

## Part One

### You and the Universe

#### Chapter One—Medical Intuition Welcomes You

##### *Introducing Medical Intuition, This Book and Me*

My closed eyes popped open in shock. I'd just seen a woman's lungs like an x-ray machine! I saw the individual fibers and the alveoli (the tiny air sacks within the lungs) that actually appear as grape-like clusters. Inflamed orange-red filled her lungs, with the right side much more irritated than left. I could see darkened areas within the red. It was a few minutes before I realized that I was literally seeing inside this woman's body, deep within her lungs.

I said, "Are you a smoker?"

"Oh yeah, I plan to quit soon," she declared with a laugh.

We were surrounded by thirty or so other women, all taking a break during a weekend workshop. I was one of the presenters for the program but as I look back, I am no longer sure what the program was even about. I was simply shocked to know that I was seeing actual lung tissue. At that moment I became a medical intuitive. The retreat center and all the lively, talkative women around me just faded away.

That was the beginning. I realized that I was looking into another human's lungs like a photographer taking a digital image or an x-ray machine showing a troubled area. The psychic awareness continued to increase after that. With each session following that moment, I saw tissue, organs, cancer, psychic surgery, tumors, broken bones, dead relatives, guardian angels, spirit guides and heard messages from beyond. The more energy work I did, the stronger and clearer the information came in.

I was so intrigued with my perceptions that I asked my clients not to tell me a word about what was going on with them before the session. I wanted to work with their energy field without prior knowledge of their life or their physical body. I thought this was the only way that people would believe me and the level of accuracy I was achieving. Now that I look back, I think I was the only one who was questioning it!

The more accurate I became as a medical intuitive, the more thoughts I had about writing a book about it. I began to examine my internal processes and then I examined the process that took place with my clients during a session. Over and over again, for many months, I watched as a neutral, fascinated observer. I took note of each tiny detail as it happened. I noticed the first moment of contact with the person I was about to assist.

I questioned myself throughout the process: What am I feeling? What is going on now? How does it feel when I experience another's energy field so intimately? What happens within my own body? How do I hone in, receiving the pure essence of this person's medical issue? Through what sense does the information come through? Did I see it, feel it, hear it, smell it, or did the information come in waves of knowing or waves of instant thought? I then began to log the progression of many sessions and my insights that evolved during those special times with people. That log became the foundation for this book and the outline for my weekend workshop.

Our Universe is changing, expanding and transforming. We are literally stepping into a new age of enlightenment. We have the ability to discern our world intellectually, utilizing the collective intelligence of the Internet, which offers an entire range of insights and information. Through Western medicine, we discover what ails us and treat it. Medical intuition and energy medicine works not just in treating illness but in healing illness. These modalities can work in conjunction with our medical system.

Our state-of-the-art medical system does not offer understanding in regards to the creation or the cause of illness and disease. I have

even heard chiropractors say that they frequently find themselves chasing the pain around a person's body, adjusting one area which relieves the pain, only to find that same person in their office again with pain in different body part. They feel as if they are only chasing symptoms around the body.

Our medical system is astounding at finding and diagnosing disease but discovering how the disease developed or what factors help create the illness seem nonexistent. While allopathic medicine understands that stress may cause a stomach ulcer, it does not take it to the next step. If the mind-body can make us sick, it can also make us well. Medical intuition looks at the symptoms but ventures beyond, going to the source of an illness.

It is exceptionally important to me to pass this information on to everyone. Can you even imagine the domino effect for our world when medical intuitives are in every town, every city and state and every country? We can function as valued co-creators of wellness, not competitors against the medical field. Collectively, we can make quantum leaps in research for the betterment of human health.

In 1979 I sat down for lunch with a physician's wife in the hospital where we both worked. She was obviously in distress, complaining that her sinuses were so congested she could not breathe. She went on to say that it came on suddenly out of nowhere. I instantly blurted out, "That's tears you are stuffing down and you need to let yourself cry." The astounded look on her face told me that I had just spoken a deep truth to this woman and she was not prepared for it, especially in such a public setting. While I knew I was correct, I felt that I could have taken a more sensitive approach. Even then, prior to any body-mind training, I instinctively knew the cause of her illness.

Humans are glowing balls of electromagnetic abilities, understanding and insights. We have the ability to heal ourselves and to assist others in their healing. We can now trust, understand and honor our innate intuitive strengths and the ability to put them to work for our personal wellbeing and the wellbeing of all. Begin right now. Be

fascinated with anything that you become aware of. There is no right or wrong as you grow in your own unique awareness.

