

WE'RE SO LOVED

Angelic Speaker Spasoff
Intuitive, Artist-Photographer

WE'RE SO LOVED



An inspirational book about how our angels help us in everyday life,
both here on earth and in the afterlife.

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Forward

The Las Vegas Toilet Paper Caper

HERE IS A little story I think you might enjoy. I have been broke many times in my life. So broke that I didn't even have enough money to buy toilet paper. There was a hotel located right across the street from where I lived in downtown Las Vegas. Late at night, I would go into the hotel bathroom and fill my pockets with enough toilet paper to bring home. One night in particular, I had filled my pockets bulging with toilet paper. I walked out of the hotel and then realized that I was standing in front of the Las Vegas Swat team with their guns pointed at me. "I got busted", I said to myself. I didn't think that the Las Vegas police department would go to that much trouble to catch people taking toilet paper from the hotels.

Imagine my surprise when I realized that they didn't have their guns aimed at me? I just happened to be caught in the crossfire between the crooks and the police.

Once I realized what was happening, I was relieved that I didn't get caught with the goods. I was so thankful! I then managed to get down on the sidewalk and crawl back to my apartment. True story.

**Much love and light
Angelic Intuitive/Speaker Spasoff
Photographer-Artist**

Prayer to Your Guardian Angel

Guardian Angel from Heaven so bright

Watching beside me to lead me aright

Fold thy wings round me,

And guard me with love,

Softly sing songs to me of Heaven above

Amen

**“Angels transcend every religion, every philosophy, every creed
In fact, angels have no religion as we know it . . .
Their existence precedes every religious system
That has ever existed on earth”**

St. Thomas Aquinas

In the dreams of our angels

Lay a new pathway in flight

For within our own darkness comes forth the light

They will give us the strength to pass on through the night

So open your heart to our angel's delight

Nothing in this universe can compare to God's love.

So great, so fine, so kind

Our saints and good works have not passed in vain.

The love stays alive within our mortal souls even till today.

Love cast out our darkness to make room for the light

This is what makes an angel in flight

Angelic Intuitive/speaker Spasoff

Photographer-Artist

Introduction

THE WORDS ANGELIC Intuitive can be unnerving to some people. I can only speak for myself. I am a believer in one God and Jesus Christ as our Savior. I am also a big believer in Angels and how they help us. That is why I wrote this book. A simple way of stating things is to say that I walk forth in faith and love with a non-judgmental attitude toward other people and their beliefs. We all have the ability to call on our angels for help. Since they are God's Angels, you can either ask God for help or the Angel directly.

We all have the ability to tune into the unseen world, but it takes years of practice and a little insanity to reach it. I am only kidding about the insanity. In fact, it makes you more grounded and spiritually sound. As far as myself, I don't believe in past lives. But I definitely believe in the here and after (Heaven and Hell) I believe that Hell is not meant to be used as an abusive tool to scare us. Hell is a real dimension, but it is for those who possess pure evil. But in this book, I am not going to talk about Hell.

We are here to speak on Angels; the good Angels like the Archangels and our Guardian Angels, even our Guide Angels. The Archangels are in charge of all the other Angels and could do the whole job for us. So why not go to the top? Angels are here out of God's love. They are Supreme beings who have never been to earth as humans. They were created by God in the heavens for protection. In my life, I have been very blessed by God and the Angels.

I have many ailments such as asthma and severe allergies to almost everything. I also have ulcers and colitis to name a few areas of my health concerns. I also have anxiety which is under control with exercise, prayer, healthy eating and meditation. God and the Angels have helped me keep all these health problems under control.

In life, we all have many obstacles to deal with. Struggles in life help us to grow spiritually and our connection to God becomes closer, deeper and more meaningful. The suffering enlightens our path and draws us closer to Heaven. Pain makes us stop and listen to what God is saying to us. It connects us to the love, unconditional love. There are times in life when too much pain exists and sometimes I forget to ask our Father for help. I am sure we all go through this. It is during these times that we need to embrace our Angels and our Lord's love. Faith in our Lord will carry us through difficult times whether it is financial or physical or spiritual. God and the Angels are there to help us through our pain and triumphs. When we are in a crisis, it is important for us to ask God for what we need. We also need to do this when we are enjoying life and not in trouble. Just say "Hello" to God or even the Angels. Give them back some love. Thank them. It is simple to connect. Good friends are hard to find but you will have found the best friend you will ever have if you just open your heart and let the love in.

Let triumph “the better angels of our nature”

Abraham Lincoln

Romans 11:20

I was found by those who did not seek me
I was made manifest to those who did not ask me

God makes appearances to everyone, but not everyone wants to accept or believe. We should open the door and listen to what the Holy Spirit has to say. It is not bad news. Anything God has for us is great. Don't worry. He is not going to have us carry our own cross with nails. It has already been done for us with great love. So open up, listen, and give your heart.

We Are One

I HAVE HAD a personal relationship with my angels and God, even at an early age. I can remember as far back as four or five years of age, possibly even as far back as the age of three. I would like to say that we are all a part of God and God is everywhere. A very simple explanation would be to say that He or She is energy. I don't mean to say that God is only male, because He is not. No pun intended. God is both male and female. We can refer to God as a He or a She. But, I guess I am used to referring to Him as a He. God is definitely not an it.

Energy and spirit are in all of us. We, therefore, carry a part of God in us. It is like carrying a little bit more energy. This energy field seems to resonate more within our heart chakras. As I mentioned before, my relationship with God started at a very young age. Although, this experience was painful for me, I still feel very blessed to have had the experience. But even in times of pain, God has been there to comfort me in my pain. How can that be, you ask? Just suppose you are suffering, and in a lot of pain. God is always there, throughout our most painful moments. But there are times when He gives you a rest. Not only a rest, but peace of mind much like a touch of heaven.

Heaven can simply be explained as a sense of the highest tranquility; the highest joy, and something that you cannot feel on earth unless you are in meditation. But as I was explaining, God sends us this piece of joy and unity to show us that there is an afterlife; and that this pain will leave our bodies; our physical bodies, that is. Once our spirit leaves our physical body, there is no higher sense of freedom; no sense of time nor space. You could be anywhere at anytime. Imagine if that were true in the physical body. Boy, could you save some money on gasoline! Anyway, the point is that when our body is in spirit, we are one with everything.

The main source, of course, would be God. Without God, we would not exist. God is the one which gives us life source. He is our spirit. He moves and inspires us, so that we can move forth in life even if we are thrown into total darkness. God's energy can show us how to reach the light and love which he has in store for us. When I was very little, I felt all of this. I knew, even then, that God was right beside us. There were times when I was having severe breathing problems or pain which was too much for me to bear, I knew at all times that God was there. He is there for you too.

There were times when I could hear His voice, very positive, and powerful. But yet, He had such a caring voice. His voice was similar to what a parent would sound like when they are comforting us. I really did see God and feel Him. No, I wasn't doing heavy drugs! God looked like He had many colors within a ball of energy. His energy felt so calming and so comforting that He could transform this energy into any manner that you would need. Anything, spiritually, mentally, or physically God could give to us. And it is all for free. There are no strings attached. He wants us to ask for help and He is there. Free will is given to us. God is not a controlling God. He wants us to be the best that we can be.

What does this mean? Spiritually, God wants us to know that he is our friend and He loves us so much that he will send his angels down to us at anytime we ask. For whatever we need. Even if we are in pain, He will be there to comfort us; to assure us that he will not abandon us. I have heard and felt God since about the time I was old enough to go to church. I was very excited to be there. I felt so great, especially when I could get out of my school classes and spend lunch time in the church. I felt peaceful. No matter where I was, all I had to do was open my heart and God would be there with his angels.

The other day, I was working at a Hollywood party. I was working as an angelic intuitive for a company called Dreamworks. They had what they called a wrap party for a film called "A Thousand Words". I was working with another psychic giving readings to the cast and crew. Within a four hour period, we had given over ninety readings of about five minutes each. They had about three hundred fifty people attending the wrap party at the Edison Downtown. You should see it. The main door to the club was hidden in the alley. It looked like a very small room. Little did I know that once you entered the door, you would have to go down at least four flights of stairs to the main entertainment area. The building used to be the old Electric Company Building in Los Angeles. After that, it was converted into apartments.

The party was your typical Hollywood scene. My partner, who was also doing readings, was wearing a dress. So what, you say? He was a man! Besides the dress and the makeup and the eyelashes, he kind of reminded me a little of my dad. Except he wasn't wearing pantyhose! However, he was very kind and did a great job at the readings. When you are doing readings for that big of a crowd, your energy level has to be high and you have to maintain your focus throughout the entire sessions. I made it through. What I began to realize, to my surprise, was that a lot of people

came to me who didn't believe in intuitivism I did connect with them and did a very good job of getting to the heart of the matter. It is very hard to get people to open up and I was very surprised at how fast they did. The cast and crew were excellent. Generally, the more creative a person is, the more open you find them. Most of these people were actors, producers, writers, etc. I found it very easy to work with them.

Speaking of stars, one of my most fun experiences was working with the Smothers Brothers. Tommy and Dick are great people and very kind and generous. I first met them while they were performing at the Debbie Reynolds Hotel and Casino in the early 90's. I was working on my radio show at the time. I was getting ready to do an abstract comedy interview with Tommy and one of the questions I had to ask Tommy was; if he were a Martian and came down to planet earth for the first time, what would he do and where would he go? Well, Tommy didn't exactly know how to answer the question. His brother answered it, but Tommy looked at me as if I were the Martian. That kind of bothered me and I wanted a chance to explain to him more about my style of comedy. But when would I get another chance?

It happened that Jimmy Caesar was having a little party at the Debbie Reynolds Hotel. I knew a lot of stars would be there but I had no idea that Tommy Smothers would be at the party. Jimmy Caesar happened to seat me in the front row dead center to the stage. The first one up to entertain was none other than Tommy Smothers. He looked at me in silence for a few moments which seemed like hours. Then he proceeded on with his monologue. After he was finished, he pulled me aside and asked what type of interview I was doing? It was hard to explain to him, but I did my best. Ten years passed and I saw him again, this time at Harrah's Hotel and Casino. I still wanted to try to explain to him why I did that interview the way that I did. I had a friend with me as we watched him perform. I had produced a CD from the old radio interview but never had the chance to give them a copy. I had the CD with me and felt that now was my big chance to give it to them in person. So off we go to try to sneak backstage with the CD in hand. We were able to sneak backstage to their dressing room and caught them in their underwear. I said "Excuse me, guys, but I have a CD for you." Tommy looked surprised to see me. He said to his brother, "Look! It's the Spaz!" (This was my radio name at the time) Tommy came up to greet me and gave me a hug. We gave him his CD and said thank you for giving us your time and will see you later. We then left them alone so that they could have some peace.

Angels as Guides and Inspiration – the “Whispers of God”

A merry heart does good like medicine, But a broken spirit dries the bones.

Now who wants to walk around with dried bones? Not me. I have enough health issues. Sometimes life may be hard but it is very important to keep a healthy and happy attitude. Positive energy is most essential for our spiritual path and relationship with God and our Angels. If we get upset or down, it blocks the flow or can put a delay on our progress as spiritual beings.

Don't you want to get a move on in life? Get your life up and going. Keep those uplifting thoughts flowing so God can connect with you. Haven't there been times when you've been angry or upset or down and not even a friend could reach you because you were too stressed out. That is the same with God. He can't come through to us unless our heart is cleared and quiet and we are ready to listen. That is how I wrote this. I am in no way making fun of the Scripture. I believe in it. I just have a sense of humor to express. After all it was God given.

My Childhood

ONE OF MY remembrances as a child was the time I was about five years old and saw someone pointing a gun at my dad. It's funny that I knew in my heart that my dad would be ok. Normally, a child would be terrified in that situation. You are probably wondering why my dad would have a rifle pointing at his head about a foot away from his face. My dad had the gift of gab and could talk his way out of some very tough situations. My mom and I witnessed the whole incident from the car as my dad was able to gradually calm down the man with the rifle.

As it turned out, my dad was renting his house to a bunch of people who turned out to be affiliated with one of the worst gangs in Los Angeles. To top it off, they made our home into a drug fest. After the man put the gun down, my dad and he appeared to be having a friendly conversation, after which my dad just walked away as the man went inside. As soon as my dad got to the car where my mom and I were, he told us, "Lets get the hell out of here!" This was said in a calm voice, of course.

My father, like myself, had a great gift of getting out of trouble and even making good friends. He knew people, and he had the intuition to let him know how to handle situations. In my younger days, and I am referring to when I was around five years old, life was full of surprises and I was already living in the fast lane. No, I wasn't driving a convertible and cruising down Van Nuys Blvd picking up women at the early age of five! Instead, I was working hard in school. There were many things in my life that surprised and jaded me which I will explain. I think this hard life is what caused me to have a closer relationship with God and our angels.

I went to school during the daytime. After school was over, I would go to a speech and hearing center for classes. I was born with a speech impediment and

learning disability. However, that didn't stop me. My father and mother made sure I had a good education. They are great parents, and if I had a choice, I would want the same parents watching over me. I can remember one time that my father was speaking to my doctors. They were telling my dad that I would never be able to ride a bike or catch a ball, simple things that kids do all the time. My father and mother would not take no for an answer. They told the doctors that not only would I be able to catch a ball, that they would have me riding a bike in no time. And in fact, I did learn to ride that bike.

It wasn't easy, but I, as well as my parents was very persistent. Everyday I practiced throughout the day and into the evening with my parents beside me, coaching me. One time when I was learning to ride the bike, I managed to get my foot caught in the spokes of the wheel. Straight to the hospital I went. Apparently, I sprained my leg. After it healed, I was right back on the bike.

