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Learning Outcomes

When you have completed this course, you will:

- know and understand the sources of personal energy
- know the four levels of communication
- identify the manifestation of energy
- know many techniques for finding answers to questions
- be able to use techniques of healing
- be able to “read” for others
- be able to provide information for others
- be able to use healing techniques to help others

Introduction

Many people I have spoken to talk of when they were a child, saying that they

- saw people – ghosts in their room (*visual*);
- heard voices and noises when no other person was around (*audio*);
- felt something they could not explain (*feeler*); or
- knew when someone was phoning (*knower*).

These four communication skills (visual, audio, feeler and knower) will be further discussed in the book.

For many years my students have taken my intuitive classes and found peace of mind, comprehension, conviction, confidence and employment. I created this book to empower, to teach, to bring clarity to, and to dismiss the fear of, metaphysics and the occult (psychic powers, paranormal or extrasensory perception). For those who are questing for the first time, for those who have had strange happenings and did not know how to understand them or know how to use them properly, the information will be useful. The experiences might have made them afraid or had friends and family shunning the very existence of the happenings of which they spoke. It is also informative for an intermediate level student of Metaphysics or New Age, and for teachers who love other ways of demonstrating these abilities.

Use this book for personal growth, enhancement of healing abilities and employment in Psychic / Intuitive occupations. It will bring understanding, personal proof and further development of psychic abilities.

How to use this book

If wanting to:

- understand your own happenings or the experiences of a friend or family member, read the sections of interest.
- develop your psychic abilities, start to read from the beginning and follow the chapters in order. Practise all the exercises in each chapter.
- become a Psychic or Intuitive Practitioner, read the book and sign up for the in-class or correspondence courses I offer.
- use the book for class instruction, buy as many books as needed.

I am happy to share my personal experiences with you. We will be exploring energy, answers and healing techniques, and information you will need to know about becoming an intuitive practitioner.

So how did I get to now?

I now believe that my childhood made me strong and determined to find a better way of life.

I was born into a childhood romance; my mother, small and pregnant, was married in pink when she was sixteen years old. My father was a dreamer, always trying to be something or someone he was not - a miner, a traveling salesman, but never knowing a real job...was three years older.

We lived in nineteen different homes in four different towns by the time I reached eight years of age. Memories of those precious years are terrible. Yelling, spanking, crying and being scared is what I remember most - happy during the day and walking on eggshells as soon as my Dad arrived home at night.

My mother did her best looking after my sister and I in trailers or one bedroom basement suites, with minimal furniture and food. Hand-me-down clothes, struggling to keep up with my education due to all the different schools I attended, never knowing how long this new friend was going to be with me, were some of my life lessons.

From the age of ten I helped my divorced mom (thank God!) with her businesses and by the age of twenty five I owned my first business - an awning and canvas repair business...just like Mom.

When I was twenty nine I had to sell my business, due to the excruciating pain in my lower back that would cause me to collapse onto the floor. Not wanting an operation, I looked into alternative healing for relief of the pain. I went to a few different practitioners who practised: chiropractic, massage, emotional clearing, reflexology and muscle testing to name a few - and they all helped heal my back. I then studied many of these courses and at the age of thirty one was working in an alternative health clinic.

Interesting how life's many twists and turns, ups and downs are actually blessings in disguise. This next story is what really changed my life.

I enjoyed very much working in the alternative medicine clinic. Even with the many courses that I took to make me qualified for the job, I was not prepared for this event.

Everything started out as usual. It was close to 10:00 a.m. and I was just finishing saying goodbye to my first client when I noticed my next client was waiting for me in the lobby. I greeted her and led her into my practitioner room. I had seen her before at the office as she was a regular client with one of the other girls. She sat down in the recliner and readied herself for her Reflexology session by removing her socks and shoes. She was relaxing in the chair and making small talk with me; I was just finishing with her right foot and about to change over

onto the left foot when it happened.

I started to feel a pressure in my head. It was not quite like a headache, it was just this pressure and then... it turned into voices. This had never happened to me before. I didn't understand it at first, and then I just knew they wanted to talk to the lady sitting in the chair. I didn't know what to do and the pressure was increasing and the voices becoming louder. I was so worried that I was about to lose my job. That was all I needed... I could just imagine her running out of the room screaming. I was sure I would be in big trouble with the girls at the front counter since any practice of clairvoyance was against their belief system.

