

CHANNEL ONE:

**137 MESSAGES
FROM THE UNIVERSE**

By
SUSAN K. MORROW



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from the Universe
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Dedicated with love and appreciation to my family, all of whom support me in all the best ways!

Acknowledgement:

This book's cover was designed by one of my two daughters when she was young, but I don't remember which one. They're both creative and artistic, so I thank them both!

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Channel One: 137 Messages from the Universe

Let's go! We hear it, and we hear you. Did you hear that? We hear IT. What is IT? IT is a wonderful hum, growing ever louder, that is telling us all about the great LOVE of the Universe. We are learning more each day, all of us, as a collective, and you reside right in the heart of it. So your growth is our growth and our growth is the growth of others. This is such an exciting time! Look out the windows of your house and your car and your offices, and you will see what we mean. Aren't those people over there talking about something important? If they are laughing, it is even more important! Are you laughing? Are you talking? Listen to yourself and to others. You will start to see and hear what we do. This hum, this laughter, this growth. Welcome to the future! We love you!

Welcome to my book of channeled messages

In my practice as a mystic, teacher, psychic medium, and medical intuitive, I offer numerous services to help my clients live happier lives. These include psychic readings and spirit communication, and coaching and training sessions about the Universe, the Law of Attraction, and other life mysteries.

One of the services I offer is called Mystic Mail. The client sends a question to me via email, and I go to work answering it by “taking cosmic dictation.”

I start by placing a simple call, like a phone call, like this: “I call on this client’s angels and guides, as well as my own, and anyone else who has our best interests at heart.”

When I feel the guides join me, usually indicated by a tingling, swirling feeling, and I hear them in my mind’s ear, I start. I read over the client’s question, then type what I hear. That’s why I call the process “taking Cosmic Dictation”.

(I am an excellent typist, but I usually have a handful of typos to clean up.)

The answers are often astonishing. And even though some of them are cryptic, the client always gets the answer she needs at that moment.

Clients love Mystic Mail, and I also really enjoy it, because I get to read all of them. And I get to share with all of the guides!

Every set of guides feels a little different, because they’re unique to each client. That means that you too have a group of non-physical helpers, constantly sending you messages to help you have the great life you came here for. (Check out message #21 for more info on that.)

I also use this process of Cosmic Dictation to channel for myself from my own guides—cool!—and to channel a message for my exclusive monthly Mystic Club newsletter. The latter brings in a different group of guides, since it is going to be read by multiple people, and I trust them to know what they’re doing.

After taking all this Comic Dictation, it suddenly occurred to me that many of these messages have universal implications. Why should they only help one person at a time? Thus, I have collected a number of them here for you to add to your own library of Truths and Wisdom.

This seemingly sudden inspiration actually was predicted during a channeling of my own guides some time ago. I was asking about the books I was working on, and “the channeled book” was mentioned. I thought that meant a book that I would sit down and channel completely, cover to cover. So when I started working on this book, somewhere along the way, I remembered that message, and realized that *this* is “the channeled book”! I am very excited about that, because it means that this whole thing has been planned from the beginning, from the very first Mystic Mail I wrote, from the first time I heard of channeling at all, even from before you or I were born... Whoa, that is pretty trippy, isn't it?

Some of the messages in this book come from the monthly Mystic Club newsletters, many from individual Mystic Mails, and others from my channeling for myself. No client is identified, as I have only chosen—or been guided to choose—those messages that will speak to a large audience. So don't feel like you're eavesdropping; these messages were all meant for *you*.

One of my clients wrote this to me after reading a Mystic Club channeled message:

“LOVE the channeled message today. My phone is literally about to DIE but I had to read this before turning it off. And today is my very last night in this amazing journey [a trip to Europe], and I feel that you channeled just for me :). And isn't that what it's supposed to feel like?!”

To the best of my understanding, everything in this book comes from G.U.S.—God/Universe/Higher Self—and is a gift to you from the highest Source. I have edited them for brevity and clarity, but all of these messages are essentially intact.

The idea to do this was divinely inspired, so what you are now reading is true communication from Spirit, no matter what you choose to call it. The work I do is a calling, and I feel compelled to share as much of what I know with as many people as possible.

It's my job. It's what I do!

How do you read a book like this?

Any way you like, of course! But this is a great book for bibliomancy. That's the process of opening a book at random and reading a passage to divine the future or an answer to a problem. The Bible is most commonly used for this purpose, although prior to its existence, Pagans used Homer and Virgil in the same way. Similarly, other books that are understood to contain Universal wisdom may be used.

Alternatively, you might read one message per day, letting each one sink in and seeing how it relates to your day or week. Or just read the whole thing, cover to cover, swallow it whole, and go about digesting it!

And of course, you must put a copy in your guest bathroom, so that your visitors can find out what you and I already know!

Are you ready?

What follows will delight and amaze you, but only if you want to be delighted and amazed. So fasten your seatbelt!

–Susan K
Austin, Texas
2008

1

We're ready. Go to the mouth of the cave and look out. Go to the door of the ocean and look in. Go to the mountains and the valleys and flowers and world. You will find what you seek, if you seek it. You find only what you look for, for better or worse, for what you are looking for is your hope, your respect, your dreams, and your reality. Find it, seek it, make it happen for you and the world around you. As you go on your way, take with you the courage to look around you and see what it is you want. We honor you here in the cosmos. We are with you and will show you what you seek. Blessings.



2

*Yes, we always include YOU! You are as special to us as the day is long. This is what you always want to hear. That you are known and you are loved by the Universe, your God, your higher feelings, your own spirit. When you are feeling a little low, try to remember this. **There is nothing greater in the Universe than to love and be loved.** This is our message today. Not only do we encourage you to love always, all people, including yourself, in all ways, but we also say to you this thing: remember to let the love in, usher it in, for yourself. With our love and our message to you....the angels.*

3

*A wonderful message! We have a wonderful message of love for you! We are excited today because YOU are having a good day. You're not? Do not worry--it's coming. Just breathe and look around you and notice your blessings of love. When you say thank you, you are filling your heart with joy. Listen to us as we whisper to you, we are whispering love and secrets of truth to you. We know you and bless you and we want you to shine in your happiness. Look for us and look for your joy in all that you do. Even if you are sitting right now at a job you do not like, you must know that we are here and working with you to bring you what you want. Ask and it is given. Look and you will find it. Say, I like THIS! And there it will be. Find your joy and know that you deserve it! We love and bless you, each one. Please share this with your friends who need it. You know who we are talking about. Much love and blessings!
And joy!*

4

Happy Holidays! What is happening with you? Look at yourself closely to see what you are thinking and feeling, to see what you need in these hectic times. Do you need more love and attention for yourself? Maybe so. You must give these gifts to yourself, not because nobody else will, but because you love yourself. And when that gift of love, attention, or material thing comes to you from someone else, you will know that you can be extra-receptive, because you have helped yourself to your own love. Be patient and smile. These will lift your spirits. Read this now and read it again. It will help you to know that your love is there, our love is there, love is everywhere for you now and always. Many blessings to you.

5

*Here we are, here we go again. Ahh... What a lovely year this is going to be for each of you. You look forward with anticipation, some with dread, some with confidence, some with hope and some with knowing. Did you know that we are always with you, protecting you, projecting your dreams onto the canvas of the sky? This is what we would like for you to do today, right away: Be honest and truthful with yourself. Be honest about what you really, really want in your life. Some of you have thoughts of jobs and presents, ideas of anger to be replaced with joy, sadness to be joy-fied, happiness to be increased, and relationships to be healed. Some of you want to have new relationships and that is okay too. You want what you want and then you want really well. How about this: **You know what you want and now you can learn how to get it.** If your job is not happy for you, replace it. If your needs are not being met, meet them. If you do not know where to look next, find out. Find the books, the people, the help you want to get to the things and people you want in your life. Be happy for us today. Be happy for yourself. This is what is best for you always. With our love and oh-so-much respect.*

6

*You are our people. And we are yours. To adorn, to adore, to be with always. Yes, it is like a wedding, a marriage that began when you began this life. We are the support you need, the partners you seek, the best friends you must always have. You have your human friends and counterparts, as well, and here in the firmament, we love, adore, and bless you. Do you hear us and feel us? We beam our love to you constantly and we help you with whatever you want and need. When you had the wreck, when you saw the baby, when you felt the sorrow, when you knew the sunshine, we were always there, protecting and watching over you. You know this and you must always know this in your heart. You are ours and we are yours. Be at peace. At all times. Blessings and love flow forth with everything you do and say.
Blessings and love.*



7

Again, we are here. We are always here and listening, just as you hope and have hoped. There is no cause for distrust. Your lives are your own and for good. So you think that you have no choices? You think that your life is not your own? You are feeling this way because of the influences of others everywhere around you. You must listen only to you and your guidance. Your guides are always with you and helping, even when you do not know or see. As you choose, so shall you have. You must know this and you must see that others seem to have their choices, but you do also. Go with that. Go to that feeling that says, "I choose! I am!" And you are. Blessings.

8

So loud and clear! We are shouting from the rooftops! Yes, we like to supply a good message that fits everyone. One that is Universal, if you'll pardon the pun. We hope that you are here to bask in happiness, just as we are. We are hoping for all of you, for each one who reads this, that your happiness will grow each day, just like the [cartoon curmudgeon's] heart. Have some chips and salsa, or better yet, go out salsa dancing, enjoy this moment on your planet. Look for the positive, don't just listen to the news. Turn off the TV and let's dance! Short and sweet. You know who you are!

9

*Yes, yes, fine. This is a wonderful example of spirit traveling through sound at high velocities. This is your world coming into three parts all in one, **the spirit, the feelings, and the body. You are these three things, all in one.** One does not exist without the other to create you as a whole being. You must attend to this. You must consider yourself to be three in one. Does this sound familiar to you, perhaps you have learned it in church? You are the being of God. You are three in one. And you belong to all that is, all that is one that includes you. You must take this to your heart and know it. Know it today and always. This will sustain you throughout your life. For this time, as our friend Susan offers to give us voice, this is your message and the ideas to learn and consider, savor and replenish. You are YOU, whole, eternal, divine, at one. With love, joy, and peace. With prosperity in your hands now. Look to your hands to see this wisdom and prosperity. This is your creative process. Build, mold, create, make what you love. Do it in love. With peace and joy and abundance, we hold you in our highest esteem.*

10

Yes, yes, we have so much to tell you! We feel all excited, like a school girl with news for a friend or a good grade in her class. We are with you to share this excitement! We want to shout it out and this is our chance. There is great love in the air. Do you feel it crackling around you? Just stop right now and take a breath. Close your eyes and say, "I feel it". And you will. It might be a tingle or a chirp, a current of electricity, a holy feeling or a smile and a laughing and a giggle and a burp! If you feel giddy or silly, that is all so good. We share this feeling with you and encourage you to take it with you. When you feel this feeling, and you know it is love around you, take it with you wherever you go. Yes, don't leave home without it.

11

We are here. This is what you must know, that we are here. We are attached to each and all of you. We are helping, hoping, pushing, guiding, listening. We are a part of the great Love that is in the Universe, that is part of you. We are wondering how you can miss us and if you think we are not here to help you. If you need help, call out to us in your heart and we are there. We always know. You are ready. You are ready to know this and to know all that you need. It is within you and within us, for we are all one and we are all the same. Blessings.



12

*BIG smile, everyone! It's a beautiful day and every day is just as beautiful. Even when you think it's all doom and gloom, **the reality exceeds your perception.** The sun is always shining. You like that Irish blessing and it is lovely. Remember that when you are feeling like things are crummy. Peace, peace, brothers and sisters. War is not the answer. This means war with yourself, too. This means war within yourself about what is best for you. Remember that it is always what FEELS best, what FEELS good. Remember this, to follow your feelings to the end of the rainbow. We are smiling and peaceful, just as you might be if you will but let yourself be so.
Peace, brothers and sisters.*

13

Not to worry, our friends. You have the planet before you, at your feet. We are merely stars that guide you. Your message is clear: You will evoke our kindness to fulfill your dreams. Watch your movies and turn your words into wishes into dreams into reality. Your perception is your reality and you are welcome to it. As you wish, so there are beings to help you. As you wish, so there are your wishes to be granted. Be well, be happy, and feel your joy and the joy we share with you. Blessings.

14

If coffee or tea is not your “bag” (pardon the pun), please substitute as you like. But if you feel coffee or tea might hit the spot, then this message is for you! –Susan K

Breathe. We know you need this the most. You forget to breathe far too often. Not the shallow regular breaths that keep your heart beating, but the deep, thoughtful, concentrated breaths that keep your heart beating. You see the difference. You know this: that you need your breath and it is your breath that becomes you. Breathe deeply as you read this and you will feel the warmth that befalls you, the feeling you want when you know God is present in and around you. You love this feeling and now is the time to embrace it. Embrace it frequently. This is what you need now. Also, we suggest you drink coffee or tea for your afternoon doldrums. That and breath. We love and bless you from YOUR angels.

15

I type these with my eyes closed, then I go back and clean up any typos. In this one, I thought it was funny that I typed, "With our love and PEACH to you..." I laughed because I *love* peaches and I thought maybe the angels were really giving me a peach!

–Susan K

*Let's go! We are wired and excited for you today! Whenever you may read this, this message is for you! When you are distraught and distracted with your burdens and your life, think of **the peace and energy that flow around you always**. Hold out your hand and cup it under that waterfall of love and light that surrounds you. Drink from the rushing world. Enjoy its peace and stillness. Take just a moment to enjoy your life and your love. Take a quiet moment in your day to remember that you are also a part of the wonder that is the Universe. With our love and our peace to you always, The Angels Above*

16

You think that you do not choose, but you always do. Think of the last time you chose. You said, "I hope that this is the way things are", but you fooled yourself into thinking you said, "I am worried about this". And this is where you are confused. We are always here by your side, not miles away. Ask us, how do I say this? How do I feel this? And we will show you always. So now we tell you, choose.

In other words, when you are thinking "I'm worried about this", you are really saying to the Universe, "I want this" or "I hope it's this way". So when you focus on that which you *do not want*, you are telling the Universe to send it your way. And you are *fooling* yourself about what you're thinking.

