

CHAPTER 11

Merging Mind and Heart for Heaven on Earth

*Non-resistance, non-judgment, and nonattachment are the
three aspects of true freedom and enlightened living.*

ECKHART TOLLE, *A NEW EARTH*

As always, I cannot fail to notice Spirit's way of making me smile by once again reminding me that we are not alone and that Spirit means to uplift and better our condition. This thought became exceedingly clear to me recently when I was at my Lexus dealership having my car serviced. When I went to get a bagel in the waiting area, a woman named Esther was standing next to me, attempting to make a cup of coffee in the sophisticated, modern coffee machine.

I commented that a new coffee machine, a Keurig, that makes one cup at a time was just brought into the building where I have my office. We all enjoyed the simplicity of that machine. Brian Katz had brought the machine to the building for everyone to share and enjoy and was perhaps trying to make the ordinary workplace more comfortable for himself and others, maybe to create a magical, joyful environment.

When people share a cup of coffee, they share a love for the finer things in life, like the enjoyment of ordinary friendship, cooperation, and coordinated efforts to succeed, and life is then lighter and more meaningful. It's like the golden rule of loving thy neighbor as you love thyself. I helped Esther make the cup of coffee, and then she sat down next to me. It soon became apparent to both of us that we were placed together to validate each other's spiritual truths.

Esther had lost her husband recently. He was 55 years old. She was a special-education teacher in the New York City schools, as I had been only a few years ago. I told her about my book *The Living Spirit* and my belief that our loved ones are only a hop and a skip away from us. Esther

also mentioned that she had a dear friend, also a teacher, who practiced Reiki and now lived in New Jersey. She told me her friend was hoping she might move closer to her, and I sensed that this was a strong possibility.

Sometimes when one relationship ends, we are able to find new experiences to further open our hearts to a new and different kind of love. No loss, in my opinion, is a punishment, but just a necessary change for everyone concerned to grow and gain greater perceptions of their own magnificent soul potential and their eternal nature.

Most of us do not like change, but it is impossible to stop time, space in physical reality, and the evolution of our energetic, spiritual nature. Change we will, and change we must. Embracing everyone and every event, some quite difficult, is our ticket to the future.

A few tears dropped from Esther's eyes as we both realized divine intervention had placed us side by side. The spirit of a smile danced on my lips as I realized it was another wonderful, miraculous coincidence.

The conquering of ordinary fears and attachments to this world and to people, which are only temporary, is the outcome of your awakening. I believe it is God's greatest plan and intention for all of us to eventually have this grand awakening.



My youngest granddaughter, Talia Eve, shared a poem she wrote the other day that shows me that even a child as young as seven years old grapples with understanding her physical life needs as well as the responsibilities of her soul and heart.

Talia wrote:

“In my heart, I close my eyes, begging my heart to go to sleep, but it can't hear me because it's already asleep in its own way.

So, I close my eyes once more, and I dream of marvelous things that can't happen in a regular life because magic makes it happen.”

The magic is the remembrance and trust in the soul to know life is not ordinary but extraordinary.



AWAKENING

Since becoming conscious of energies or life that surround us all, I am also aware that a greater awakening is happening to many individuals, communities, nations, and the world at large. This awareness allows for a clearer view of humanity and our spiritual condition and could bring together all the diverse religions for honoring God together. The combined forces of God and humanity merging beliefs, traditions, and the many cultural and racial values can bring about the ultimate holistic healing of our world. If we could take the knowingness of our total life force and unite within our minds and hearts, the world would truly reflect heaven on earth. As science has improved the quality of physical life, it is now possible for us to become more intelligent, more wholesome, more tolerant, and healthier beings so we can live longer lives with greater compassion, understanding, and love.

To accomplish this, one must conquer the negativity and fear the ego mind inflicts. Unabashedly fear restricts us from connecting to other people. We must not see others as threats, but as like us in all ways, just fragile humans subject to moments of confusion, doubt, poor choices, and mistakes. In the end, each person wishes to return to that inner call to be both at peace and to have success in this physical life. I believe the political unrest that rages across our world right now is part of God's plan in this grand spiritual evolution, and once past the chaos and divisiveness, we will find our way to a new respect for each other and life.