Little obstacles didn't stop me. I didn't care for the pain in my leg, but I was ready to go for it again. What scared me was my asthma when I couldn't breathe.

At school I was picked on by my classmates frequently. They would make fun of me because I had trouble trying to talk. Groups of kids would chase me out of the school gates. After awhile, you get used to this type of abuse and then try to figure out creative ways to avoid those fun-loving classmates. I learned never to harbor any resentment in my heart. You have to forgive the people that have done wrong to you and move on. You can't let your anger at the past get in your way of the future. Give it to your angels and move on.

After a long day of school, I would then attend my speech and hearing classes. In reality, I was in school from early in the morning and would get home around seven or eight at night. We would have dinner and then frequently my asthma would start. So off to the hospital I would go to get my shot that would open up my lungs. Most of the time, the asthma was triggered by my allergies to environmental factors such as dust, pollen, etc. I was in emotional turmoil from the day's events, but my asthma was brought on by environmental issues.

One night, I was having a bad asthma attack and was on my way to the hospital when a drunk driver hit my mom's car. The car was in bad shape but my mom and I were ok. However, I was still having the asthma attack which made my mom have a panic attack. I calmed down my mom while we waited for the police to show up. Suddenly, a man came up to us out of nowhere and asked if I would like some coke. He said it would help out my breathing a little bit. Thankfully another angel was sent to watch over us. Recalling all these events from the past reminds me over and over again how much we are really loved and watched over.

So here we were in the middle of the street with me still having an asthma attack and my mother with her panic attack. We made a great pair! Finally the police arrived and asked me if I would like to ride in the police car or would I like to ride in the ambulance to the hospital? I didn't want to go in either because at this point I was more worried about my mom.

She told them to take me in the ambulance and she would meet me at the hospital. I finally got home around 1:30 am and could lay on the couch sipping hot chocolate while watching *Lost in Space* on the television. That was my favorite time of day. It was quiet and I was away from all the commotion. What a great day!

My life was one disaster after another. It wouldn't be a normal day for me without this turmoil. Later in my life, I began to realize that I didn't need all this extra chaos in my life. I grew up fast because of the extreme situations that occurred in my early life. One time I was at the Laundromat with my mom. I must have been around six years old. My mom was getting ready to wash or dry some clothes. She started to take some dry clothes out of a dryer that wasn't being used. Three women came in and one took me aside and told me that they weren't going to hurt my mom too badly. One of the women was trying to reassure me, but being six years old, her words weren't any comfort. My mom then yelled out for me to go get my grandfather. I ran down the street as fast as I could and luckily my grandfather was only about a block away from the Laundromat.

Once I got to my grandfather's house, my grandmother took me inside to help me calm down. Meanwhile, my grandfather went to get his bat. Let's call it a "tool of the trade". My grandfather was a union president for UAW in Los Angeles. He was very skilled with a bat. So off he went to rescue my mom. When my mom came back to the house, she was badly bruised. But the gang of women kept their word. They didn't kill her or break any bones, thankfully.

Mother Teresa tells a story of walking past an open drain and catching a glimpse of something moving in it. She investigated and found a dying man whom she took back to a home where he could die in love and peace. “I live like an animal in the streets”, the man told her. “Now I will die like an angel” . . .

- **Mother Teresa of Calcutta (words to live by)**

Galatians 5:25

If we live in the spirit, let us also walk in the spirit

At times, just getting out of crowded parking lots can be frustrating. But keep in mind, be kind to your neighbors as you are leaving. Don't run anybody over! It is just not good for their health. Think to yourself, how hard it was for you to get out of the traffic and allow someone to get in front of you. Give to somebody out of love. That is what living in the spirit is all about. The world isn't just about us. It takes everyone to be one with our Lord. Try to be kind even when it is hard.

You can also open a door for somebody or just say hello. We live in the spirit. But we also have to walk in the spirit by showing kindness and love to ourselves and strangers as well as family and friends. It just takes a little practice to live in the light. Check out my next story.

Walking in Love

DO YOU ENJOY the taste of honey? How can you tell expensive honey from the inexpensive variety? I guess it depends on whether the Queen bee is from Beverly Hills or El Segundo. Where am I going with this joke? I have no idea. But I do know that in order to stay grounded and well balanced, laughter along with prayer and meditation is a great way to achieve it.

I don't know about you, but there have been some days that I have felt so ungrounded, that it has taken me a week to come back into a balanced state of mind. In my last story, I was talking about God and what He looks like. We are not talking about George Burns here. But it is a fact that God could take the shape and appearance of anyone. God is everywhere.

I was very blessed, as I mentioned earlier, that even through a lot of life's trauma, God and His angels were at my side. One time God had appeared to me in the form of energy with many bright colors. As He moved around my room, He would disappear and reappear in another spot. He never startled me. I believe the reason was because I was very young, around four years old. At the time, I was under tremendous pain and under no medication. So no, I wasn't hallucinating. God was there to comfort me. He is there for you as well.

I remember that God's voice was very powerful, but yet, made you feel at home, such a kind and calming voice. When He spoke to me, I don't remember if I was asleep or awake. But I do know that when I heard that voice, I was totally focused on God and his kind words. He kept reassuring me that everything would be fine; and sometimes He would drop by just to say hello. Although this may seem farfetched, I am only relating what I remember from that time. Despite all the ongoing disasters in my life at any early age, God was there for me, just as He is there for you. It is

strange how centered one could be when God is in our presence. That is how it is when we get connected. We all become centered. I hope this all makes sense to you and how important it is to remain balanced and centered. In that way, we are able to listen to our angels. Not only listen, but feel their presence and the presence of God. Once that happens, you will begin to feel very calm. No nervousness whatsoever. You will feel so tranquil and focused, that your sixth sense will fully open. You will begin to feel warmth around you. This is God's spirit and is what most people strive to achieve when meditating. All you need to do is to ask your angels and God to come in and surround you with their presence. I have previously mentioned the afterlife. What is it like? I will touch on it a little bit.

The main idea is to remember that we all come back to God as a form of energy. Our body or shell leaves us and then our soul emerges. Imagine a beautiful and powerful glow of many colors coming from our spirit. The essence of the highest tranquility exists within us now. As a spirit we remember everything in our lives as we move forward to do God's work. The universe is an endless space. No barriers. No stop signs. No roads, just space, which goes into eternity. Don't worry.

You don't have to purchase real estate for your trip to heaven. We own everything. Everybody is one. We are all from the same source. We don't have to worry about different languages. We will understand everyone. All our languages will be the same. Yes, we will be with our loved ones. But it will not be the same as it was here on earth. Our spirits don't need to rest or eat. It will be a whole new world and we will never get tired of it, or bored, of any of those silly emotions we feel on this earth. We will not feel those emotions because God will be close to us at all times. That is, unless we choose not to.

But why would we choose not to be with God? I know that I would want to be with Him through eternity and forever. But God did give us a free will so it is up to us. Free will is such a gift. God gives us the choices. We have the right to decide where we want to go and what we want to do. But wouldn't it be better to choose the path of love rather than the path of destruction. Destruction can be more than just the physical. You can also cause spiritual destruction to yourself. But how does this help us grow? Negativity only creates darkness and fear and who wants to live in fear? It can immobilize you. Live in the opposite of negativity. Live in hope, faith and love.

Hope is a positive mindset. Faith is doing what we can do for the better and leaving it up to our angels to lead us all the way. Love is the final outcome of hope and faith; what we hope to share and spread in this world and in the darkness, so that more light can be present. In this world, we will always be between good and evil. But why fight evil with evil? Fight evil with good and with God's love and light. Embrace yourself in light at all times and allow yourself to show love even during tough situations. Don't allow yourself to become part of the darkness. But if you do, you can always come back into the light again. That is what love is all about. Call on our angels to help. Michael is an Archangel who fights the darkness. He is there to help us get out, if for some reason, we become stuck in it.

Luke 11:35

Therefore take heed that the light which is in you is not darkness

The bottom line is that if you are in God's love and you are surrounded by darkness, You are still in His light all the time. Here is a story about my bus and all the trouble I went through. I was still protected by our angels, as you are.

From Driving Busses to Being Rescued by Angels

THE INTENT OF my book is to give you faith, hope and inspiration. Life is hard enough under the best circumstances, but when you feel your life spinning out of control, that is when we must apply our faith. There have been many times in my life where God or his angels have gotten me out of a serious predicament.

I remember the time that I had an art studio. Actually, it was an office that I had turned into an art/photography studio. In truth, although no one was supposed to sleep in the office, the studio was the only place I could call home. Since I was on a very limited budget, I would sleep on a baby bed mattress in the back of the studio. This wasn't easy to sleep on because only half my body, which generally my upper back and neck, would lie on the mattress. The other half of my body would be on the floor. Even though it was uncomfortable, I was determined to stick with it for the sake of my art. In my art studio, I had built several types of sets to use in my photographs. Even though I had no money to work on my projects, somehow I would always manage to find a way to make things happen. I remember one time I needed a door for a shoot I was doing. I couldn't afford to make or buy a door; so one of my good friends took the front door off his house, took it right out of the door jamb. So now he had no front door.

For security reasons these days, it is very important to have a front door on your house. I realized this, of course. After using the door in my photo shoot, I put it in my car to drive back to my friend's house. But somehow, in spite of all my good intentions, my car broke down that day and got towed away with the front door

in it. It wasn't easy for my friend to understand that one, but after he realized what truly happened; he understood. As if the door and the story of my car wasn't bad enough, wait till you hear what happened next. In spite of everything going on in my life, I still managed to hold onto my faith. I must have lived in that office for at least two years. The day after I left, it burned down. Nobody was hurt and the fire was caused by faulty wiring.

You can see now, how I was looked after. My whole life has been this way. I have been very blessed.

When I was in my late twenties, my dad bought me a bus. Yes, a regular bus with six wheels. He wanted to start me off with a business of my own. Why it had to be a bus, I don't know. I had asked for a photography studio at the time. But he gave me two choices. It was either the bus or a Laundromat. Neither one really interested me, but at the time I really needed some way to make money. So I decided on the bus. It was certainly an adventure! I should have stuck with my original plan to become a brain surgeon so I could earn extra money for my photography. Anyway, my father handed me the keys to the bus and gave me a map with a route for me to follow. I didn't know much about the law and had no idea that the city expected you to follow a given route to pick up people. I thought you just drive around and picked people up. If only it were that simple. It sure taught me a lot about suffering. I remember one night when I was on my route and the passengers decided to kidnap me. Forty or so servicemen got on my bus and decided to hijack it. After everyone got on the bus, one guy decided to sit in my lap and drive. Everyone else on the bus were throwing things and setting little fires on my seats while others were hanging out the windows of the bus shouting and cussing. I finally decided I had enough. I knew I was outnumbered and I knew I wanted them all off my bus. How would I do this? I listened to my intuition and I knew that God would give me an answer.

There was no way that I was going to give them control of my bus. So I came up with a plan. Using psychology, I convinced them that I would give them a free ride; anywhere they wanted to go. Little did they know, that I was driving toward the jail. When I finally got to the Sheriff's Department, the jail had a loading dock where they unloaded their prisoners. I decided to use that loading dock myself. I brought all forty of our friends onto the loading dock. When I arrived, the sheriff smiled and got all the maniacs off my bus.

The gift that my father gave me was more than just a bus. In a way, he taught me to have more faith in God and the angels in times of disasters. There were many time I wondered if I would make it out alive from these chaotic situations. Besides burning busses, there were hijackings at least once or twice a week. I can't forget how fun it was to have machine guns pointed at me while the MP's would do their weekly searches with their dogs looking for drugs and illegal contraband. But when things really started to get out of control, God always sent the right people to help me. As the night wore on I became more and more scared of the anticipation of what might lie ahead.

One night somebody had a very nice and expensive car parked outside by the curb. With all the commotion on the bus, I accidentally ran over the car with my bus. I felt sorry for the guy and, of course, left a note on his car which now looked like a pancake.

They didn't pay me enough for this job. After being thrown up on too many times to count, I decided that this was not the job for me. I was lucky to come out of the experience with my sanity. Or did I? As I said, our angels are always with us. They are with us in the good times as well as the bad.

I remember the first time I went to church. I didn't go because I had to, but because I wanted to. I wanted to be near God. No matter where we are, God is always near us. We just have to tune into him. It's very easy to lose sight of the angels and God. Anger can take us to the darker side of the spiritual world. This is somewhere we would not want to be. If we are filled with anger, we are consumed with fear and negative thoughts. We get paralyzed from within and stuck in a world where we truly do not want to be. The first thing we need to realize is that we want to make a change for the better. Simply ask God for help. Just like you would ask a friend if you were in need, wouldn't you ask for help? Well, this is the same thing. God is our friend who cares and loves us very much and wants to see us at ease.

When I was little, I used to love to climb trees. I was at the top of a 40 foot pine tree one day, when I realized that a branch had broken. Before I knew it, I started to fall. A second later, the next branch caught my fall and the next branch caught the fall again. On my way down, every branch had caught me. But when I got to the bottom, I fell on a pile of leaves with not a scratch on me. God and our angels were very near and watching over me. While I was lying on the ground, a baby rainbow snake happened to pass me. I don't personally care much for snakes; but to me, that was a sign of hope.

There were times when I worked in Mexico late at night and had to walk through dark alleys to get to work. I was very blessed just to make it through alive. As you probably already know, the idea behind all my stories is to make the point that our angels truly look after us. In my case, probably an army of angels! Even during the times you feel mentally down, just remember that soon there will be relief just around the corner. God will not let us down. He helps us complete our task and gives us what we need. Sometimes a lot more will follow if you just lean to open up to his love.