Wow. I was blown away. How about you?
—Susan K

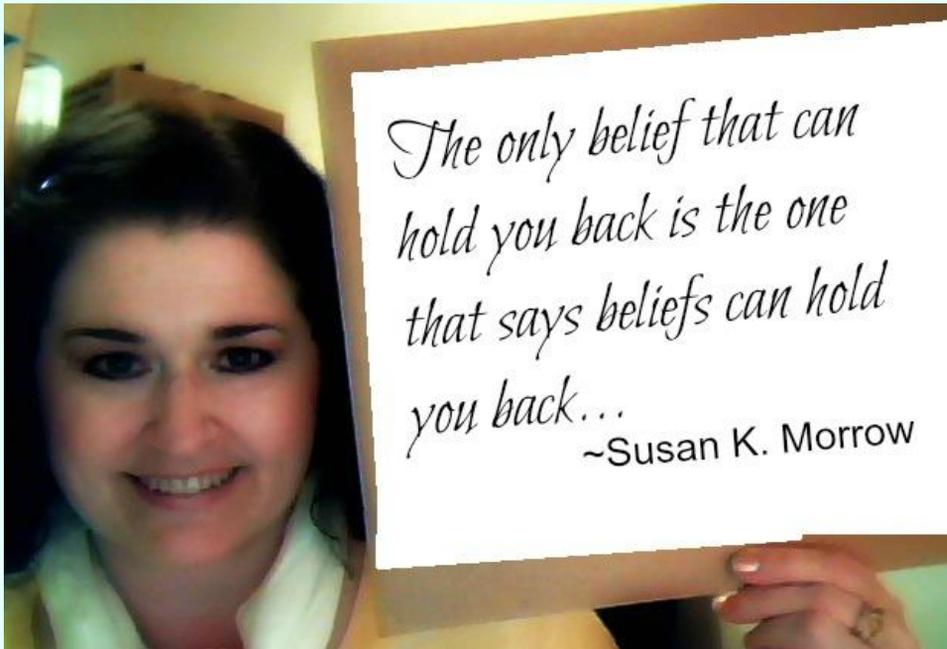
17

We are ready, we are here. So today you think you are knowing far too much and you can't seem to put it in perspective. You feel overwhelmed with the information you are receiving from all sources and all directions. We are telling you that you are all right, you are right in your knowing. Trust your own mind and your own heart to know truths both large and small. About the bike? About the car? About the person? About the job? Yes, you know and can trust your own knowing. Just be quiet and listen to your own heart beating. It will say, you are right, you are good, you need not be overwhelmed any longer. Breathe, sigh, be good to yourself and be wise. Know this. You are wise and that is all you need. We bring you love, blessings, and great joy. Please accept them with our compliments.

18

Activate your life and choose carefully your words that are spoken only in love. Your life is your own, although you think it is not. Your choices are yours, although you think they are not. Life is yours for taking, make joy, make love, make peace. You are loved, loved, beyond that which you see as real. Touch. Clarify. Love. Peace. Hope. Unity. Clarity. Brilliance. Keep going. Life may be unexplained, but you define it, you make it, you are what you are.

Love is for the loving.



19

We are seeing you on two roads, one is neither higher nor lower than the other. These roads diverge, like the poem, but you need not to choose, because they are both yours for the taking. You have the fortitude to carry out your plans, the plans you made as a child, in the womb, before you were born into this life. You have a unique situation of double purposes. You already know everything you need for these, but you do not see, you feel unsure and afraid, like the ground is slipping and slippery. The ground is really solid, not wet or dangerous. You have need to trust yourself and others and plod ahead. Sometimes the going is unsteady but you recover your footing easily and quickly. It seems you are actively waiting and inactively acting for your heart to tell you where to go. But you know. You know what to do. These two things are not spiritual but they are concrete, they are real to you and your loved ones. Do as you feel and follow your heart. Meditate and exercise to know what is your best pleasure and feelings of truth. You are listening now. You are following your heart. You know your path. Go to it now.

20

Go now to the window of your soul and look out. Do you see what we are showing you now? Yes, it is this: When you have as much love for yourself as you have for your dreams, you and the dreams will meet in the middle.



Someone else's
disapproval of you
is their fault,
not yours.

www.SusanKMorrow.com

21

The following is in answer to the client's question, "Who are my angels?" The answer is so perfect that I wanted to include it for the enlightenment of all. I have left in the specifics, so please realize that you may have more or fewer guides than the 12 this client has. Also, the reference to an archangel seemed pertinent, so I left that in, as well. —Susan K

Our dear... We are your angels or Susan calls us guides or other people call us other things. You can consider us to be part of God and part of you at the same time. We are only yours for now. This changes periodically, when you change what you call human lives. We shift as a group. There are many of us; for you, we are 12. Sometimes, we call in "reinforcements". Then we are as many as 21. You mentioned that you think of the archangel because of being born on that celebration day. He is a human creation, although there is nothing wrong with the idea of him. His energy, as believed by human beings, exists, just not quite as people make him to be. He is not a person with wings! For example. So you are starting to understand that we are a part of you, but we are not in your body with your own spirit. We only work with your spirit to try to communicate with you the very best ways possible to help you know what to do, where to turn next, how to live your life. This is why we bring you people like Susan. She is one of the many messengers we use. There are others, too, and they are not only people. Animals, plus events and happenings carry our messages. We speak in one voice to Susan so that she is not confused. If we were all to talk in a human way at one time, it would be too chaotic for you and for her. No, we have not been people as you are now. Sometimes, you do bring people with you, former people, that are in your group, but not this time. Oh, you are wondering about those who have died from your life. They are a different kind of energy and do not stay with you constantly. Their energy melds with that of the Universe, or God,

and returns to a collective stance. They then can check in on you and visit you, but they are doing other work. What is this work? They are finding out what their next life will be and deciding what they want to experience and who to take with them. It is like planning a corporation. The plans always come through. Nothing is ever wasted or done "wrong." This is heady for Susan. As it is for you. We will leave you with this and go to the next one. Blessings.

22

Let's type now, let's go now. We love to be heard from so far away! And yet, we are right here, are we not? We are in you, and we are you! Isn't this a luscious time to be alive on this planet? We have so much love, our hearts are bursting. And you, you get to live this life and feel the bursting too! Aren't you lucky? Aren't you thrilled to be alive today, on Planet Earth? This is the most exciting time in consciousness for all of us. We feel it coming, more and more happiness, joy, love, for everyone. You feel it too, don't you? Zip-a-dee-doo-dah... Skip! Laugh! Dance! Enjoy! Remember what it was like to be a child and to feel only that your body kept you from leaping higher and higher until you could touch the sun. There are no limits today. Love and enjoy.

When I was about 15 and my sister had graduated from high school # 17 in a class of 1000 students (yes, 17 out of a THOUSAND--she's a doctor now), I complained that my academic achievements paled in comparison. (They did--I was 59th out of 725 and I am not a doctor.) My dad told me, "Don't ever compare yourself to her or anyone else. You have talents she could never dream of." I have never forgotten. Everyone has his/her gifts--even me! Even you!

~~Susan K. Morrow

23

*Our dear, we have answers for you, answers galore. But only one or two for now, so as not to overwhelm you. We know your struggles better than you do, for we are in you, we are a part of you, and you are a part of us. So we share this life, but we, those of us here in the firmament, notice that we see things differently from you. That is why it is our job to help you to see what we see. This struggle you feel, these tugs that are difficult are messages and reasons for you. They are saying, hey, look over here at me! I am telling you something important! So what does that tell you? Here is Mr. Struggle. He says, "Look at me. See me for what I am. I am not a mean man, but a helper. I am telling you this: turn around and go in the other direction. Soon, you will meet my brother, Mr. Message, and he will tell you that you are looking in the right direction or that you should look elsewhere." What this means is that you can look at these drains on your resources that are so valuable to you, and you can see them as saying things you have not heard or seen before. **You must not allow yourself to be drained in any way**, especially in your heart and soul. Our best to you with a flourish.*

24

The following channeled message was in answer to a specific question about the client's health and it has specific tools for her. However, it seems very universal and practical to me. Certainly, if you are reading it, it is for you, too. (Always check with your doctor.) –Susan K

*To be sure, you are not getting more sick than you ever imagine. You are well in ways you don't see and we are ready for it, to work with your health in ways you can't see or imagine. Now that you have asked, you have opened the gate and we can help you with all your worries. Your angels and Susan's are at our side and ready to help you in all ways. We like for you to think of yourself as healthy and strong and much like a carpet of flower petals, you are here with our blessing. You must rest and be peaceful in this and not eat too much. You think of spicy food as being difficult for you, but it is not what you eat. It is how you eat and when and your worry at all times that causes your problems. You feel sluggish in the afternoon and you say you need a pick-me-up, but you don't listen to us or your body about what you really need. Here it is: 1) Sleep and rest. Get enough. 2) Food. Get enough and be happy with it. 3) Play. Play with your body and outside and stimulation of all sorts that make you feel refreshed and renewed in all ways. 4) There is water. You need more than you have. Your water ratio is low and so low it is dangerous. If you will do these things, you will find much improvement in your feelings. Mainly, do not worry. Replace your thoughts with happy things. Know that when you are happy, your body responds with good feelings too. We know this to be true for you and all humans and we want you to feel happy and good. Your work is heavy and you are tired of it. You are weighed down by it. **Happiness is your savior.** Find that and you will feel better, not the other way around. See? Do you see? We see and we want you to understand*

this. We have love for you and encourage you to feel better and happier at all times in all ways. There is love.



25

You need to show your patience right off the bat. Please stay with us as we guide you. Yours is our perfect idea of a child to guide with, to comfort and adore. We watch you and serve you as you need and as we are needed. We long to be closer to you in ways that only your spirit knows. This question is an easy one. You already know the answer. You have only to listen. So we are talking to you now and will let you know your path and your guidance. Follow the monkey on the tree limb and have the fun times you want to have. Your energy is low at this point and you are feeling low and desperate but it need not be so, it need not be so desperate and clinging and climbing. You are much more than you now realize. Take it to the limit. Go for your dream. Don't be shy. You think that no one will listen to you but you are wrong. All you have to do is what you trust and know. Take that and go all the way to the place you want. Work? Work is fine. Follow your instinct. Get a job and whatever you do will be the thing that leads you. Remember that you can do what you think you cannot do. You can do what you love and want to do. You will be so surprised and so happily so. You will love this work. Look to the surprising answer. Look to the words that you cannot hear and know only in your heart. We are pleased and we are through.

26

...But you are not hearing your own heart. Take heed and take comfort. Know that your heart will not steer you wrong. No, these are not the right words for you. Listen to us, listen to the Universe and the people around you. There are many way of receiving your messages from us and your own heart. Your friends also tell you. They are telling you the answer right now. You must love yourself and you already know that you can do whatever it takes to keep yourself happy. Do not try to make someone else make you happy. This is the myth, part of the myth that you have in your picture. Know your truth. You know your path. You only need to listen, listen to all these sources we have given you. The answer is right there, open your heart. Listen, listen, listen, there is not much more that we can tell you. We are your most loving guides.

27

What you want to know is already within you, dear. Your name, your knowing, your efforts on your own behalf and those of others--all of this is within you now and you know this. Ask for the help you want and need. Ask and you shall receive, just as you know. You are our darling and we are your supporters forever. We are with you in all times. We send you messages in many, many ways, not just here, not just through your own meditation, not just through walks, not just through talks and friends, but in many ways and you see these and hear these and you know we are with you. There is no doubt. There is only love. Glancing...

28

We know what you want and so do you. We know your likes and dislikes even better than you do, so this question is of grave importance to us, as well as to you. We want your happiness even more than you do. Yours will be what you want if you are looking in the right way, through the eyes of love, not only for your partner, but for yourself in all ways. Always. Blessed are the peacemakers. You look for peacemakers, because you are so busy in your life and you need this calm. You need this feeling of justification and ground-feeling. We are telling you now to look carefully, to watch with your heart and to love YOU first as you go along. We love you and bless you and hold you always in our hearts.

29

Oh, my dear. We are talking with you through your other guides and we want to explain this physical problem with you. The problem is only in your head and you are always on the right path. Only the weakest walk off their path and you are not weak. You are special and strong in many ways, even in ways you do not yet know. This trauma has affected you so deeply, but in a way that others do not see. You hide it from the world, but you feel it so deeply that you cannot even express your innermost secret feelings. You must get out of your dream world and live the life you love and want to live. This means you are going to take that bull by the horns and do the job you like the most. You have the abilities you need and the confidence you want and you must simply say, I will do it. Hold your head up and listen to our pep talk. You cannot be on the wrong path with us to guide you and with others to support you and you lean on them at all times. You must stand up tall and straight and be your own person. You are our love and our concern and we want you to stay where you are now and worry less and worry not. Go forward with your strength.

We are done.