I am reminded that the former Pope Benedict XVI visited Yankee Stadium years ago and spoke to over 50,000 people in Yankee Stadium. Prior to that stop, he visited a Jewish synagogue where Passover was being observed. The awareness of the connection to God by the Hebrews, who were the first to believe in an invisible God of Spirit 4000 years ago, is observed between the three Abrahamic religions: Judaism, Christianity, and Islam. Observations of the energetic condition of God can transform traditions and beliefs to a higher spiritual truth. It is time for the leaders

of different religions to reach within their own divine souls, move beyond the books and traditions of past times, and embrace the love of all who honor the Divine personally and collectively without differentiation.

When God spoke to the Israelites and called them His chosen people for believing in Him and the loving power of His energy, perhaps, He meant that all the people on Earth who act in good faith are His chosen people. At the end of our physical lives, we will return to a dimension of higher thought and pure energetic life and share a less physical experience than we have become accustomed to as humans, but we will carry with us the remembrances of being human.

This type of love is known as Universal love. Before we know it, the world will have evolved to a new level of being, as so many people are taking a giant leap into a consciousness that channels God's overwhelming love at all times.



*It is only with the heart that one can see rightly;
what is essential is invisible to the eye.*

Antoine de Saint-Exupery, 1900-1944 French Aviator and Writer

THE LITTLE PRINCE

I arrived at Miami Airport after returning from the Bahamian cruise, boarded my plane, and headed back home to La Guardia Airport in New York. We were seated, and the pilot announced that the plane had been delayed, as weather conditions in New York had backed up all flights. There was no telling how long we would have to sit in our seats.

The woman next to me, Phyllis, had the outside seat but had let the man in the middle seat go sit with his wife. Another young man with a terrible cold took the outside seat. Phyllis was now in the middle, and I was by the window. She was not happy to have someone with a bad cold sitting next to her. She had been happy to help the other man but had not expected this scenario.

I wanted to comfort her in some small way, so I told her I was a Reiki intuitive healer and would send the intention and energy for us to do well on the flight and to remain healthy.

Phyllis mentioned she had lost her son several years ago. He was only 32 years old and the father of three young children. Her friends had arranged for her to have a telephone reading with a psychic medium of world renown. She felt she had not heard what she needed to assure her that her son was all right. I told her in my first experience with a spiritual reading by a medium, I was also skeptical. Yet what was told to me made sense over time.

Phyllis was hurt and skeptical and thought all things in life were random. I told her about my book *Life Is No Coincidence* and my belief that nothing is random. Once I had been as skeptical and also believed life was just a throw of the dice. I thought everything could be explained scientifically by using logic and intellect. Now, as a result of personal experiences and years of training and experience working with the unseen force of energy, I knew that much can only be felt and not seen.

She challenged me to do a reading for her to prove that there was truth to my words. Wanting to help her, I took the dare. She handed me a pen and pad. I closed my eyes, grounded myself, and meditated. I asked Spirit for messages that would help this woman go forward in her own spiritual healing and help her release her pain and sadness.

I received some appropriate information about her physical being and her relationship with her second husband from her father in Spirit. All the messages were right on the money. I sensed that perhaps when she had had the reading with the other medium, she was not willing or able to understand why her son had died and was closed down or not ready to hear from him. Perhaps it was not the time for her son to communicate with her. If one wishes to be given and shown all the truths of the Universe but is not receptive, no one can help them.

Whether my messages were poignant enough to change her perception and bring back a sense of peace and a release of her sadness about losing her only son, I cannot be sure. I did the best I could under the circumstances.

DOING READINGS

It is becoming clearer to me that it doesn't matter where I am when I am called to do a reading. I always thought I had to work in my office or in a room where I had established a higher peaceful energy. I know now that I must be available when the situation calls for me to connect both to the person who asks for help and the souls above who send it. That is part of the responsibility of this type of energy work.

I believe Spirit gives messages that a person might be able to handle at the present time. No more and nothing less seems to be given. There I was, high above in the rainy skies, doing a reading. Most mediums are paid well for their services, but I was asked, and I responded without hesitation because another human being had asked. At that moment, I was not a businesswoman, just a conscious being entrusted with gifts to use, no matter what the time, place, or occasion. Phyllis did, however, treat me to a drink.