Like I was saying, that bus was a handful. Every day was a new adventure. I remember the time that a Marine needed my help. I had no idea how he got himself into this situation, but I couldn't leave him stranded. Three of his buddies were on my bus and had pointed him out. He was being chased by one very irate man. Once I saw him I told him to get on the bus. The man chasing him was strong enough to pull a Stop sign out of the cement on the sidewalk and then proceeded to take the Stop sign and try to ram it through my bus. But at least he had the decency to use the part of the Stop sign which had the cement around the pole at the bottom. That

way, when he rammed the pole into my glass door, the end of the pole with the cement got stuck inside just as I was closing the bus door. At this point, he was still screaming and yelling and he wanted to kill everyone on my bus, including myself. All I could do to protect everyone was to try to keep that bus door closed. Three Marines were inside the bus trying to hold the door shut which gave me enough time to slowly take off.

The man outside was yelling. He was still holding onto that pole and running along side the bus. He wasn't related to the Six Million Dollar Man but he sure had a lot of strength. We figured he must have been high on some type of drug. Either that or he was pretty angry. In any case, he kept running alongside the bus. I must have been going at least 80 miles an hour. Not really! Probably more like 10 miles an hour. I couldn't lose him. Finally, I stepped on the gas pedal and got up to 20 or 30 miles an hour. By this time, he had stopped running and was now holding onto the end of the Stop sign as he was being dragged by the bus. We dragged him for at least a half mile before he let go. It was like watching one of those action films. Only we were in it! Every week another disaster took place aboard the Love Boat (I mean my bus). I remember a few times that I had a gun held to my head and a knife to my throat. But, lucky me! All I had to do was to just step on my brakes. As I was cruising down the highway going at least 45 to 50 miles an hour, the person with the gun or knife would be standing in the aisle of the bus. Once I hit the brakes, the person with the weapon would fly against the back of the bus and since I had a load of servicemen, they would wrestle him down. Having a bus full of servicemen could be a real advantage in these situations. No guns ever went off and nobody ever got hurt. We had our angels onboard.

Then there was the time my brakes went out in rainy weather. Thank God, I use my intuition during these crises. I used my emergency brake to slow the bus down. Again, I was very blessed.

One time, when I was making a u turn in the dirt in the rain, the bus started to flip over. Luckily, it rocked back into the original position. I tell you, that bus could have been the end of me. Being angry is not a good thing and that bus made me so upset, or, I should say the customers that I had to deal with on the bus made me so upset that I drove the bus off the end of the pier and into the ocean. I didn't do it on purpose. It was a foggy night.

As I was driving on what I thought was a road, I heard a thumping noise made by the bus. I thought I had a flat tire but the sound was the sound of the tires going over the cracks on the pier. I got out of the bus to check the tires just before the bus went off the end of the pier and into the ocean. That was the last time I did business with my dad. I wonder why?

But even though the bus was a big disaster, it strengthened my faith in God. It helped me to become a better person and was a blessing in disguise. My faith was tested many times, yet I stayed firm in what I believed in. I didn't lose sight of God's love. We all get tested every day, maybe in worse ways than I did. The main point

is to not lose sight of God or your angels. Don't allow disasters or death to cause you to be angry at God. It is not God's fault that our lives become difficult. It's just a fact of life. We must keep our faith in God and our angels alive at all times.

As an angelic intuitive and holistic health practitioner, I come across a lot of people who have lost their faith. It's easy to lose faith. Imagine for a moment that you have a good friend who you love and you blame him or her for a death. That's not right. But that is what people do. They get mad at God. But He is our good friend. When people start putting up blocks with their anger, they lose connection and faith and hope disappears. We must keep our connection open all the time so that we can get the help that we need during good and bad times. God's love never dies! As humans, we have the tendency to turn God's love away and that is not what our free will should be used for. Invest in God's love and grow in your spirit. God will always be there for us. Will we be there for Him?

“You should be certain that angels are protecting you when you go to sleep. Yea, that they are protecting you also in all your business, whether you enter or leave your home”.

- **Martin Luther**

Matthew 7:7

Ask and it will be given to you

Seek and you will find; Knock and it will be opened to you

The next story is really all about faith and persistence. Even if you knock on a few thousand doors, eventually one will open before you pass out.

Walking in Faith

LAS VEGAS WAS like a second home to me. Most of my life I lived in California part-time and lived in Las Vegas for the other half. I was like a fly drawn to the lights. I don't know if that is a good analogy, but you get the general idea. Vegas had all types of energy. It could be a very spiritual place. It can also be a place of excitement. I figured if Frank Sinatra hung out there, it must be a fun place. Excitement seemed to come into play whenever I was there.

One day, a friend pointed out that there was a film crew working on a film at the Stardust Hotel and Casino. I had no idea what film or who was in it, but I did know that we wanted a part in it. We just happened to be walking in the back parking lot of the Stardust when who should we see? (No it wasn't God). It was James Belushi. He was with another person. I didn't know who it was. I said to my friend, "Look! It's Bill Murray. You know the guy that played in What About Bob ". My friend took my word and went up to James. He said "Hi Bill, Loved you in that movie What About Bob." James looked at him very strangely and said "That wasn't me" My friend then looked at me for help. I was eating a banana which was half peeled and happened to break off into my hand like a gun. James Belushi looked at me and my banana. He then put his hands up in the air as if I were holding him up with a real gun. He said "You guys can have anything you want." I looked down at my banana and looked back at James and asked him for a part in his film. He said, "Sure, come in. We're filming Destiny on the Radio". I couldn't believe we got a small part in his film, or at least we thought we had.

The Director of the film told my friend to stand guard and not let anyone into the production site. I think my friend took it too much to his head. He kept every single person out, even the main stars of the film. He wouldn't let anyone in. At

least, he was doing his job. Even when Sharon Stone came up to him, he would flirt with her but he wouldn't let her in. In fact, he even kept me out. Great friend! The Director of the film finally came out to ask me to take my friend elsewhere. Well, what can I say? We went from star to guard in one short day. Eventually they decided to use us as extras in the film and we also got a nice meal. Hanging around a film company can be a lot of fun. Especially, if you know what your goals are. In our case, we just wanted to meet some new people and advance our careers a little. However, in order to do so, it took a lot of effort on our part.

One time, we wanted to sneak into a movie set. The movie was being filmed at one of the major movie studios. First we had to figure out a way to get past the guards. The plan was to wait for the guards to leave then we would just walk on the property to where they were filming and act like we belonged there. The first couple of hours, we would not say a word to anyone as we were trying to get a sense of what was going on in production. Eventually, we would warm up to the cast. About the time the sun was setting, we decided to make our move. We went up to the Director of the film and asked him to send a limo for us. He looked us straight in the eyes and asked us who we were? We told him our names and what radio station we were with. He looked at us and laughed and to our disbelief, he sent a limo for us. He then took us to another part of the studios where they were filming. As it turned out, we got to finish our radio interviews and have a great dinner on the studios. Thanks to our angels.

Sometimes to get what you want out of life, you have to be a little bold. Not too pushy; but pushy enough. But don't forget to be polite. Be a gracious host. Don't step on people to get what you want. Don't hurt people. Flow with God's energy and visualize yourself where you want to be. This has always worked for me and I had to open the door to faith. Meaning I always would ask God for what I wanted. Then I saw myself doing it.

I then worked towards getting my goals accomplished. I took baby steps until I completed my journey. With all the experiences I had in my life, it was like a boot camp for my work ahead. It gave me knowledge beyond my understanding. Much more than what a book could give you. It allowed me to experience all types of emotions. I also was very blessed to have my angels work with me so closely in many types of situations.

There were times such as when my best friend died that changed my life completely. When you think you are going in one direction, and the direction changes, as in opening up a new opportunity, you need to be ready and open minded enough to take advantage of the opportunity. Sometimes it took tremendous courage to open myself up to new possibilities. This is what I call "walking in faith". It is when you open up to God's calling. Follow the road. Sometimes you don't know where it is going to take you but you have the faith and the love to trust. We must also have persistence in order to complete seemingly impossible tasks. There have

been times in my life, where my faith and intuition were telling me to keep on trying even though I had no idea what the outcome would be.

One day I was given the opportunity to interview Gary Owens from Laugh In. It took me two years to meet him but it was well worth it. The first time I called him he told me that he had no time to talk so I called him back in about two weeks. That time, he did talk to me but said he had no time to do an interview with me but told me to keep in touch. So I did for two years. I called him like clockwork and we became friends. We finally set up an appointment to do a radio interview at KFI in Los Angeles, California. When the day came for the interview, I decided to invite some classmates. This was my first mistake. We were running late for the interview. My classmates van was old and barely running. We were lucky we made it at all. I had to call Gary to explain why we were late. I thought he might have told me to forget it but to my surprise, he was very gracious and again our angels were at work close by. We eventually made it to KFI and did our interview. We met some other stars and spent the rest of the day with Gary Owens. Sometimes good things take persistence along with faith, hope and love.

The Platters

It is not always easy to have faith. It becomes necessary to take ourselves or our thoughts out of any situation and let God come into play. It's really not hard when things begin to flow. The hard part for most people is the letting go of what we know. By letting go of our control, and putting trust in our faith, we will be lead in the right direction. Since we can't see this you will ask, how can we trust in something we can't see? Good question. I will try to come up with an answer for you in my next book.

It's easy to follow our path in faith once we let go of all the fear that stops us from achieving our goal. I will give you an example. Many times in my life all I had to follow was faith. There were times when I didn't know how I was going to eat or where I was going to live. If I had time to look back at those times and start worrying about this situation I would have been a nervous wreck. Instead, I lived in the moment with God and my angels knowing that they would not let me get hurt and would protect me at all times. Knowing that I was loved by them, as you are, is what kept me going through bad times.

It does no good to worry. Worrying stops the flow of energy and puts a block in our path. For those of you that are reading this, hasn't God taken care of you so far? Hasn't he made sure you are safe, have food, and people in your life to help you when you needed them? Of course, He has.

Our Creator not only wants to help us, but He wants us to be happy to feel love and peace. Many of the times that I have been stressed, God has opened my eyes. He probably should have used a hammer, but our angels are gentle with us. I remember one time I had created a script of love poems and I wanted to do something special with them. It wasn't enough just to have written them, I wanted them to be read by someone or somebody who was famous. With no money in my pocket and just an idea along with prayer, hope, faith and love, I was on my way.

The poems were created and the idea was transformed into reality with the help of the angels. Little did I know how this would all come together but I did visualize this completed and done. When you visualize, try not to visualize every single step. Just see the final product completed. Then pray and feel the feelings that come to you as you finish what you set out to do. When you visualize, you add prayer and ask God to help you. After you can visualize it completed you thank God. The inner guidance I received in this case was to go to Las Vegas, Nevada so my friend and I set out on our journey. As we were driving up there, my friend and I decided to check out the different types of entertainment that was playing at the local hotels and casinos. There are always plenty of big names in Las Vegas. As I was looking through one of the magazines, I noticed a group called the Platters.

Of course we are talking about the original Platters. At that time, a few of them were still alive. We found out that they were playing at the Four Queens Hotel and Casino so we decided to go over to the Hotel and pay them a visit. We got to the Hotel

early and had a few hours to kill before their performance. We only had a few bucks on us and couldn't afford to stay at the Four Queens so we had to find a halfway decent place to stay that was cheap. What we found wasn't the best, but it was located in the heart of the Strip. We thought about pitching a tent but thought the better of that idea. After we got settled in our hotel room and had time to get a little rest, we went back to The Four Queens to see the Platters perform. After the concert, we had a chance to speak with them. Not having too much time, we pondered how we were going to show them our script. My friend gave me that look as if to say we drove all the way down here for nothing. But I had an idea. After a few minutes, my intuitiveness was telling me to ask if they would be interested in doing a trade.

For exchange of reading our poems, we would give massages. Well that is what got us into the door. Most of the Platters are now ready to read the script and most everyone really enjoyed them. Everyone, that is except the main singer who hasn't read them yet. Once we got the support from the rest of the group, we then had a chance to talk to Monroe Powell, one of the main singers. At first he was undecided if he wanted to do it. But after reading the script he fell in love with the idea. He just wasn't sure he had the time. But somehow inside, I knew he would be there. However, at this point, we had no sound studio and nothing to record them on. Where would I go next? Since we had very limited funds, we had to find somewhere in town that would allow us to record the Platters for free. Knowing this, would stop most people. But we had the faith and belief that God would enable us to carry out this project until completed. We didn't know how this would come about but we could feel God's love guide us in the right direction.

The first place we went to offered us a great deal! They would do all the recording for us for the low price of \$50,000. We had barely enough money for gas to get home and enough money for one more night's lodging and food. That was really going to fit right in with our budget! We decided to keep on trying the rest of the day but with no luck. We were tired and using up our last bit of energy when someone gave us the name of someone in town who owned a recording studio. We went to see him and he agreed to let us use the studio. The only problem was that we had to know how to work the sound board. We had no clue as to how to engineer this particular sound board but we went ahead and scheduled a time for the Platters to come in and record anyway. The next day at the studio, the first person to arrive was the manager of the Platters. Luckily for us he just happened to be a sound engineer. We were sure relieved and thank God that he had the patience and the kindness to help us out.

The next person to arrive was Monroe Powell. We were sure glad to see him. When he came into the room he had such powerful energy, you could see the white aura glowing around him. The other singers arrived and we were now ready to record. From that point on everything went smoothly that day and we were overjoyed. But this is just one example of how faith can lead us, and how angels can help us in our everyday lives.

Dancing With Your Angels

LAS VEGAS HAS excitement, and on the other hand, it is a very spiritual place. Sometimes it can be so relaxing and quiet that you can feel the angels beside you. No, we are not talking about having the angels beside you at the roulette table or helping you play the slot machines.