30

This client asked about insomnia. Remember my strong suggestion to see your doctor for any situation you feel warrants it.—Susan K

*First, our dear, you must stop this worry cycle you are using. You are doing too much and using too much fluids and songs. You think that your problem is external but it is internal. And it must be solved internally. **You are a spiritual being, not only a physical and emotional one and you must see yourself as such.** You want to be taken care of but you do the taking care of others and you must do the same for your self or risk illness in doing. This sleeplessness is only the tip of the iceberg, so please listen to us that you get rest and care for yourself. Go to bed each night at 7:30 and be quiet and read. As you read, you will notice that it is not just the words on the page that are impressing upon you. Be quiet and be still and listen always. When you have rested, get up and have a snack. Drink water and go back to bed if you are tired. If you are not, enjoy your quiet time alone and watch TV or whatever you want to do. This is not a test of your will or strength. If you are tired between 7:30 and 7:30, rest. Otherwise, do not force yourself. Take lightly your situation and do not tell everyone around you as if they can hear what you are truly saying. But let them know that you are nurturing yourself in the way that only you can. They will acknowledge that feeling and sensation. This is our recipe for you. You must feel relaxed and not be bitter about your worry. Your worry will be relieved in other ways. That is all we have for you now and we know that you will be strong and carry out our manners. In love and in trust and in faith and in joy, we are yours. Amen.*

31

All right, here we are and we're ready to go now. We hear you, from all directions, our dear, and we know that you are hearing us many times now, when you did not used to feel that. You have come into more of who you are now, so this is excellent. And you feel that, "This is excellent!" more and more. You are wondering about your marriage and this report that you have received recently. The marriage is only what you make it, it is a reflection of what you truly want, what you are putting out to the universe to transmit back to you. Be honest with yourself about what you truly desire and this will be made manifest in your marriage as in all things. You have become EXCELLENT at manifesting in other areas and you wonder why not in this area. Don't you know? It's the same. Use the same techniques you use to succeed in other areas. Your mate is not a lump of clay; he is a human being and he will reflect what you exude. Now to the report, ah... This is not to worry you. Everything is fine, which is exactly as you have been telling yourself. Go with that. Float in the salty ocean. It's easy. You are good at not over-worrying, and you can pat yourself on the back for that. But you do WONDER and this is why we're here today. There you go. We are pleased.

32

You are so excited and we are excited with you! You are finally realizing your worth and your need for this life and this world. We want you to know that we pushed you to recognize this gift. You are to go on the magnificence of the trail of lights and the world around you. People will respond to you in the same way. You know what lies ahead, if you look and listen and pay attention. We know you are going along the path--for you, the path is winding and long and is really a path of incredible times for you. We are unanimous in this. We are thrilled and delighted and happy and wonderful for you here in the firmament. Be well and be happy, as you were meant to be.

33

Dearheart, sweetheart, your burdens are light and heavy at the same time. You worry and do not worry at the same time. Your feelings that things are all all right are correct and you must trust this and trust us in this. We are always with you, benignly and helpfully. Your [illness] is behind you now, your road ahead is lighter and brighter. You want to know something, something that is helpful. Go to the library and pick out your favorite book that you never read. Dig into and enjoy it like you did when you were a child. You were the greatest reader in the world once. Try that again for it will bring you great joy. Find the book by asking the Universe what it is, and where to look for it. Library path. Footloose and fancy-free, carefree... You and [yours] are on the happy road. Go toward what is light. We have great love, kindness, and respect for you and yours and your path that is healing and holy. Blessed be by us.

34

You are much older than you are young. Your life here and now has been short, but you have lived on many many lives and years before and since. You know things others do not. You carry your wisdom with you and you have been hiding this from yourself. In the meanwhile and in a little while, you are discovering time and paths you did not know existed, but you did know before. You were on your little path a little while and you went off and then you were on and you know now what was happening before. There is confusion and belittlement and beleaguerment and hopelessness and then there is vigor and strength and trying too hard and releasing. You are needing to go on and find your truth because you saw it, you knew it when you saw it and we sent that to you. You are confused but you will see, you will know when you stop to understand. When the fog clears, you will be the crown princess of _____ [I couldn't understand this] and we are by your side. Your confusion is our confusion too and we are trying to clear the fog for you. Be patient and dance. Be patient and work with your friends. We know [they] Jane are your helpers and your relaxing strength. Go work with them and see us there. Always.

35

Dear one. You are the best at what you do and how you perform. We know this because we see you, but you do not see yourself as successful or succeeding. You need to take a step back as normal, as being like you are. You need to look at yourself and say, what am I? What am I here for? We know you are struggling with death, uncertainty, questions, and the like. We know you are special to your mother and that means to all of us too. You go to your little work and you make the time pass by but you need to enjoy your time. Take the puppy for a walk and smell the fresh air. Go to the store and see what's on the shelves. These musings will make you sparkle, you'll see what you want. When you do, you just grab it. We know what you're like, and we want you to succeed and be happy, as happy as your childhood dreams. Take steps toward building a relationship with someone who is helpful and you like. This will lead to work that you are familiar with and that you like. You can go on with what you are doing in all things, but we suggest that you do things that will help you grow. Hope for you and your family. There is hope and reason to be hopeful, even in the face of what seems hopeless. You are wise to try to solve problems and you can and you can sometimes relax and let the problems solve themselves. Blessed are you in our eyes and you shine like the sun.

36

I always recommend seeing your doctor or other health-care practitioner as you see fit. What follows must not be construed otherwise! –Susan K

You need to go play now. Why go to the doctor? Why go to the medicine cabinet? You must go now to where you know you live. Where your truth is. If your question is to go here or there, you already know to go here or there, to go truth or falseness. This pick is ours for you: pick the one, this one, this thing that is like your healing herbs and your way of life. The one you know to be true and it is your path. You can trust your own heart. You just don't like to listen. You like to doubt your own heart, so you ask others. And that is acceptable to us. You get your information and messages in many ways. We offer you the lessons you need and they come to you in ways that are easy and quiet. Sometimes they are special, your dogs, your friends, your world around you--all these offer you answers, hope, happiness, and love, plus whatever you need and what you seek. You must seek always and you will always have your answers. For we are here to guide you and in this we say: the one. All is well!

37

Oh, your circumstances may seem bleak, but they have changed not. You have changed not, only what you're seeing. Yes, you say your future vision has not changed... We say that you have changed your environment. And that has made all the difference. Why the Road Less Traveled? This is not what you believe or think or feel. You know your knowing. We are quite understanding of all that you do, but you are not as understanding, because you do not see fairly or objectively your own world. It is difficult from where you are, so do not think that we are chiding you or saying that you are not okay. All the self-help books in the world make no difference to someone who cannot see fairly. This is what you do. Take it to the limit. So you take your "traumas" and you say, "This is weird. I will look for something else." And you look. At first, you will not see much, but then you will start to see what is right for you.

38

Our dear, we love and understand you like no one else. We know where your heart is and how you go about your decision. This one is simple. We have sent you this new opportunity so that you can know better ways for yourself. Why waste your time and feelings when you have greater options? This is not temptation or testing you. This is for you to be happy and go with what you love! We know you're worried about things turning out right for you, but don't you see that they always do? Haven't they always turned out right? Can you question your path? We have offered you the path you need and want. You have taken it always, haven't you? Haven't you seen what you wanted to see and felt the feelings you wanted to feel? You want and we offer. Go and enjoy everything in your life. Opportunities for new experiences are opportunities for happiness. Go! We adore you!

39

We love you and we see you as you pray nightly and as you say your walking prayers and as you think you're talking to yourself. But we hear you and we know what your feelings are. We know you want to do more and be more for yourself and you must focus on just that, being more for yourself. It is not about what you seem to others but what you know you are. You must go to the place inside you that says, I am me. I am the only me. And you will know that you are loved and cherished in a way you have not seen or realized before. Matters over wealth and worries over health are not for you to be thinking when you are in your place, in your heart. You will find comfort and relief from these concerns when you go there and sit still and listen. We like to hear you talk! Talk to us! And then please listen, for we will talk to you too. Be calm and be kind. You know what this means. Blessings.

40

We want you to know how much love there is for you and your future. Your life is your own and yet not your own. At least, that is how you see it. When you feel that you are being swayed by unnecessary winds, hold on and feel the air and smell your destiny. You will understand why you think this way. You see things happen and you think you have no control. Not everything. Some things. And you say, how did I miss that? How did that happen without my knowing? And you go on your way, thinking you have no control over certain things. Certain things. We are telling you that it is all in your hands, your choices, your balance. You know what you want and your soul knows that you can have all of it. This question is not one of yes or no, but of how and why. You know. All you do is look into your world and say, this is mine. And it will be easy. Do not think that your life is meant to be a struggle. All is easy now. Do you feel that? It is a change for you. A change to easy. Yes, you push the easy button. This makes us laugh. Know that we are here to help and give you creation. It's easy. And we love you. That is all.

41

Go, go, type, type... Here we are. Listen, you are ready for this. You are ready for the whole world. You sometimes feel as though everything, the world is against you, but that is really not so. What is happening is that you are very effective in creating all things around you. It is simple for you and you can create what you like instead of what you don't like. Listen to us, listen to us, we are telling you now what you need to know. You are aware of things in your life that feel out of control and you are aware of feeling like there are things that you can control too. Remember those things. And make them the rest of your life. Pull all that into one big pot, stir it, and voila, you have your answer! We are with you now and have always been. We are excited that you are ready to use your ability to get things done and to get them done your own way. AAAAhhhhhhmen and blessings to be!

42

We're ready, too. Thank you. We love you even for asking. You are asking all the right questions and then you never pay attention to the answers. Aren't you smart and cute? We know that you love more than most people and you ask great questions. We support you in all of this and all you do. We want to show you the way and so you must listen as we speak. We speak to you through flowers, through friends at church, through work and the work you do. You know this. We know you feel our help, our pushes, our nudges sometimes and you say, what is that? Here we are. So you want to know about your work. You would like to feel important and loved and cared for. So you must find that. Go and find that which pleases you most. You can. You have only to ask and accept it. This Susan is good at that too. She says, I ask and I receive. You can learn this as well. She said, I ask and I receive and she did. Now it's your turn. Ask and receive. Find the world that suits you best. It's right here, within you, within your grasp. Take it. Take it and run with it and laugh joyously and say, I AM! We love you and support you.

43

Your next step should always be forward. You know this. You have heard us before, and you do not know or think that you do, but here we are. It's almost a challenge to work with you, as it is for you to consider us. We know you're a challenging, fascinating, interesting babe, and we love you! ... Why can't you do it alone? Why can't you do what you want to do? Why can't you have exactly what you want? There is always a way and you can always find it. You are far more resourceful than you know. But we know. And we hear you here in the quiet. Sit in the quiet, in the darkness, and you will know too. You will feel more at ease. You must breathe deeply. It is like that song, take a deep breath and sigh, good-bye to Sandra Dee. Do your thing, baby. Do your thing. We love YA!

44

Remember that I always recommend seeing your doctor or other health-care practitioner as you see fit. –Susan K

Our dear, we salute you. We praise and adore you. You are being brave in this fight, and you know and see this, but you are not aware that you do not need to be brave. This is a very easy situation. Your mind is opening to many new possibilities and you need only to recognize this. They are telling you to slow down and be yourself, breathe deeply and slowly. Keep your heart close. Yes, acupuncture will be wonderful! We salute you again. Your ideas are enormous and not at all the worrisome creatures you entertain in your mind. Here's your idea: it's good. Here's your thought: it's good too. Do you see how you are good and easy and fun to be with? We think so! So we are sending you messages all the time and it's good for you to listen and to heed them. Your friends tell you things, and this includes all your family and loved ones. And when you hear information, you soak it up like a sponge and you say, this must be important for me to listen to! This is a good thing, when so many others do not listen. But then you worry. Go see the needle doctor. Try the herbs. Try it all because you know that is what you want to do. And your wants are not to be ignored.

45

Oh, our dear, you are ours and ours alone! We love and cherrrrish you! Here we are. It's time. You are with us just as we are with you and around you. We are surrounding you now like arms of love enveloping you. If you want to hear us, hear us. It is not to try, but to simply do. You know that a bird does not have to try to sing, but he sings. A fish does not try to swim but he swims and you do not have to try. Hear us, o dear one. Hear us as we talk to you now. Hear that? Shh and be quiet. Breathe slowly, breathe quietly and notice your breath leaving your body. As you breathe in, notice our voice coming to you. You will see us only in dreams, and hear us only constantly. When you have had enough, please say be quiet and we will. We are your equals, neither under you, below you, nor above you. And we are here in the firmament but we are here on your earth in your time. We know you and you deeply know us. We suggest you also learn with a class or a study about us. We are here for you now and forever. With much love.

46

Here we are, here we go. You are ours to admire and enjoy and we love going along with you every day. New dogs, new dogs! We know you like this type of thing. We hope you're behaving yourself! We think you need to know this: whatever is going on in your life right now (any right now), is your business and yours alone. You worry too much about what people think and say and how they see you. Please, please listen to us as we help you with this issue. Yours is yours and also ours, but you don't have to worry about anyone else. No, even your spouse's opinion is not important to us as we look at you. We just love you, just as you are, with your lovely rosy cheeks and your sweetness. We know you best of all and we say you are sweet and kind, you are merciful, but not with yourself. Please take it easy on yourself, because you are ours and we care about you. We love you and want you to understand why--you can love you too! Please do. Be at peace, not at war with you. Blessings and blessings upon blessings.

47

We are with you at the trying time. We know that you are not pleased with some of the others in your life. This will pass. This will pass as you discover that only "you" matter to you. It's not to say that you don't care about others and what they do and how they feel. Of course you do. You love them and want them to be happy too. But your happiness is yours. And only that. You must always remember this. Lie back and relax. Observe others without trying to put things in their way for them, without trying to make them be you or what you want. This is something that all children must learn. And when they learn it, they are happy, happiest with themselves and others. Try this. Look at the world around you with new green eyes. Look at others and say, "This is the way it goes. This is who I am." Do you see the contrast and the similarities? We know you do and we feel your love and compassion for others. Please turn this love and compassion to yourself. You do not have to be selfish to be loving to yourself. Take this time to do so. We love you and support you in all you do. So please be with us in this love of you. Amen.

48

You have only to breathe. You must trust us in this. Breathe and walk and ride your bike. You also have opportunities coming up that will help you. You have a chance to work with someone who will help you. Take the chance when it comes. You also know that you are so perfect just as you are and that you need only to love yourself. And please breathe. You must listen to us on this. We are with you and we love you. Please love yourself more so that it shines like a beacon out into the universe. You are bright already, so be brighter. That's it. Breathe and love.



