

Living Loudly – October 2008

Wow...what a month. This has been a year of major changes in direction. But then again, “1” years always are ($2+0+0+8=10\dots 1+0=1$). Last year, 2007, was a “9”, which was all about endings and finishing up projects. Then along comes the 1 and we, in theory anyway, have to start all over...and...if we’ve left any projects unfinished that we knew needed finished in the 9, then...we also have to end what’s been left undone before we can begin our new projects.

Starting over can be tough enough. And as any of you who have ever ended a relationship know, quite often we go back into that same relationship as we try to re-adjust to our new way (1) in order to give it another try because we so hate the newness that a 1 can bring...or any change can bring. So we reminisce about the good times, and we so hate being alone that we “choose” to remember most of the good and forget, or at least over-look, what drove us out of the relationship in the first place. And most often...it never seems to work for long, because we can only over-look and pretend for so long.

And right now, I believe our government is in much the same situation. I believe they have known for a very long time that the mortgage and credit industry was on the brink of disaster...we’ve all read about it throughout much of this last year, so we had to know that sometime soon, something must be done. Perhaps they too just decided to try to get on with the new, perhaps in particular the new candidates for election, and focus on that and just over-look how bad the economy really was and how headed for disaster we truly were.

So here we are....in our “1” year trying to start something completely new, but there’s that “old stuff” that we kept sweeping under the rug and hoping it would just work itself out while our attention was focused on the new. So clean up we must...it’s probably past time...we all know that. And as awful as it looks right now, I believe with all my heart and soul that we’ll get it handled, especially now that we are finally forced to do so.

Plus, next year we begin a “2” which is all about one-on-one dealings with other people and working things out. Re-working relationships; ending some, beginning others. Adjusting to what a new relationship or even an old one requires from us, and making compromises. “2” is nothing if not compromise. It is also a year in which a great deal of forward motion won’t be easily made, because everything requires careful consideration, bargaining and compromising.

So while our country seems in a tail-spin right now...we will begin to make progress, but don’t expect it to be completely settled until 2010. Yet I firmly

believe that our economy won't collapse. There was just a lot of junk in our country's closet that needed attending to. The doors were bulging from years of "putting it away until a better day" and we simply could not put one more thing in there...let alone try to remodel the closet ("1") without allowing all the old stuff to fall out first so that we could decide what was best to finally let go of and what to do with all those things we needed to keep....and how to organize and prioritize it all.

So my prediction is that during the month of October we will start to see the beginning of things really turning around. And while we'll have a lot of work and adjustments to make over the coming year, we'll all be better off for having opened that door, no matter how painful it felt at the time.

So even though I don't really like to discuss elections, politics and disaster in this newsletter, it is what we're currently in the midst of and I felt I couldn't ignore it any longer. Plus, as I've received so many e-mails from people wanting my psychic view of things, I wanted to say that I believe what is happening from a Universal standpoint is that we're cleaning out the old things that were no longer working and making way for the new. And also that I am absolutely certain that we are headed in the right direction....at least we've looked at our mess and are knowingly trying to work together and compromise to clean it up...and we can really only say YEAH to that.

Mercury being retrograde is a bit disconcerting at this particular moment in time as our nation tries to hammer out this monumental agreement, because Mercury does seem to jumble up communication, and contracts signed during these retrogrades are confusing at best. But my hope is that we'll find a stop-gap and wait on reaching any permanent agreements until after the 15th when it again goes direct. If not, know that there will be some misunderstandings in the agreement our government reaches, however, they'll get hammered out once Mercury turns around.

And with all that said, it leads me to the following question:

How Bad is Too Bad

When is it time to quit? And, how exactly do you quit? When has your life gone so far south that you can't see any way to put it back on track again?

Personally, unless you decide to take your own life, there really is no way to quit? And even then I don't believe you get to quit...but that's for another time. So in reality you never quit...you can't....it's not wired into us.

Instead, we get scared, and then we get busy...fixing, adjusting, rearranging, and usually, praying.

Over the course of the last year I can personally say that I have prayed for many things that didn't seem to materialize. I have begged for relief, for prevention, for intervention...and you know what, most of the time, it didn't happen....well...at least not in the way I prayed it would happen (Ha)....and that's the trick.

When something really needs to change, when we're really at the end of our ropes, or so we think, and when we have no answers, no ideas, and no solutions to our current problems, one always appears. Although, it may not at all look like what we actually wanted.

They say the Universe always has a plan for us, and a way for us to keep on keeping on. In my own life I most certainly have found this to be true. There were countless times over the course of my life where I would have just as soon died as gone on...and yet, I always went on, and things always somehow worked themselves out; maybe not in my way, but in some way.