There have been times where I felt so discouraged about money that I had decided to try to raise capital through gambling. Bad idea! Gambling wasn't the answer, but I had to find out the hard way. I had bet all the rent money on roulette with the hopes of doubling or tripling my income. The bet was on red. But things didn't work out. Greed comes in and takes you far away from your angels. You are then left alone in the darkness and false security.

I was winning for a while and I could feel the crowd cheer me on. That power for a few minutes felt so good. You get lost in your emotions and put everything on the line. I bet all the money I had. It was down to my last bet and I lost it all.

At the time, my uncle had mob connections in Vegas. Out of love he told me that if I ever gambled again, he would have my ass kicked and maybe left for dead. Those words of his are what kept me out of gambling forever. It broke that habit. So back to the dance.

I remember walking long distances just to get to a dance job. I walked from downtown Las Vegas to the Strip in the bitter cold. It must have taken me a couple of hours. It wasn't snowing but I had my hands in my pockets and could still feel the cold breeze come up my pants leg. Night after night, this was the routine. Once I got to the place to dance, I would generally be able to get a ride back home. But my legs were sore, not only from dancing but also from all the walking.

Right after eating, I would go off to the hot spots in Vegas. I would start off my dancing at the senior centers, believe it or not. They would usually have a fun band there and it was a gentle way to wake up. I would start off with a little class. I would make some friends and then we would head off to dance at the Gold Coast for their afternoon bands. It was lot of fun and one of my favorite times was getting yogurt after the dance while people watching. You could see every nationality from around the world. Millions of people, walking by everyday. It also gave me a reason to sit down and take a break.

I love my dance, but walking and dancing all day and then night wasn't easy, dancing with beautiful women all night long. Yet I still wanted to dance even if I was crawling on the floor. Those of you that dance, know exactly what I mean. You just have to keep going. Bloody stump ? You just put a tourniquet around your leg and dance again. As long as you have one leg left to dance on.

It wasn't really that way at all, although at times, I felt like I needed new legs. I always wondered whether Shirley Maclaine would let me borrow hers if mine went bad. Life is a little like dancing. You take the lead and make the most of it.

In my style of dance, I would help people create their own moves which could be used in any style or type of music. I don't believe that dance should be programmed moves or used in competition. That takes away the fun of it.

Sometimes people need guidance. That is why I spend hours creating dance moves or steps that are easy for people to follow. Dance also helps me in my world. In between dance jobs, I was doing massage work.

I recall one time while I was at the dance place, a woman asked me to give her a massage. So what's the big deal? Well, she wanted to do the massage with her top off in public. Obviously, you can't do that even in Las Vegas. But one of the waiters brought over a table cloth to put over her while I used lotion on her back. You could say the hotel was very accommodating to their high rollers.

Sometimes people had a trust issue. They didn't know me and they would feel uncomfortable coming over to my house. In that case, we solved the problem with a little bit of creative thinking. Another time, I was working with a lady on massage techniques. She had some bad pain in her lower back due to a muscle problem. To make sure, I did a little test with some light acupressure points. It worked. I then decided to try some shiatsu on her. During the band's break, I was down on the floor holding this woman up slightly above me like she was floating in the air. I was in the casino lounge and suddenly realized everyone had their eyes on us. But after five minutes of this type of shiatsu, the woman felt much better and was ready to dance again.

By then, everybody in that lounge wanted some work done. Of course, I couldn't accommodate everyone but I did what I could.

Then there was the other side of my life. There is a lot of mafia in Las Vegas. One time I went up to somebody's room to give them a massage when two guys picked me up and carried me to the top of the hotel parking garage. I was getting

ready to be thrown off the ledge but again the angels were near and dear to me. A little voice inside my head was telling me to be calm. As the two guys were getting ready to throw me over the edge of the building, I remember saying “I am here to give Steve a massage”. That wasn’t the name of the person I was going to see but as soon as I mentioned this name, the two guys took me off the ledge and escorted me to his room without saying a word. By the way, I did finish the massage job but never had him as a client again. Do you blame me? I was very blessed and what an experience to share. As I have said many times before. Stay calm even in the face of death.

One afternoon I was walking home through the seedy part of town when I came upon a woman ready to jump into the street in front of oncoming traffic. She would have been dead, but I pulled her back on the sidewalk. Somehow God managed to help me help that person. But my day wasn’t over. The night was still to come.

Life has always been action packed for me, from the time I wake up till the time I go to bed. You could say I go through my own type of battle fatigue. One morning I woke up and had a premonition that something terrible was going to happen. I just had that feeling. I walked outside and saw a man sitting in his car. He was very depressed. When I looked at him I could feel something awful. Normally when I sense something like this, I would say a prayer but at that time I didn’t for some unknown reason. Before I realized what was happening, I saw the man pour gasoline over his head with a gasoline can. Before I could stop him, he had lit a match. There was a huge explosion and it was too late to save him. After an hour the detectives and police arrived on the scene but he was as crispy as burnt toast. All I could do now was to pray for his soul to find God’s light. This taught me to appreciate life. However, I am sure there must be easier ways to learn these lessons as we dance through life.

Going back through some of my memories was very painful. Every time they come back, give them to God and allow the angels to shine the white light upon them. On this earth, we have the darkness. Within our darkest hour, there is light, hope and love. Don’t allow the darkness or negativity or evil to control you or consume your soul. We have free will to choose to be in God’s white light. You can be positive and have strength through your angels. Call on them when you need help. Just keep dancing with your angels through the turmoil and you can overcome the darkness once and for all.

It isn’t always easy to keep positive in such a dark world. The thing to remember is that the other side of darkness is light. Sometimes I had just enough light in my heart to make it through.

When my dancing was through for the night, walking home was a little intimidating. But I knew if I kept my angels close to me, I would be okay. One night as I was walking home I discovered a gang blocking the stairway to my apartments as they were shooting up some type of drug. My objective was to make it past them peacefully and without incident. To do so, I would have to project a powerful image

of myself. What I mean by that is to act or pretend and visualize mentally that I was safe and that nothing was going to harm me. So I projected that energy around me. I had my gangster hat on with an overcoat and I would tilt that hat to the side and then bring the coat up to my neck. I would then just walk past the gang as if I owned the place. That's the kind of attitude that helped me to survive thanks to our angels. We use a lot of attitude when we dance as well. That is what projecting energy is all about.

One year when I was a teen, I had a one month vacation in New York City, Manhattan to be exact. I would dance all over town; the Taft Hotel, Roseland, etc. All those places were great for dancing. The only problem was that the music didn't start until midnight, and as a teen, my curfew was one o'clock. That only gave me an hour to dance. Do you think I stayed on my curfew? I will leave that open for you to decide. But the curfew was the least of my problems. One evening before I hit the dance spots, I decided to go sightseeing. I was walking along snapping pictures. I decided to take pictures of the people and in New York City that is not really a wise thing to do. In California, walking down the street is usually a pretty calm experience. On this particular evening, I had my dancing shoes in my backpack and the camera in my hands. But I wasn't ready for what was about to happen next. I was walking along on the sidewalk next to a construction site. Beside me were the wooden construction site walls blocking access from the walkway. Suddenly there was a loud explosion right in front of me. It reminded me of the Incredible Hulk TV show. But this was really happening. A man jumped from out of nowhere right through the wooden construction barricade wall. It scared the daylight out of me. This turned out to be the calmer side of my day. Eventually I found out that undercover police were after the man that came crashing out of the wall.

As I continued on my way, I saw a car accident involving some cab drivers. I decided to take a picture of it. Bad move! Before I knew it, I had some men starting to chase me down the street and they didn't look like Cub Scout leaders. They were big guys and they moved fast. But thank God, I was faster that day with the angels on my side. They must have been working overtime. I ran seven blocks in New York City. I finally noticed that the men were still behind me so I slipped into an abandoned building. At least it looked like one. I jumped into the elevator. It had a big hole in the floor which you could see through as it moved up. The elevator floor was very weak so I decided to stay more to the side where it had more strength. When the elevator came to a stop, I realized I was on the roof. The building was at least twenty-five stories high. I managed to jump over to the next building and went down their steps, never to be seen again by the men chasing me. I was now all clear and ready to dance the night away.

It seems like the hardest thing to do is to have faith that things are going to be ok. Sometimes life can be overwhelming, but as I have said many times before, you must get in spiritual balance.

One way, of course, is through deep breathing. Another way is what this book teaches you.

When we dance, the connection with God and our angels is right at our fingertips. We learn to open our hearts through dance and connect with our inner child and the higher tranquility which exists in heaven.

I remember the times in my life where the loneliness was almost too much to bear. This is where dance comes in to fill the void in your heart, mind, body, and soul because of our angels. Not only is it good for you physically, but also spiritually and mentally.

Henry Lee Tang and his wife, Ellie, would allow me to use his dance studio to teach. He was known around the world for his dancing and he allowed me to use his name. He took a look what I did and liked it so we became friends as well. Once in awhile in life, you wander into people who believe in your talent and back you up. In this case, the angels directed me to him and boy was I thankful!

Dancing also helps with your creativity to solve everyday problems. When you dance, you relax and become closer to your angels. Your intuitiveness kicks in and you think more clearly. You will feel better physically as well as mentally. I have dedicated myself to the art of dance. I started dancing professionally when I was around twenty years old. I have been fortunate to have had plenty of experience working with some big name dancers. While I was in Las Vegas I worked with Henry Lee Tang, who made the movie TAPS, and also Gregory Hines.

There were times in my life when I was poor. All I had to eat were tuna fish sandwiches. I don't recommend this diet. I would dance my shoes off literally. At times, the soles of my shoes had holes in them. I guess you can call them holy shoes!

When you are poor, you eat what you can, not what you want. When I was totally out of tuna fish and money, I was able to meet people through dance who provided me with food. And boy was I happy to eat something other than tuna fish!

There were times that I had no transportation. But people would miraculously show up to drive me. And once again my little dancing legs would be out on the dance floor. I would have to say that I really suffered for the art of dance.

But not anymore, meaning today. Even when I was poor, once I started dancing, my troubles were gone. That is how our angels work with us. I always had a roof over my head. It may not have been a suite at the Bellagio. One of the places where I lived had no door for over a week, and a big burn hole in the middle of the bed. Somehow I managed to sleep around that hole. I had to have faith that God would provide and He did. Sometimes you may not get what you ask for, but God always gives us what we need. I learned that fast through faith and hard knocks.

Even when I felt down or hopeless, the angels always sent the right people to cheer me up and put me on track again.

One night at a Christmas party job, KC And The Sunshine Band was playing. I have to say that I have never been lonely on the dance floor. I must have danced

with at least 50-75 people for up to eight hours. Once the music stops, the loneliness hits you. After awhile the loneliness leaves and you begin to feel your angels love. Your heart is filled with joy knowing that you are not alone because you have been dancing with your angels.

That is the idea behind this book. To know that God exists and He doesn't want us to be sad. That is why He sends His angels to help us minute by minute and day by day.

It is very important to find joy in the smallest and simplest things in life. First of all, you should be happy that you are able to breathe, because without the ability to breathe, life would be difficult.

When I lived in my no door apartment, what struck me the most, when I would look out the window and see people writing on the sidewalk. I would wonder what they were writing and to whom. It turns out, that right above them was the jail for juveniles. The parents were writing to their kids. Wow! Think of losing the ability to communicate with your loved ones in any form, whether it be because of health reasons or jail, or whatever. It is not a good thing! The positive was that these parents didn't let anything stop them from communicating. They kept a positive attitude and the spirit motivated them just like the angels will help you solve whatever problem you have.

Dancing is another great way to rid yourself of any negative energy. Negative energy is not necessarily an evil energy but it is not healthy for us to be in a negative state. Negative energy can come to us in many forms such as reading the newspaper or news programs. It is important for us to keep up with what is going on in the world but it is not good to let it bother us. Take away your worries and give the problem to our angels and God. Ask Him to help out those in need and send the angels to help them. I feel the presence of the angels with me moment to moment even though I do not talk to them every minute. For example, any time I see any accident, I always ask our angels to protect everyone around the accident scene and to send the right help to those who are injured or need guidance to get to heaven. Most of all to send their peace and love. We should try to be patient when we come across an accident scene. After all, it could have been us. So think positive thoughts and project your angels love over the situation. And remember that God appreciates every request because it comes from our hearts.

It is important to notice when negative energy affects you and to then get rid of it, and one of the best ways is dancing. All I can say is DANCE, DANCE, DANCE! If you are unable to physically dance, you can mentally picture yourself at your favorite place with a smile on your face. When someone sees that smile, it is contagious and will move on to the next person. Positive energy travels quickly just as negative energy does. But let us keep this on an upbeat note. Energy is universal and worldwide. We are all one but independent of each other.

In reincarnation, some people believe that they have been somebody else in a past life. That is not true. We are who we are. We are an independent soul, in the

past, present and future. We will be the same spirit but spiritually we will be growing and adapting to our new world. Right now we are on this earth to go through the many lessons that life has to offer. Sometimes life kicks us in the butt.! So I keep dancing even if it hurts.

The first time I moved to Las Vegas, I left Escondido, California in my car. My friend took his car. I have no idea why we took two separate cars. But faith and our angels led us to my first apartment. As I was coming off the freeway, I discovered some apartments for rent. Before I could turn the off, the ignition, my car got stuck right in front of the parking lot. So I figured it was fate that I should move into these apartments. Turns out they had just one vacancy. So, you see how our angels help us?

My friend had stayed a few days thinking I might want to come back home. But I wanted to move forward in my new adventure.