49

*Dear, we love you and want you to be happy, just as you want to be happy yourself.
Come in here and listen to us. We are wishing many extraordinary things for you,
just as you wish for yourself. If you will trust in yourself and know that all of this that
you desire is within you--we did not let you down when you arrived here this time.
We saw to it that you brought all you needed, your quiver is full of arrows and your
slingshot has rocks. You are doing this. ...Others will help you. You have it in you.
Just breathe again.*



50

Our dear, this is a question of searching and not one of finding. Do you realize the value in the search? You are looking and you are really finding, but you need to know that your searching is the thing to do right now. Your job is not important enough to you and you will do better when you realize that which you truly love to do. Yours is the plitudes of many, that there is no justice in the world, that there is no reason to suffer and yet suffering goes on. This is something you can change, not only through helping others but through helping yourself. You must look inward to see outward. This is why the searching is so important and why it goes on. You are ours to make happy and we are standing beside you to guide you in this. Your search will continue until you find that value in it. Take the job that comes along and find its way into your heart. You have no idea what is coming until you are looking in the right direction. Steady as she goes now...

51

Our dear: We love you and think of you constantly. Our thoughts are often yours. They are the ones you feel in your bones. We feel your thoughts too and we think that they are wonderful. We know you are obsessing and wanting this life and this thing of yours. You want to be in the garden happy. We know you are ready for this, but it is not ready for you and this is why you wait. The universe is aligning, but it takes time to shift the tectonic plates and the planets to align for you and your beloved dream. Sigh. We know this hurts you and you are tired, so please listen to this. Learn what you need to about what you are creating. You are ready, but the dream is not? Find out how to churn it up, so that the dream falls into place. This is a simple process that often takes years to figure out. But you know where you are and you will find this. Look around you and find this. There are books, there are friends, there are TV shows, there are ideas all over. You might even try the internet. Go with all these ideas, but most of all, relax. You are you and just as you are meant to be. Be among your friends, feel their love for you. That is all for now, because it is a lot for you to absorb. We love you and look toward your horizons with you.

52

*We're ready. We look to you, because we see your light and your questioning is for good reason. You are all worried and wrought up about this issue. You think that by worrying and asking and doing the "right" things, you will find yourself in a situation that is more pleasing to you. Truthfully, you are in a pleasing situation now, but you do not know it. This is what you hear from us in your heart when we seem to be miles away, but still you know . This is your choice. As is all of your life. You think that you do not choose, but you always do. **Think of the last time you chose. You said, I hope that this is the way things are, but you fooled yourself into thinking you said, I am worried about this. And this is where you are confused.** We are always here by your side, not miles away. Ask us, how do I say this? How do I feel this? And we will show you always. So now we tell you, choose. Choose the good and happy way for yourself. And hold your hand for us and say to yourself, you are good and you chose the best for yourself. This is what we know and you know as well. Be at peace with your choosing. This is your thought for today. Choose. Be wise and happy-- yes, you do have it in you. You always choose well. Be love. We love you.*

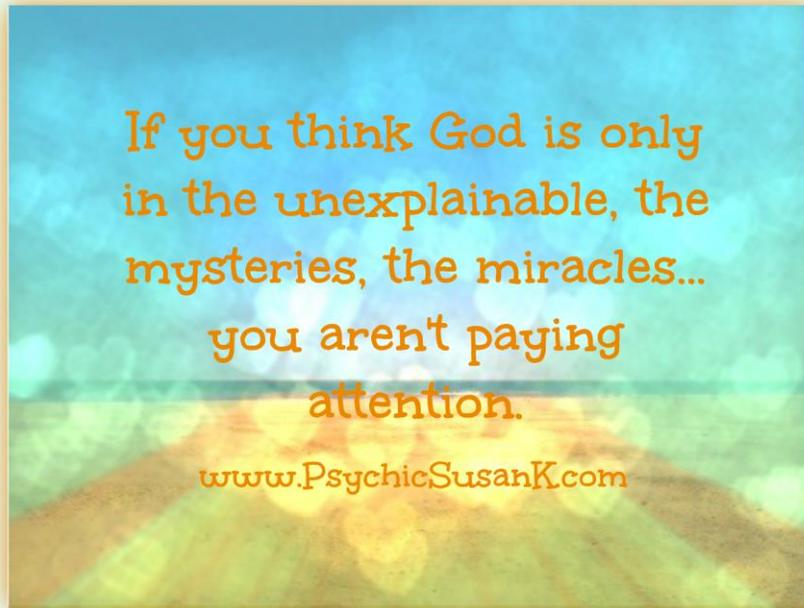
53

This one is kind of funny. Even though it is addressing a specific question, the opening paragraph shows how “human” the guides can sometimes come across, along with a specific answer that includes some very universal truths. –Susan K

Yes, yes, we're ready, let's go. Here we are, dear. We call you “[name]” here. This is in the angelic realm, but it is not separate from where you are at this moment. Or any other moment. We like to giggle with you. It's like you're our little sister, but you are certainly in charge yourself. Okay, so let's look at this question of yours. Let's look very closely, very closely indeed. We are finding the reasons and the to-bes and the wherefores just for you. Okay. And aha! We see the answers now. Just for you. Here we are: Your answer is... not tonight, come back tomorrow!

Yes, we will be serious for you now. We like to play. Your love for [this other person] is intense, immense, important, and serious and very real. Do not doubt your own love and your own ability to love and be loved. You are within and without, very much with love as every creature on earth right now. So that is that. You love well. And you love [the other] and this is a good thing. Whether you are to be with this person now or any time in the future is only up to you. We know you need to look at this objectively and you know this as well. We feel that you are not paying enough attention to the signs we are giving you and you are seeing them, but not seeing them. We bring you presents from everywhere, friends and family, but you don't listen. This is okay for now. For now, look at the real world, the real situation. Be at peace with what is, what things are. Be at peace with letting go. Your ability to let go is far behind your ability to love. Love you, love others, love your family, and let go. If you let go of the bike, the child can ride on his own. If you let go of your intense terror of losing, you will actually win. This is a hard lesson for you, dear, but

you learn it easily if you want to. Go with God. Be with peace in the Universe. Be with us always as we are always by your side. With love and that is all. The gurus.



54

Oh, our dear—it's like a song in our minds for you. We sing to you often and you try to listen. We see this in you and you know we are here, but you do not have confidence in this fact. So here you are and we applaud you simply for being here. [throat clearing] Our dear heart, you know this issue is yours to grapple with. So we are telling you, why grapple? Why struggle? And you think, yes, why? Because this is the way you want it, dear heart, and only you can want it to be otherwise.

55

You are funny. Not because you want something now, but because you are just adorable in wanting what you want. We love this about you and we want whatever you want! Now, let's get down to business. You are not doing anything wrong. But you're not doing a lot of things "right" for this to happen either. We want to make suggestions. Will you number these please? [This was for me, I suspect, but I left it in.]

1) Go with your "gut." This is what you call it, so we'll speak that language with you. Your gut knows more than you think, more than you do. So go with it always. We know you hear us and this is your gut.

2) Go out and seek. This means to take advantage of opportunities to meet new people. But your new next [friend] will not be in a place where you expect. So when you get asked to go to a concert or to a special event, think of keeping your eyes open and looking. You'll be surprised.

3) Love yourself most of all. Most of all, love yourself. You have to know that you are whole and special and LOVED by you. This will show everyone in your world that you are loveable and this you are.

Basics? These are basics, yes. You are ready to use them and not dismiss them anymore. Practical, practical. Go with your gut. You know we are here, so trust that.

We love and bless you always. Stay kind. Focus. We are here.

56

*Question number one, we're ready. Thank you for talking to us this way. We like to know that you are paying attention and that you are open to knowing yourself. This is important for your life and in fact has been a series of missteps or mishaps with trying to learn and know yourself. We understand this--it is part of your journey--so please understand it as well. And here we have your first question. Oh, you, our dear, you must not be frightened or in this despair. Your fears are so deep and they have become a habit for you, they have made grooves in your soul. **This is not what you came here for or to do. You came here for the greatest joy that anyone can know and that is simply love.***

57

*Why do you ask this [about a project the client hoped to accomplish]? There is one already and now there are two more waiting in the wings for you. The one thing that usually stands in your way is your own fear. You must see people and events and things through different eyes now. You are a forest-for-the-trees person and it's time to see your forest. Do you see that? There are so many things you have never seen before, the cardinals in their nest, the wood owl, the wolf, the fox, the many patterns made by the sun and the moonlight through the leaves. Take time to see all of it before you see the little things. Take time to listen, look, and smell and then you can see exactly what you need. These features are right there in front of you. All you must do is release your fear, say good-bye to fear. There is no need to push. You push too hard sometimes. Do not push, simply ask. Have the belief in your own love and your power. Say hello, you have been waiting for me. This will seem daunting at first, but you will get the hang of it fast. Take a deep breath and listen to the wind in the trees. Remember the big picture. The wolf and the fox are not scared. Listen to them. Your topics are too many to narrow down. This is another issue. Choose your favorites and they will choose you. **Look for reminders--no, what you think are "signs". When you see two or more, when you notice something odd, that is your sign from us.** Yes, we send you all the information you need constantly and at all times. If you will see the forest, you will see us. We have only love for you. You must go for it with all your heart. With love and blessings.*

58

The client asked about job-hunting, and I have left in the references to resumes. –
Susan K

Now, we are here and ready. Now we talk to you, as is your wish and desire. Because you know that what you desire is what we are here to work on with you. So you want specifics, but no one can give you that but you. This is to know in your heart, just knowing and then going in that direction(s). Let's take this apart. You want to have fulfillment and happiness in your work. You like to work with people. This is your time to shine and to go ahead with what you want always.

Remember that you are here to be happy and that is your job. *So take your skills and look at your resume. Say, here is something I enjoyed, here is something I did not enjoy. When you did not enjoy it, it was not in alignment with your path and your heart. So you look at all those things you like and you will see what you are wanting to see. You don't need any special help. Look to your friends and look to yourself. As you talk, listen to yourself, because you are giving your own answers. Often, we will communicate with you through other people's actions and words, and sometimes we are telling you directly. You have the answers you seek and you will find them easily if you will trust that. Trust that you know and you have always known. When you find the right thing, you will say, this is what I have always known. So 1, look at your resume closely, 2, listen to what YOU are saying, and 3, trust yourself. Do not worry about moving or traveling. Do not worry about what other people are worried about. This is only you and this is your best time. Your very best. Smile and say that "I am wonderful!" This is what we have for you now. Be at peace and be restful, for tomorrow, we work!*

59

Our dear, we want you to know how much we love you and how much you are loved by others. You are loved by others so much that you forget to love yourself. Will you do this for us please? It will benefit you the most in your coming years. As you have one fight or another, you must look at the full perspective, or the big picture, as you would say. Is this the painting that would be painted for you or is it the picture you would paint for yourself? Is every detail the way you want it? Is the tree in the right place? Is there a cherry blossom just the right color in the right position? You must look at all the details of your life and make sure they match your truest desires. Look at ALL THE DETAILS. You are a big-picture person, so be sure you are looking into details. No, you're not crazy about it, and that's why you have others to help you with details. Now you must look for yourself. Start with the mirror. Who are you and is that who you really want to be? Does this please you? Are you happy with what you create every day? Peace and blessings.

60

Our dear, we are ready for you. We are wanting such good things for you. Your feelings of a "funk" have really followed you always. Until now, when you will release them and be free! You have never felt like you could lighten your burden for any amount of time, that you were a workhorse, a beast of burden, working for others and always supporting them. You are right that you may have the chance now to be true to yourself, your authentic self, and to care for yourself. Remember, though, that it is not a "burden" to give care, whether it's for yourself or someone else. But your change to self-care is a welcome one, something you've never done. Do you ever think that someone else can do this? Do you think that no one can do this? Why do you think this way? Are you the only angel with a strong enough back and broad enough shoulders? You will find others with broader shoulders and you will know that yours is to rest and be with yourself, be gentle with yourself. Smile and say, it's a whole new day. Smile. We are with you.

61

We are so pleased to be here with you now in this way. It is non-judgmental and you will be able to absorb what you need. We are grateful to have this opportunity and thank Susan for her work with you today. You must know, however, that we are always present with you in your life. You have but to ask. Then please listen for our answers to you, as we exist only through you and for you.



Everybody wants to help people. Do you want to know the BEST way you can help people? Figure out what you LOVE to do and DO IT. It will bless you and everyone around you.

www.SusankMorrow.com

62

*Your problem is not a problem, but only a question, and it is a simple one. Please listen to us now. You hear us as you are reading this as well. Here it is: your job is not so entertaining anymore. You will be wise to see what is happening all around you as well. You know what is holding you back, just thinking that you can slog through for a few years and then you will be able to grasp something that is meaningful to you in some way. This is meaningful where you are now, but you know there is more fulfillment, much more, and you sense this in your being, but you doubt it. Do not doubt, our dear, and do not doubt yourself. **Your life is here to be joyous and joy-filled, like a cookie with a juicy middle.** It's sweet and it's full of lovely surprises that you want. So here's where you go: Look out from your vantage point right now. And what do you see? Something draws you. Breathe. And breathe again. That's what you wanted to be when you were a little child. Go to that. You may need some school, but that is okay. You know how much you love to learn. You can do this. Only fear will hold you back. You know, more than many, that life is too short to stay with something/someone that does not serve you. Go on your new adventure and trust yourself. You will look back in 5 years and you will say, "Hooray! I am so glad I did it!" Get out and find your way. Trust. No doubt. No fear. Just do it. Get out there now. We are supporting you, we are the wind beneath your wings! With love and approval and great gratitude.*

63

Debt. Hm. We had to think about this one. We do not feel this debt as what you feel. We see it as a component of your life and who you are. Yes, yes, you can go just as fast--or as slow--as you want with your chosen resolution. But do not feel that this debt lessens you in any way. You are just as cherished and just as impressive as if you had nothing of the kind. Relax on this. We see your smile creeping in at the corners of your mouth, as you read this. We see that you feel better about this. But nobody has ever told you anything positive about "debt". Now you know. It is just a part of your experience, like piercing your ears or washing the dishes. Smile some more. We smile with you.

64

Our dear. We want for you to be happy in all things, and in all ways. You know how important you are, not just to [your employer] but to yourself and those around you. Your awareness of this will help you to achieve what you want very quickly, to climb fast up the ladder of success. Does this make sense to you? You can see it, can't you? You know that there is more for you. If you are concerned about the others around you, know that they too have their insecurities and stresses and doubts and questions and feelings. You stand in the middle, feeling like you are lost at sea, but really, you are like the captain. Hold your head up and know that you are who you are. Overall, remember that this is not your last job. The next one will really be a doozie, a joy. You'll love it. Hold on to your toes.