No! You do not need to have a medical background to do medical intuition. This book will take you through a progressive step by step training as a medical intuitive. Like my weekend workshop, *Become a Medical Intuitive: A Complete Course to Develop X-Ray Vision*, this book is jam-packed with guided experiences, actual case studies and new ways to understand your natural abilities. Each page provides you with an enriched learning experience.

Read the cases, study the charts and put the experiences into practice. If it seems right for you to read the book though first and then go back to the beginning to take action with each step, do it. Someone else may feel it is important to participate with each progressive from the very beginning of this course. Notice already that I am asking you to assess your own instincts and follow your own guidance. This is crucial for your development. I am only the guide along your journey as an emerging medical intuitive.

I have personally experienced heightened success when I work with a study partner. Having a partner keeps each of you on track and keeps you accountable. You can work with a partner over the phone as I did for over two years or you might find someone locally who is interested in excelling as a medical intuitive. You can both agree to read certain pages and work through the awareness assignments. As you progress farther into the course you can then work with each other's energy.

There are so many personal processes presented here that it is imperative that you take the time to document your development throughout this process. You will not be able to consciously remember it all. Purchase a notebook specifically for your medical intuition involvement. There will be many times throughout this book that you are asked to describe or to draw your perceptions. Your most accurate information will come in flashes so you must document everything along the way. Log those perceptions in writing so you will remember each step of your expanding awareness. You will

see in your own writing the progress you are making as a medical intuitive. As you write in your journal also write in this book. Really make it yours. Write and draw all over this book and your journal. Learn and write. Write and learn. Use this book and take action with what you learn. Like my workshop, this book is set up as a progressive, step-by-step course to promote confidence and never to create performance anxiety.

I want the reader to be aware that this book is not approaching medical intuition specifically as a healing modality. Energetic healing itself requires many volumes of books to assist each reader to become a healer. While I offer a section regarding the creation of healing, I am concentrating on how to access very detailed mind-body information for the benefit of the individual who is receiving the information. Medical intuition accesses the mind-body connection and retrieves the hidden aspects of ailments or dis-ease that allopathic medicine cannot discern with laboratory tests and procedures.

We are only placing giant Band-Aids on all of the boo-boos and all of the illnesses if the cause is not discovered. The medical intuitive moves beyond the aches and pains, beyond the dis-ease, and ventures into the source illness. Medical intuitives may work hand and hand with the medical world for the mutual benefit of everyone. I cannot tell you how many times someone has told me that none of their many physicians had found the cause of their problem.

Medical intuitives discover secret truths that are hidden within multidimensional patterns, vibrating in complex relationships with the human body but unless you are a physician, you cannot, under any circumstances, diagnose another person. While you will come to know what the medical situation is for a person, this book is not about diagnosis. This book is not about fighting against Western medicine. It is about cooperative systems working together for the wellbeing of the individual.

Medical intuition is, however, one of the most therapeutic of all the healing modalities that I have ever seen. When you help an ill person understand the essence beneath their issues and struggles, you will

see a light bulb go off in their face or you will hear the “aha” in their voice. Time and time again you will see a sparkle in the eyes of an ill person, that only moments ago were clouded with worry or fear. As you share your intuitive knowledge, you will see your awareness provide meaningful insights which give relief and healing. People simply want to understand what is happening to them, why and what it might be about.

This is an art that can be learned and then polished into precision. I became an accurate medical intuitive because, in my work, I genuinely tuned into people every single day. In other words, practice, practice, practice, notice, notice, notice; and then more practice brings forth accuracy. Don't just think about it as you read this book—participate and take action with it.

### *A Brief but Interesting History of Medical Intuition*

Medical intuition has been around since people have been around. Shamans, medicine men, midwives and herbalists have existed since humans have been on Earth. These prominent leaders throughout time are the original medical intuitives. The wisdom and the traditions were never placed into print. Like this book and the course, the ancient healers taught apprentices through hands on experience and the discussion of each experience.

It was not until the 1840's that a man named John Elliotson, M.D. (1791-1868), author of *Surgical Operations in the Mesmeric State without Pain* (1843), actually documented using a trance state to medically diagnose another human being. Most people interested in alternative health have already heard of Edgar Cayce. In the late 1800s Edgar Cayce became a phenomenally famous medical diagnostician using only the information that came to him through a deep altered state.