Believe it or not, someone offered me my own casino and hotel. It was owned by a woman I met while dancing. She owned a casino and hotel downtown and she wanted me to teach dance there. The catch was that it was an abandoned building. The casino had a beautiful and big dance floor but there were broken mirrors and wood all over the floor. I had no business experience at the time and no money to repair anything. It was a great opportunity staring me in the face, but it wasn't my time yet. I had to tell her I couldn't take this wonderful place. If I could have afforded it, it would have been a great place to give dance lessons. Our angels direct us to people that have the ability to gift us with many things, but that is not the reason they were put here. Many times we tend to be distracted by wonderful gifts.

First of all is the gift of love which she gave to me unconditionally. She opened her heart and felt the angels around me and her when we danced. She wanted to give with heart and had money to give and that can't hurt. But I wasn't after the money. I was chasing that peaceful feeling you get when you dance with our angels.

Our angelic friends are here with many gifts that are given unconditionally and sometimes they come with lessons of love. At that time, I would rather have had the lessons which came with money, but in my case, I was the richest human on earth. So I am very thankful for all my experiences. When you dance through life experiences, it makes things much easier. I would say try to avoid the dips. But I love to dip. I am known for some of the dips I created in my choreography.

One time I was paid \$500.00 to come up with a new dip. It was what got my name out there. In fact, the dip was used on the Strip in the early 80's in a show called SPLASH. Through Henry Lee Tang Studios I met the couple that allowed me to create it for them so they could use it in SPLASH. I was so excited to have sold one of my moves. I sold more moves to couples who just wanted to create a dance which looked good. Either way, I was a professional dancer even though I was poor. I was still doing my angelic work as well, along with the dance and massage.

Because dancing is more than just merely exercising, it enables us to connect with the higher spirit and at the same time have fun. You learn a lot about yourself

when you get to dance, not only about yourself but others as well. I have to say that I have met some of the most interesting people through dance. One time I had a dance job with a lady named Phyllis. She wanted me to demonstrate my dance and massage at a private party and do a couple of readings. It turned out to be a lot different than I expected.

Phyllis wanted me to give her husband a massage. I agreed since Phyllis was such a good dance client of mine. But Phyllis was a bit on the flirty side and while I was working on her husband, she would come in the room once in awhile, pinch my behind and tickle me (or at least tried). While the massage was going on and while I was getting pinched every so often, in comes this gorgeous blonde. She decides to take off all her clothes while I was giving this man his massage. She was standing there in the nude for about ten minutes pleading with me to leave the client. Since I didn't feel it was right to leave that man in the middle of his massage, I had to refuse the gorgeous blonde.

Things really started to escalate after that. There was a man outside trying to commit suicide. He was crawling into the fire pit. I could think of a better way to kill one self but we won't go there. This man was very drunk and was a diabetic eating very badly. He was at the verge of his emotions and wanted to end his life by crawling into this little fire pit about the size of a child's pool. He managed to burn his arm after I convinced him to come out and sit down.

You might think this was a hot party! For him, it was a little too hot! I had to call the fire department and paramedics for him. But the owner of the house didn't want me to call anyone. Probably because of some of the things going on. But I did convince him to let me call for help from another house. The one gift of that phone call saved that man's life, not only from his burnt arm but from some heart problems he was having. So you see, people can show some Christmas spirit during the holidays. That is the way the dance ends.

“If instead of a jewel, or even a flower, we could cast the gift of a lovely thought into the heart of another, that would be giving as the angels must give”.

- Anonymous

Luke 15:32

It was right that we should make merry and be glad for your brother was dead and is alive again and was lost and is found.

It is very easy for people to lose faith. But it can be just as easy to regain faith when God is present as in this next story.

That Special Day

I WAS WORKING at the Stardust in Las Vegas, Nevada in their spa. It was one of those jobs where the money came in sporadically. Sometimes you could go for hours waiting around in the office for a client to materialize.

On this particular day a client walked in. Normally that's how they come in. They can't fly in or drive through. But in Vegas you consider all these possibilities. He was an average man, head of the Psychology Department of a well known university. Generally when I give a reading and massage, you never know what is about to happen. In this session, he was lying on the massage table and I had just started the massage when I could feel a warm sensation as if someone were in the room with us.

I wasn't alone in this perception as my client could feel this presence as well. We didn't know what it was and at first we thought that someone had left the heat on. But in this particular room, there were no heating or air conditioning units. Halfway through the massage, I stopped and felt an urge to do some spiritual energy work on him. As I worked with him, he suddenly began to cry uncontrollably. By this time I could feel the peaceful energy flow in the air from another presence in the room. I sat on the edge of the massage table as the man was now sitting up and still crying. I held him in my arms as a gesture of love. I am not gay in any shape or form but I knew this man needed some compassion. After the session, he told me that his son had passed away and that he had felt the presence of his son in the room with us. There was a presence and love which enabled him to communicate with God regarding the passing of his son.

Now he knew that his son was okay and his faith had been restored that day. In simple words he thanked me. I told him that I was a channel or connection between God and him and that I was overjoyed for him and his new found faith. I should say lost faith as people tend to get angry at God when they lose someone. It's not God that takes them away, it's just life. But, unfortunately, God gets the blame, and in this situation, that blame can go on for a prolonged period of time or until the person realizes that their loved one is safe and in the company of angels. It is good to know that heaven does exist and that our loved ones will be waiting for us on the other side.

Angels can fly because they take themselves lightly . . .

- **Gilbert K. Chesterton**

Where There is Light, There Must Also Be Darkness

John 8:12

**Then Jesus spoke to them again saying I am the light of the world.
He who follows me shall not walk in darkness but have the light of life.**

That has to be one heck of a good flashlight! God has given me so many gifts and the ability to carry his light and love, no matter where I am in life. Sometimes things seem hard for a reason. We may not know it at the time, but we have to keep on marching forth in light.

KSPA Z How It Began

I FEEL LIKE I am on top of the world! I have a total of \$2.28 in my non-profit bank account. With my budget, I would be considered lucky to be able to buy a Happy Meal. Another plug for McDonalds!

My life would generally run smoothly if I didn't worry. So without any money, or shall I say, not too much extra to spend, with my radio station, KSPA Z radio, I was able to eat out at 5 star restaurants, hang out and interview TV personalities and movie stars, and go to movie premiers. I could travel anywhere in the world that I wanted to go. I guess you would say that I was very blessed. I not only didn't have a penny to my name, but I lived the life of an eccentric well to do person. How did all this start? Believe it or not, my radio days started when I was a child. I would make up skits on the tape recorder, and by the time I was eight years old I had my own staff of comedy writers. We would produce our own plays in the neighborhood. Don't forget that my staff was made up of other neighborhood kids. We are not talking about a major production of comedy shows for CBS. But still, it was the idea behind all this production and the fact that we had a small audience. Not only did we produce comedy plays, but during Halloween, we would produce haunted houses. One time, we even had a penny casino for kids. Not a good idea. That one didn't last too long, the casino that is.

KSPA Z was created by my last name, Spasoff. Throughout my life, I was called so many names. People would use my last name, Spasoff, to make fun of me. There were times that I was chased out of the school yard by groups of kids. Hence the name, Spaz. Later on in my life, I just put the K in front of Spaz and made it KSPA Z radio. In one sense, that changed my life as I went from an unknown to today where KSPA Z radio is known internationally, at least on the internet. We even have an

audience of two people in Alaska, along with their pet bird, Harold. I get to meet all these wonderful people.

There are a lot of stories I can share with you of adventures that I had along the way. A lot of work behind the scenes goes into the making of KSPAZ radio. The show is designed to help promote struggling artists. Any artist that has talent such as singers, comedians, or whatever else we can find that would be interesting for our station. We not only promote talent but we also want to make use of our talent. Through the years, I have worked with some of the best entertainers in the world.

Gary Owens from Laugh-In was one. I met him at KFI in Los Angeles and found him to be very accommodating and well mannered. I also had the opportunity to work closely with Francis Drake. He was known to play characters in Charles Bronson films. Francis Drake was more like a mentor to me. He taught me more about radio than anybody, or any school, has done. During his last years, I was fortunate to work with him on some radio skits we enacted. At the time, he had emphysema, but he still was beside me to give me guidance when I needed it. Along with Francis, I also had the opportunity to work with Steve Caito. What a great comic! He used to open for Frank Sinatra. About the time I was working for him, he was opening at Jack in the Box. Just kidding! I worked on a show with him called the RAT PACK at the Royal Casino in Las Vegas, Nevada. His ideas were similar to mine. I first met Steve while he was performing in downtown Las Vegas. After we started working together, I noticed something strange about him. He was gay, and I don't mean happy! As I mentioned before, I am not gay. But Steve was, and it was very hard for me to be in that environment all the time. I needed a normal environment to be able to work to my utmost capabilities. Working hard at the show and then going out with Steve's group after work wasn't easy for me. And it took its toll on me. Although it wore me out, one thing I did learn from Steve which is important for any entertainer to know is to be true to yourself and your audience.

Through working with Steve at the Casino Royal, I did have the opportunity to meet some of the great performers of the world. Even though it was only for a minute or so, I had the opportunity to meet Dean Martin. No it wasn't an impersonator! He was very gracious and also very well mannered. I remember the time I ran into Robert DeNiro, Martin Scorsese and Joe Pesci. I walked into Café Michelle in Las Vegas. It was a little hangout where a lot of the stars would frequent. Anyway, Robert DeNiro was there eating his spaghetti, and I knew I just had to meet him. At the time, I didn't know who the other two people at the table with him were.

I came up to the table, excused myself, and told Mr. DeNiro that I really enjoyed his work. I thought he might have taken offense and thrown me out for interrupting his dinner, but he was very nice. He stood up right away to my amazement. He had spaghetti hanging down his chin. Swallowed it then reached out to shake my hand. What a nice guy! Continuing with my list, I worked for a short time with Tim Conway and Don Rickles. I really have to say that with all the harshness you can see in this man, he really is a sensitive person inside. Wayne Newton, what a guy he

is! In the middle of an interview when we were speaking, one of the big time shows cut in on us. Well, to my surprise, he told them not to interrupt us as he wanted to finish our interview. Remember, I was the small guy. But still he makes everyone feel equal. This is the way it should be. Phyllis Diller was another great comedian to work with. It took me over a year to get an interview but it went great. I have had the opportunity to interview George Carlin, another comedian, The Smothers Brothers, and Carrot Top, just to name a few.

KSPAZ radio is a non-profit organization designed to promote better Health through humor and music. We want to attract good quality entertainers. We welcome your presence and hope to hear from you. KSPAZ radio was created by Richard Spasoff and it is our goal to help promote performers, but at the same time, provide our audience with positive and upbeat entertainment. The world today is stressed enough. So our idea is to remove the stress for awhile and allow the listener to enjoy what they hear for free. Don't get me wrong, we do need donations to keep up with the cost of running our internet radio station. For now, we are artist based permission, meaning that we have permission from all our artists to play their songs on the air. All of our talent, or most of it, is original music. That is what we are looking for; originality along with talent. If you have some material that you produce, we would love to hear from you.

“That’s all an angel is an idea of God”.

- **Meister Eckhart**

Acts 2:28

You have made known to me the ways of life: You will make me full of joy in your presence.

God and the Angels have filled me with joy just as they have done for you. Just try to recall all the things in your life that have made you happy. Some things can make us sad at the end. But try to remember the moments of joy.

When working with my photography, creating the comedy photographs, my life and soul were at the peak of joy. I worked very hard and was very persistent. It took me a long time to accomplish what I was trying to do and it is not just about making money. But I was able to get it done with the help of God and our Angels.

Life breathes on us. And at times life has bad breath. You can't follow in the shadows. At some time you must stand in the light. Don't follow in somebody else's footsteps. Create your own path. Create a path with many roads. Take chances, be bold and daring, but not without wisdom. Set your sights high. But take one step at a time. Carry the tools necessary to make your journey. Open your heart and your mind. Set forth on new possibilities and when you get there continue on and strive for all you can be. Within creativity the light shines forth upon all of us.

A leader must possess strength and persistence, but most of all, faith shall open every door and shut those that are not supposed to be opened. The right path will open and we should just flow through each and every one with the grace from above. Faith allows us to enter any situation without question. It allows us to look within ourselves to know that the answer is already there, without any worry. That is what letting go is all about.

It is not about a magic wand. It is about hard work and being willing to walk through the fires that we don't see or understand. We know that we can trust, and that is where creativity begins. It is having a vision, seeing it, and then believing and being persistent enough not to give up. At times you may feel like pulling your hair out or ripping your fingers out of your hand because of your frustrations. I have been there and we will all be there at one time or another. So open your heart and follow your destiny.

Creativity For The Soul

AS AN ARTIST and photographer, I have learned how to visualize and make things happen. This story will illustrate more about this. Visualization with the power of prayer can be a gift to use in your everyday life. Not only can it help to unlock the creative part of your soul, but it can help you to get your goals accomplished much faster. When you visualize goals, not only must you see them, but you also must feel what you are visualizing. I am about to teach you how to make your visualizations come to life.

Just suppose for a moment that you wanted more money in your life. First, you would want to ask God and your angels for this money. But is it really the money you want, or can it be a trip to Hawaii or something the money can buy? You have to really be specific about what it is that you want. For the sake of this illustration, let's say that it is not so much the money that you want, but that you do want a trip or vacation. Can you see yourself in the Hawaiian Islands? Can you smell the scent of the jungle or ocean so that it awakens your senses and spirit? Can you feel the excitement that this trip will bring you? This is just the beginning of how to visualize. Once you feel all of these things, you will want to add it to your meditation and pray. Pretty soon possibilities will open up so that you can take that trip or get that advance in your career that you always wanted.