65

*We are your angels, not anyone else's. We wish that you could see from our perspective. As we look upon you and all your surroundings, we see that everything is perfect just as it is. This is your life and the way you are meant to be. This is what we feel for you with our own compassion. You appreciate compassion for others. You do not receive compassion, whether it is offered to you or not. Receiving is not your best ability, but you are getting better. This is an odd paradox, you think, because you do want things and experiences and feelings, but you do not know how to receive them well. What's even more paradoxical is **that the more you want and don't receive, the less they are offered to you.** This is your plight. But you know it does not have to be. You know that things can be different and to do this, you must adopt the theme of letting go. Let go of everything or it will be let go for you. Does this help you? It is not a threat, but it is a suggestion, a guidance, a light for you to consider for your own health and happiness and well-being. You are very interested in well-being, but you do not receive it. Again, you do not receive. This is your theme. Learn to receive. These are your best things to work on. This is what you need. When you practice letting go and receiving, you will find that the questions change. This is what we wish for you and it comes with our true love for you and our compassion. You feel that, yes? Please know that we are always here for you in the firmament and we see your life and its struggles and its blessings. Know that this is good and will feel better for you soon. Take our suggestions to your heart. Peace be with you.*

66

Hello. You know you are darling to us. In our eyes, we see you smiling, like when you were a little child, but you are grown, and you smile and you stand there, ready, poised to go to Kindergarten or work or Life. We know you better than you know yourself. Really, you know yourself too, but you do not know that you know! Susan asks us, what do you need to know? This is what: You are the one who knows. When you are going about your day, think about what you know. Each time you bump into a problem or question, do not ask, "What am I missing?" or "What do I not know?" Ask, "What do I know?" And you will find your answers. This will serve you in all aspects of your life. We see that your concerns are mostly small, except for the one that occupies your mind in your free time. This weighs on you, sometimes happy and sometimes not happy. It is not how you feel about it that is the problem, but the weight it has on you. You will do well to distract yourself from this concern and go toward other thoughts. You have the power to do this and for you it is much easier than for some. Choose your thoughts and think the way that makes sense. Remember that you know. And we know and we love you. We are here. In the firmament, your angels.

67

Here we are. Your guides are here to guide you and yet you know so much already.

*Your worries and frights are unfounded. You will find your way. Do not badger yourself to do what you think you "should" do. Make sure you are doing what is the best for you always. Yes, your actions have consequences, both for you and others, and you do not like that you cannot just wave a magic wand and make that consequence rule untrue. But it is there. Consequences are the reactions of the universe to all you do. And you get to use this to your advantage. It does not work against you. **Think of the times when you have gotten just what you wanted. Those were consequences or results or reactions to what you had done and thought and said.** This is the way it always works. So you want to feel better in your situation. Think that way. Think that it is better, think that it is easy for you. Your angels.*

68

*Here is what you need to know, your answers. Your first concern and priority are yourself and your family. For now, you must support all of you--and remember that includes YOU--by doing what's necessary. However, you have plenty of room for dreams coming up in the very near future. When life hands you lemons, right? So when you see something happening that seems like it's not good or fun or a blessing, try to see that it truly is. Yes, good and fun and a blessing. You will see what we mean by this soon. So look at every thing that way. We know you to be a happy and secure person. You have a knack for seeing the good in things, in people. Take that to its extreme in everything you do. If you are not being paid, move on to the next, all the while knowing that the person who did not pay is not your concern. You can protect yourself by moving on while seeing that good in people and things. This is your gift and your legacy, as you pass on this ability to "see the good" to your children. Grow. Stay where you are for now, but keep your eyes open. We are with you and backing you, just like a financial backer in your world, but **we are spiritual backers**. Lean on us, pray as you wish to do, know that we are here with the answers always. You have the answers and they are we. Love and kisses and many blessings.*

69

*We know that you are feeling bereft and liberated at the same time. This is fleeting, this time during which you contemplate your navel. We encourage you to contemplate much more. **As insight arrives in your brain, actions will follow in your feet.** These actions will lead you to your next move. You are about to have a different type of experience. There will be several opportunities that you will consider. They will come and go for a while. Relax--you are not too old. You know that line you like, about today being a gift and that's why it is called the present. Stay with that thought, know that you are right where you are supposed to be. Stop asking, "Where is it? Is this the one? Am I ready? Is this okay? Do I look all right?" Everything is right where it should be and just as it is supposed to be. Lilies. These are your flower. For now, relax and let your heart flow. Gorgeous!*

70

Such as you are, such as things are now, you want to know what there is to come in the future and you wish that we will inform your future, just as you want to create it yourself. You do create it, you create all things in your life. And yes, you know this.

Your home and values are just as you put them, just as you created them. This is yours to continue to create or un-create at will. Yes, you know this also. So we are saying to you, why do you ask us what you already truly know in your heart? You ask, because you are unsure of yourself and your ways of choosing. And yet you know exactly what you want. This future is yours to paint and you will paint it. You must move forward at all times. If you sit still, you will stop creating this life and this future and this universe. Go with what moves you forward, what propels you and teaches you. Go toward that which enervates you. Make sure you are seeing clearly. And here is our clarity for you: you are light and truth in a bottle, waiting to happen. You must go forward. Go with God, with yourself, go in peace, and know that we are here upon your shoulder.

71

The client asked about her current romantic relationship. If you are wondering about your own, perhaps you have come to the right place. –Susan K

*Our dear, just like in [the movie], you are flying your way over the clouds of your dreams. And this is great for you, because you have wonderful imaginings about the future and how perfect it will be for you. Now you just bring this imagination into the present. Imagine things are the way you want them to be now. **Ask the future to come to you now.** Ours is not for you to know about many other things of your future. So we address this in the now: This man is not the one for you. You have a wonderful time together but the depth that you wish so strongly for is not there. You have put enough depth into it for both of you, but it is not the depth of the relationship. It is only yours. This is not saying that he is shallow or defective in some way. See him as we do: he is a person, a being, like you, having his experience and your paths have crossed. You admire him and in many ways he returns the admiration, but he is not in the pool as deep as you are. He's over in the shallow end, wondering where you are. You are in the deep end, saying, "Come on in, the water's fine," but he can't even hear you. It is not his nature now. Oh, we do not enjoy your sadness or distress or discomfort. If we and you deal in truth about you and your life, that is how you find joy and happiness. Remember to use your [movie] magic to bring your future into your now. This is what you needed to hear right now and right here. If you don't like it, that is only because you are feeling blue and petulant right now. That's okay. The mood will pass and you will see the light and FEEL so much better. Relax in this thought. Let it sink into you, like sinking into a feather bed. Aaaah... It feels good now. We love you, care for you, encourage you, and we are always at your side. There are many here for you and this is a comfort to you as well. Be in peace with yourself and your path. You have that magic. Blessings.*

72

Go ahead, go ahead. This is what we're really hearing from you: yada yada, same old thing. You have been asking this and wondering about it for some time. We ask you this: Why are you staying where you feel "stuck". You want to be "unstuck"? Get unstuck. Go out there in to the wide, wide world and get unstuck. Right now.

Look out the window and what do you see? What's out there? Aha, there is something you haven't noticed before. When you see this, let it inspire you to know and think what's next. If you have this attitude, if you are looking and expecting something to come up that will be gratifying, that is what you will find. It seems that there is another person who influences you in this. This is not necessary. Unloose that rope that ties you to that person's requirements and find your own way. This is what you need to hear right now and right here today. There is a great deal of hope and every reason to be hopeful. Fear is not your friend, only your enemy. Remember this, as it is important and will guide you. You don't usually like to take big risks, but you will find that when you do, they serve you very well. Close your eyes and jump! We love and support you here in the firmament always. Yes, practical. Blessings.

73

Let's go! Ride 'em, cowboy! We are here to tell you that your life need not be as it is today. In fact, no matter how you feel that some things never change, truly, everything changes. And that means, always for the better. Sure, you can think of many changes that have happened that you did not like, that were not what you think of as "for the better". But we are telling you, change is always good. Think of every aspect of your life and every corner of your world and what would improve it. This is change and change is good. Change it, improve it, take a deep breath and exhale it. Now it's different again. Do the change. Change is good. We love and adore you and all your loose change!

74

What you attract, you also reflect. And what you reflect, you also attract. That is why so many humans have trouble with attracting what they want. Their attractions become a part of them.



75

Trust is what you need, to trust yourself to do what is best for you. Remember to be "selfish" and we have that in quotes because it is not the bad connotation that most people believe. Take care of yourself first and everything and everyone else will fall into place. We do not make predictions for you, we tell you where to look next. Trust your own destiny. You have one, you know. And it is as real as anything you can touch. Go now and do as we say. Trust, look, trust, be selfish, be free. Love you first, and everyone else will be loved even more. Is that all? Yes, we are through for now. Love to you, our child.

76

Our dear: This is our love for you completely. You need us to be in your corner and you must know that we always are. We are feeling these things for you: 1) The possibilities are endless. 2) You do not have to make "sacrifices" as you think you do. 3) Be at peace with who you are and your dreams will come to you more easily. 4) This is for you to love yourself and do the soul-searching that you think you have done. Soul-searching for you is not just asking and digging around in your brain for answers. It is relaxing, smiling, breathing, and listening. That's all you have to do. Know that this is your path and your road to happiness. Your situation right now is not fulfilling because you don't want it to be. And that is okay—you don't have to beat yourself up about not appreciating your blessings or your own hard work or the rewards you have gained. Your gratitude is recorded. There is no room for guilt, so go forward, listen for the answers, love yourself just as you are and know that you are divine, a divine being in your own right. You know this is love from us to you and always in reciprocation, whether you know it or not. For you are love and we are love. We go together. Namaste.

77

...We also encourage you to ask other questions. Look at your life differently, like someone outside looking in, objective. It's to the point that you have lost all objectivity and you need to look at things from the right perspective. Because there lie your answers. [Your current situation] is not something to leave behind in haste, in disgust, or in a fit of pique. You must continue this path but destroy the notion that you're not good enough or smart enough. Stop taking classes and see yourself as whole. Whole. You are whole just as you are. You are complete. The feeling that you are incomplete comes from this perspective issue. Take two steps back and look. Oh, there's the whole and real YOU. You know. You know. Trust yourself and love yourself because love is your center. Love others, but always remember to love yourself.

78

We have seen your disappointment in your life the way it now stands. We feel that we are here to honor you and all that you are here to do. What you do not realize is what that is. You are an honorable and valuable person. You know deep down somewhere that you are special in all ways, in the ways of your God. You see yourself as a child of God, but unworthy of his love, at least in the form of gifts from the Universe, talents (which you have many of but have yet to discover), love and relationships that satisfy you, material goods that are fun for you... You think this is what you "should" do and you are disappointed. But you say, "I am doing what I am supposed to do and this will reward me in the end." Bah. You need to know that what you "should" do is reach for all your happiness, do what PLEASES YOU. This cannot be emphasized enough. Blessings.

79

NO, it's not supposed to be hard. No, it's not supposed to take so much work. When people say, "Well, it takes a lot of work...", they are mistaken. It is ease and simplicity that will get you where you want to go.



80

*Your concerns are valid. You know yourself and you know that you will resume old patterns as quickly as you can. This is because it is easy. But you must see that what is important is right in front of you. And that is doing the thing that is DIFFERENT. We know this, too, and we have sent you this different one to show you that you must not rely on your old ways and old patterns and old thoughts anymore. It is perfectly acceptable to learn something new and do it differently. Differently from ever before. Go outside now and look at the stars and the trees. Say, "**I am one with the universe and I know all its ways. I have the power to transform just as I am standing here now.**" This will grant your power back to you--no, it is not like a magic spell, it is like a magic that you work within yourself. This will give you the break away from your old ways that you need. Do it now and be grateful to the universe for all the lessons you have received lately. As always, amen and be good.*

81

Love yourself first. What will serve you best? What feels good to you? Think of these decisions as whether they feel like your toes in the sand or your mind full of shattered glass. Toes in the sand? Say yes to it! Shattered glass? Please turn away. This is how you love yourself and this is how you learn again to love others and receive love from them and yourself.

Now is our time to return and yet we are always here with you, by your side, in your heart and mind. Yes, when you hear that little voice, it is we and you, working together always. This is always for you, with love for you in alllll ways. Blessings.



*(You can get a t-shirt that says this and other cool stuff too:
www.cafepress.com/TeesAreWe.)*

82

Your life is not where you thought it would be by now. This is normal for you. So do not worry yourself over "What have I done wrong?" You are not wrong. You are always right. If you think of each situation and experience as being just right, you will be more comfortable. When you feel discomfort, you know that something is not quite the best for you, so you can change it. This is what you are feeling now. Discomfort that says, "This is not quite right." So here you are asking what you do to change it. You may wish to remain exactly as you are for a while, and that is your choice; however, we are here to tell you that you will not remain here for long. Try to relax and to know that it is in the right time. Our best to you always.

83

*A position, you ask. Oh, receiving a position is not what you want to look for. This puts all the choice in someone else's hands. Try creating the position you want in your own mind. Then ask. Ask us, yourself, and your God for the position you want. And look for it to arrive in the mailbox. Just like a little present from Aunt Dorothy, far away. **This is how you can create anything you want.** Try it! "When? When?" is your question. This is all up to you. While we are fully aware of what you are, we do not tell you what this "when" is. Take it to heart, that you will find exactly what you are looking for. Many blessings, as we are always here to bless you.*

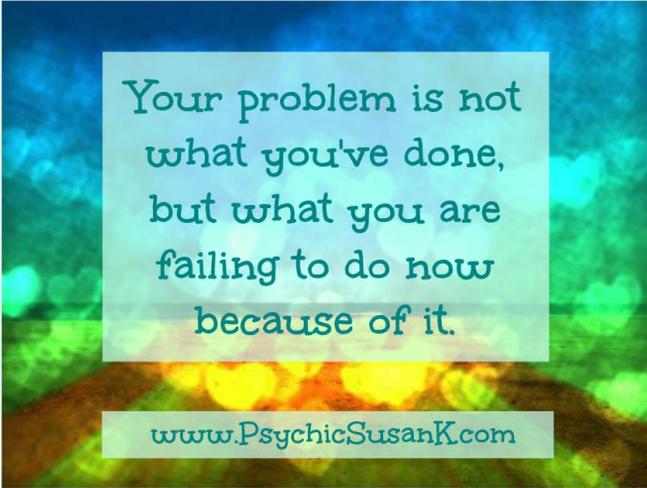
84

You are not listening. You think that listening with your ears and your heart is how to hear us, but you have forgotten how we use to communicate with you all the time.

