

## About Michelle – The Energy Intuitive

### Attempted Suicide - Divine intervention no. 1

I came into this world a very sensitive being and only decades later would I actually learn the term for people like me. I am an Empath, as well as clairsentient and clairvoyant. As a child, I had several profound spiritual experiences and unknowingly, but naturally, gravitated to any and all souls that needed TLC - tender loving care. This ability, or gift, as we now call it, was not seen as such when I was young. Firstly, because I didn't know any differently, I thought everyone was like me and secondly, because it was very painful to be me, truly. Always very intuitive, like a sponge I soaked up everyone's feelings and angst and their problems became my own. I was always befriending and protective of the underdogs, human or animal and this set me up to become the perfect target for teasing, then bullying. The bullying became absolutely unbearable for me and more than I could handle and so it was then I made my very first monumental life changing decision, suicide. At the tender age of 14 I decided I wanted to go home. I was returning to God. Earth was not for me. Trust me when I say that this decision I arrived at, was for me, a done deal; I had all the bases covered or so I believed. Divine intervention had other plans for me that day. What I didn't know then was that it would be the first of many to come.

### Divine intervention no. 2

The bullying diminished thanks to my mom's intervention, and I felt stronger knowing that I had angels around me and I never questioned their presence although I did lose sight of them repeatedly. In my teens I was raped and stalked for months. I began having severe panic attacks and lost so much weight that my pants had to be held up with suspenders. My family's lives were threatened and eventually my stalker attempted to kill me, but yet again, divine intervention stepped in for the second time.

More years went by and I struggled with the aftermath from my rape and experienced great disappointment and deception in my future intimate relationships. To compound my turmoil, a relentless overwhelming restlessness hung over me which seemed to be telling me that I was supposed to be doing something greater with my life. It was like a heavy dull ache and it blanketed me almost constantly. It was incessant, and I actually felt like I was being driven nuts from the inside. But, as with most of us in this over-stimulated and over-worked world we live in, I was bombarded with the material, weighed down with the mundane and sucked into this rat race we call life. Yet, somehow, somewhere deep inside me I knew this surely was not all my life had to offer. There had to be a better way and there was, but it would take me a few more years yet again, before I began to see the light.

### Meeting Tarot

It was about this time that I stumbled upon tarot and I was immediately engrossed and began to secretly study its meanings and layouts. I began reading for myself and keeping a journal to have a way of measuring my progress. This interest opened my mind up to a fascination in everything esoteric, metaphysical, paranormal and spiritual. Tarot quickly became one of my best friends and with the utmost of love and respect; I dubbed my deck "therapy in a box" and might I add much cheaper too! Tarot never ceased to amaze and thrill me and the guidance I found in these cards was at times all that kept me from unhinging, this and my mom's ears of course.

### **Divine Intervention no. 3**

One day, on a highway, returning from a student open house, after trying very unsuccessfully to shake off a very heavy and negative doomsday feeling, a truck driver I was passing fell asleep at the wheel and with nowhere to go, I had a very serious car accident and yes, you guessed it, my third divine intervention.

This time a rage that had silently built up within me over the years was unleashed, along with frustration and confusion by the armloads and I began to spew out venom against God. I really didn't feel worthy of my life. I felt useless. I continually searched and searched for my calling and always I came up against this invisible brick wall. What was it all for? I will not lie to you because regardless of my oath to never attempt suicide again, the thought still manifested itself a few times, but it remained only a passing thought. Eventually, one thing had become crystal clear to me. I finally deduced that because the angels were forever sparing my life, they were encouraging me to persist with this journey to my soul's purpose and encouraged me to use my precious tarot as a conduit by which I could attain it. I kid you not when I say the wisdom in these cards gave me hope, clarity and direction repeatedly over the years.

### **Metaphysical Studies**

I trudged onwards and with a few well-timed shoves from mom and tarot I decided it was time for some professional therapy, as many sessions as I could get with my small insurance coverage at the time, this being some thirteen years after the rape. As if by magic, the more I helped myself, the more synchronicities would pop up, one of which was attending the IIIHS, a spiritual school in Montreal. What an incredible feeling to be surrounded by and sharing experiences with other like-minded individuals, learning with and from them. These next 2 years of classes and circles in all things metaphysical such as mediumship, crystal healing, meditation, pass-life regression, shamanism, and soul retrieval, to name a few, would be the equivalent of literally experiencing a "heaven on earth". It was here that I first heard the word Reiki which oddly resonated deeply within me, but not enough then for me to unearth more on the subject. It would however, have the final word. I eventually outgrew these classes and returned to my life better able to protect myself psychically against all extraneous energy and able to turn my intuition off and on at will. I continued to practice what I learnt and I became quite simply voracious for additional information. I read volumes and volumes of books, practiced exercises and played spiritual games with my guides and angels. I continued to evolve and was managing more often than not to keep my equilibrium in this difficult world. Thankfully, I did not know that life was committed to challenging me even more.

One such event was a powerful ah-ha moment and happened shortly after I was diagnosed with a brain tumor at 39 years of age. I instantly came to a very clear realization that I had created this. As a young girl I had a recurring nightmare of my dying at the age of 40. It was the only recurring nightmare that I had and I took it seriously. Having previously studied that we create our reality I decided right then and without a shadow of doubt, that I was going to choose to uncreate my death. My brain tumor was the wakeup call that nudged me into more actively seeking my bliss. I decided that I had to walk my talk, so I quit my job and with it, left behind the safety net that was my medical insurance plan and I simply trusted the universe that all would be provided. It did and does to this day. I created a job I liked but I egged on for more.