A picture of a hand coming out of the grave with the thumbs up tells me that the afterlife is ok. It really is better than ok. But for now we will go with that. In order to produce that image, I had to visualize it. I had no idea how I would actually bring it to life, but I knew I would. With no money in my pocket and a camera with a roll of film, I was off to the races. First of all I prayed about my idea and had the nerve to bring it to the attention of the local funeral director. At the time, I had no

pictures to show him so I felt a little out of my league. Well, let's say more than out of my league. I felt as though I was a Martian from outer space. But in this case, I decided to put my best foot forward.

The funeral director had faith in me to bring this idea to life. On the day of the shoot, little did I know how many people would come to the cemetery? Apparently, word got out to the local newspaper that I was doing a shoot and that I needed some extras. Of course, I had my own production crew, including the model. The newspaper brought in over fifty people and some Red Cross trucks. Why I would need all of these extra things, I don't know. But I was very blessed. The funeral director was a little worried that it could get a little noisy with all the people since there was a real funeral going on right next to us. Little did they know that we were filming, or I should say shooting a picture? I took one picture with a simple twin lens reflex camera with a 50 mm standard lens. In other words, we had no fancy equipment, just the bare minimum. Anyway, the funeral director did move us to a more secluded shooting area. Thankfully, he was willing to go out of his way to work with us. He could have told us to leave. Remember, we weren't paying anyone to do this shoot. In fact, we had to ask the funeral director to have someone dig us a grave. No, I wasn't going to bury myself. We had to use the hole for special effects. Life after death isn't that bad at all.

You have to have a sense of humor in life. Not only does laughter help you heal, it also makes you feel more alive. It relieves you of stress and opens your heart. When your heart is open, better possibilities come your way and you will be able to listen to your angels. For one of my pictures, I had to collect cigarette butts all over the city to get ready for the shot. It took me a month of collecting. I must have had five trash bags full of cigarette butts. Having allergies to cigarettes didn't make it any easier. The idea was to make a model look as though she smoked all those cigarettes. The shot was titled "Just one More Cigarette." This next shot was titled "Save Your Money, Do Your Own Surgery. There were six people in the picture. One person was hidden under a sheet with a toe tag that read DOA. The shot was taken in a grocery store. It was an overnight shoot and the grocery store did not charge us for the use of their store.

A shot on a bike was taken at La Costa Resort in Carlsbad, CA. A priest and a nun drove up to valet parking on a bicycle built for two. It was a real priest in the shot. The picture reminded me of a candid camera shot. What a surprise for the valet!

Have you been to your dentist lately? The dentist in the shot was a real dentist and the woman in the chair was his daughter. They really had a lot of fun helping me bring the shot to life. These shots were not only fun to create, but they really taught me how to bring my visualizations to life. I think everybody should work on creating picture visualizations and feeling these visualizations. We should then ask our angels to help guide us to the final step in achieving our goals.

There was one shot in particular that I really enjoyed shooting. I have my friend on a Big Wheel riding on the freeway. It wasn't easy getting permission from the Highway Patrol to shoot the picture. Not only did we get help from the Highway Patrol, but we

also got a police escort by about six other patrol cars. Why would someone be riding a Big Wheel on the freeway you ask? Why, to save money, of course.

After the shoot, as we were driving into our hotel parking garage with the Big Wheel tied to the roof of the car when we hit the roof of the garage. We heard a huge crashing sound and part of the ceiling started to come down on us. No damage to the Big Wheel but the ceiling of the garage had a big crack in it. We then saw a man starting to come after us. He was a big guy. He had long blonde hair and looked a little like Hercules and he was carrying a big knife in his belt. So like a dummy, my partner and I stop the car and ask if we could help him. He said, "No, Are you guys all right?" We would have been better if we had remembered to take the Big Wheel off the top of the car.

We were talking about how important it is to remain open in the sixth sense. The more open we are, the better able we are to connect to the unseen world of our angels. When we are open, we are better able to connect to our creativity and can create better solutions for ourselves and loved ones.

I have a funny story to share with you. Years ago, there lived a poor man. This was me. I had an apartment in Las Vegas. I remember that the apartment had no door. For the first couple of nights, I would nail a sheet up against the door frame. Even though I lived in the bad section of town, I knew that my angels were protecting me at all times. Not only did I not have a door, but my bed was the size of half a bed and had a big hole in the mattress, burned away by a cigarette fire from the last inhabitant. The landlord said he couldn't promise a new bed for me but he did say that he would get the door up as soon as he could. (You could tell it was one of those upper class apartments). At that time, parts of Las Vegas were pretty rough. I lived right across the street from Juvenile Hall. The good part was that there was a hotel and small casino right across the street. (Imagine, a casino in Las Vegas, Nevada!)

One night, late at night, I had a medical emergency. Well maybe not a true medical emergency. I didn't have any money at the time and I was out of toilet paper. Right before I went to bed, I took a little trip across the street to the hotel and casino and managed to get into the hotel bathroom. I shoved some toilet paper into my pockets. I kept rolling out the paper and rolled it into a ball and stuffed it into my pockets. So here I am with bulging pockets filled with toilet paper. I was surprised I didn't get busted. As I was making my way back across the street, all of a sudden there was a whole Swat team of five cops with their guns aimed directly at me. I said to myself that one would have been enough and I really didn't mean to take the toilet paper. Then I realized that they had their guns aimed at some crooks and I was caught in the crossfire.

Boy, was I relieved they weren't after me. I should have been worried about all the gun fire if I had any brains. But no, I was just happy I didn't get busted. As soon as I saw that they weren't after me, I got down to the ground on my belly and crawled away from the police scene. Nobody ever did say anything to me that night. Not one cop! They were too busy catching the criminals. That's what I call being focused. All my angels were at work making sure I was safe. I have had many close calls to death in my life. I guess that it just wasn't my time to go, thank God.

“Angels are sent to bring us messages from God’s heart”.

- **Charles Hunter**

Romans 10:17

So then faith comes by hearing and hearing by the word of God

Sometimes it is not always by the word. It can be by actions as well. God could send other spirits to warn us and sometimes what initially scares us could result in something positive.

It Wasn't Casper Your Friendly Ghost

THERE ARE BOTH dark and evil spirits as well as good ones and the appearance of these spirits could be warning us of potential danger. I am not saying that a dark or evil spirit is good. I am simply stating that an appearance of what may seem to be evil or dark at the time could be a spirit trying to convey a message.

Here is a story to illustrate this case. On October 30th at 10:06 pm I had just moved into my new apartment when I heard something outside. It sounded like a train passing. I opened my door to see what or who it was when I saw a black mass of energy go past me. It looked like a dark cloud of smoke about two feet in height and three feet long. It moved like the wind and sounded like a train or Indian on the warpath. I was so startled that I thought I might be seeing things. However, I got such a clear look at it that I knew that what I saw was real and a cold chill went down my spine. It frightened me as this apparition certainly was not Casper the Friendly Ghost. Or was it?

My immediate action was to say a prayer to Saint Michael, the Archangel, and ask him to send this spirit into the light with God. It was a strange feeling. It felt as though the spirit was sucking the energy out of my body and replacing it with negative energy. The ghost appeared to be worried. After a couple days had passed, I had a more clear realization of what had taken place. Spirits can warn us in many ways and I realized that this was a warning to me of the dangers lurking in my new apartment. For one thing, the air quality was so bad that I became physically sick. There was a chimney nearby that was blowing smoke into the new apartment all

day and night. It would have been nice if I had a nice fire in the fireplace instead of the black soot and smoke it was blowing out. So you see, I was sent a messenger, albeit not a pleasant one. But it was meant to help me. Maybe if I were smarter, I would have left sooner; just because I was scared. Sometimes blessings arrive wearing a disguise. That's why it is important to remember to be as calm as we can while things are happening to us. We must get rid of the fear before our fear grows into something insurmountable. We must regain our faith so that we can see things more clearly. We must put the fear aside in order to think more rationally. It is very important to center ourselves through difficult situations. You can accomplish this by deep breathing to calm yourself down and calling in your angels and God's light to guide you.

You will get the answers once you are centered, as I did. In this situation I had to leave the apartment before the smoke did some serious harm to my heart or my lungs. And I thank God for helping me to get out of there. The spirit that came to me was giving me a warning to get out. Now, thankfully, I am in an apartment with clean air.

“Love is how you earn your wings”.

- **Karen Goldman**

1 Corinthians 2:5

That your faith should not be in the wisdom of men but in the power of God.

It is very important to connect with God in order to hear what He has to say. Your intuition comes from our Lord. Use it. I have used mine through many incidents and it has saved my life, as in this story.

The Angels Light

I never know what I am going to write until I sit down. All the inspiration for what I write is channeled through me from the Archangels, Michael, Gabriel, Uriel, and Raphael. I have lots to share with you and an exciting background which I will use to illustrate my point of view in different situations.

As an angelic intuitive, I will try to tell you about some of my experiences. Some may be funny and some experiences may seem sad. But the idea behind the stories is to try to point out how close our Archangels and God work with us on an everyday basis. I hope that my stories will fill your heart with love, and understanding for the real reasons we are put on this earth. I know that we need money to live, and we need our family and friends. But most importantly, we need love. We need God's love to maintain a healthy spiritual lifestyle. I am not talking about being a priest or a minister. I am simply talking about our soul and how we can energize the spirit within.

We need to try to reach out to people with kindness, sharing the love which comes from heaven. Sometimes, this is not an easy task. There are situations in life that can be downright evil. But as people, we have to understand that we must send God's love and light into these dark situations. The more prayer and love we add to this earth, the better place it will be, and we will be protected with our angels light. There have been many times that I have worked in some very bad situations and have brought the good into it. One time I had to work for a brothel in Mexico as a spiritual counselor and speaker, giving direction and prayer. The most important thing to remember is to keep God's light around you at all times. There are a lot of dangerous situations which could arise; and, in my case, did.

I remember one time I was giving readings to many different women who had worked the streets. When they were on their breaks, they would come in and get

readings. I did notice that when I would give a reading, I could feel many different energies around them. When people are involved in a lot of sexual activity, you can feel many different connections through that one person. Let's see if I can explain myself a little better. We are all connected to your loved ones? I am sure you have felt when something is wrong or different going on with the people you love. Well, in this case, talking about the prostitutes; they have many different connections. Some of these could be good and others could be bad. So when I am giving a reading, I can feel the different connections with which these women are feeling. In one such reading, I could feel at least fourteen people she had been with that afternoon. I had asked her to confirm this, and she acknowledged that I was correct. I was able to pinpoint certain connections that stand out. In this particular case, this girl was gang raped by nine men. They then stuck her body in burning oil and one man had bitten off part of her nipple. Now this was a very evil act. But yet, her attitude to survival was positive. She was able to forgive and move on. Could you imagine all this?

The lesson to be learned here is to keep ourselves positive at all times in our life. There are many other stories just as horrifying. Yet, these women would manage to keep themselves in God's light. It really is hard to believe!

When I worked in Mexico, some of the living conditions that I observed were pretty dismal. Some of the homes were no more than a cardboard box. Sometimes, there would be blood drops on the floor or walls. Certainly, not a pleasant place to live. Do you see how blessed we are in our living conditions in this country? One evening I was walking through the neighborhood on my way home. This wasn't your genteel neighborhood. Mister Rogers didn't live there; and if Norman Bates from Psycho was there, he would seem like a typical normal neighbor! This neighborhood contained a mixture of crimes from murder to gay prostitution which occurred on an everyday basis. As I was walking down the street, about four men (or transvestites) grabbed me. One put a knife to my throat. All I could remember was to be calm. I knew my angels would protect me like they have in the past. The other men searched my pockets for a wallet, which I didn't have.

If I carry anything, I put it in a secret compartment in my tennis shoes. Under the soles of my shoes, I keep my driver's license and cash hidden. They couldn't find anything and I knew I had to think fast. I mentioned that my uncle Adam "had a dress like yours". Something inside told me to say this weird thing and so I did. They let go of me and one started to laugh while the other three men said goodbye. Thank God for saving my life another time. There were times when I wondered why I was put in these positions but I knew deep in my heart that I was protected by God and the angels. How did I know this? During all the chaos, there was always a calmness and peacefulness that stayed within my heart. Anytime I felt scared or anxious, I could use this energy and draw on it and God would calm me down. Once I got calm, the answers would come to me. Sometimes, the answer would tell me what to say. Other times I was told to run like hell!

In one situation, a lady who was working with a crooked cop told me that I owed her more money for the readings I gave. It was more than the amount that we had agreed upon. In Mexico, generally 40% would go to the brothels and I would get to keep the other 60%. In this case, the woman wanted almost all the money I had. Once, I knew this agreement was broken, I felt a sense of danger and I felt very uneasy. My angels told me to get out of there but I didn't know how. I remained very calm with the lady and made an excuse for me to lie on the bed and take a nap for a moment as she went outside. I knew that once she left, I had to make my escape. There was a window nearby which led to the alley. The minute she left, I climbed out the window to escape. I did make it back to the USA safe and I found out later that she was working with a crooked cop. If I had not listened to my angels, I would have been taken away by these crooked cops. I hope that I am not making you sad or depressed by these stories. Even though the subject is depressing, the idea is to make something positive out of every experience.

Life can be extremely tough at times and we must draw upon that peace we have inside. God gave us this good energy to use. No matter what the situation, we can make it through with flying colors. Don't allow your negative energy to tear or eat you away. That will only bring up more destructive forces into your life.

Since I have mentioned heaven a few times, I would like to tell you what heaven is like. I will share with you how I got an insight to this spiritual world. There have been many things to which God has opened my eyes.. Sometimes I didn't understand why He gave me all this information. What I am about to say might touch your heart. I hope it does. You may not believe it or you may believe in parts of it. There are a few times in my life that I have come close to death. Death itself is just a way of entering into the spiritual world as a soul. Our soul is part of us and is the essence which makes us. Our souls will last forever.

