

GOD: AN ENERGY FORCE

When people ask me how to understand God, I tell them you must first understand energy. According to Webster's Dictionary, *energy* is simple natural power vigorously exerted. Everything in the universe is comprised of energy – of positive and negative charges in constant motion. Today, with the advances in quantum physics, we realize everything in our reality is, in fact, comprised of energy in motion, including the chair in which you sit and the car that you drive.

Our spirits are made of energy as well. In order to realize our own spiritual power, we must look at how we exchange our energy with everything around us every moment of every day on this planet and beyond. Our bodies are “life support” systems for the energy of our spirits. Since physics teaches us that energy can not be created nor destroyed, but only transformed or transmuted (changed), our soul energy continues on after its current “life support” system, or body, is destroyed. That makes death, as we perceive it, not a reality.

It might be easier to think of it like this:

God is like the energy of an electrical transmitter. This electrical transmitter sends energy to multiple buildings and homes. Each building and home has multiple rooms. When a light is turned off in one room, the current is still there. The energy is still flowing even though the light has been turned off.

God is an energy force effortlessly reflecting all the life in the universe. Human beings are a conduit to this energy. Everything we think, say, or do transmits God's energy into everyday life. We are the ‘light switches,’ so even though our bodies may die, our light switch, or soul energy, continues on and remains a force in the universe.

The following three stories recount actual clients' encounters with this phenomenon. As discussed earlier, I have placed varied accounts from my clientele to punctuate the principles presented in each chapter. The story titles are in bold and written as first person accounts. It's my hope that by reading these you will understand how the concepts discussed can apply to real life situations.

Suzanne's Story: Mom, My Good Luck Charm

My mother was my best friend, and, when she passed away, I felt I had lost my closest confidante. Although my belief system included the possibility of life after death, seeing Melinda gave me absolute confirmation that Mom is still with me.

With Melinda's help my mother was able to let me know that she has never left my side and that I can continue to seek her guidance when necessary. Sometimes when I feel lonely I will ask my mother to send me a sign, and moments later I will catch a whiff of her favorite perfume or another simple reminder.

Specifically, I asked Melinda if I would ever locate my mother's lost wedding ring. She told me that I would find it in a box when the time was right. Three days before I started a new job I found the ring in the back of a drawer, almost a 'good luck on the job' wish from Mom! My mother also informed me that she was glad that I had finally cleaned out the garage – something I had done the day before I met with Melinda. Although these may seem like insignificant events, it proves to me that a piece of my mother's energy remains in this world.

Denise's Story: A Mother's Protection

All throughout the animal kingdom, mothers fiercely protect their young with whatever methods are available to them. My mother reached out from beyond her grave to save me.

Only sixty years old, not ill, and stating she was not ready to die, my mother was admitted to the hospital with baffling symptoms. In less than forty-eight hours, she was dead due to a mysterious heart ailment. Distraught, I sought out Melinda in hopes that I could communicate with my recently departed mother. I learned that she had reconciled to her fate and that she was happily ensconced on the other side where she had worked out her issues with her father who had died when she was fourteen. She said that she would be waiting for me when it was my time, just as her father had waited for her. Imagine my surprise when Melinda named family members, friend's names, and the fact that my mother was thrilled by all the roses that had been dropped off in her coffin during the funeral.

After this encounter, hope started seeping back into my life, and I began to feel that life could be special once again. Carrying on, I scheduled a well-woman check-up. Thirty-eight years old at the time, I always exercised, watched my weight, and was rarely ill. I thought this would be a routine appointment. I, of course, mentioned my mother's sudden cardiac problems, and this alerted the doctors to probe further. Even though I was not experiencing any physical difficulties at the time, they discovered I had a significantly enlarged heart muscle. Further testing revealed that I had considerable heart defects and that there was a good chance I would need a heart/lung transplant in the near future. I eventually did have surgery, more as a preventative measure, for I could have been unsuspectingly

struck down at any moment. I returned home from the hospital on the first anniversary of my mother's death. And it is she who I thank for giving me back my life.

If she had not died, I would have never known of the possibility of cardiac problems. Since I was young and healthy and showed no symptoms, my heart problem would likely have been overlooked. And I, too, would have died at a very young age. Not that you can ever swap one life for another, but I feel my mother let go of her life to protect mine. Even in my sadness that she is not here today, I know how lucky I am for having had such a wonderful and protective mother.

Debbie's Story: Spirituality Released

I first visited Melinda on a lark and viewed the appointment as one that would be an interesting experience. What a surprise it was to discover another whole dimension to life, one in which I believed but about which I had no actual proof. It altered my life and set me on many paths that I never even knew existed. It was truly the beginning of my own spiritual journey. It also confirmed that we are spiritual beings having a human experience and not vice versa.

My father had died seven years before I met with Melinda, and we tried to reach his spirit. Melinda told me "he was too busy to talk to me." My first thought was, "Well, that's a good excuse!" She went on to tell me he was getting ready to help Milton pass over. Milton, my paternal uncle, was in good health at the time of this appointment. Upon returning home, just to be on the safe side, I called my mother to check on my uncle. She confirmed that he was well. However, not a month later and on the Jewish holiday of Passover, Milton died unexpectedly of a heart attack. I have learned since then that when Melinda talks about people dying she usually refers to it as crossing over; however, in speaking about my uncle she very distinctly said pass over. I have to believe it was a reference to the day of his death. This convinced me that she was indeed connecting to those souls on the other side of the veil. Over the next six years, I returned many times for several more readings. She told me of my mother's death, almost to the exact day, two years prior to her passing. And I have also learned helpful information about my romantic relationships.

I found my readings fascinating, but the most important lesson I learned was how to unleash my own power and find my own answers. The way to this end was through meditation and the acceptance of self. I'm no longer fighting against myself, but instead surrendering to the situation and allowing the flow of the universe to lead me in the right direction. Through this new connectivity to the universe, I find that I have the ability to make whatever I want in life simply happen. I'm no longer afraid of the pitfalls I will encounter, for I know now that I am here to have a human experience and to learn lessons from these experiences.