I was fortunate to hear a talk by Dr. Norm Shealy at the USA Psychotronic Conference in Louisville, Kentucky, in 2010. Dr.

Shealy, a Harvard trained neurosurgeon, stated that he actually coined the term medical intuitive. Dr. Shealy has actually identified his own past life awareness as the physician in the 1840s named John Elliotson. In *Return of the Revolutionaries*, Dr. Shealy tells his own story:

In January 1972, I was sitting in a lecture at the Neuroelectric Society in Snowmass at Aspen waiting for Dr. William Kroger to finish his lecture. I was a bit annoyed because he was trying to convince us that acupuncture was hypnosis and he suddenly said, 'In the last century a British physician demonstrated that you could operate on patients who were mesmerized. His name was John Elliotson.' When he said that, I felt as if someone had thrust an iceberg down my back and I said to myself, 'My God, that's me.'

I was neutral about reincarnation at that time. I asked my medical librarian if she could get me any information on John Elliotson and she could not. So in the June of that year, I went to London. I got in a cab and asked the cab driver to take me to the Royal College of Surgeons, assuming that John Elliotson must have been a surgeon. As we turned down one corner to the right, I was sitting in the back of the cab and suddenly was picked up physically and turned in the opposite direction, again feeling as if there were an iceberg down my back. A block down to the left, instead of the right, was University College Hospital of London, where my office had been as John Elliotson. I walked in the building and felt at home.

During one of her lectures, Carolyn Myss discussed her connection with Dr. Shealy and how she has worked with him as a medical intuitive. In my opinion, Carolyn Myss propelled the term medical intuitive out to the masses through her workshops and books about her ability to perceive illness within another human.

There are now a myriad of others who publically recognize the mind body connection. Herbert Benson, a Harvard researcher, is

well known for his discoveries regarding meditation. His findings show positive affects for stress in the physical body. Candice Pert, scientist and author of *Molecules of Emotion*, is discovering that there truly is a body-mind connection possibly created by a release and absorption of neuro-peptides. In other words, what we think creates a chemical response within our body and brain. In some of her writings she has coined the term bodymind. I love it and will continue to use her new word throughout this book.

In her book, *Everything You Need to Know to Feel Go(o)d*, Pert states:

We can't deny that the body and mind are one, tied by cellular receptors strewn throughout the matrix and vibrating to create waves of emotion and information. The body doesn't exist only to carry the head around.

### *Is Medical Intuition a Healing Technique?*

While I have already mentioned that medical intuition is not necessarily a healing modality, I do want to emphasize that profound healing does take place during a session. People, in general, love to talk about their struggles and are fascinated when they receive psychic information about their issues. They are also so tired and so perplexed about their malady or their disease. They are often desperate for help and are open to intuitive information, that under normal circumstances, they would never be open to. By the time they come to you they have often exhausted all other possibilities.

Tony stepped into my office for a reading. He appeared to be in his late 20s, healthy, trim and muscular. As we settled into the chairs in my office and I received permission to enter into his story, I quickly noticed that his chest felt tight, constricted and full of anxiety. As I described the tightness, he nodded his head in agreement. Here is a portion of the actual transcript:

**Tina:** I am picking up some anxiety, some anxiousness, some clenching down. I am picking up two balls of energy that are coming together and intermingling. This could be two issues or two people, you in a relationship. The balls of energy looked like they would come together and then blow up but they didn't. They came together interlacing with each other. You are touching in with emotions that you have not been connecting with. I literally saw your finger reaching out and touching water; water is a symbol for emotion. You are touching in with your emotions and just watching the ripples. Again, I am concerned about tightness and anxiety—touching in with this emotion, something new. I see the symbol of a flower with an empty center. The center is not in full growth and somehow it is hollow and empty. I see that you are nodding with the comment I just made. The touching in with emotion and the full bloom of the flower makes it look to others like you are rocking and rolling but on the inside you are empty.

**Tony:** Yes.

**Tina:** On the outside you look to other people like you've got it going and you are in charge but on the inside you feel like something is missing.

**Tony:** Yes, a deeper desire.

**Tina:** Yes, something missing. I just got goose bumps and that always tells me that I just mentioned a deep truth and you connected with this truth. Does this make any sense to you?