I was trying to understand what was happening. I could have counted on one hand the number of drinks in a year that I might have had. I do not do drugs, take medication or smoke anything. What was going on? I grew up Catholic, going to church every Sunday, Catechism classes, even catholic schools. This was neither funny nor appropriate!

Finally the pain in my head was unbearable.

"I have to tell you something." Even with just those words, her face seemed to pale. "You have two boys who want to talk to you..." I paused, not knowing how she would respond.

She calmly replied, "Is that all..."

I almost fell out of my chair... like this happens to me every day. 'Is that all?'

"Describe them to me. What are they saying?"

When I gave her the requested information, she proceeded to tell me that both of her teenage sons had passed on in tragic circumstances. I could not believe my ears. Not only did this both intrigue and trouble me but what were the chances that I was right?

Her husband came to visit me shortly after that and I communicated for him also. The couple invited me to their home and showed me pictures of the boys. I am still amazed at the accuracy of my description.

From that day on, while I worked at the alternative medicine clinic, I never knew what to expect from my clients. I would think that I was going to do a massage or reflexology and set up for that booking but once they were in my room, I would find out differently. I always wondered how they knew of my clairvoyant abilities as I had never advertised. I guess word of mouth is all that it takes.

This was definitely the turning point in my life and nothing has been normal since.

Oh, by the way, she told me later that she thought I was going to tell her that she had cancer or something equally serious. Funny... thinking back on it, that *would* have been normal!

All this has brought me to now, which will lead to tomorrow.

I believe that we all have a purpose on earth, that we are granted time to experience and learn what is necessary for each of us. I know that I want to help people in a big way—not just a small way. It was muscle tested once on me for how times I have been down here on earth, many times, over ten thousand times. Why, you might ask, why do I keep coming back? I think it is because I have a great ability to help the human spirit.

I could move on, change my frequency in the level of light and stay there but I have found that spirits there work harder than I do here. Also human beings do not seem to understand that these spirits are trying to help and communicate with us. Most people are scared when something unusual happens and many are put on medication. So I find that I can help more here than if I stayed up there.

My dream is to witness the new era, where there is no war, only peace on earth, when all people are respected equally and our purpose of this life time will be apparent to all. Man will be in control of his own life; self-empowerment, self-love and humanity will be the goal. There will be no judgment, just the understanding that everyone is on an individual path of enlightenment and that we all are at different stages in our development. Each of us needs different experiences in order to gain the wisdom required for the new millennium and the afterlife.

Heaven on Earth is to know that we each create our own future; every thought, decision and action creates a wave of reality that makes that determination. We make our choices freely with no one to blame but ourselves.

Every waking moment is a new opportunity to change your mind and choose a different route. You are the only one who can take control of your life and go forward to build a better tomorrow.

In this course, I will share with you knowledge, stories and inspirations about psychic healing *emotionally, spiritually, mentally* and *physically*, for I have not seen that we can do that in the afterlife. I urge you to enjoy the precious time you have with your loved ones...to teach and learn from your children and finally... to be careful what you think, say and do for you create your own future. Your journey on earth takes such a short time, a metaphoric blink of an eye, compared with the afterlife.

May you go forward in love and light, with wisdom and self-empowerment.

Enjoy the Journey!

Section One

Energy

Energy

What is energy and how can we use it intuitively?

Energy is defined as:

- *forcefulness and vigor in actions or words;*
- *busy activity, to devote one's energies to making a success of an enterprise;*
- *the unifying concept of all physical science that associates with any system a capacity for work either as a result of the motion of mass in the system (kinetic energy), the configuration of masses or charges in the system (potential energy) or the presence of photons in the system (radiant energy).*

There are many scientific books and courses in this field from which a student can learn more information.

Basically, energy is the ability to make things move. There are ten kinds of energy: Magnetic, Electrical, Sound, Gravitational, Elastic, Light, Thermal, Mechanical, Chemical and Nuclear.

These are categorized into three groups of energy:

Potential

*Stored energy
or energy related to position*

Kinetic

Energy of motion

Radiation

*Energy without
particles*

Elastic

Nuclear

Magnetic

Gravitational

Chemical

Mechanical

Thermal

Electrical

Sound

Light

You will be learning how to work with *light* (energy without particles). You will not necessarily be able to sense that you are doing anything although it will be happening, just as in the examples below.

- Ultra violet light and infrared light are undetectable by the human eye.
- Dogs can hear sounds that we can not hear.
- Animals' sense of smell is also amazing compared to ours.
- At one point in history, humans could not accept the telephone, let alone a cordless one, T.V., computers, airplanes or traveling to the moon.
- Humans could also not accept that the earth was round or that both man and women had exactly the same number of ribs.