I've heard from so many of you this year that have really gone through some tremendously testing situations. Many who have felt they are too tired, too depressed, too confused, too broke, or too whatever to ever make things work right again in their lives...but you know as well as I do, give it a little more time and it always comes out right. And....we are both stronger and wiser for having gone through it. Not that we always realize that right away, but deep down, we always are.

I realize that the earth is a teaching planet. And that we have all come here to learn something, and I believe, to teach something. And the best way we learn is to be challenged, to be pressed to our limits and to try several different things to resolve our challenge until something finally works....and we'll never forget what it was that worked if indeed we really had to exert enough energy to make it so. Alas, we learn a valuable and unforgettable lesson.

So do the lessons ever stop? Do we ever get to rest and just coast? I'm beginning to realize that the answer to this question is "no". We didn't come here to rest, we came here to learn. And as hard as it is to believe, if we rested it would cheat us out of the actual potential that our life held for us.

The only thing we can do in order to get more rest and enjoyment out of life is to resist less. To understand that we will constantly have a new challenge presented to us, but that if we have ever learned anything, we have learned that the sooner we get to work trying to resolve the challenge, the sooner it will be over.

And the less we complain, cry, feel helpless and fearful, the less it will actually hurt us. I think that's what they mean when they say we have to learn to roll with the punches.

PLUS....even when we are at our most challenged, we can try to remember the things that are great about our lives that aren't being challenged right at that moment; perhaps our children, our marriage, our home, our health, our faith, our intelligence, our intuition, our compassion, or even the smell of the rain, the beauty of a blanket of snow, especially if we get to stay inside by the fire.

There are always things we can appreciate about our life and our world, even in the toughest of times. And I know...really I do know....that when we have a big problem we can get so caught up in the problem that we forget why it's happening and that there really is life outside of that particular problem.

We get so caught up in our fear of what the potential negative outcome might be that we lose sight of what we have already learned and the trials we have already won. So we begin to actually believe our world is caving in on us and nothing else matters. I've done it...I get it...and I'm starting to understand that I will make it through this life exactly as I am meant to...it's just up to me to decide what I focus on, how much of my energy I devote to anything, and whether I trust more and fear less.

Sounds easy...sounds like one of those spiritual platitudes....but in reality, it is reality. It is the way the world works.

So if you're caught up in confusion, fear and despair, especially if you're not homeless, dying of cancer or on the verge of going to jail....things are never as bad as they seem because an answer will always come. Especially as soon as you stop trying to desperately squeeze the life out of any possible solution you are given.

Yes, you may have to compromise, especially next year, in the form your solution takes. You may have to switch jobs, work 2 jobs, move, get a divorce, end a friendship, eat better, worry less, or whatever it is that your particular situation calls for...but you will make it through it...wiser, stronger, and more aware of just how wonderful this whole living thing is.

You choose what you take with you. What memories you store, what daydreams you dream, what energy you'll spend. You choose. It may not be between the 2 solutions you would have chosen to choose between...but in the end, you will be given an answer, a choice, a solution....Always.

Know that there are just too many people who love you living on the other side to ever desert you. But there's still a lesson in it for you so you can't always be given the easy way out; and they know that. So as much as they've love to give you your cake and let you eat it too...life just doesn't work that way.

Sometimes you simply must stretch your mind, your body and your soul so that you never forget nor need to repeat that lesson.

We'll make it through all of this together. We'll find a way to improve upon our lives, our government, our world...we'll make all of those who have gone on before us proud...of this, I'm sure!

God Bless!

Astrology Transits for October 2008

Now, for the transits that will either help or hinder our progress this month.

This will be an intense and possibly very powerful month...but we must use the power intelligently.

October 3rd – Mars enters Scorpio – Our energy will become very focused this month. We will be capable of achieving great things during this next month or so. We will also find our determination strengthened and our will becoming either our best ally or our biggest challenge. Because we will believe that whatever we believe is right. We will also actively assert our beliefs to others.

There is the very real possibility of much arguing during this time. But on the positive side of that is the passion that ignites these arguments; because we will feel strongly and passionately about wherever we are directing our energies.

I hate to bring it up, but there could be more violence during this transit; more aggression, more vengeance. But again, that comes from personal choices. And unfortunately many people don't understand the ramifications of personal choice.

So, avoid bad neighborhoods at all costs. Drive away from road rage and use your passion to become more centered in your life. Devote this surge of passion and strong energy to achieving whatever it is in your life that you wish to achieve. If you do so, who knows, maybe you'll even discover "your calling" during this time of heightened passion and strong energy.