**Tony:** Yes.

**Tina:** I am concerned about this flower . . . the full bloom of the flower. I can go down inside of the flower and I shouldn't be able to. It looks like an empty tunnel.

**Tony:** Yes, a flower came up in a reading from someone else. They saw a flower coming up out of concrete. I was finding my spiritual self even through difficulties. Lately I have been pushing for deeper

understanding because I am not where I want to be. I know there is something still there to figure out. I have been pushing and it has been painful. It takes everything I thought I knew and now I have to look at it again and when I accept a new reality it takes the magic out of it . . . a little bit of the fantasy that in 3D everyone enjoys. It takes a little bit of that away so now I am relearning.

**Tina:** Well I see a superhuman cape on your shoulders but then you show me the empty flower and I have to keep mentioning the emptiness. It depends on what you consider magic. In the Bible miracles were happening all over the place and people nowadays want to know what happened to all the miracles. Well, when something does look like a miracle it is really just following the laws of the universe. A lot of times people are disappointed and say, “Where did the magic go?” It is about the more you learn the more you realize that you need to learn. But also the more you learn you realize that some of the universe is almost mechanical and it takes the magic out of it. We learn how things work together or don’t work together . . . how things fit or don’t fit.

**Tony:** Yes.

**Tina:** Tell me about this clenching and anxiety in your heart and gut.

**Tony:** Well, yes I would say so. I have been working on getting closer to the source, to get the true understanding for as long as I can stay in this body. My hope and desire is to truly understand that and to show other people. But now I am questioning more and trying to figure out where I fit in.

**Tina:** Well as I look at your energy field at this moment, your head is a glowball. You are quite a thinker and also the right and left hemispheres of your brain are very equal. You can analyze the details on the left hemisphere and on the right you can grasp the magic, grasp the bigger concepts. I am telling you, your head is fired up and very bright and you have a lot of confidence and vitality because I see a great deal of orange. But as I check out the rest of you

there is no glow around your heart. When I saw your finger touch the surface of the water you are beginning to make the connections about all of this awareness that you have but your heart is not as advanced in its development as your thinking is. It is not linking together like it could be. It is overshadowed. You are holding back and clenching down in the heart area. It is not shining out like both sides of your head. Does this make sense to you?

**Tony:** That is the missing piece! I am not feeling it!

**Tina:** No, you are not feeling it.

**Tony:** No.

**Tina:** Let me check this more. You are even expressing well because your throat area is as alive and bright as your head but the cut off is right here. [Tina motions to the chest area between the throat and the heart].

**Tony:** That is the missing piece. It makes sense because I have been working on my head and throat area to open up. I couldn't feel the pain and scarring. The missing piece is going from conceptualized thinking and knowing and get to believing. In order to get there I have to experience it and feel it.

**Tina:** You have to feel it.

**Tony:** Yeah and I have to feel it before I can believe. I can read and think and get so far. I am trying to figure out how to get here, I guess. (He points to his heart chakra.)

**Tina:** Really knowing something is not all about the books. It's that full bodied, full mind sense. You have relied deeply on your head but this is about the knowing of it. Let me check this out for you . . . Your finger is only touching the very surface of the water . . . the surface of feeling. What is keeping you on the surface? You are busy watching the ripples along the surface but you are not willing to dive in.

**Tony:** It is fear I am sure.

**Tina:** That takes us back to the clenching down in your heart center.

**Tony:** In my meditations I would get right to my heart but then I thought that I would die . . . that my physical heart would stop. It would go crazy so then I would stop the meditation because I thought I was leaving (dying). That means unfinished business for me. I think spirit was meeting me half way and now I am having a hard time getting back.

**Tina:** I am seeing an eye that is three fourths closed. Your heart center is only a fourth of the way open. I will ask what your heart needs . . . I am hearing, “It really is OK to feel the fire. It is Ok to let it be fired up.” They say they want you to practice allowing your heart to be fired up but to do this as you drive down the road or in the shower. Do it right now. Feel it fired up like a car’s engine. Fired up and turning over. Do it right now.

**Tony:** This is strangely difficult.

**Tina:** Well, try again but don’t try so hard and I will watch as you do it. See a nice campfire, under control . . . not sparking all over the place but under control and ready for hotdogs and marshmallows. I see a trickle of it beginning now but you are trying to start a fire that is sitting on a swamp of old muck, old emotion instead of dry solid ground. You have old emotions that are keeping your fire too damp.