Times have proven that more and more is possible. The record of the fastest man is being broken daily. The smallest thing was the atom... now it is a quark...tomorrow it will be...? In Russia, hundreds of miles underground, are laboratories where scientists are

studying particles. What will we discover next?

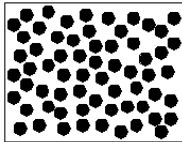
Frequency -Vibration and Healing

There are three levels of frequency with which we will be working:

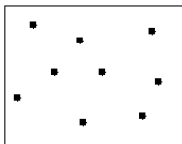
- **Electromagnetic vibration** (the earth's polarity of north and south), on which our bodies function;
- **Physical vibration**, which comprises auras and the energy of what is around us (other people and machines, for example), and
- **Astral-etheric vibration** which is energy from God/Creator/Spirit.

All matter is made of energy that holds a certain vibratory rate. If you wish to understand this further, you will need to refer to chemistry. Everything is made up of atoms; in combination, they are then considered molecules.

Everything we can see and touch is composed of bonded atoms. Think about a metal object, perhaps a metal chair. The molecules are large, are very close together and they move or vibrate extremely slowly. We cannot see the individual molecules but we can feel how solid and strong the structure is.



Now think about air. We do not notice air very often but we know we need it to breathe and we can feel it on a windy day. But can we see it? Perhaps we can imagine that we see air through a window, when the sunshine is hitting it just right and the dust particles are now visible, or sometimes in a dust storm we think we see air moving. The real point is that air molecules are smaller than those of metal, they are not close together and they vibrate very quickly, which is why we can walk through them.



The human body is made of trillions of cells and each of these individual cells is made of molecules. A scientist can look through a microscope at our cellular structure and find that the cells do not touch, but vibrate. There is no way that the human eye can detect this, we can not even feel it. Really, we only imagine a solid mass that makes up the human body.

There are scientists, like Dr. Valerie Hunt, who have discovered that our bodies have a specific healthy body frequency or hertz. She found that a person with let's say, cancer, has half the vibratory rate of an average healthy person and if you raise that person's vibratory rate to a higher energy level, than that person can heal if he/she so chooses.

Spiritual energy is just another frequency that is usually undetectable by the human sensory system. Spiritual energy is minuscule, extremely fast and the particles are very far apart.

There is countless documentation of people having strange experiences which scientists cannot explain.

Thought Energy

These next exercises will help you notice energy.

Exercise #1

1. Walk around the room as you normally would. Notice how you feel.
2. Stop and take a breath.
3. Now have your intent/thought change to walking as if your feet had cords that go out of them like tree roots that tie to the center of the earth. Now walk and notice if you sense any difference. Again notice how you feel.
4. Stop and take a breath.
5. Now have your intent change to walking as if you were a feather with no weight at all. Again walk and notice if you sense any difference. Notice how you feel.
6. Once you have tried all three, take a breath and let go of the experience; go back to the normal you, or how you want to be.

Exercise #2

1. With a partner, stand facing each other. Have your partner stand normally. Place your hands on his shoulders and lightly push him backwards. (Be careful not to push him so hard he may fall – push LIGHTLY).
2. Have him think that his feet have cords that go out of them like tree roots that tie to the center of the earth. Then, again, with your hands on his shoulders, lightly push him backwards. Do you notice any difference?
3. Have him think that he is as light as a feather. Once again, place your hands on his shoulders and lightly push him backwards. Do you notice any difference?
4. If you do not notice any difference, try this exercise with a few more people.

The purpose of these exercises is to show you that what you think can change

your energy field, even gravitationally. Interesting! What we think is what we create. As I say, “Be careful what you think, you might just get it.”

Are you Ready to Develop Your Psychic Abilities?

You have just completed the first 11 pages of the Intuitive Life. This book has been written to help you develop your natural, psychic intuition from the comfort of your own home at your own pace or you can register for the in class or by correspondence; Intuitive Practitioner Program.

In over ten years of teaching this program I have never had a student who could not learn how to develop their own psychic abilities. I believe everyone can do it, you may be a bit different from another; like learning to play the piano, some will be a natural, others will take time to play beautiful music and a few may be a Beethoven or Mozart, but we can all learn.

Remember...Practice = Mastery

Love and Light, Connie

To order the book ‘Intuitive Life’:



To order the course ‘Intuitive Practitioner’, go to www.naturalhealthcollege.com