Just try to remember to leave the anger, irritation and vengefulness at home. Use this intensity to your advantage, not against yourself.

October 14th – Full Moon at 4:02 p.m. EST in the sign of Aries –

The theme of this month seems to be “self assertion”...and I sincerely hope this works out for all of us.

Alright, as we all know by now the full moon is all about intensified emotion. It’s like overfilling a balloon with water until it finally bursts. So the full moon...only its emotional intensity being poured into a human being.

And sometimes with a full moon it doesn’t even have to have been accumulating for days, weeks or months...sometimes, just that day, EVERYTHING gets on their nerves.

In the sign of Aries it will be all about personal motivation and desire. It will mean people will feel so certain they are right, that they will demand you concede.

It can also positively be used for people to express themselves in any type of creative form....be it art, writing, music, etc...

But the likely outcome will be one in which people are demanding, somewhat self-centered, out-spoken, and prone to not finishing anything they start.

Try to avoid arguments at this time as they might lead to more physical confrontation. And most definitely try to avoid surgery if at all possible.

Egos are running high right now and attention to detail is low.

October 15th – Mercury goes Direct in Libra – YEAH! Finally an easy transit in this very intense, demanding, and forceful month. Everyone will finally begin to make sense again and drive in their own lanes (ha).

In Libra, relationships will begin to get sorted out and people will get more cooperative in general. We need a little Libra right about now.

People will stop taking themselves quite so seriously, although not altogether because this alone does not cancel out Mars in Scorpio. But, they’ll at least take a breath here and there before belting out more orders.

People will also try to cooperate more than initiate. In short, everyone will begin to act human again.

October 18th – Venus enters Sagittarius – Another nice transit. Venus will leave Scorpio and with Sag. involved, they will begin to plan for their future, especially where relationships are concerned, versus this past month of just reacting and not really knowing why...just feeling compelled to do so.

Some of the passion will leave our relationships, which is a bit sad, but I believe we've got enough Scorpio running around right now to more than make up for this.

Instead, we will find ourselves wanting "more space" (Sagittarius's theme) in our relationships; and less attachment and possessiveness. But if we have strong relationships, ones that survived this past month of Venus in Scorpio, they'll also survive a little more "me time".

Arguments will lesson, even in our work relationships, as everyone begins to look towards the future versus intensely focusing on who just said what and what I need to do about it...

So another welcomed breath of space and sense.

October 22nd – Sun enters Scorpio – See, I said we had enough Scorpio to go around. Not that Scorpio is bad, just intense...so a little goes a long way. It's necessary to have some Scorpio or else we'd never discover and experience our passions....but we need balance too, and this month we'll begin to see that happening.

Oh...and by the way, Happy Birthday all you Scorpions out there.

The Sun in Scorpio simply assures us that none of us will forget about our own wants and needs. It definitely won't become a martyring kind of month.

Our wills will be strong, we'll have to avoid the tendency to "settle the score" on whatever has happened over the last month or so, and we'll have to remember to cooperate.

But we will be determined and have the tools to advance our careers, relationships and lives, as we will know for certain what makes us feel involved and alive, and what doesn't.

October 27th – Mars in Scorpio sextiles Jupiter in Capricorn –

Now this is a beneficial transit, even though Mars (energy) is in Scorpio (passion & intensity) because it is now working with Jupiter (growth) and Capricorn (persistence and common sense).

So this will be an EXCELLENT time to focus our energies on moving ahead in whatever area of our life we would like to progress in because we will have the determination, will-power and desire to do so. Plus...with Jupiter involved, we'll have a bit of luck to help it all along.

So focus and move onward! You might even surprise yourself how much you can accomplish this month.

October 28th New Moon at 7:14 p.m. EST in Scorpio – Alrighty then! New Moons, New Beginnings. Scorpio is persistence to the nth degree. So you can probably add it up.

You will be determined to end whatever isn't working and begin something else. You will KNOW that you are making the right decision and you will simply do it...as precisely as a surgeon cutting anything. You will feel strongly about the changes you make and God forbid anyone offer an alternative idea or compromise.

You can again make the best of this transit by using all your will-power to not say things in a harsh or hateful tone. By avoiding conflict at all cost and by focusing on the details, the bricks you need in place to build your best life.

You have tremendous energy and passion working for you right now. You choose how it manifests.

October 30th Mars in Scorpio sextiles Saturn in Virgo – Another time for excellent energy applied to your physical/material world projects. An excellent time to dot your i's and cross your t's so to speak.

You will have energy plus Saturn in Virgo which will add the patience and the extreme eye-for-detail that you need to finish up anything you've started.

