



The Intuitive Connection

Inside this issue:

Upcoming
Events, Work-
shops, Services &
Referrals

3

"I Ain't Afraid of No Ghost"



Twenty years ago, I could not have said the statement above. The truth is I was terrified of ghosts. I was fascinated by them, watched every ghostly show out there, but deep down I was terrified. Why? Because just about every movie, TV show, ghost story, legend, etc., etc., made every spirit out to be "evil" and "out to get you." So my belief about the supernatural was based on fiction. This coincided with the same time in my life that I was discovering my gifts and abilities, including the fact that I was a medium.

It wasn't until my friend, and mentor, Anne Angelheart, shared a secret with me that I began to see the supernatural in a new light. The secret...you have control over what the supernatural can and can't do in this reality. I was in disbelief at first. It couldn't be as simple as that. Or could it? As I was pondering this information, the universe decided to put me into a situation that tested this theory. So here's my "ghost story."

I was home alone for a "staycation." My husband and kids were enjoying the week in Lake Tahoe, and I was enjoying a gloriously quiet house all to myself with only the animals to keep me company. I remember locking up for the night, turning out the lights, and getting into bed. My male cat, Ash, always slept in bed with me down by my feet. My female cat, Misty, was never allowed on the bed thanks to Ash. And our dog didn't jump on the bed because it was too high and she was older and short. So while I got comfortable and relaxed to the point where I wasn't asleep, but not quite awake either, it happened. I could feel pressure on my bed, down by my feet. Then came the light footsteps of a cat walking slowly from the bottom of the bed towards the top. My rational brain became alert and I realized that Ash was laying on my feet, so it couldn't be him. I opened my eyes and there was nothing there, so Misty had not jumped on the bed. Yet I could still feel the footsteps walking every so slowly towards my head. That's when I realized I was having a "visitation" from the spirit realm. I got excited at first. I've had a few of my animals that have passed visit me before, but I never recognized it in the moment that it was happening. So for the first time, I thought it was one of my departed cats coming back to say hello. Why did I think it was a cat? Because of how it walked. Cats have a way of walking slowly, almost in a stalking manner, compared to dogs who are much more pouncy and heavy footed.

I tried focusing and asked "which kitty is here? Who's coming back to say hello." The response I received...NOTHING. The walking continued and was about at waist level now. So I asked again, "who's here to say hi," trying desperately to find the answer. Again, nothing. And then "IT" happened. I'm suddenly aware that I'm no longer in the room alone, but this is no longer a cat spirit. I'm aware that there is somebody standing by my bed watching me. Not just watching me, staring at me (you know the creepy feeling you get

when eyes are on you and you know you're being watched?). I reluctantly opened my eyes, but saw nothing, yet I could feel the presence and the creepy feeling of being watched. My heartrate jumped through the roof. This was no longer a sweet little kitty, this was some type of humanoid entity. I can't say that it was "evil," but it definitely made me feel uncomfortable. I remember laying there thinking, "Anne says I have control, Anne says I have control." So I pushed through my fear and asked "who are you and what do you want?" There was no response, just the continued pressure of feeling unseen eyes on me. I asked again, and again received no response. I was scared, but trying to remain open at the same time. I decided to ask one final time, giving the spirit one last chance to state their intentions. After receiving no response for the third time, I was done. I said "guides and angels, get them the hell out of my house now." Guess what? It worked! As soon as I uttered that statement the energy left the room (including the "cat" energy on the bed). The room felt lighter and my heart rate started to decrease. It was very empowering, because I got the validation that I did have control.

I later shared my experience with Anne who offered another piece of advice. She told me that I didn't have to ask my guides and angels to remove the spirit, I could have simply said the statement and it would have had to leave.

Thus began my experience into the paranormal. Since then, I've become much more comfortable with my gifts and my ability to work with spirits. It's taken me several years to get to this point, but I can honestly say that I'm no longer afraid of it. I've since learned how to identify how different types of spirits feel to me. Those that are "earthbound" (spirits that have died, but have not crossed over to the other side) feel very heavy to me and put pressure on my chest. Spirits that have already crossed over feel much lighter, while angels feel even lighter and have a calming presence. I've even learned how to communicate with spirits that need help, want their story told, or just want someone to know they existed. It is very rewarding being able to help them and cross them over if they choose. I've even been involved with a couple of paranormal groups as a way to use my gifts to help those who may not otherwise be heard.

What about negative spirits and "evil" entities? Unfortunately, they do exist, and yes I know what they feel like too. But here's the thing, not every spirit is evil or out to get you. The truth is most spirits are excited when they get your attention. An analogy that my husband likes to use...imagine you are in China and are surrounded by people, but nobody speaks English or can understand you. You find one person who speaks English. What would you do? Latch onto them of course because now you have someone who you can communicate with. In most instances that's what the spirits are doing too. They find that one person (or animal) who can see, hear, or feel them and they "latch" on. They aren't trying to kill you by moving the glass on the counter two inches. They are trying to get your attention. But I do understand how that could make someone feel uncomfortable.

So if you are experiencing paranormal activity, let me repeat what my friend told me. **YOU HAVE CONTROL IN THIS REALITY.** I'm going to add the statement "***AND YOU MUST BELIEVE THAT YOU HAVE CONTROL.***" If you politely and timidly say "please Mr. ghost, leave me alone," but you don't believe they must leave you alone, it won't work. It's the same concept of begging a 5 year old to "please behave." Instead, you **MUST** believe you control the rules in your space. In other words, "my house, my rules." The true power is in the belief. Any visitor (living or not) must abide by the house rules because they are in our reality. Now if I travel to their reality, it would be their house, their rules that I would have to abide by.

I'm not dismissing the fact that it can be scary, I'm just letting you know that you do have control. However, if you don't feel comfortable in dealing with the spirits, or you feel you are dealing with something more than just a ghost, there are groups available to help you. For those in the Quad Cities area, please contact Prescott and Beyond Paranormal. You can message them on Facebook at <https://www.facebook.com/PrescottandBeyondParanormal/>, or contact the founder Marsha Seymour at 302-750-7156. They are discreet, confidential and free of charge.

Nov 2019

Trinity Healing

Upcoming Events

Harvest Festival

Hassayampa Inn
122 E Gurley St
Prescott, AZ
Nov 2nd
9:30-4:30



Trinity Healing

STACEY
FERRELL

Prescott Valley, AZ
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

Email: info@anneangelheart.com

530-755-4767

Kris Tondee

Psychic Reader

Website: readingsbykristondee.com

916-605-9091