

Late one night, I received a call from a young couple frightened to be in their home and trying to avoid sleeping there. When I arrived, they told me about a shadowy, dark being who had been appearing to the woman of the house. She felt threatened by this figure, and feared that he intended to harm her. Ironically, she had been hoping to see a ghost for years. Now that one was visiting her, all she wanted was to be left in peace. How could she convince this being to leave her alone?

As it turns out, this being had known her in a past life. They had been engaged to one another in an agreement of arranged marriage. My client had not upheld her end of the agreement, and this spirit, during that

against the current of the times, whenever those times had been.

Letting go of the past requires more than putting time between yourself and an event; it requires forgiving yourself. We can hold onto pockets of “unforgiveness” and regret, even for decisions that we would make again. My client had decided to follow her own path, honoring the opening of her heart and freedom of her spirit. Yet, she regretted the pain and

Spirited



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Heal the spirit

and the spirit will heal your life.

lifetime, had grown old and died alone. He had spent that time wallowing in his heartache, despair, blame and victimhood—holding my client accountable for his pain. Now he had returned in order to offer and seek forgiveness.

When my client encountered this being, all of her buried emotions rose to the surface. She felt trapped and suffocated, as though her life was not hers to live as she pleased. His presence reminded her of a time when she was chastised by others for following her dreams. She had assumed that the past was gone, and was not eager to have it sneak up on her in the 21st century, but its reappearance gave her the opportunity to face the situation and to release its hold on her. It freed her from living an ongoing rebellion against an event that she no longer remembered.

With this information, she was more than willing to forgive her former fiancé's anger, as well as to accept his forgiveness of her decision. Most importantly, she was able to forgive herself for following her heart

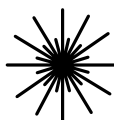
heartache that her former fiancé experienced in conjunction with her decision. She regretted that she could not choose his preference, or the desire of her family. She did not regret her decision, and yet she needed to forgive its unpopularity. This reunion allowed her to release any of the doubts or regrets that had been burdening her. In forgiving and being forgiven she not only let go of the past, she healed it.

Perhaps you are aware of a situation in your life that you can forgive, preventing the need for a shadowy figure to remind you to love yourself.

Heidi Petersen provides clairvoyant readings, energy healings and house healings. As a staff member of the Psychic Horizons Center in Boulder, she teaches house healing techniques to their students. For more information, or to schedule an appointment, please call Heidi at 303-652-2491.

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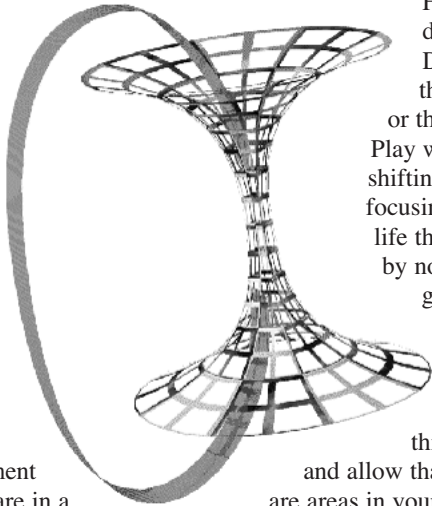


Reclaiming Your Life

LYNNE MORRELL

Law of Attraction

It is a New Year... 2003. What if it were possible to have this year be the best yet? What if this year you could choose to dramatically shift how you think, which would lead to a dramatic shift in the way you feel, which would dramatically change what shows up in your life? Let me say this in another way: Your thoughts, whether conscious or unconscious, create your emotions. Your emotions lead to feelings, which are really vibrations. This is your point of attraction. This is the place from which you create. So, when you are thinking thoughts of joy, love and abundance, you feel good. You are in a positive vibration. When you are thinking thoughts of betrayal, resentment and lack, you feel bad. You are in a negative vibration.



That which is like itself is drawn to itself. This is the Law of Attraction. Have you ever noticed that what you focus on gets bigger? Maybe you are focusing on not having enough money. This thought leads to a variety of emotions like fear, frustration and envy. These emotions lead to a variety of feelings like insecurity and incompetence. This is the attraction point! And guess what? The feeling of "not being good enough" brings external validation of not having enough, not enough money, not enough friends, not enough work. This continues and pretty soon you are saying things like

"See, I told you... there is not enough!" The universe responds to what you are vibrating! If you are vibrating "not enough," you will get lots of not enough!

Now, how to shift this so that you can begin to consciously attract what you want?

First, notice your dominant thoughts.

Do you tend to think thoughts that feel good or thoughts that feel bad? Play with the idea of shifting your attention and focusing on aspects of your life that feel good. Begin by noticing what you are grateful for. Notice

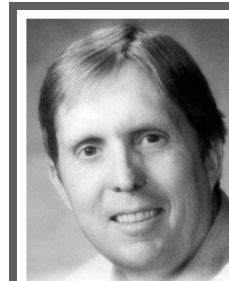
what is fun and playful. Notice the amazing experiences that this life is offering you and allow that to expand. If there are areas in your life that are not quite where you want them, that is alright; these aspects are on the way, in some form, seeking their vibrational matches. Become conscious of how you feel when you are taking any action. Taking action from a place of abundance will bring more abundance. Taking action from a place of lack will bring more lack.

If you feel inspired, take some time to notice all the areas in your life: health, career, friends and family, significant others, home and finances. In what areas of your life do you attract what you want with ease? What areas do you find more challenging? What are your dominant thoughts

surrounding your life? I want 2003 to be the best year that you have ever had! The better it gets, the better it gets! Life coaching will support these changes!



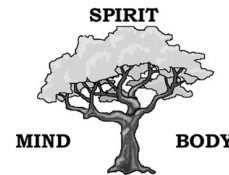
Lynne Morrell is a Life Strategies Coach. Her practice focuses on people who are in transitions and who are in the process of reclaiming their lives Her style blends intuition, compassion, humor, enthusiasm, fun and creativity. Call 970-204-0358 for a free experiential session and explore the value that coaching can have in your life.



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