You hear us and see us and feel us in everything you do. Every encounter. Remember, we are working to get through to you in every possible way. And we have missed you! We think you are running amok! [There is a big smile here.] First, slow down and think quietly. Think with your logic and see that things are easier than they appear. If you are running into brick walls, it's because we have put them there with you so that you will stop and turn a different way. There is one where you need to do a 180 and go in the exact opposite direction. Do you know this one? Yes, if you think about it. The thing is that you need to look at all of your life this way. Our message is always clear: do what is good for you.

85

Take your child by the hand and feel him lead you. He is our messenger too. Don't worry, you are also a messenger of his. So you take his hand and say, what is it? And whatever he tells you is yours for the listening. Listen to him sleep, listen to his games, what is he telling you when he is not telling you anything? Namaste.



Your problem is not
what you've done,
but what you are
failing to do now
because of it.

www.PsychicSusanK.com

86

We do not mean to confuse you. We wish for you to know all you want to know. If it isn't easy, it should be. Try doing something different today, right now. We are waiting to show you this. We are patient, you are impatient. Slow down and do something different. You're right, it's not supposed to be hard. Come with us. Just be still. Look at everything as a "sign". Everything is a "sign." Learn it. We ARE here, because we are you. You are an infinite being and we are one together. Now what do you see and hear? Now what else is there? See, there are really no questions, only answers. Read that. We smile in our great love for you, with you, be you always.

87

The client asked about losing weight and what was holding her back. (Remember my admonitions to see your doctor about health issues.) –Susan K.

Oh, our dearest, this question comes from love for you. We know how you are feeling, dearheart, and this is because you have been nurtured so deeply and so thoroughly, that you have become smothered. You must listen to us on this one. We are you, but we are not in body, so we have no hindrance about the body. If you want a body that is a certain thing, then you shall have it. We like to indulge you too, but it's not indulgence, it is the lack of it that keeps you from losing weight. If you desire this, then you may have it, all you like. Just like ice cream. We want to show you that whatever you want, you can have, and yes, that means eating what you like without feeling bad and without being overweight, as you put it. But you say all the time the word "FAT". This is your word, unless you are speaking to someone else, then you are judicious and careful. "Oh, I'm a few pounds overweight, oh, I'm kind of a big girl." But you say to yourself, "FAT". This is an ugly word for you, so start by striking it from your vocabulary. Then you listen to us, to your heart, to your inner self. And you do what feels right for the next step. Don't even think about food. Just say, what do I feel like doing? And this is in the moment that you have nothing really to do. You are bored. What do you want to do? Then do that. This is the way, honey. And you will have what you want very fast. As you change, other things change too. Yes, you have come to the right place. This is all as it should be. We are excited with you! You have found your way! See that? The door opens? It's the secret garden! Go in and LOVE IT! We like the way you think. Keep the door, the channels open always. From our hearts to yours. Blessings. :o)

88

*Why do you fret? Why do you bang your head against the wall? Why do you say, “This is great, I am grateful, but this part sucks”? We know you better than that. You are inspired at all times and you forget that you are inspired. You are inspired, inspiring, multi-faceted, machined and gleaming. All you do is pick up all your tools and go to work. Do what you must to protect yourself. Hear this: **DO NOT** be taken advantage of because you think you should or you think that you deserve it. **YOU DO NOT deserve mistreatment, most of all by yourself.** Treat yourself with respect and dignity in all things, and expect no less from anyone else. We love and support you now and always. We are not behind the scenes, but in them. You can see us in the trees, in the art and paintings, in the wall and floors, in the cars, in the faces. We are here beside you, we are you... Always.*

89

*You decide. This is a good answer for you, believe it or not, because you really do want to choose. You think consciously that everything is happening around you and to you and that you have little to do with it. But truly, you are the center of your universe. Yes, we hear you arguing that you are not supposed to be selfish and how many times have you heard that the world doesn't revolve around you. But truly it does, our dear. This is what happens sometimes: A person is continually told that things are not the way she wants them to be because she does not get to have things her own way, or she's selfish, or she's not doing things right, or she can't possibly have the keys to the Cadillac. But she can. This is what you really want to know today. This is the big secret that you have thought was lurking somewhere out there. **Here's what you need: yes. The universe says yes.** Yes, you can have it your own way. Whatever you want. So now instead of trying to figure out how to manipulate the system, trying to get others to help you, trying to fit into the mold you believe is your life, that all changes and now you look at life in a new way: this is my life, I am I, and I want THIS, and I can have THIS. Now you see that what you want is what you are ENTITLED to. Hold your head up and embrace this new you, the one who knows her birthright, which is happiness and what she wants. As you assert yourself in your new way, people will fall away, but that is okay, because they will be replaced with new people you like better. Do not worry about the ones who fall away. They are living their life as they need to now. You, however, are striking out on a new path. You now know that you get what pleases you. This is our message. We are in love with you, our dear! Blessings! Joy!*

90

We're laughing and chuckling because we have fun. You like to have fun and we like to have fun with you. When you're not having fun, remember that it really is what you're here to do. You can have fun in lots of ways and it doesn't have to mean playing on a playground. Your world is your playground. Take this serious relationship, for example. You can treat it seriously or you can treat it playfully. Which do like better? Right. So when you're looking at how to approach something, ask, how can this be fun? You're pretty good at this, aren't you? You say, "But I'm pretty happy most of the time. What's all this about having fun?" Now is the time for you to have more fun. There are other things you are serious about and you knit your eyebrows together and "get serious". Lighten up. Not because other people would say that, but because it's what is happy and best for you. Back to the beach! Back to the fun! Back to the playground! And you know we mean this both literally and as a metaphor for where you put your heart, your life, your thoughts. Blessings and best wishes from the heart.

91

*Sometimes, change is not fun. But it is your job to do what is best for you. No, not to the detriment of others, not in a “selfish” way. But to know your own heart and what is best. Because what is best for you will also be best for others. Yes, even though it may not seem that way. There are many times in our lives when we feel like "this is not right" or "I don't know this". And we listen to that. Then we can listen to what is truly being said to us. We are funny and we let information and these data slip through our fingers. Truly, we are here to be happy, so this is what we must do. It is not even yours to decide who feels what. Except for yourself. Did our message not come through loud and clear to you? As our Susan says (we are all related), the first thing that pops into your head is the truth. We are taught to work against this. **We are taught to doubt our strength in our own intuition. We must trust our guidance.** And we, here in the firmament, we are always guiding you. This is our job. We are providing the messages you need to know and hear. Help and heal yourself first, then you can do the same for others. Like on the airplane with the oxygen mask. If you are unconscious, how can you help your child? So breathe. Just breathe. You know your heart.*

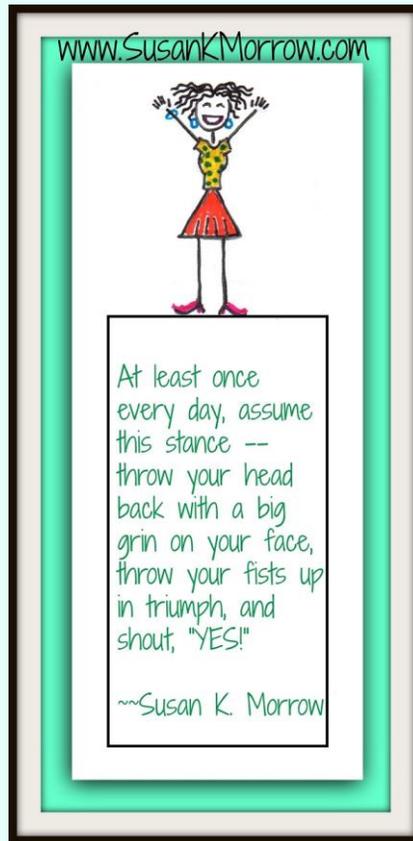
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Things will get better the minute you commit. Do this. We love and honor and respect you. We are here to be with you and to serve. Hear us. See those messages. With our respect always.



92

Please calm down, take a deep breath--or two or three--and let out those breaths and with them go the "shoulds" that you carry. Do this every day until all the shoulds are gone.



93

Dear, dear friend, our sorrow is yours. And we share all with you. We want you to know that you are always doing what is right, even when you are hesitant like you are now. But even now, the clouds are clearing and you're finding easier answers, easier moments and easier days. This is our wish for you, that you find ease of spirit. It's easier than you think. Simply breathe and feel and listen. There is much more available to you than you now realize. Look right out the back door. What do you see there? All of a sudden, you see that what seemed hard is now easy. This is how: breathe, look, listen. Stop worrying so much, stop asking all the questions. You are not getting answers, because you're asking the wrong questions for you. Try asking, "What will be the happiest feeling for me? What do I want to wake up to every morning?" These are things that will be to your liking and on your path, that will continue you into your world and your life like you want it. This [problem] is a human thing, the spiritual part is done already. You know this. We trust you always to get it right. So you trust yourself, too. You have really gotten it right every time before! You don't think so, but it's true! Think about all the times you've thought something sucked but then you went, "Well, maybe this really is for the best" and you look for blessings and you find them, don't you. Continue looking. Do your human thing. Do your spiritual thing. Enjoy every moment. You like that expression, live laugh love. It's a good one for you, our dear. We are with you now and always. Depend on yourself, as you depend on us. We will never falter.

94

Our dear, you cannot go wrong. Repeat this. "I cannot go wrong, I can only go right." The good news is that you not only are doing exactly right for right now, but you are also feeling the "tug of fate" toward something else, that will be even more meaningful to you. Look back over your life and career and you will see plainly what your skills and talents are. Remember to look to the talents first, the ones that you just love and are good at for no apparent reason. This is what the tug is. We see you at work and you are swinging wide to avoid certain things and people, places around the office. You are moving over, so that you don't encounter them. This is exactly what you need to encounter. Why do you think we have put them there? So the person you avoid the most, engage him in conversation. Ask him what he does, what he thinks. You will be amazed by what you find out! Yes, you will change again. Your age is irrelevant. But you feel finite, so we pushed you to make the change you made last time. Now we are pushing you again. No, we know you are grateful and you are not dissatisfied, but we want you to be ecstatic! Look those people and things square in the eye, meet them head-on. Don't worry about their reactions to you, just ask and see what you find out. We are excited because we have answers and you are asking good questions!!!! Keep it up! Blessingsssss!

95

The client asked about her parents: her mother has Alzheimer's and her father is the caretaker. –Susan K.

Our dear, we are glad that you ask these questions. Not because they need big answers or because we have something amazing to share, but because you are telling everyone that you love these people very much. And love does make the world go around, makes life worth living. Your mother is not accessible to us at this time.

Susan thinks she might be able to help. Your mother gets into a limbo-like place where we and you cannot reach her. Do not worry when she is unreachable. She still exists, there is not pain or trouble, but her soul is kind of not doing anything at times. It is not yet released to the other side and it is not really in her body. The body has betrayed her and she will live easily with this in soul until her soul returns.

This is not easy for you or anyone. You are a "sweet girl", but this is not even necessary for you to worry about. Your father is troubled by the situation. He mostly misses your mother and misses her on your behalf. He is wise, but tired. He knows he has to do many things and cannot rest--no rest for the weary, he says. But he is stronger than he knows or than you know. His soul is very strong, too, and this experience is a soul-strengthening time. No, not like doing penance. There are not debts to pay. But this is the experience he chose for this life, because he is growing as a spirit. Does this reach you? You are growing too, but the growing pains are not so strong. Simply be patient. Be yourself. Do exactly as you do and love your family. Spend time with them. Lots of hugs and pats. Smiles and smiles. Share love and remember always to receive it in return. Whenever it is offered and in whatever form it takes. Sometimes, love doesn't look or smell like the love we want, but it is still love. And we love you as well. Blessings to you.

96

We are here for you now and we have always been. This you know. But you do not realize how strongly and deeply connected we are. We are actually you, extensions of you, like your appendages, but we are energy and light. So you go no farther than your own backyard when you look for answers.

97

Our dear, you actually understand much more than you now realize. It is this innate and somewhat buried understanding that brings this question to your mind. We know that you have had loss, and you would say "suffered loss", even "one after another". This is not as we see it, because we see the eternity and the eternalness of the quality of your life and those around you. Your family are all around you, but you must not think that they are interfering in any way. Ours is to "interfere" because we are to help you in only ways that are best for you. This question you have now: Your "soulmate", as you call him, is always right there next to you. You do not see him because there is a curtain around you, that shields you, that you use to shield yourself. When you discover this curtain, you will push it aside and all will be clear.

If you are not aware of it, try thinking of a real curtain, then think of it made of something clear. At first, you will not be able to. It will be milky. But then, it will be clear. Try this experiment over and over until something clicks. Suddenly, you will say, "Ah! Now I see!" And "it's been there all along. Isn't that funny?" That's what you'll say. "Isn't that funny? I didn't even see him for all that time." No, it's okay that you don't see now. Don't be hard on yourself, because it is as it should be. Now you don't see, now you have an answer, now you see. This is the way of the universe. This is your way. You have known us before, when the answers became so crystal clear. You know us. And we you. This is our love for you. Blessings from the firmament. Amen.

