to them. It's not up to you to decide how they receive your light. Some people are so blind they won't even see it, but it may still affect them energetically. That is why some people are simply putty in your hands. They don't really have anybody else in their life that treats them with respect and with love, so when it happens, and especially if it is a stranger, and that stranger had no reason to be nice other than they just are, that can do amazing things for a person, even if they never think about you again. What you do is take energy that could go negative and you transmute it into something positive, so that it at least does not yank you down, but it also uplifts someone else.

[How does a natal chart work exactly? I understand that being born under certain signs already pre-programs you to behave and think and operate a certain way, unless of course, you become aware of it, and then you can go in a reprogram according to your specific soul needs. For example, you don't have to express the shadow side of your sign if you become aware of it. You bring those traits to light, when you examine your natal chart. But I guess my question is, why? And why don't more people notice how accurate it all is?]

I think people are terrified of being the object of circumstance. But, it's not that their circumstances are set in stone. Observing the natal chart is just honoring the fact that the cosmos is much bigger than us and that everything is inherently connected. Painfully connected. Intricately so. So it is empowering to learn about what you are both in for and up against. So you don't have to become the bitch of circumstance, you can turn it around. You can examine, both from looking at the natal chart and examining your own experiences and your own ways of being, and then from that point you can discern what it is that is triggering you to devolve or to keep making harmful mistakes. It's actually lessons just begging to be noticed, instead of constant grief and sorrow. One thing after another occurs, and then you start to think that the universe is after you. Like God abandoned you. Like everything is everyone else's fault. But if you just took the time to get to know who you are... Yeah, you don't think you chose your time of birth. You don't think you crafted your own birth chart. [You don't think you chose] your own time to come into the 3d world. But I am telling you this, you chose it all. So it is a really important thing that people take a look at their birth chart and try to reconcile the more challenging aspects and try to turn it

around. You have the power. Alternatively, you can also look at your best aspects, your shining traits, and use those to live a healthy, happy life. You use what you yourself gave to you, in this incarnation, to better understand yourself, and why you do all of those unconscious things. It is your natal chart that you are born under, and it creates a fractal effect. That is why no one is the same. Everyone is a bit different. It even boils down to microseconds. Yeah it is hard to find a natal chart that specific. But you can definitely figure out the longer time frame aspects. It's wild.

[So are people afraid of knowing themselves?]

Yes people are afraid of what they will find. Or unearth. It is a self-confidence thing. If they weren't taught a healthy range of self-confidence and self-esteem when they were younger, if they weren't taught to get to know themselves, or to do what makes them happy. All of their interests were shut down at a young age by their elders, then these people don't really get into it for themselves. They are taught that it is a bunch of hoey, and that it is all made up. So those people don't ever find out. Yeah, some of them don't need it. There are people that come into this world that just know themselves. But even those people could benefit from being aware of the subconscious elements of their existence. Everyone can.

[I used to just look at it as entertainment, but because I have always observed others' behaviors and ways of being, I kept thinking, wow, so and so really IS like that.]

Yeah, and until you develop a better understanding of it, like you clearly have, you don't see it. You don't think about it. Your mind is preoccupied with all sorts of 3d world things, but you miss vital information. You can learn how to get along with anybody if you

understand better where they are coming from and how they are programmed. Now, that is not to say that you should put expectations on them. Everybody is different. Everybody is born under lots of signs. That ensures the variety of people you see every day. But once you become aware of it, you start to see patterns everywhere. You will see similarities more than differences, the deeper you go. Then you realize that there is order to it, somehow - there is fractal element to it.

[You say fractal a lot to me. I am thinking that specific traits get filtered down through certain signs, from the cosmos all the way down to the microcosmos. This ensures that the patterns are infinite and infinitely varied. All different but all the same.]

You are downloading today. Awesome. You pulled that right out of an akashic record.

[Cool. But I still don't understand.]

Well, not everything can be understood. Chalk it up to organized chaos.

[How do astrologers get information about how different signs behave and how different aspects, like conjunctions and squares and oppositions will affect the natal chart?]

They intuit the information directly from the akashic records.

[Ah I see. So that is why it is not considered reputable by 3d world standards, because its proof is not found in this dimension?]