**Tony:** It’s been hard to move on and turn the page. It’s about the mother of my child . . .

Tony and I continued a gentle process of stirring around in the emotional muck. Working together he noticed it, felt it and explored his emotions in a non-threatening way. He didn’t have to push his emotions down as he had been doing and he didn’t have to do this alone. I was there with a safety net of calm, asking him to experience

his feelings. By the time he left he was able to move around in his constricted heart energy. The spark of life reignited and his heart energy increased and expanded once again. I described to him how his heart energy became brighter and clearer as he participated in this medical intuitive session. I could see his energy change as we stirred around together in his old pain. I described the new glow to him as it changed during this process.

Medical intuition is not a healing process in the way that most energy practitioners consider their work. You can, however, incorporate healing into each session as you also offer your intuitive insights. As you offer this information you can also psychically watch the individual's energy change. As the person listens and incorporates the intuitive information that you share, you will be able to see and experience their energy shifting. You can share the energy changes with the individual as it happens. This is the power of medical intuition. We will study this in more detail in the section How to Create Healing with Medical Intuition.

### *Interesting Ethical Issues*

Suddenly I was traveling through a tunnel of pinkish membrane. My thoughts were, What the heck is this and what am I doing? My guide was sending me on an “intestinal journey!” This was a surprise that I have not forgotten. I was zooming through someone's intestines. I began to see some lumps and bumpiness that did not look like the rest of the intestinal wall. The bumps were much darker in color and stuck up from the wall like little short stubby fingers. My inner vision saw the stubby fingers in the intestines, on the right side of her lower abdomen, and my energy field felt a huge bulging thickness in her energy field.

### **ESSENTIAL POINT:**

Never give a medical diagnosis if you are not an M.D.

I did not say, “Mary, you are at the beginning stages of colon cancer.” I did describe to her what I saw and felt and asked her to promise me she would go to her doctor and ask for a colonoscopy. I recommended that she request a colonoscopy because it allows the physician to visualize not only the lower portion of the colon which is on the left side of the abdomen, but also the end of the colon, which sits in the lower right side of the abdomen. This is where I perceived the illness.

Bless her heart, Mary followed through immediately. Not only that, but she took my drawing into her doctor’s appointment and showed it to him. Thank goodness he did not blow off this 78-year-old woman and her “quack” energy worker. He followed through with the colonoscopy and found a large group of polyps that were just beginning to turn cancerous. They were removed and she recovered quickly.

This is a great example of allopathic medicine and non-traditional medicine working together in harmony and for the good of all. Never give a medical diagnosis to your clients under any circumstances. Only physicians are licensed to diagnosis. You can, however, thoroughly describe what you see and feel with the person seeking your help. You can discuss the seriousness and how you want them to see a medical doctor. Please do not discourage people from traditional medicine. Do not offer any interpretations or diagnosis. Inform your clients about your perceptions and ask them what that might mean to them. People will already know the meaning of what you sense and what you say to them. Do not get bogged down in trying to interpret. Simply give the information that comes to you.

The medical intuitive goes into the aura and the body perceiving the entire personal story. Each individual carries their own story which is personal, private and confidential. I emphasize the private and confidential part of this statement. We are storage units on legs, carrying all our most private and personal information around with us. Many people become very hesitant to have a psychic enter into their storage unit and take a look around!

We must get permission first! Without permission, the psychic or medical intuitive is breaking and entering into our “body-home.” This is certainly our sacred space that no one should enter physically or psychically without permission. I do not intuitively push myself on anyone who does not approach me with the request. Sometimes, asking someone verbally for permission is not an option but it is always an option to ask for permission on a psychic level. I find myself frequently asking people telepathically for their permission if I think a person could use some assistance. I also honor their wishes when I receive a “no” from someone and I honor their wishes when I receive a “yes.”

My new grandbaby is an example. He has been fraught with physical struggles since his birth. Regardless of his newborn age, I asked him for permission to energetically assist him. Yes, even a newborn has the right to say yes or no and we must abide by those responses. No, I did not ask his parents because we are individuals as we come into this Earthly world. This little baby is his own being and I must honor his wishes. He did say yes, but if I had received a no I would have to honor that as well.