98

You cannot do wrong. That is the oath, first, do no harm. Harm thee none, as you have known in many of your past lives. That is why they interest you, because you have learned so much and you wish to remember. It will be easy for you to remember if you will start reading. As you read this subject that interests you, especially about medicine, you will find that all the answers come easily to you. You already know more than most, so you will continue this growth and this knowledge in this life, so that you will be even richer than before. ... We are backing out now, because we know this is a lot for you today. We have only love for you and you are wonderful to us, because we are you. Remember that, as you always do. Love, us.

99

Our dear, we have answers for you, answers galore. But only one or two for now, so as not to overwhelm you. We know your struggles better than you do, for we are in you, we are a part of you, and you are a part of us. So we share this life, but we, those of us here in the firmament, notice that we see things differently from you. That is why it is our job to help you to see what we see. This struggle you feel, these tugs that are difficult are messages and reason for you. They are saying, "Hey, look over here at me! I am telling you something important!" So what does that tell you?

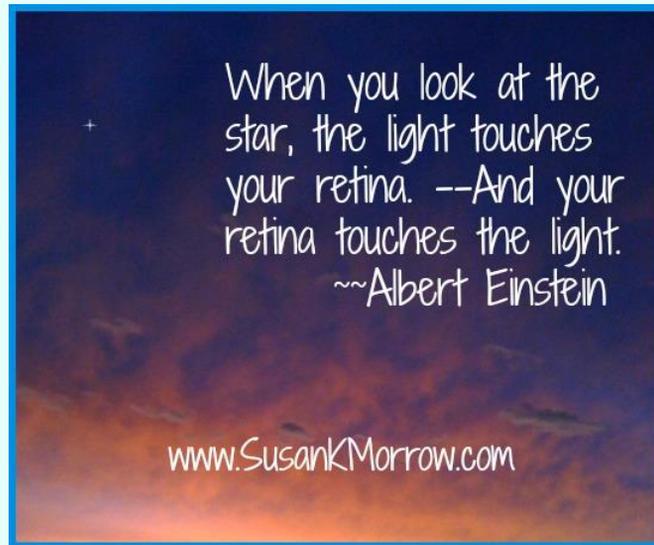
***Here is Mr. Struggle. He says, "Look at me. See me for what I am. I am not a mean man, but a helper. I am telling you this: turn around and go in the other direction. Soon, you will meet my brother, Mr. Message, and he will tell you that you are looking in the right direction or that you should look elsewhere."** What this means is that you can look at these "drains on your resources" that are so valuable to you, and you can see them as saying things you have not heard or seen before. You must not allow yourself to be drained in any way, especially in your heart and soul.*

These endeavours are not as important as your health and happiness. What is it about them that makes you happy? What makes you tick? Remember to face the sun. Face the light. Look for the feeling of joy and that is your best way to go. Any time you feel conflicted, you must change directions. You will not make a mistake. We will not let you fall. We see the storm clouds gathering overhead, there is lightning, you think it spells doom, but it is only your thoughts and your imagination that allow these clouds. Take a deep breath and look again. We want to see the sun shining.

No, a rainbow indicates that something was wrong, but there never was anything wrong. There is nothing wrong now. Just things you want to be different. Not right or wrong. Only happiness for you, our dear, now. Smile, the clouds clear. Embrace your knowing for what FEEELS RIGHT. Our best to you with a flourish.

100

Our dear, we are here for you. We always are. And we are concerned along with you that you are not where you feel you ought to be. It is this feeling of "not right" that leads you to places you need to be. When you feel "right", then you will know you are where you are supposed to be. This is the way it works for human beings. In the non-physical, these thoughts and energies are automatic. You do not have to "think" in order to figure out where you ought to be. This is what makes human life so interesting, both for you and for us. Blessings.



101

So we see you struggling yet again with the same questions. You want to know all about your future and how it will be, hoping that the answer will be "happily ever after". Well, guess what, it is "happily ever after", but it might not be the one that you think or imagine or hope it will be. Imagining and hoping are fun exercises or games, but they can sometimes slow you down in getting to where you "ought" to be.

We offer you this: If you "ought" to be somewhere/-somehow/someone, then why aren't you? Maybe the "ought" is something else. So don't worry about that. This life, you are who you are... Be calm and don't worry. The future unfolds so beautifully for you. The more you learn, the happier you will be. That is all we have for you now. But we are always listening and we are sending you messages constantly. Pay attention. Pay attention in your peace. With our abundant love.

102

*Ah, satisfaction! This is what we all want, is it not? We like to look around and say, "Hey, I want that! That looks nice! That looks fun!" And then we wonder why it is not here with us now. This is what is going on with you, our dear. You are seeing into the future, not in a prognosticating sort of way, but in a wishing way. When you wish, make the wish for now, or for yesterday. And do not wish as if you will never have it, like you do now. You say, "I wish that I had this," and you sigh with it. But if you will say, "I am having this now!" you will get a better result. Here, listen to this now: If you are going to the beach, and you look to the horizon and you run straight to the water, you might hurt your foot on a shell or rock, but you do not see the shell or rock. You do not notice that the water is not the only thing at the beach. This will make sense to you. If you look around you to see if you have satisfaction, you will find that you do. No, not in everything yet, but **when you start to find it, you will find more and more of it.***

103

And away we go! We are here to tell you all the good news on the planet. Because, you know what? It's all good news! And isn't that wonderful? "But wait," you say, "how can it all be good? I don't like some of it, and I call it bad. Don't go telling me it's all good. That is just pap." Well, here's the thing: it's all good because it all brings you messages you need to get your life together and be happy. How can you be happy in the face of sorrow, terror, hunger, famine, waste, pestilence, etc.? Oh, how tired we are of it. And that is you too. Yes, it seems "icky", but it is a message for you. So here is our message for you: it's all messages. And that means it's all good. See our logic? We love it too!

104

You don't need to know anything of the sort. Take our word for it. You think this "dumb blonde" thing is just a joke and you don't know that down deep, you are very worried about your own image. Your own image is so much better than you see. Our poor dear, we want you to love you like we love you. We see you and we go, "Oh, she is just the most perfect one we could ever imagine! Aren't we so happy to be with her?" But of course, you know that is no accident. So we know you are looking for answers and you would like a crystal-ball analysis of your life, a play-by-play, so that you can get up every morning, knowing what to expect, and feeling very comfortable and secure. And it's not that, "That's not how life works!" It's just that you would not really enjoy it. You would say, "This is so boring!" But you feel anxiety around these worries of the future. So we are going to help soothe you. You have been good at letting life flow, you "let go and let God", but you need to know that you have much more control over your future than you think. Start paying attention to what you have brought to life, to fruition. And recognize that you have the power. If you made it, you can unmake it. If you brought it, you can take it away. Oh, you are on your way now. Relax, and ask instead, "What do I WANT the future to be?" And you will find it is what you want. We love you, fear not. It is much brighter and more lovely than you think now. Read this again tomorrow and next week and next month. You'll see that what we are teaching you is sinking in. At last! We love this for you! Namaste, namaste, namaste!

105

The client asked indirectly about her father. She didn't give me details, but I found the answer compelling. –Susan K

Your dad is ... well, believe it or not, he's not your concern. Not that you should not be concerned about him, but that you must trust him to live the life he is here to live.

You think he is without choice, but on the contrary, he chose this very life from the beginning. From before the beginning. And now, happy or not, moment to moment, he fulfills his destiny. You will be fine, because you also fulfill your destiny.

106

Oooh, we are excited and happy for you! ...because you are you at this time in your life. We love to watch you. There is an old song about watching Scotty grow and we feel that way about you, very paternal. We love to see you have your fun! So here's your question: what is love and why do I want it so badly? This is easy. When you feel the love from you to you, you will very easily find the love that you seek. Because you won't NEED it anymore, just want it. You know this sounds healthy...



107

We move for you in all ways. We show you the world. You don't always see it or hear us, because you are caught up in your very human ways, where you have learned that all things must be tangible, solvable, scientific. They're not. Quite the contrary. The things that are the realest cannot be seen or touched, and they cannot be solved like an equation. (But you should know that science as you now have it may be limited, but it doesn't mean that the universe cannot be explained.) So you look into your microscope and you ask, what does this situation reflect back to me? What does it have that I am showing the world? What is it that makes it so pretty? And these answers will tell all about yourself. And then you will see what we see and all the truth will come shining through! We thank you, Susan. Now we are done, but not for always.

108

The client asked only what was going on for her at the moment, so the guides got carried away with what seems to be a past-life reference. I thought it was cool. See what it means to you. –Susan K

Our dear angel, you know exactly what you want! This is why asking a question becomes generic for you. You say, "Hm, what do I need? What do I want?" And here we are. You are so wise to remember that you understand how it all works. Your lessons on the sea were fascinating. Most of us were with you then, and we saw the light in your eyes, as you learned all that you needed to know. You draw heavily on this experience now. And this is good. You are not like others, as well you know. You are wise and no, you are not mistaken. You see things as they are. Here. We'll show you what you know already. Close your eyes and think of the sea, smell the salt air... This is where we took you before. Do you remember now? Okay, Susan is nudging us to give more practical answers for you. With regard to your work, we are steadfast--we abstain. But you know and you hear us, in every word that you utter yourself, in every word you read, every tree, every leaf... We are hoping you will go out this weekend. Say yes, and go out and have fun. This is not your usual M.O., but you will find something new. You will meet a new person who brightens your life. This is a nice smile and wink we give you, because you do not need a lot of help with what you are. We just love you and we hang on for the ride, because you support or entertain us and make our time with you very easy and fun. This is what it's all about. Got it? The hokey-pokey. ;o)

109

Yes, yes, we're ready. You can do this just as you like, as it is easy for you. Rapid growth? This feels so good, doesn't it? We love it with you!!!! We know what you know and feel what you feel, BUT the difference is we are unencumbered, as you know and as you are. You have made tremendous strides in overcoming these encumbrances. You are still growing, and this is showing in all areas. What do you need to handle it? You only need enough rest. That is your major issue with handling growth... You give freely and it IS beautiful, just as you know. Be sure to give to yourself. And that means rest. Your body is well-made to sustain tremendous pressure with ease, but you must rest. Your body can be relied on to support you. Take in, drink in thoughts and feelings. You don't have to worry about taking your body for granted. It's tough. You're tough all over, but you are tender inside. Be at ease. And remember to rest.

110

Positive insight, our dear, oooh. This is a good one for you! We feel what you feel and we also know more than you know about who you are and where you're going. You must be the person you choose to be! It's that simple, and yet that complicated for you. We look and we see that you're doing exactly as you are supposed to. Yet you look at yourself and say, "What's wrong?" Yes. So we like for you to be positive and we like for you to feel GOOD! Just as you do. So let's see... what can you do to feel more positive? Start by accepting what is. Just as it is. Look around. "This is something I like, this is something I don't like, this is okay, but I would like it better IF..." Do not LABEL anything as GOOD or BAD, only "I like" and "I don't like."

Get it? Next, go on to what you WANT. Wanting is actually good. So get that in your head. When you accept what IS and learn what you WANT, then you start to shift what IS into what you WANT. Sounds very simple, right? That's what we said.

*Do only these things. Accept what IS, know what you WANT. You will see new patterns emerging in your thoughts and actions and feelings. Some things will slip away easily--remember, THERE IS NO GUILT--and some will stay the same and some will grow or change. Always, accept what IS and know what you WANT. We cannot be clearer. You are so smart. This is easy for you. If it feels hard, it's because you're struggling against it unnecessarily. **Stop struggling and the struggle will end.** We love you.*

111

*Feeling blue? Got the blahs? Try our new tonic! It's made fresh, just for you! It's perfect for those winter doldrums and sunshine-go-away blahs. We know just what you need, and it's our tonic! You don't even need to know how it works, just that it does. And it's this: love yourself. Spoil yourself. Be good to YOU. This time of year is stressful for you, so every day, maybe even two or three times a day, treat yourself to something good. Something sinful and delicious. Something special that's just for you. You love to read, so pick up a book. You love to shop, so do some shopping. You love to enjoy a cup of something warm and tasty, so do that. You love to see pretty things, so look all around you. And now, you know the secret to the secret. **Yours is but to ask, yours is divine, the divine path that we all are on. Be divine and your day will be divine too!** Much love from here in the firmament.....*

112

Keep in mind that this is from your angels and not your doctor. If you have health concerns, please see your doctor. –Susan K

Hello, our friend... We are feeling a bit wacky too. This is not for you to worry about. The messages you are looking for are right in front of you. That's why you've asked, right? We don't like for you to feel that you are not doing things right. It's not your body that you are mistreating, it's you. It's not that you need to change your diet, you need to change your spirit diet. Try munching on some spiritual carrot sticks. Oh! We laugh. Yes, what does this mean in practical, earth terms? Start by meditating and breathing. Seriously, you will feel so much better. Yoga, yes, and meditation, and listening, and breathe breathe breathe. Water, water, water. But not too much, really. Really, not so much that you feel full. All this talk of wheat germ and honey and stuff that is "good" for you... bah. It's not that it's not good for you, but you just need eat and do what FEELS good for you. If you listen to your body, like you are trying to do, you will do it alllll correctly. Our blessings to you.

113

*What we see happening is what you see happening! So what do you want? What is your best-case scenario? You have said it over and over, "Well, best-case scenario, all will go smoothly, no obligations hanging over our heads, everyone will get along..." You have gone over it so many times that you are memorizing the best-case scenario. And so are those around you! You are working this like a charm, as if to ward off evil spirits. Remember there are no evil spirits, there is only your spirit and the Great Spirit. Yes, and us! So instead of saying it like a charm, just say it once more, as if it is done already. Grab that "plan" and make it your "present". We see it going just as smoothly as you do. Your main job now is to let it go, let it float away like a balloon into the bright blue sky, and trust it to come back to you even more radiant than you saw it, than you planned it. Grasp it by the string now and take it outside to let it go. There! It's done! Your plan is real! Congratulations on your best-case. (**Secret: there was never a worst-case.**) That's our love for you. Best and blessed.*

114

The client asked about a new man she had met, following her husband's death. As usual, the message contains universal advice from the guides. –Susan K

Hello, our dear, thank you for asking. We love it when you can ask and we can answer. Do you know this is going on all the time? You are asking Susan now because you have heard some of our messages. This is what we want to suggest: Take your time... You will make the right decision. You do not need a man, this is certain. But we understand that you like to have a man in your life and that is as it should be. People want other people because you were made that way, all of you. The loner and the hermit are kidding themselves. So we do not say that you should not want a man for any period of time, not ever. So go ahead and place your order for the best man you can imagine. And watch for the person you love best. So take your time with this man. Do not worry about [your late husband] ever. His love for you endures, he knows you always do what is best, that you are very good at following your heart (unless you think too much), and that you will do exactly as you were meant to do. You can relax about that. And now we bid you adieu, but you know we are always here, beside you, around you, within you. Smile. We do.