In the meantime, I continued to find blissful and peaceful moments over the next few years and having profoundly enjoyed "Remote Viewing" with Dr. David Morehouse at Omega in Rhinebeck, N.Y. in my thirties, I decided upon another weekend jaunt to Omega to attend a "Healing Hands" weekend with the

Barbara Brennan School of Healing, and prior to this, a week-long “Mediumship” training at Arthur Findlay College in Stansted, England. It was within the walls of the latter that I would have my fourth divine intervention. This time it was an answer to my request for divine healing. But first allow me to bring you up to speed in this area of my life; my health.

## **About Michelle – The Energy Healer**

What I have not mentioned as yet is that I was not a girl with the most robust of health. My health has been undermined by food, preservatives and chemical allergies for years, compound this with much pain suffered as a result of various diseases. I began my life two weeks prematurely - a severely jaundiced baby requiring 5 blood-transfusions. This would set the pace for my health up until a few years ago. I rarely escaped a cold; which progressed many a time into bronchitis or pneumonia, or flu, and experienced many an earache. My teenage years and later adult years were saturated with various female health issues, the worst of them later diagnosed as endometriosis. At the age of sixteen I broke my (L5) lumbar vertebra, creating a condition named spondylolisthesis - grade 3, and as a result suffered chronic radiating sciatica pain and at some point, for four full years, unable to ever sit still, it was quite simply unbearable. These health problems lead to years alternating between pain and discomfort and debilitation. To compound these issues was my sensitivities to medications used to treat these diseases which brought on many side-effects. The list goes on, but I have learned through my various avenues of research, through a holistic lifestyle including my spiritual studies, good nutrition, yoga and dance, how to reduce and eventually abolish medications entirely.

### **I meet Reiki**

Many of the articles I would stumble upon or that someone out of the blue would mention were answers from my angels and guides when I had requested assistance out of desperation. I was truly without much hope and at the end of my rope at times. I learned as well, through the myriad of hours of reading books on all things metaphysical and later alternative healing and surfing the net, that people who experience much pain are said to become some of the best healers. Allow me to clarify one very important point here. I use the term healer as it is a term we are all familiar with; however, the reality is that each of our bodies is programmed to heal itself. Healers actually assist in healing by channeling additional universal healing energy through their hands much like the effect of a magnifying glass does with the sun’s rays without burning of course. Today, I am able, through long years of struggle and pain to sympathize and empathize with those who suffer as I did. I have been there and in some ways am still there. My life’s sojourn has struck a chord which resonates deep within me and has helped me to crystallize a powerful word I remember hearing of years earlier called Reiki, which intrigued me immensely at the time and became the catalyst which pushed me to begin my Reiki quest in earnest.

I read up not only on Reiki, but various other forms of energy healing, as well as miraculous or spontaneous healings. Why would someone spontaneously heal? My theory was quite simply because they no longer needed the disease. They realized the purpose of the disease and consciously chose to move on which is where I was at. Having finally come to the realization of the purpose of my illnesses and therefore no longer requiring them I decided that I would ask my angels to heal me whilst away at Arthur Findlay College. Remembering what I learnt, to “ask, believe and receive” and not trying to figure out how it will come about, but simply trusting that it would occur. I truly had nothing to lose and everything to gain. I enrolled in a one-week Mediumship course, but as with all that is spiritual, divine timing is essential, this

necessary ingredient, combined with a wonderful twist of events, was responsible for my fourth divine intervention.

#### **Divine Intervention no. 4**

Towards the end of the week another course teacher of trance became very ill, so his class was merged with ours and upon hearing the news I was acutely aware the stage had been set for me. The healers practiced on the mediums and vice versa. My healing was other worldly to put it mildly and very painful, although I knew and understood that it was necessary to the process, I gritted my teeth throughout until I couldn't anymore. With a yelp I slumped down in my chair, absolutely spent. I returned to my room and slept for 12 hours. I knew that I had finally rid myself of a most pernicious affliction that stole a minimum of two days a month from my active life since I was 11 years of age. I have actually transitioned without episode into peaceful menopause. This experience with the divine confirmed for me that I was going to dedicate myself to the education of others, by teaching them to own their power, to learn to connect with the divine and to heal themselves. I have since whole heartedly delved into Reiki earning my attunements in levels I, II and in the master level III along with animal Reiki.

A couple of more years passed and I was tested again by way of two herniated cervical disks along with a torn tendon on my forearm, all of which forced me into a 5-month medical leave of absence. Yet again I was faced with much time to reflect on life and love. It was at this time that I began to put my business plan together and commit myself to my passion.

Much like the difference in perspective between walking a winding path where one only sees so many feet ahead versus a bird's eye-view, spotting the end destination on the horizon, are the stepping stones in our lives. Little did I know then, that every excruciating moment in my life was a training ground for me to become an energy healer and as such, I finally decided that I would no longer muzzle my soul and regardless of the raised eyebrows, the whispers and the quizzical looks given me by others, (especially the skeptics), I was going to own up to who I am and I was determined to find a way to fully express myself. I am overjoyed now offering alternative healing services, and to be doing what I love and essentially have been doing all my life, which is, connecting with people and helping them to heal on all levels, be it spiritually, physically, mentally or emotionally or guiding them around impasses and difficulties. I help people to heal by guiding them to reconnect with their souls mainly through Reiki and Tarot.