One time while I was swimming at the beach, a tide caught hold of me and pulled me deeper into the water. I was so scared I thought it was my time to go. After awhile, I got a strong feeling inside to stop fighting. By this time I was almost out of breath. So I listened to my inner voice and just allowed my body to go where it might. Eventually, I just floated to the top of the water where I was finally able to breathe. When I let go and allowed the angels to help, things just happened. The part of the actual suffering when you are just about to die is what most people remember. But it is during that couple of seconds between this earth, and before we enter heaven, we must put into God's hands. It will make the transition between the two worlds much easier. Sometimes, before we die, God will send our family to us to help us. Heaven is so peaceful. There is nothing on earth that can compare it to. Not even Disneyland, the happiest place on earth! Imagine having no stress and imagine being in a world where we have the highest degree of tranquility. Once in awhile, we can find this wonderful joy while we meditate. But that is only a small fraction of what heaven is like. Once we get there, we will no longer have our bodies and will have full access to our soul.

What does a soul look like? It is a form of energy. We will be free. Of course, our freewill will still exist. God never wants to control us. But he does want us to do well, for ourselves as well as others. Once we are in heaven, we will recognize our family members and our friends. But our feelings will be of overwhelming joy and no sadness or depression; total joy and peacefulness. Once we get to heaven, we will be working to better our world. We will be helping our loved ones spiritually, mentally and physically. How so, you ask? When you have been in distress, haven't your loved ones come to visit you, and given you some kind of sign that everything would be okay? You know that feeling.

That will be one of the things we will be doing as a spirit. As a spirit we will still have the freewill to choose to stay within the light or go into the darkness. It is up to us. It has always been up to us. God is our main source from which we come from and is the main source to which we are going back to. That is why it is important to remember to keep love within our hearts. We want to grow and share with everyone the joy that we feel. It is for real, and the beginning of what God's kingdom is all about.

**“Angels and ministers of grace defend us!
Be thou a spirit of health, or goblin damn’d.
Bring with thee airs from heaven, or blasts from hell,
Be thy intents wicked, or charitable,
Thou com’st in such a questionable shape,
That I will speak to thee”.**

- **William Shakespeare (Hamlet)**

Psalm 64.1

Hear my voice O God in my meditation preserve my life from fear of the enemy.

It is much better to shine God's light and love on your enemies so that the Angels can release any blocks of negativity. It is important to forgive others for what they have done so that we can be free within ourselves. That way we will be able to give God's love and send His Angels to everyone in need whether enemy or friend.

Why Forgiveness?

Miracles do happen every day. We're not talking about Charlton Heston parting the Red Sea. That was only in the movies. It was Moses, who through the power of God, really made it happen.

A miracle could be as small as finding a parking place. There have been times that I have been in a hurry and the parking lots were full. Not one space available and cars buzzing around ready to pounce on any empty space. Suddenly a space would open up as someone would be leaving just as I happened to pull up. Some people would call that luck. I really believe that it is a small miracle. What may seem like a small miracle is really a big one. All the love God gives to us, he shows us every day in many ways such as sending people to help us out in times of need.

God's love is energy. In fact, it is great energy. I am thankful every day for his love and grateful that I am able to open up to it. Love is a very powerful tool. The more open we are to it, the more opportunities will occur to better our lives and that of our loved ones. It is not worth the time and energy to carry anger or self hate towards others or ourselves. Without love, we close up all the good possibilities that affect our future.

Showing love could be as simple as opening up a door for someone or saying hello. Even when we are in a hurry, it is important to remember to do good things for others. If we dwell on the negatives, eventually it will take its toll on us and could make us physically ill. Negative energy can make us sick but positive energy will help heal us. We need to practice everyday by doing deep breathing and putting God's light all around us. Once we do this, we will feel his love and peace within ourselves. Hatred causes fear and blocks us from achieving our goals. Fear can also immobilize us and stop us dead in our tracks. It creates a negative path of destruction. Nobody wants to live in fear or hatred. And that is why it is so important to live in love. By doing so, we can act as a channel for God. It doesn't matter what kind of work that we do. God works through all of us. I've seen people from all walks of life reach out to help other people in need. We are all healers and we all have the ability to channel the love of God and our angels to others.

We all have a God-given talent to share. Sometimes it is the simple things that can change a person's heart. Reaching out to another human being is important. Holding resentment and not forgiving people can cause us to get sick, either physically or emotionally.

Forgiveness is not an easy thing to do. But if we don't forgive people who have hurt us in the past, we end up hurting ourselves the most. Imagine a solid line from us to God. If this line is broken, we lose our connection with God. When we learn to forgive, we build up more of a solid foundation; spiritually, a solid line. That line to God leads to us and gets stronger over time and every time it gets stronger, we grow more.

The more we grow, the easier it is to connect with God and our angels. Also, forgiveness teaches us to love. We don't have to approve of the actions of people.

But it is very important to forgive and send love to our enemies, or people that have hurt us. Forgiveness is a tool that God has given us to use. When we forgive, we don't hold any judgments or hatred in our hearts. We get to move on, and many more doors will open up for us. Our angels will bless us much more for trying to let go of old baggage. Try it. Nobody is perfect in this world. If they were, they would be in heaven.

I have a number of experiences that have happened to me. I will share one with you. I had a client one time that tried to shoot me. As he pointed his gun towards my head, he told me "This is your lucky day". (And no, he wasn't Clint Eastwood). He didn't know why, but he couldn't pull the trigger. I knew why. The angels were in the room with me. After he had the gun to my head, he grabbed me by the neck and wrestled me down to the ground. I didn't say too much to him. I was afraid for my life. I got up and walked toward the door. I started to leave, and then realized my glasses were in his house. When he had thrown me to the ground, my glasses had fallen on the floor.

I don't know why I went back in. I just had to get my glasses. As I walked back in, he stood there in amazement. He couldn't believe that I would come back in. I picked up my glasses and I left. But my angels were with me and protecting me from harm like they are all the time with all of us. That day they stopped this man from using his gun on me. God had saved my life.

The anger that this man had, was caused by some trauma that had occurred in his life. a bad experience that he needed to release. I just happened to be used as a target for his anger. As time went by, I felt sad for him and I didn't want to hold onto any unresolved issues. I knew in my heart that I had to send God's love to him. And I did. For six months I prayed for him and sent God's love. But inside I still wanted to tell him that I was sorry for his pain. Well, in time, my prayer was answered.

I saw him driving down the road one day. He saw me at the same time that I saw him and we both stopped. We got out of our cars and started walking toward each other. I had no idea what was about to happen. I was frightened of course, but I knew that our angels were close. When we stopped, he reached out to grab me. But this time it was a friendly gesture and we gave each other a hug. We both cried and apologized to each other. Then we went our separate ways. Boy! That was a big relief. This was another miracle that God put in my path. If I had held any resentment, this event would not have taken place. People experience love in many ways. But the power of forgiveness is one of the most awesome ways our angels have given us. Imagine for a minute, the amount of love God had to send Jesus down to die for us. He had to send his only son. My dad might volunteer me for that job. But I think I'll skip it! Jesus has done it all for us. God takes us as we are and gives us unconditional love. It is the most powerful and nonjudgmental love that He has for us.

Here's a little exercise you can do to help you forgive your enemies. Imagine Jesus on the cross on the hill. Put yourself in the visual. See yourself with the person

you most dislike. Cover yourself with God's light. Cover your enemy with God's light. Walk up to Jesus with your enemy and have Him come off the cross to embrace you with his love. Have him embrace your enemy with his love. Then have Jesus embrace both of you and begin to feel the peace flow throughout your body. It's a big step, but at the same time, a small one. We must keep God's love alive in this world. Especially today, when everyone is dealing with so much stress as we go about our daily lives. We must remain in the light to give light. It is not worth putting our energy into the chaotic state that so many people are in right now.

“When my time to die comes an angel will be there to comfort me. He will give me peace and joy even at that most critical hour, and usher me into the presence of God, and I will dwell with the Lord forever. Thank God for the ministry of His Blessed angels”.

- **Billy Graham**

The Key

THE QUESTION IS, What Haven't I Done this Month? I have fractured my ankle twice in the last three months. Now it is almost healed. My teeth were in pretty bad shape and I needed three to four root canals. When you don't have the money to put caps on your teeth, it is funny, or should I say strange, that the dentist would rather pull them out. I know that caps are needed and I am willing to get them done somewhere else, like in Mexico. The cost of a cap in California is about \$800 but in Mexico the cost is only about \$195 per cap. On top of trying to pull my teeth out, they are trying to scare the living daylights out of me about having dental work done in Mexico. I guess the point I am trying to make is to do some research on your own and don't be intimidated by other people. Invest some time in your health.

There are a few people in this world that are so money hungry that they would sell their own mother if they could, and these type of people make the worst doctors. We need to find people with caring and compassion. It just takes a little intuition and guidance from our angels above. The bottom line is to learn to trust that instinct of yours and when something is not right to change it. We have many paths we can take. I am very much of an independent soul but I try very hard to connect with my angels. All you have to do is ask, just like you are talking to a friend. In fact, you are. Our angels are our friends. They love us as God does unconditionally. God is the one that created these supreme beings. Angels are spirits that have never been here on earth in the human form. However, I feel that many relatives we have known and have passed on into the heavens can act like angels for us. The spiritual world is right here. It is a universe that goes on for eternity, and with a little practice you can get there through your own meditation. You can start by feeling it. Right now, don't you feel peaceful just thinking about it?

Don't allow your mind to wander off, just allow your angels to send you their love and healing powers. It doesn't necessarily mean being healed in two seconds. In some cases, there have been fast results, but in general, healing is a very long process. Life isn't easy at times. Sometimes it is downright difficult, but we can't lose sight of our faith. As an angelic speaker, I enjoy uplifting my audience; keeping things upbeat and at the same time inspirational. I like to relate to people and give them insight into how to cope with their problems. The key is love. No matter what, the basic foundation is the use of love. Without love all you have is fear, negativity, etc. It is so easy to get into that fear, but even when we are in extreme pain we still must stay focused on that love. It is not an easy task to do, but then we can think more clearly and get out of our body's discomfort.

To give an example, there have been times when I would be having an asthma attack when I couldn't catch my breath. But I realized right away, I had to drop my fear and get as calm as I can so that I could move on to the next step. The next step was to work on getting oxygen to my lungs and that meant getting away from the source that was causing the asthma. Go outside and take some deep breaths. I generally try to breathe through my nose. There were times when I couldn't get any air in at all, but eventually, it would come after I relaxed. That is why the first step is to remain calm. Once I was able to catch my breath, I could think more clearly. I then asked for divine help to determine the source of my breathing problem. I then realized that I had spilled a bottle of eucalyptus oil over one of my pillows and could smell the oil from my living room. I now realized the source of the problem and was very thankful for the help I received. Whenever I listen to my angels, in any situation where I am panic stricken, I know I will be fine. Sometimes it does take a lot of faith and persistence on my part. What is an angelic intuitive? First of all, it is just a name that society has for a person who has a deeply rooted intuitiveness about life, himself, and people. I understand how energy works. Energy could be anything. I am referring to spiritual as well as physical energy. Physical energy can be read just like spiritual energy. That is what a psychic picks up on. It is a little like reading a book. Like in a big puzzle, the messages aren't always clear. Certain things might come out. You can tell when a person has a lot of stress. You can feel it in their energy field and it might not feel comfortable. A psychic reads the energy around us.

We are not mind readers. We all have the ability to read energy but we have to develop it more. We learn how to read spirits and learn to read what is going on in the other worlds. We could say it is a step into the twilight zone. The bottom line is that we learn how to connect to God and listen. That is what being a good intuitive is all about. You don't have to carry a crystal ball or invest in expensive crystals. Just listen to what God has to say. But do it in love.

Like I tell my clients, just because a friend of relative has passed on doesn't mean that they are gone for good. They are still with us. They are not on this earth in human form but they are here in spirit, guiding us and helping us to know that they still love us very much. I would suggest that you start off with a little prayer

to God and ask St. Michael to protect you from any negative or evil energy. When we connect with the other worlds in the afterlife, there are many energies ranging from good to evil and in many different degrees.

For example, Mother Teresa would be a very good soul. Her energy is obviously good, It is great! But on the opposite side of the spectrum, there are people like Hitler that are not so good. In fact evil and we have to call it like we see it. When we connect and try to get through, we need God's help to protect us from any negative energy that can hurt us. That is the job of Michael, the Archangel. Just ask him to protect you and your loved ones from any evil or negativity. You can write connect with your passed loved ones. Write to them on a regular piece of notebook paper. Say hello. Tell them a good joke. Spend a little bit of time with your loved one. Before you know it, you will be getting messages back. How can I tell if it is really my relative writing back? Generally, you will get an intuitive feeling and a knowledge that this is from your mother, grandmother, etc. You will know who it is by the way they speak to you. It will come. So, when you do some channeling or connecting to loved ones, remember to pray first. Pray to God that you will connect, and then pray to Michael, your angel, for protection. Then begin to write. It will make you feel better just to know that your family hasn't left and they are waiting for you. I do not mean this in any negative sense.

We have free will and God's love to use for our advantage. It is our gift, so why don't we use it?

My dance workshops, dancing with your angels, are designed to promote better health through connection with our angels. It teaches us a sense of freedom. A lot of dance today is used in competition, but I believe dance was created for us to use in enjoyment. It allows us to connect with other people in a fast way; in a deeper and spiritual way. Competition takes away this freedom and adds more stress. I really believe dance creates a better world for us. It allows us to wake up inside. It feeds on our positive side so that we can build a better life for ourselves. It teaches us how to cope with life in a fun way and also allows us to think with our creativity so that we may come up with new ideas to add to our lifestyle. It also helps us to redo old ideas to make them better. So dance is a most useful tool. I would like to show you how to use it.