When I received his permission I quickly envisioned him in the tiny hospital crib. In my mind’s eye I stepped closer to him but then I jumped back again. I saw him rise up as if he was levitating on a magic carpet. When I looked more closely I realized that the magic carpet was really a small blanket that stretched out forming a type of trampoline. Three young teenager looking angels had stretched the blanket out between them and our struggling little baby was being tossed up and down in the air. Each time he was catapulted upward they skillfully caught him again in the blanket. The teens continued to toss him upward and catch him in the blanket on the way down.

While it seemed that the angels were aware of my presence they continued to propel him over and over in a rhythmic pattern that felt like the rhythm of breathing. The baby was laughing loudly and throwing his tiny arms and legs around while airborne, then looking quite pleased each time he landed back in the blanket. To this day I have no idea how this related to my attempting a medical intuitive

scan. Even though his death was imminent I began to chuckle with the four of them and their antics. Our baby did not pass on and in fact is doing extremely well at the time of this writing.

Receiving a “no” from someone does not mean you can never check again. Wait a day or two or even a week and check again. I have received a “No, do not enter!” for days in a row only to receive a jovial “YES!” from that same person the next day. Our souls dwell in a profoundly involved experience and we have no idea of its complexity. Who are we to interfere and push forward for someone when all signals say to stand back?

Time and time again I hear all kinds and types of justifications from clients and fans on my Facebook pages to push on without permission. The fans declare that we must help the individual anyway because it can do no harm. Well, have you noticed that people are amazing at justifying just about anything in their minds? Often breaking and entering into a home does not end up physically harming the homeowner but are they not violated in many ways? I will strongly declare again and again to ask permission.

When we ask for permission all kinds of things begin to happen. The energy of caring touches another’s energy field in some unconscious way. That person does make an unconscious decision to receive or not to receive the assistance. But there is more. The request for permission establishes a signal of respect for the individual. That sense of respect has substance and is recognized on an energetic level and thus a soul level. When that person sends a “Yes, come right on in,” something else takes place. That person begins to actively PARTICPATE with the experience of receiving. Actively participating enthusiastically opens the energetic door to healing, which in turn improves and even accelerates the receiver’s own process.

So yes, I agree that we can do no harm sending love and healing to someone in need and if they do not want it, yes it will probably just bounce away to someone who wants it. But requesting permission brings honor and grace to both the receiver and the giver of healing.

Try it out, even when you have a powerful urge to push into someone else's experience. Even when you think you can justify it in your own mind, try this new approach. Intuitively ask, from your soul's heart to the heart of the potential receiver for permission to assist them. Do not rely on your mind because our minds are controlling and can rationalize and defend just about just anything. When you are able to intuitively ask for consent from the very soul essence of another, you have turned it over to the receiving person and have made it less about you and more about them.

Another ethical issue that frequently comes to the forefront is money. Many ask me if it is alright to charge for spiritually based work. My response continues to be yes, absolutely. Spiritual people, offering spiritual assistance and insights to other spiritual people, also live in the material world. We need to pay our mortgage, buy gas and groceries just like the engineer who lives next door to us. No one questions other professions who are paid for their work and their insights. Yes, we need to get paid because we too live in the material world.

I received a desperate email from a young woman who opened a retreat center that focused on Reiki. She was quite successful as an instructor of Reiki and she also drew in many people who received individual Reiki sessions from her. The desperate plea for help came when she could no longer pay the rent or purchase supplies for the center. She proudly informed me that spiritual practitioners should never charge for their services. "Healers are to serve spirit and to serve Reiki." She never charged for her services, her classes or her knowledge because she is a healer. She is now bankrupt, floundering and confused.

We are indeed spirits, dwelling in very material bodies, in a very material world, having a very material experience. It is alright with spirit for us to flourish in this material experience. It is also alright for us to receive in the material experience. The woman that I just described is not working as a healer now because she did not allow herself to receive in a graceful balance with all that she gave. Money is simply a symbol of energy movement and a measurement of value.

A person acknowledges the value that your work has for them when they give money to you. Even more than that, it allows that person to complete the full cycle, the exchange of giving and receiving. “You have given to me and now I give back to you. We are complete.”

Most of the world’s societies base the quality of life around money for it seems to mean stability, freedom but at the same time it equates evil and greed. Money is merely a symbol representing an individual’s belief of their self-worth. When you align with the essence of your value and your worthiness you will align with money. It is not evil. Money is only one example of a symbol in the material world. Allow it to flow as you learn to flow with your soul.