The proof is all over this dimension. But people are blind. They can't see it, if they aren't aware of it. . So they don't take it seriously. But you know for sure that the proof is all around you. I mean, you can pick out Scorpios based solely on their energy. You

are reading people. You think that what you are doing is comparing how they look or appear, which has some validity, and comparing how they behave, how they operate, which is a big way to see the similarities, but also, you are reading the energy. You do not have the words to describe it. Energy is a language without words. You pick out Scorpios because you are attuned energetically to their frequency. But because you have advanced knowledge, you do a fair job picking up on energies from all across the zodiac. You focus more on how good you are with Scorpio, but you are also picking up on everybody. Sometimes, when you guess "wrong" it is not always wrong, you just intuited their rising sign, which is sometimes way more apparent than the sun sign. But you see proof every single day, my dear.

[So what does it take to really use this stuff to our advantage?]

An open mind. Open heart. Openness really. You have to be willing to hear what you don't want to hear, and understand what you don't want to understand. Otherwise, you are a hamster caught in a wheel, with no understanding as to how you got that way, or how you can get back out.

[After leaving their earthly body, does a soul still exhibit traits or qualities of their chart of their previous life?]

We retain certain personality traits that really just mesh with our spirit's rhythm so to speak. You forget, you get to choose when you come into a body. So you totally get to do it up. You choose when you're coming in, so you're already aware of where you're going and who you're going to be. Then, because of amnesia, you forget that you chose it and then it becomes circumstantial. It becomes something you didn't choose. And if you perceive to be born under a bad sign, or whatever, you can unconsciously take that role on, but if you just gave it a little bit of attention and

reflection, you could see that you don't have to be trapped by your birth circumstances. Those circumstances may be what is prompting you to discover yourself in the first place.

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[How many times do we live this life?]

More times than you can count.

[So why do I only experience this one life in the now, if there are too many to count?]

You experience all of them. You make a choice and then you go down that path. But just think of all the other roads you could have gone down. All the other choices you didn't make. They may become a reality too, but because you didn't choose it for yourself, you don't experience it in the physical. But when you die, you can certainly go into those choices that you didn't make. You can make them and you can live that consequence or that outcome, should you choose to do so, but it doesn't change any of the other stories. You just get to learn more. It's easier to do that stuff up here. From your perspective, you can only change how you are energetically tied to events in the past. But no, you cannot take your body back to that point in time and make a different decision. Not yet, at least.

[Because the body would not survive the trip?]

Yeah earthlings haven't figured that out yet. We are still limited by what we believe to be a classically set universe. But that is not how it really is.

[But once we get past that, are we going to start seeing opportunities to expand?]

Yes, of course. But it will first take breaking down all of those illusions and belief systems. And a lot of lies. There are tons of lies that will have to get scrubbed clean, and that will take a while.

[Words have a lot of power behind them. Will we start getting more proof of extraterrestrial life and dimensional beings?]

Yes on the ETs. They will start really communicating one or two lifetimes from yours. There will be more people interested in dimensional travel. Indeed, it is the only way humans are going to get from earth to other earth like planets. You have to cross dimensions to get there, in order to reconcile the fact that there is too much distance between our physical planet and other physical earth-like planets.

[So like that movie, Interstellar, we will learn how to travel by wormholes?]

In a sense, yes.

[Is that how aliens travel now?]

Yes. That and a form of molecular transport. Like Scotty-Beam-Me-Up, but better. More advanced. They can even just travel through their consciousness without ever leaving their planet, ship, etc. They are largely telepathic. Some don't have vocal cords. Much like dolphins or whales. More sophisticated than sonar. A lot like how Jedi could talk to each other with telepathy.

[So tell me more about your primary... job, I guess is what you'd call it. Communication. Between my world and yours?]

Yeah that would be the putting ideas in your head thing. I am learning how to become an expert energy mover.

[Interesting. So are you going to become a guide?]

Not... technically, but I guess you could call it a guide of sorts. I won't latch on to anyone, but I will be moving around. Moving through creative circles mostly, and heavily in the writing fields.

[So that's a pretty behind the scenes, thankless job.]

I don't need any thanks. I like behind the scenes work. It suits me. It suits who I am.

[Cool. Well I am excited to see your influence all over the world.]

I so wanted to become a writer when I was alive, but never got around to it. There was always something else taking my focus away. I like the single minded focus approach, so being pulled in different directions, having to meet up to expectations left and right, left me exhausted, unmotivated, and downright depressed. But again, I took the cares and the fears of others and took them in as my own, and fed them, gave them shelter... so there wasn't time to focus on what I wanted. But I see now that was a choice I made.

[Well now, you can influence so many writers. That's really cool. Are there some people who are not as open to the influx of your ideas?]

No, because I pre-screen everybody.

[Wow, how long does that take?]

Oh, not long at all.

