

Dear Louise

by Louise Hay

Louise Hay is retiring from writing this column. New Spirit Journal thanks her for the wisdom and love she has shared with our readers and others through this monthly column. We wish her a happy retirement. —Editor

Dear Louise,

I read in one of your books that our guides and angels can help us. My concern at the moment is the clutter in my home, particularly my closets. I cannot get everything in order! How do I ask my the guides or angels for help? Thank you!

—C.K., New Zealand

Dear C.K.,

I always think it's wonderful to acknowledge that we're not alone. I truly do believe in guardian angels. By the way, we can pray and meditate by ourselves. We do not need churches, gurus, or a religion to do that. They're nice if they are supportive of the individual. It's important that we know that we all have a direct pipeline to the source of all life. And when we consciously connect to this source, our life flows.

That said, it's also wise to take a practical approach to your life. In other words, asking for inner guidance (from angels or whomever) is great, but at some point you have to take an outer action to help bring about the change you are wishing for. Our closets

can be considered symbols of our minds. A cluttered closet could mean a cluttered mind. This same theory can apply to our dresser drawers (or even our desk drawers), most especially the top drawer, and often the bottom drawer as well.

A good exercise is to clean out a closet and while doing so, say to yourself, I am cleaning out the closets of my mind. Take everything out of the closet. Examine each item and ask, "Is this item still useful?" Or, "Have I used this item in the last six months or year?" "Do I have to keep this worn item because I'm afraid I won't be able to replace it?" Donate the items to a local charity.

In order to make room for the new (whether it's new clothes or new thoughts and ideas), we must release the old and the outworn. This is true for physical items as well as mental ideas. I go through my closets every six months or so, and anything I know I won't use again either gets sold, is sent to the thrift shops, or I give it away. It's no longer useful to me and is taking up precious room. The sweater I was in love with three years ago is now a color I don't care for. Do I want to keep it around on the off-chance I may need it one day? Not at all! I'm well aware that I'll always be able to buy a new sweater when I need to.

Did I always feel this way?



No! I grew up during the depression of the 1930s in extreme poverty. So it took me many years to realize and accept that I was the only person responsible in my world for my lack of prosperity.

Watch how you're feeling while you're cleaning out those closets this week. Are you doing it with joy and anticipation of the space you're allowing in your life, or are you stuck in the mental system of "not having" and scoffing in disbelief that the abundance of the universe is available to everyone, including you?

Affirm: Change comes freely and easily for me. I now move through any resistance and joyously express myself. Today is a new day!

Dear Louise,

It's been ten years since Princess Diana of Wales died. There's been a lot of media attention lately here in England about how she died. I don't focus on that so much, but I'm still very saddened when I think about such a vital and alive woman and her life having been taken from us. It really is such a tragedy. I really am still very emotional

about her death, and that surprises me. Any thoughts on why this has hit me and millions of other people around the world so hard?
—S.A., London, England

Dear S.A.,

Your letter speaks so strongly of the "tragedy" of the situation and that "her life was taken from us." Why are you choosing to view it in this way? It was her life! Only her soul, in all of its divine wisdom, knows the truest and deepest meaning behind her life and death. How wonderful it is to leave the planet when you are dearly loved! It is the perfect time. Death is not a punishment unless we make it so. Although the situation is sad because we miss her shining presence, her leaving the planet is in divine right order, occurring in the perfect time/space sequence.

Princess Diana united a nation the way no one else had. The outpouring of love given to her by her own people will long be remembered in the hearts of everyone. She also contributed to the shaking up of the monarchy, which was long overdue. Her work is done. She is now off to bigger and better things.

Bring peace and release into your own heart, and cultivate gratitude for the grace and good her spirit has provided, and continues to provide, for us all.

Louise L. Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher. For more than 25 years, Louise has helped people discover and implement the full potential of their own creative powers for personal growth and self-healing. For a free premier issue of the Louise Hay Newsletter call 800-654-5126. Visit Louise and Hay House at www.LouiseHay.com or www.hayhouse.com and HayHouseRadio.com.