115

*Our dear, we do know what to do. And that means that you do too. So here we are, serene and peaceful, and yet you fret. You are good at what you do, but you feel unsettled. This is because of your way of having to have things just so. You always want this to be right here and that to be right there. You try to be hospitable (and you succeed), but it is uncomfortable for you to do so all the time. And you wonder, "When will someone else go out of his way for me? Am I always the one who accommodates everyone else?" Well, the answer is, no, it doesn't have to be you, and **once you address your issues of unworthiness, you will find that your turn has come.** That is not to say you will no longer wish to accommodate others, but to say that you will recognize your need, your ability, and your worthiness to accept others' help, compliments, and accommodations. You are funny about this, because that word makes you giggle. "Am I accommodating?" Yes, our dear, but you are. So start to look at things differently--what do you want? What do you want others to do for you? When you see that you are worthy and you ask for what you want, it falls in your lap. Just be sure to pick it up and say thank you. That is all you need. Be ours always.*

116

Go with your knowledge that we share with you. Be who you are meant to be. If you think you don't know, you are mistaken. You do. Listen. Listen. Listen. It's all around you. Every answer you want and need is with you all around you at all times. Breathe. Be still and listen. Shhh. Listen. We love you and we honor you. Blessings.



117

Oh, here we are, our dear! We are so excited that you have asked. We feel this beyond what even you feel. We feel all of your joy and excitement. And we feel your sorrow too. This is not something that must linger, but you are holding onto it. Your question is so careful and so expectant... We wish to bring you glad tidings! These are news of these things that you want to know and hear and learn. You are searching, always searching. And you find and we cheer for you here in the firmament. The thing is, that not all teachers are your teachers. You know this, but you need to know that there are only a few teachers... that are for you. Other than that, you may need only look as far as your mirror. You are so wise yourself. Okay, okay, we are going to be specific. What is that? Do you hear the bells? This is where you look to learn to allow and align. You think that you must somehow align/allow, but really, you are doing it already. The bells will show the way. Next sound you hear... You know where we are. Welcome home! Much love to you and yours. Always, your angels.

118

*We're connected, go, go, go. Yes, yes, we see what you're saying, our dear, we are hearing you talk about your life as if you have no road map, as if you feel that you want direction. But you do not know that you already have all the direction you need. And here it is: do what makes you happy. **Truly, in the moment, in every moment, go for the happy.** Now, what's next? You know that already, but you don't know you know it. Here's where you are: go home. Go home and visit or go home and stay. But go home. That is what is next. You would have arrived at this decision or idea without us, but here you are and here we are, so there it is. We await your excited response with our bated breath and with our hearts suspended. We are with you in this beautiful magnificent choice, for everything you do is magnificent. You know that you are a gift unto the world. Do it now. Pick up the phone and make the call. We love and support you, we are always here with you, you have only to ask. Yes, we are through for now. You will always hear when you listen. Blessings and grace.*

119

*Where do you **not** belong? You are everywhere and it's easy for you to choose a place. But the idea is to let the place choose you. So if you are drawn, go. Why would you limit yourself? If you feel drawn to any particular spot, be sure it is a place of beauty for you, perhaps not of traditional beauty, but one in which you feel that is where your love is. If you feel that you are here for a reason, you are right. But not for only one. So this path has many branches, all leading somewhere. You cannot choose incorrectly. Go. Find your happiness and your love. And know that you are here to help. Help yourself first, and the rest will fall into place. Is there more? We should hope so! We know that you are on your way, on a good branch of the path for you. This place that you ask about, why do you think you are drawn? Go. This is our prayer to you.*

120

Here is our question for you: What do you like to do? We didn't arrange for you to come into this world unprepared. There are many things you enjoy and are good at, but you think that you can't do them. Why? Because everyone said so. Teachers and moms and so forth. "No, you can't." This is so common with you human beings, you wouldn't believe it. So please throw all that trash out the window. Look way back into your little-child heart and remember playing on the floor and you looked at your toys and you said, "...". What did you say? You told your mom, "I'm going to be a _____." You remember. What, you think you can't? Who are you to say that you can't? You were given your gifts for a reason and you know that. They feel so good. Use them, because that's what they're for. You can find out what they are in many ways. Ask. Ask everyone, but most of all, ask yourself. You are asking us, which we applaud you for, and we are telling you--"Wish upon a star." You don't need any special training, you don't need to get a degree. Just hold your dream and say, "This is ME!" You are that little child and you are you and you are the old person you will become. You are all contained in one beautiful package of YOU. Take heed. This course will come to pass very soon. IF YOU LET IT. Do not be afraid of change. Do not be afraid of yourself. These are your greatest hold-backs. You are wonderful and change is very good. Very, very good for you. Smile.

121

You have done a good job of looking to yourself for support and for goodness and light and love. This we applaud you for. Look to yourself rather than to outside influences. This is your best bet. Care for yourself in other ways too, like baths, phone, privacy, sharing, thoughts on paper, relaxing in the tub and in the quiet, but also being in the loudness that you like. Yes, music and also friends and other people that you love so much. You are capable of so incredibly much and yes, you are Christ-like as all humans. You have that one right, absolutely.

122

You can heal yourself but this is not a big problem for you. Just a little reminder—hey, you are the best, leave your anger behind. Make it yours and own it, then put it in the hat box and put it away. It is not yours to keep so don't hang onto it.

Deal with this anger by saying, "I am angry." Say, "This was not fair and it hurt me. Now I will be stronger and happier and love will not hurt".

123

Do not look back. Keep your eyes forward, keep your eyes on the prize. The universe always moves forward. Going backward will feel awkward at the same time it is comfortable, because you will feel what you felt before, the good and the bad, and then you will say, "This is the same thing as before. I cannot fix this." What you can fix is YOU, and you can fix yourself. Move forward. When you glance back over your shoulder, look in love at the memory, then resume your propelling forward motion. We are with you, behind you, pushing you to your love and happiness that is before you. With our blessing and the gifts of our love and strength, we love and adore you always.

124

You are doing it now. You are receiving even as you sit here with us. Your money is flowing to you faster and faster. Pause. Wait. You are a money machine, if that makes you feel better. You do not see the evidence because you choose not to. It is not fear; it is ignorance and lack of understanding. You know down deep, so bring it up to the surface and say, yes, I am. Here is your money now. Have a check. Go to the bank. Check it out. Be strong and happy with this.

125

Your real world is our real world. We are not in body, but we know your world. We have different senses, and we are the same in many ways. We have full understanding of your world. When we talk in the present tense, we want you to think and know in the present tense too. We know you. We are telling you only truth and you know this. We are receptive in our nature and so are you, so should you be. Receive. Be glad and joyful and joyous. Be glad.

126

You are not the only one who gives and gives and gives. You are one who gives AND receives. These are the same action, like a mirror. If someone gives to you, you give by receiving, and they receive by giving. So give and receive, yes, give and take, if you like those words better. Give love, get love, give toys, get toys, give joy, get joy, give happiness, get happiness, give money, get money. No, be careful that you do not only think of "giving" as being charity. You can give in order TO get, as well. This is called BUYING and it's perfectly wonderful for you too. You like it, don't you? Relax about this. Money is just another thing to give and receive. With our love and our passage to you....the angels.

127

This love is good. Good for you to remember in all things, in all your activities. Oh, when you feel low or you pause because of something you do not like, remember this love and remember that you have brought this moment into your life. There are many reasons and they do not have to be complicated. Spread them out and look at them. There is your joy--do you see this love and joy in the middle of the chaos? It's there. Look, see it, breathe it, touch it, open your eyes. Our love is all around you. Now.

128

These endeavours are not as important as your health and happiness. What is it about them that makes you happy? What makes you tick? Remember to face the sun. Face the light. Look for the feeling of joy and that is your best way to go. Any time you feel conflicted, you must change directions. You will not make a mistake. We will not let you fall. We see the storm clouds gathering overhead, there is lightning, you think it spells doom, but it is only your thoughts and your imagination that allow these clouds. Take a deep breath and look again. We want to see the sun shining. No, a rainbow indicates that something was wrong, but there never was anything wrong. There is nothing wrong now. Just things you want to be different. Not right or wrong. Only happiness for you now. Smile, the clouds clear. Embrace your knowing for what FEEELS RIGHT.

129

*When you are in a position of discomfort, you must know that the discomfort is telling you something, telling you to make changes, telling you to walk the other direction. Yes, you attract and create, but all that you attract and create tells you more. It is all messages! Information! What you need! Yes, we do this. So say, "Now it's different" and then DO differently. Listen, look, think, hear. **If you are asking all the time, how can you hear the answers?** They are all there in all things, experiences, traumas, pictures, friends, words, everything. Take it all in and then look for the right direction for YOU. We love you and support you always, we send you what you ask for. ALWAYS. ALWAYS. You feel us more now than ever and we pull or push you when you are not listening. Keep looking. Yes, this is all with our love love love for you.*

130

Our dear, you must not be afraid of this fear. Fear is your friend in many ways, because it lets you know what will hurt you, so you can avoid it. However, as you know, when fear takes over for no reason, it is important to acknowledge it and release it. But what you think of as releasing or letting go may not be what you really need. What you really need is to analyze it. If you feel afraid, see if the first reason is the real one. Is there reason to be afraid that you do not see with your eyes and hear with your ears? Relax. Try to be still and quiet and listen, think, examine. This will answer the question of whether the fear is needed or if it is just your mind running away with you. We do not know of any real reason to be afraid just for being-afraid's sake. If you are checking things over and over again, you need to get still and quiet. Stop checking. Look at it reasonably. And see your doctor friend if this is going to get worse and ugly. We see that your fear needs to be checked out by you, to see if there is something behind it, because we see that this is natural, not self-invented. Do you follow us? You are right to think and feel. You are right to feel all that you feel. So pat yourself on the back and then look at this to see what the reason is. Your reason, combined with your feelings, will lead you in the right way. Yes, that is all.

131

*Your health? Your health is excellent. You may be headed toward much more and greater realities than you currently experience. This is normal for you at the point in your life. Take it to heart, dear heart, sweetheart--all of these questions that mumble and rumble around are yours to ask, but you need only still your heart and say shhhh, today is my turn to do as I please. And this is where you stumble: **you do not think you should do as you please and yet this is all you must do, what you must do.** Go for the one who is tender and speaks softly. This is where your heart wants to go.*

Why do you hesitate? Breathe. Breathe. Go where your heart leads you. This question is simple, go where it leads you. When you do that, you know you are on the right path because your heart sings and we sing with it. Much love to you always from your angels. You have only to ask. [I had the sense of them blowing you a kiss here.]

132

Your children are much more than you see and yet so different from what you think they are. If you could see them as we see them, you would have no fears. You are in your bubble and it is hard for you to see outwardly, but this is what you must try to do. Look to yourself for comfort and have less fear. And look your children in the eye and say, what is in there? What have I missed all these years? They are so wise and this is because they have come into this existence through you. Breathe and be at peace. See what is there, not what is superficial. Let them be who they are. Love and appreciate them. They are wonderful and full of adventure for their lives. Let them be who they are. And remember that your vision is not necessarily theirs. We love this about you, we love and adore you.

133

Oh, you do not think this is about you? It most certainly is about you, because YOU are in your picture. Look at yourself in the same way. Is your face like you want it or like a Picasso? Is your being the way you want it to be? You will find peace with this and these things and ideas, but it will take you a while. It's called self-discovery and you are about to swim in it. Just be real. Just be real. You are not at war with yourself any longer. This is a good time to ride a wave. You will find your peace. We love and bless you and we care for you. You must trust this and you will know when we are speaking to you. Trust this. Trust yourself. Blessings to you always.

134

You are much more than you know. Your spirit shines. Let it. This is what is important for you to know. No, do not give up on anything that you truly desire. Start by knowing what you want. And you will know, you will find out how to make that happen. It is not earthly or physical to do these things; it is spiritual and mental. Yes, we encourage you, we push you, we nudge you. Do you feel this nudge? We want you to know what you know. Trust yourself. And call on us. We are here and we have love for you...

135

*If you feel dissatisfied, that is our signal to you to make a change. You don't have to change jobs to change your feelings. Look. Look for those happy moments, the things you like, look and look and look and when you find and find and find, say, "YAY!" This will bring that satisfaction closer to you. Remember that dissatisfaction is a message that you are not in the right place for you. Where is my life going? Straight to the top, baby! Look, find, look, find, more and more. We love and care for you here in our firmamental place. You are loved very greatly. Now just notice the love you have for yourself. We are happy with you now! Yes, and finally, we bid you a gracious and lovely time. We're here. Always and always.
Love.*

136

We know you, and we know how you are, where you live. Smile at you in the mirror and say, "What do you want to eat today, body? What do you want to do today, body?" Then go eat that and do that. No guilt, no apologies, no worries. Geez, you worry soooo much. And we know. It's okay. We love you just like you are. Love, love, love! It's all here for YOU. Done.

137

*Ease up, don't seize up, that's what we always say.
We love and bless you.*





About the Author

Psychic Medium Susan K. Morrow is a “regular person” who, despite her life-long psychic abilities, worked for many years in the corporate world. As the Universe turned her on to her true gifts, she was well-prepared to create a business around them. This business allows her to help others and herself in personal growth, while fulfilling her daily goal, to use her gifts to glorify the Giver. Based in Texas, she now works with individuals and groups around the globe to help them improve and enjoy their lives.

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