



eLighten.org

It's NOT ME)

I am a psychic and a holistic practitioner. I am able to see things that other people do not, and I have been gifted in being able to serve people through my gifts. Many times I have been able to see attachments to other times or other people that are impacting a person currently, now.

A few years ago I became quite ill and was not able to uncover the "source" of the imbalance in my body. It was quite serious and nothing seemed to help. I had been doing all of the "right" things and was still quite ill. My closest family, my daughter, was ready to have me hospitalized, as I was only getting sicker, no matter what I did. None of my friends in either the healing or psychic field were able to find answers.

No matter what I did, the result was always the same. I stayed sick. And my attitude stayed: "I know, but it's NOT ME! I AM FINE!"

Since I know of emerging alternatives in the health and healing community, I went to New Jersey where I knew of a center where the work--AND RESULTS--are extraordinary.

The session involves asking questions, then taking pictures of what happens to the energy around and within your body. The first several questions showed that I was fine. Literally. This was crazy-making to me. I was there because I had a mass in my abdomen the size and shape of an Idaho potato, had a severe headache, was quite nauseous, and was unable to eat. In several months I had lost about 40 lbs. And while some of that was a good idea, 40-45lbs was way too much. I was on the verge of tears when I made the critical, breakthrough statement. I said, "It's the liver that is the problem." Not MY liver, not MY problem. That is a huge difference. While I did not claim the imbalance, the owner did! The very next picture showed a face, beside my face, and it was NOT ME! In my travels someone had connected to me, and that person was seriously ill. I was connected to them and I was exhibiting the physical illness. I disconnected from the face next to mine, and for the first time in several months, that night I was able to eat a full dinner.

This is not the first time that this had happened to me, so that I had a track record of what is me and what is not me. A few years earlier I had moved into an apartment in NYC and within a day, developed serious hot flashes. As I was 50+ I really didn't think about it until I was having 30 every day. Since that was a bit much to handle, I decided to see my friends in New Jersey. Lo and Behold, it WASN'T ME. I was in response to my environment. By bringing the balance remedy back with me--FOR MY ENVIRONMENT!--the hot flashes disappeared.

Each of us lives in a complex field and most of it is unseen. What we breathe, what we eat, and what environment we are in affects us in ways that we do not yet fully understand. While some things are quite simple--the "eat good foods, exercise daily, etc."--there are some things that just need more information.

This style of education and the huge health benefits of how we are affected by our environment are the beginning of a larger world awareness that shows how we are all connected; how we affect each other and are affected by each other.

Obviously, I am responsible for how I interact in the world with everything that is in my immediate environment and how I handle it. AND I feel that it is critical to get answers to long term, chronic difficulties that simply do not respond to the easy, simple answers.

By SEEING and understanding how we affect each other and how we affect our neighbors both locally and globally, we could create the kinds of relationships and eventually the planet that we all want.

Sometimes, it isn't only me.

To get in touch with Aimee about this, or see a portion of her book "Facts are Beliefs, made Solid, please go to www.eLighten.org

Contact Aimee

Email: elightenevents@yahoo.com

Phone: [978-793-3822](tel:978-793-3822)

