

Acknowledgements

I have been very fortunate to meet so many people that helped guide me along my path. Thank you for what you have taught me, and continue to do so.

I was truly blessed to have met Anita Curtis and learn from her “how to” speak with the animals. Anita you graciously gave me your time and knowledge. You educated me how to teach others and gave me the courage to go public, and share what I learned from you. Your wisdom, your humor and your friendship has left a lastingly impression on my heart.

I would like to thank my family for their continued support, and for nudging me back to my true self. I’m so happy to be doing what I was born to do.

My Mother and my sister Leslie (Jivani) have been such a rock for me; although, they might not have known this.

To my Mother you have been my biggest supporter and teacher. You stood by me through this “stuff”; you helped me embrace it, and except it: my intuition; my empathic abilities. Your strength in believing in me has kept me feeling safe, secure, and strong in my beliefs and in who I am today. Mommy I love you dearly.

Leslie thank you for your soft nudges to push me back. You are not as subtle as you may think, but I love you for it. Your patience to let me just “be” and grow is greatly appreciated. Your always cheerful and in high spirits, and I know it’s from your strong belief in God and that everything always finds its way, if you just trust, remain open, and let life just flow. You’re a wonderful sister, thank you for sharing your strength and love with me.

My daughter Erica, my biggest fan and cheer leader. I know at times it was difficult growing up with a mother like me. Cats telling on you, getting caught doing things you shouldn’t be doing and wondering how I knew. What would I do without you! I love you to pieces!

To my friends and those that know me; thank you for standing by me and for not treating me any differently once you realized what I do/am. Some of you are still too polite to even ask, its okay, ask.

I owe my greatest appreciation to all of the people who attempted to hinder my growth, my path, and those like me. For that reason, I found strength, stamina and great fortitude that I did not know existed in me. What I knew I had, but briefly forgotten, was the support the universe gives back when you are true to yourself. The constant nudge it gives you when you temporarily “go off course”. You can’t hide your true self nor should anyone. So to all of those people THANK YOU for brining me back to ME!

A Few Words...

I had taken an unexpected break from the animal communication world.

Long of the short, the break was considered necessary due to intuitive fatigue. After much soul searching, family support, and more soul searching, I am very happy to have “gone into hiding”. My hiatus helped restore my own beliefs in what I was teaching and that my core values were much stronger and more rooted than I thought. Remaining firm to your faith, beliefs, and true self is rewarding and a bit shocking (to others), but it is also a test to ones resilience when faced with any unsettling energy, negativity, or personal battles; whether they be illness, death or uncertainty of purpose.

I am extending to those I have known, worked with, shared so much with, and laughed with, my deepest apologies for not exiting your lives with more grace. It was at the time, so I thought, necessary to depart as I did. Eventually no matter where you think you are going or where you think you want to go, life will bring you back to where you are suppose to go, your path.

I know - sounds like a cliché but it's true.

I can't be the only person in the world who is like this. I don't have a story that has a great tragedy of my death and I woke up like this; intuitive and empathic. I can't say I am a “walk in” and one day I was me and then the next day I am someone else. I was born like this; I have always been intuitive and very empathic. This ability had gotten me into trouble when I was younger, and continues too. As a child I had a hard time fitting in with others. At the time I had know idea why I was finding it difficult to be like everyone else, and “fitting in”. I use to find solace when I was alone or with my animals. I know that may sound dramatic but it's the truth. Being around other people when I was young was like sitting in an electrified pan. I was getting shocked constantly with unexplained emotions and I felt uneasy around large groups. One-on-one was fine, no great flood of unexplained “stuff”; It was a controlled interaction. As I got older I found ways to push “this ability” out of my existence... so I thought.

When I was in my early twenties I worked in a local restaurant. One of the owners behaved as a loose cannon. I use to play a game with the wait staff; guess his mood in less than five seconds. My “game” gave us a better gauge on how to handle him for the day. Then I would play “the game” with the patrons as they walked in. I was about 70/30 on accuracy back then. To me my intuitive/ empathic side was all a “game”.

When I reached my late twenties - early thirties, my life really began to shift. I started having problems going to concerts, malls, and any crowded areas. On some occasions, I would be talking with someone and all I could think was “wow this person is a fraud.” I could feel and hear intentions/deceit coming out in

conversations. Not just the ones I was having, but conversations going on around me. It was a very frustrating and confusing time.

On one incident I was at a concert with a group of friends. It wasn't a rowdy crowd or concert. Everyone around us was just enjoying the music, singing, dancing, and so forth. All of a sudden I got this unusual and incredible urge to just run from the area. I startled my friends when I burst out "We have to go now!" I got about fifteen feet from where we were all standing before they caught me. I remember one of my friends telling me it was going to fine and I didn't need to panic. Back then I told people I was claustrophobic. I replied, "We had to leave because a fight was going to break out." I can remember the looks on everyone's faces. They really thought I had just lost my mind. If you looked around every person was smiling, dancing and just enjoying the music there was absolutely no visual tension. Within thirty seconds of my saying a fight was going to break out, a fight broke out. Two guys just started pounding on one guy and most of the crowd just gave way to them; then bouncers and others decided to join in. It took time, but my friends got used to my "knowing".

I remember on another occasion I was taking a kind of cat nap, and a guy I was dating at the time had flashed through my mind. As I lay on my couch, I saw a river, a rope swing, and this guy running up the embankment. He was wearing converse sneakers, shorts and no shirt, and he was with one other guy. When I saw him the next day I asked if he was down on the river and he said yes. I then described what he was wearing and who he was with. He confirmed all the information as accurate. This became a new game for me. I would just sit still and think of someone I knew and off and I would go to where they were. Sometimes I got it, sometimes not. I guess you could call it intuitive stalking.

A lot has happen over the years. I have had great experiences and some not so great; however, I view them all as positive. Those very experiences placed me on my path so I could begin to embrace my true self. As the years passed, I began meeting people or running back into people who inadvertently directed me where I am presently. I know this may sound fairly corny, but it's all real. I know I am not the only person in the world like this.

I am truly blessed on many levels and I am very grateful to be me.

Only you know why you decided to buy this book. My wish is that everyone who decides to read it, take in a lecture or come to a workshop walks away saying to themselves, huh... maybe... did I... wow... I can...