[So once you pre-screen them, and you know that they jive with you, then you send them ideas, do you encounter blocks?]

Yeah, but the more dedicated ones are easier to get to, because they have generally created a process for themselves in which they can just get in the zone, and so the inspiration I am trying to send flows much better to them. My ideas marry with their ideas, along with their expectations and their experiences. Out of those ideas develops a story, becomes a plotline, or even just births a quote or two. I don't channel whole books to people, they pull their inspiration from all over, but I certainly can get in there and influence them, and it is my job to do this, you understand, but I love it.

[Cool. Sounds awesome. You are very subtle. I can barely detect you sometimes, but other times, you're there as clear as day. What gives with the varying intensity levels?]

Remember, it is all what you focus on. What you are focused on, manifests. For me to come in, it requires a certain amount of openness. I can interact with writers because they are open to the inspiration. They may not be aware that a spirit or group of spirits are transmitting information and ideas to them, but they are still able to receive. You are receiving all the time, but you are not always aware of it. In order for me to be evident to you, you must be aware of me, you understand?

[I guess I get it. So even when I am not aware of you, that doesn't mean you are not there?]

Exactly.

[Why do I sometimes still feel fear when I know that fear is a counter-productive or counter-intuitive feeling?]

Because you are human and it is natural to fear the unknown, to fear what's coming next. So give yourself a break. But also remind yourself that fear doesn't really help your situation any way you look at it. So it is best to find ways to drop or remove that fear. And that all comes with acceptance. Accept where you are and that no matter what happens in the future, you will be okay, and you will come out on the other side much better off than you ever imagined. You have to trust and have faith that if you set the intentions, and you keep your focus on what makes you feel good and happy, then you will see more of that in your life. Fear will dissipate when you decide to turn around and face it head on. Most of the time you'll find that it isn't even real to begin with.

[Who gave fear the power to actually inflict harm upon a person while incarnated? I mean, I know that if you allow fear in, chaos and negativity becomes a very real thing.]

You give it the power. Because you are giving it energy. So if you want your fears to dissipate, you gotta stop feeding it energy. Fear can become real, but only if you let it.

[How do I communicate this to others so that they can create better existences for themselves?]

First you must master it, then you can teach it.

There is an undercurrent of connection and vibration that moves us all, and almost always will move us towards one another... other soul family members, rather than away from. Now, you always have a choice, but the universe has a way of making soul family members pop up into your life. And mind you, your soul wants to find other like souls. The connections are sometimes too strong to keep souls apart that truly love and nurture each other. When you die on earth and your soul enters the spirit realm, you instantly are aware of all of the identities of your soul family members on earth or in spirit, no matter if you were not aware of them before while incarnated. That's how I got my 'tabs.' I learned about my bigger network of family when I came here.

[But if everything is connected, isn't everyone a part of the same soul family?]

The soul family is created by the oversoul. The oversouls are a part of a bigger network of souls. And yes, everything is connected. Everything is one. So really, you have the individual personalities that you mesh towards, but everyone really is the same on a very fundamental level. We are all Source. That's why from our perspective, there is no hatred or malice. There is no sense of other. That is why it is important to dispel the fear of the afterlife because nothing can hurt spirit. There is nothing that isn't God... everything that exists, exists eternally.

About Theresa

I consider myself a psychic intuitive, and I enjoy spending time channeling my spirit guides, and in particular, my friend John, who has helped me open up and receive correspondence from spirit. This blog was created in hopes that I could share the channelings and the wisdom I have gained since communicating openly with spirit. Our mission is to spread awareness of spirit and higher vibrations, in hopes that we can help others transcend lower, fear based vibrations. I seek to bring harmony and balance to the world through knowledge and compassion. On earth we are experiencing a great shift in consciousness and I have been called to do this type of work – as many others are! The veil is thinning and many of us are beginning to realize that there is much more to reality than what we see around us. The spirits want to help us, but we have to trust them and open ourselves up to their guidance! The majority of them would say to you right now, *“Don’t be afraid. It’s ALL GOOD! Trust in your journey. Trust in yourSELF!”*

About John

John is now learning how to help creative types channel inspiration directly from the spirit world to create something in the physical. He is also deeply involved in the mystic arts – he would probably tell you his job title is “Magician.” He is also deeply connected to his people – his soul family members, who he keeps “tabs” on and manifests a piece of himself to be with each person – to help them grow and to protect and nurture them with what

he calls “energy juice.” John is also really cerebral and he loves giving advice, but he always maintains that he doesn’t have all the answers and that each person’s primary source of knowledge is available within.

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