Uncover 10 Differences Between a Good Psychic and a Fake Psychic

by Kate Puset

Visiting a clairvoyant to investigate your future is something that appeals to many people. Unfortunately, as in any area of life, there are some people out there looking to pull a scam. There are also genuine people who can help guide you with some insight into your future. There is a difficult choice to be made in finding a clairvoyant, as there is such a wide choice available.

How can you tell the difference between a good psychic and a bad one? A good psychic reeader will:

1. Help you to explore your options. A good reading will help you decide what you can change, if you choose.

2. Never tell you what to do. They will remind you that you are in control of your own life and your own decisions.

3. Bring hope. A good psychic highlights the choices we all have.

4. Help you gain perspective on your life.

5. Never predict anyone's death.

A fake psychic reader will:

1. Tell you that they can change your future, and try and charge you extra for it! These charlatans give you a reading full of doom and gloom then offer to cast a spell to change it. Don't fall for it; it's just a scam to make money.

2. Make you believe your future is fixed. It's not true; you can always change your future.

3. Tell you that you need to keep coming back for a reading every week to ensure you stay on track. This is also a scam and just a waste of your money.

4. Read from a script. If they start talking in a clichéd fashion with stories of meeting a tall, dark handsome stranger then don't bother with this person anymore.

5. Tell you that you have a negative block or curse which then needs hours of work through long meditations, at great cost to you.

To find a good psychic or clairvoyant, I suggest you do your research thoroughly. Check out a number of different specialist internet sites before making a decision. Read the details of their readers who will have different specialties. Check out the training and experience of the readers and look at the testimonials from previous clients. Also, it's a good idea to check to see how long they have been in business offering their services. Remember a good reading should be fun, enlightening, and enjoyable.

Discover further tips for making the most from your reading at Kate's website, www.clairvoyantstoday.com

The Power of Transcendent Planets

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our rational mind and how we perceive the world.

Venus rules love, the arts and money; what we value.

Mars is our planet of desire and assertiveness which can be expressed in creativity or anger.

Jupiter is the planet of expansion and is related to our metaphysical beliefs and social interaction.

Saturn contracts and brings in feelings of fear and limitation or the ability to focus and manifest.

Each of the planets has its special function. Without Jupiter there would be no optimism. Without Saturn there would be no organization or discipline.

When the outer planets are combined with the personal ones in our natal

chart, we have an opportunity to open up to new creative expressions, find new emotional outlets, let in new ideas and restructure our lives to reflect our true self. They offer a key to open a door to our greatest potential. But we have to use the key. The planets won't do it without your help. Since there is no such thing as a safe risk. It can be scary. But not taking risks leads to inertia and depression.

We all experience the outer planets affecting our personal ones, whether in our birth charts or by transit. One way of looking at the positive and negative way to combine them is to determine if the personal planets are using the transcendent opportunities or letting them be overpowered by them. Abraham Maslow, in "The

Psychology of Being" examined what made some people go beyond the ordinary. He wrote: "They seemed to be less afraid of what other people would say or demand or laugh at. They had less need of other people and therefore, depending on them less, could be less afraid of them. Perhaps more important, however, was their lack of fear of their own insides, of their own impulses, emotions and thoughts. They were more self-accepting than the average." (p 13.)

Libby lives on Bainbridge Island and can be reached at (206) 201-3125 for astrological counseling and past-life regressions.

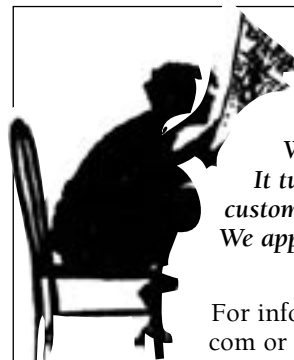
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