I had the great pleasure to meet Martha Graham before she died. I showed her a video of my dance and she really encouraged me to continue. When I moved to Las Vegas, I had the great opportunity to work under Henry Lee Tang, independently, at his studio. Henry Lee Tang is the dance choreographer who was Gregory Hines instructor and also choreographed for the movie TAPS. He was and is a great tap dancer and I really feel fortunate to have been able to work with him. He was very down to earth and I had the opportunity to speak with him many times as well as to show him my style of dance. I currently work with a lot of churches. Although I am nondenominational, my goal is to just reach out to people and teach them how to connect with God and the angels. We can achieve this not only through

communication, but through dance as well. The idea behind the dance is to have fun. Forget about life for the moment and rebuild your foundation by strengthening your inner spirit so that you can live a better life. Learning to be open is important and through dance you can learn a lot. We work from our heart level and once we do this, we build up more of an understanding to listening within. The more we listen, less worry and more love and opportunity come to play in our life. Isn't that what we are all seeking; a better life filled with great opportunities?

The Transition

Our loved ones are waiting for us. They never forget us, just as we never forget them. We can always tune into their world which is our world as well. The thought of death is very scary. However we shouldn't think of death in that way. God is going to be with us every minute of the way. On our last breath, our body gives up but our spirit and soul struggle to come out into a new world. During this struggle, the scariest thing will be change and wondering where we are going. We are going home with God, so we can stop fighting and let that last breath go as we move onward. It's not as painful as you might think. The transition into the spiritual world is a big step. It is a birth into a new world in a spiritual sense. No more physical pain or worry or attachments. Like a shooting star, a new energy is formed. We all will be one, but still independent of each other. Our spirit will be very much alive. Work does not stop but we will be working for God and with the angels. We will be helping people by reaching out to our loved ones and guiding them like our loved ones do for us today.

What age will our loved ones be? That age which is most comfortable for them. The age when they were in their best health.

Will we recognize our loved ones? Of course, if they were still alive Today wouldn't you recognize them? Even though they will be in their soul form, while we are in their presence, they will take the form of what we recognize. How will I adjust to this new world? Just like anything else. It will take time, but we will be okay. It will not be stressful, but overwhelmingly joyful is the best way to describe it. Will we come back to earth? Yes, but as a spirit. Not as a ghost. A ghost is a spirit that is lost. We will be uplifted to the light.

We will be able to travel without time or restrictions. We could be in many places at once, or one place. It will be up to us. We will feel peaceful and filled with the highest tranquility. Our emotions won't be draining or dragging us down. We will not have to worry about food or water or survival. Our life will still be our own. We will be an extended hand of God our Almighty Father in heaven and earth. Can you imagine this incredible freedom? This is even faster than the speed of light. It is the ultimate in traveling, our wildest fantasies come true. I receive this insight from our angels and God.

When I was a child, I suffered from asthma and I felt God's energy surround me. I saw all the colors that surround God. The warmth that covered my body reassured me that I would be okay. God was there and was with me at all times. Because of this, I developed a personal friendship with God at any early age. This is the kind of friendship you get from heartfelt experiences.

At the early age of five or six, I wanted to go to church so that I could be alone with God to feel Him at one of his homes. It felt great. It was just like visiting a friend. God's energy is most present at places of worship, where people gather together to give God their love. I consider myself very blessed to have felt his presence in so

many situations. There are many other people who have had similar experiences to mine. Everyone has a connection with God. It just depends on how open we are, and to what degree we will allow God to come to play in our own lives. Many of us are blessed in this way. We must share it and talk about it. We must not be afraid of being ridiculed and made fun of. We need to share these experiences with the people we trust and love. They might not be as open as you are so don't be offended. In time, people will understand.

Can you find love in war? You can find light in the darkness. Love surrounds us all. War is ugly and waged out of hatred. But love is stronger. Love can override hatred. Within all of us lies a level of compassion. You may not see because most people tend to hide their feelings and put up walls. The act of war is wrong. Killing our fellow human beings is against our Holy Father. We are all one in the spirit world. Not only are we hurting our enemies we are also hurting our own spiritual welfare. When we project hate, we hurt ourselves. We build fear within and our immune system will do down and we will get sick. In the long run, it is far better to project love to ourselves and also to our enemies. It is easy for the news to speak about the U. S. casualties.

What about the casualties in the world? What is the answer? Rather than killing, we should be sending God's love to our enemies and also to our friends and family. Shower them in white light. Why can't we go into war and build a huge jail for those that hurt innocent people and teach these people how to love. Show them what love is. The hard fact is that not everyone is willing to accept love. But we must keep our faith that love will conquer. All you have to do is open your hearts and accept love. I believe the world should be an open place with no borders and no walls. In the spiritual world we are all one and there will always be wars between good and evil. For now we should pray and send God's love all over our planet until God decides no more.

Learning to love you may be the hardest task we all have. We must be patient with ourselves when we are sick or going through some emotional turmoil. We must be especially kind to ourselves at these times and nurture ourselves with God's love. There may be times in our lives when we may have to start all over again. How frustrating that can be? Maybe at one time our health was good and we could walk easily. For some reason, our health deteriorated and we were out of commission for a week or two; maybe heart problems or something else. When we tried to walk again, it just wasn't happening. Everything slowed down. That is the time we must fight with love and focus on getting back into shape. It doesn't matter how old you are. You are still here and God wants you to be well and happy. Our guardian angel tells us not to give up.

Work on your breathing to build your lung capacity and then start walking. You may walk two steps. Tomorrow you will walk four steps and it will build up. Read something funny or watch something funny. That will get you in a positive mood. Keep trying! What happens to most people when they get sick is they wait for their

doctors to tell them it is okay. We are the one to know how we feel. Listen to your heart and soul. Use the sixth sense that God has given you. Make up a schedule if you have to. But make sure you give yourself time to enjoy life. Being alone for most people isn't easy. But we are not alone. We all have God's love to draw upon. Sometimes, through His love, He may call upon certain people to connect with. It may be for a short or a long time. But the bottom line is that love begins within us.

We are never alone, especially during those times we spend in darkness. Be still and listen and feel what God's energy is like. I ask of our angels how I can get rid of my loneliness.

Open your heart and be still. Feel God's love flow through your body and listen to the sounds around you. Loneliness is a state of mind. Turn on some music and get in tune to the energy which is given to you. Listen to what comes into your heart when your fear has left. Embrace your fear and use it to build your path. Don't let it run you. Use fear to your advantage and then your loneliness will subside.

A Gift of Love

Life can be both a comedy and a blessing. One morning I woke up to the sound of pouring rain. That wasn't the funny part. Since I didn't own an umbrella, I had an old painting in a frame that I would put over my head to protect me from the rain. Of course, it really didn't work so well. Now for the funny part. Lying in the middle of the divider of a busy street was a brand new umbrella. So I stopped my car and jumped out and waited for traffic to clear. Before I knew it, the traffic stopped for me but I was too focused on the umbrella to realize it. As I made my move out into traffic to pick up the umbrella, I realized how blessed I was not to have been hit by the cars. The angels were obviously watching over me that day.

What about the person who had lost the umbrella? By now, they were long gone. But with all the traffic zooming by in the street, the umbrella was untouched. This is what makes me so delighted in life. To see these small miracles take place. Little miracles occur for everyone but you may not be paying attention to them. We should.

Little miracles are just as precious as big ones. This whole month was a big miracle for me. My car got so expensive to repair that I had no idea where the money was coming from. But it did. You have to have faith that everything will come together. Sometimes you have to give up things that you may want. But life has a way of giving things that we need if we stop to listen. If we quiet our spirit, we will know what to do.

It takes a lot of love to get love back. It is just another great form of energy exchange. Love is a very important tool that you need to carry out your faith. Remember your angels are always near and you are so loved. I believe this is the most amazing thing on earth; the experiences which come from love and the heavens.

Sometimes we will feel like we are lost and in complete darkness. When the fear engulfs us, don't let it. When our spirit leaves this earth, we could find ourselves in complete darkness and feel confused. I don't know how long this might last. But I do know that we must remain calm inside. It is at that very moment that our whole life will pass through us. Sometimes, as spirits, we may not have to deal with this darkness. We will just be brought up to heaven. Other times it may take awhile. Don't be scared. Just keep moving. Use your intuition to lead you into the light. During this time when our spirit is traveling in the afterlife in this total darkness, stay focused. This is why prayer is so important for family members or friends and loved ones who have passed away. The prayer is like sending them help so that they can reach their destination and be guided to heaven. Sometimes, in the confusion, people tend to get lost. When that happens, we wind up helpless and panic stricken.

Once we learn to listen to God, our panic will go away. I am speaking of the afterlife, and what happens to us, or to some of us, after we leave this earth, and before we enter into heaven. Do not be afraid. At this point, your body will be spirit

and you will have passed the point of being hungry or requiring any other earthly physical needs.

Mentally, at this point your spirit is going through a transition into heaven. Just like any other turning point in our lives, it may take some time. I really believe that God put us on this earth as a test. We all go through much joy and heartache. Sometimes, it hurts so much we feel like we are going to break. But a test for what you might ask? I believe it is a test to prepare us for the afterlife so that we may be ready to deal with what is in store for us. We are not going on a vacation. It is still a growing process. As a spirit we are always growing. We need to get rid of our earthly trash. What do I mean by earthly trash? Generally, I am referring to our hatred and anger towards us and others. As I have mentioned many times before, we need to attain God's love. That is the key to unlock this gigantic puzzle of a universe and the afterlife. You probably wonder where I get my information.

It is directly from our angels and God. I am not the only one that can get this information. We all have the ability. All we have to do is tune into our Lord. Generally, we just need a good TV set that can pick up the correct channel. Just kidding! But I am not kidding about tuning into God. He is here. God is everywhere and everything. In the spiritual world there is no sense of time and place. That is why our Angels and God can be everywhere at one time. There are no boundaries in the afterlife. It is hard to imagine, but true. What will we be doing?

We will be serving God. We are an extra hand, and here to help our fellow spirits on earth as well as in the spiritual realm. Remember that the spirits or souls within the spiritual world travel at a much faster rate than we can imagine. That is why sometimes when we feel our loved one; it may be for a moment. But a moment in the spiritual sense can last for a long time. This is another reason why it is important for us to slow down and relax. Only by doing so, can we get in touch with our loved ones.

I remember the day I went to my grandmother's funeral. It was a shock to me, knowing that my beloved grandmother was gone in the earthly sense. When I went up to her casket to touch her face, I could feel that something was missing. Her empty shell of a body was present but her spirit was already out of her body. When I touched her face, I felt all of that in a second and immediately passed out. While I was passed out, I could hear her voice assure me that she was ok. She said "I am home now, Richie" After I came to, even though I missed her, I felt so much better knowing that she was ok. That night she came to visit me in a dream. She had a powerful white light around her; so powerful that it blinded me. I was scared at first but I realized it was my grandmother and that she loved me very much and would never hurt me.

Everyday in some way, I get a message from her. Some of the messages may be in smell. A flower she liked or food she would cook.

Other messages might be in the people I meet. Something about them would remind me of my grandmother. Sometimes I can feel her energy around me, even

the light touch of her fingers of my back as she would comfort me when I had asthma, She would help me calm down like a second mother. My mom and dad were very caring to me as well. But right now I am trying to draw a picture for you of my grandmother.

I know that everyone reading this must have a loved one who remains with them in thought or spirit. It is a special gift and we should be very proud of them that they made it to their destination, their home. We will miss them when they leave earth, but it is very important to remember that their spirit is alive and that their love for us will never die. Recently, I had a client that had made a promise to his mother that when she left, he would leave her alone and not bother her anymore when she was in the spiritual world. I told my client that the love which they had for one another was very much still alive and asked him why he would want to stop that connection? I told him it was ok to break the promise. You might be physically apart but mentally and spiritually were still very much together.

The spiritual worlds have many dimensions but we are all connected to the Supreme Being God. Once we leave this planet, we are born into the spiritual world and take on a new form. Our spirit will go through a transformation for the better. We must be ready. What does it take to get ready? Spiritually fit is what I would like to call it. First, our Spirit must be cleared of all bad energy. God could do it, but it should be our task. We have to clean up our soul and get rid of all our trash. Don't live with any emotions of hatred or anger towards others or yourself or it will just take longer to get into heaven.

The next step is to live in love and learning to be open to helping others in need. The first step is to have the desire to change our patterns and ourselves for the better. We also need to have faith. We need to know that we will be ok. We must forget about the material world and realize that we will be taken care of. It is amazing when we put it all together. God and our angels will never let us down. This is just a beginning on how we prepare for the afterlife.

Oh God, Loving creator of all Send your angels to be with us

That we might be healed of all our physical ailments Send your angels to be with us

That we might be healed of all wounds of heart and spirit Send your angels to be with us.

That we might be healed from all that separates us from you Send your angels to be with us

From each other and from ourselves Send your angels to be with us

That we might work to heal the planet Send your angels to be with us

Holy Angels help us to be healed

Holy Angels, our protectors in danger help us to be healed

Holy Angels our friends and helpers help us to be healed

Holy Angels who lead us to God help us to be healed

Holy Michael, the Archangel help us to be healed

Holy Gabriel, the Archangel help us to be healed

Holy Uriel, the Archangel help us to be healed

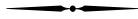
Holy Raphael, the Archangel help us to be healed

“God has healed” help us to be healed

All you holy angels of healing help us to be healed

Adapted from prayer by Ron Roth

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