

## Chapter 1: The Actor Who Thought He Was Unlovable

*“Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people.”*

- Fred Rogers

Everybody thinks that if only they were rich and famous, life would be so easy.

As if!

Enter stage left: Bobby (not his real name), star of Hollywood movies and countless TV shows, was universally loved. Trouble was, Bobby, the actual person, did not love himself.

I first conducted a medical intuitive reading for Bobby before he attended a healing retreat for much-needed inner reflection.

“You are still working on clearing your karma of addiction,” I wrote to Bobby.

“Recognize that it’s part of your personality to suffer from addiction.

“You can even be an addiction for others – what I mean is that other people can become addicted to you, your personality and your aura.

“It’s easy for you to get hooked on substances, e.g., coffee, marijuana, tobacco and other substances, so observe yourself. I believe as you become more deeply connected to your true self, you will have less need for outside substances to feel stimulated.

“Affirming ‘I am enough, I have enough, I do enough’ would be a good message for you. Remember that more is not always better.”

After I started writing the rough draft of this book, I didn’t give Bobby another thought until a few weeks later when I received a call from the healing center’s director.

“I’ve never seen this before,” the director told me. “Usually everybody gets better.”

Even though Bobby had benefited from acupuncture, fresh air, organic food and plant medicine, upon returning back to real life, the self-hatred he had been trying to push away reared its ugly head, and he started drinking uncontrollably.

He spoke with me by phone from as he was trying to learn the lines for a new movie.

“I rebelled after I was told I was adopted,” Bobby admitted.

“I sabotaged my career for 10 years. I really felt undeserving, so I would blow it.

“I’ve been blowing it for years.”

The only thing Bobby knew how to do was to act.

In fact, he was such a skilled performer he had been acting his way through real life, pretending to be who he thought everybody else wanted him to be.

Acting had first become a survival skill and then his chosen profession.

Bobby was so good at it he found himself costarring with A-listers and pretending to be the hero his soul actually longed to be.

When I conducted his original medical intuitive reading, I explained he had lost certain fragments of his soul: “I believe you have lost who you were before you became an actor.

“Being with people who don’t know who you are professionally is highly beneficial for you as there is no need to play a role other than your true self.

“You don’t believe anybody can love you for who you really are, so when people get too close, you push them away.”

I explained to Bobby that although he might have thought of himself as abandoned, in fact, his soul had a unique path to being born.

Often when a baby is conceived, the pregnancy doesn't work out (and not necessarily because of an abortion).

Sometimes, through no fault of the mother or the baby, the pregnancy fails, and the little soul who was trying to be born has to find another set of birth parents.

A soul may try one set of birth parents after another until a pregnancy actually succeeds.

Bobby's birth parents, I explained to him, were in fact his eleventh try. His birth mother had a soul agreement to help him to be born.

"When you try multiple times to be born, you have a very important purpose for being here," I explained. "It's as if you're trying to get to a certain place by a certain time. When the first train doesn't work out, you take what you can get.

"Your birth mother was your soul friend. She helped you get born."

The parents who adopted Bobby loved him very much. He felt guilty about how often he had tested them.

Meanwhile, their love for him remained unshakeable.

As he sat in a cafe trying to digest the lines for his new movie, I began a healing for him so he would understand he is lovable.

“One of your big life lessons is to learn how to love your true self and to allow other people to love you.

“Because you truly believe that the real you isn’t lovable, you tend to test people. This affects your care -- also -- the more you can allow others to love you, the more successful you will be in your work.

“You keep the energy of love outside of yourself. You don’t let it in -- it's always on the outside.

“That’s a lonely place to be.”

When we came to the part of the healing where he would need to forgive himself, I asked him to repeat the simple line, “I forgive Bobby.”

Tears welled in his eyes.

Even though worldwide audiences had hung on every line Bobby spoke in his movies, he just couldn’t even mouth the words.

“I will say the mantra for you,” I offered.

I asked Bobby to put his hand over his heart so he could receive the forgiveness where he needed it most.

“I FORGIVE BOBBY.  
BOBBY FORGIVES ME.  
I LOVE BOBBY.  
BOBBY LOVES ME,”

I affirmed.

For a moment, Bobby was no longer acting.

There were real tears -- emotions that came from the depths of his soul. He felt the sadness that had been welling up inside him for more than 50 years.

I continued with the words of Ho'oponopono, the ancient Hawaiian forgiveness mantra:

“I’M SORRY, BOBBY.  
PLEASE FORGIVE ME, BOBBY.  
I LOVE YOU, BOBBY.  
THANK YOU, BOBBY.”

His soul was grieving

It had been exhausting -- all those years of pretending and all the time lost from keeping everybody on the outside and not letting in the love his soul craved.

## Chapter 2: The Healer Who Constantly Washed Her Hands

*“By surrendering, you create an energy field of receptivity for the solution to appear.”*

- Wayne Dyer

Jan (not her real name) was a sought-after teacher of kinesiology and belief clearing. She maintained a full practice and helped many clients overcome depression, anxiety and a multitude of other challenges.

Despite her ability to heal others, Jan felt deeply ashamed. She had developed a terrible case of obsessive-compulsive disorder (OCD) that manifested in constant hand washing.

Jan would arrive at my healing room with little plastic baggies of tissues so she could wipe her hands clean. Afterwards, she would hide the baggies in the bushes around my garden, apparently not realizing I would eventually find them.

Even though Jan had consulted shamans, medical doctors, kinesiologists, naturopaths and a wide range of other traditional and alternative healers, no one had been able to identify or clear the true source of her struggle.

Jan had closely examined her own beliefs but couldn't figure out why she continued to struggle with OCD. She felt ashamed she couldn't clear the problem herself.

As I began to do healing work with Jan, I explained that she had a huge hole in her energy field.

It's a law of physics that anytime an electrical current runs vertically, there is a magnetic field surrounding it. In the human body, that equates to your personal energy field. New age healers call it your aura.

“You have a large hole in your field,” I told Jan.

The hole was literally as large as her back, extending from shoulder to shoulder and down to her hip bone.

Just as your skin serves as a covering for your internal organs, connective tissue and bones, your energy field provides a layer of protection for your soul. Whenever you have a hole in your field, you become hypersensitive.

Noise, electromagnetic frequencies, other people's emotions, geopathic stress and a wide range of other energetic shifts can disturb your well-being.

It was as if her soul was being rubbed raw.

It was as if her soul constantly felt dirty with all the energy she was unknowingly picking up.

The only way Jan could comfort herself, to try to clean herself, was by constantly washing her hands.

I was able to clear the energetic attachments that had settled



into her damaged aura and sealed her energy field.

At last, Jan's hand washing ended!

It wasn't a matter of discussing her childhood traumas, having a more positive attitude or taking a pill. After her energy field was healed, her soul could finally feel calm again, and she no longer needed to wash her hands.