I strongly encourage you to use this transit to your benefit. Make an effort to do all those tiny nagging little things you often put off doing due to the sheer boredom they can create...NOW. You'll have the ability to focus for long hours at a time and you'll spot any flaw in your plans and know how to fix it.

It is a great time to proof your plans, re-read your papers and apply all the finishing touches to any project.

All-in-all, not a bad month, but a powerful one. One in which I believe we can use the intensity of Scorpio, the vision of Sagittarius, the cooperation of Libra, and the precision of Virgo to expand or begin any project. We must remember however that our vision is not anyone else's vision, and we must not try to force our opinions on them...or believe me, they will resist.

And if we slip, simply apologize (not easy for Scorpio) and then move on. There's far too much we can productively be doing to harbor any negative feelings for those who don't see the world in the same way that we do.

After all, this will be a great month to really delve into our plans for our future and actually make great headway in reaching our dreams. Refuse to let any little mundane event hold you up...especially if it involves negative emotion.

So buckle up and prepare for an intense and powerful month full of forward motion and change. It will require a LOT of patience and thinking-before-we-speak moments. However, there is so much potential available, why bother getting bugged over the small stuff!

Have fun and try to use this energy to your full advantage!

PARANORMAL PONDERINGS

For this section, I'd like to answer another very commonly asked question that I am often asked, "How do I know if my house is really haunted?"

Well, in most cases it's very hard to be sure because there are so many scientific explanations for many of the strange sounds and feelings you might have. If you are like me you have watched one of the many reality ghost hunting shows by now, and you know that high EMF's, wind, electrical and/or plumbing problems, along with a host of other "logical" explanations can be reached for many situations that in truth, could really go either way.

Just because someone can show you logically why you might hear a certain sound or feel a certain way, it does not mean that their answer is the only answer. Maybe you do have a ghost but you also have high EMF's (Electro-Magnetic Fields) coming off of some poorly wired outlet and in fact, it only exasperates the situation...yet, both can and do frequently exist within the same space.

EMF's are strong electrical currents that make some people feel nauseous, paranoid, feeling as if someone is watching them. They can also cause hallucinations and are even attributed to contributing to some major illnesses, cancer being one of them. Think of high power lines.

A light socket with too much voltage and current coming through it can indeed cause a whole host of problems for those near it....so, I would say that people should definitely keep this in mind when trying to establish what exactly is causing their uneasiness in any location.

HOWEVER....since there is also a theory that spirit, ghosts if you will, require energy in order to manifest, either through sight, sound or some other form of manifestation (i.e. moving objects), then what's to say that your faulty outlet with the high EMF's aren't also encouraging more ghostly activity through the mere presence of extreme electrical energy available?

Yet, you still don't want to allow high EMF's to remain in your location just to invite ghosts into your space...there are much more healthy, and ever bit as easy ways of doing so that won't have any type of lasting physical effect on you or those around you. So if you suspect high EMF's, call an electrician and fix your problem.

OK, so now back to how you can know when you are in the presence of a ghost.

Let me begin by assuring you that if a ghost wants your attention, they are absolutely going to get it. On the other hand, many ghosts may reside within a place and you may never sense their presence until they have a reason to present themselves to you.

One reason a previously silent ghost might decide to make its presence known to you is when they object to whatever changes you are making in what they deem to be their home. That's probably the most common reason a quiet ghost becomes more determined to get your attention. In other words, if a ghost is attached to a specific location they most assuredly don't want you changing and rearranging their beloved spot.

OK...so for me, here are the signs I get when there really is a presence in a house. And keep in mind, that many, many houses, offices, buildings and even land attract ghosts from time to time. In fact, it's often more uncommon to find a place that isn't haunted in some way than to find one that is. Plus....ghosts can move from location to location. So you may have what I call a passing ghost one month, and nothing the next. It happens a lot.

But below is a list of signs I get when I feel a presence in a home... these are things you might also want to look for.

1. Do you hear whispering?
2. Does the hair on your arms, back of your neck, etc... stand up when you approach a certain area of your home? Perhaps even as you approach the entry to your house?
3. Do things get moved from one location to another? Say keys, lighters, coins, small things?
4. If you hear footsteps, do they travel a normal pattern that a human would take? In other words, if you hear a stair creak, that doesn't necessarily mean anything...but if you hear several stairs creak in a row as if someone were walking up or down them, then you might have a ghost.
5. Do doors open and shut on their own; doors that normally don't have this behavior. Some doors have bad or weak locks or are

mounted slightly incorrectly, and they always seem to unlatch or open. Look for the doors that have a history of remaining in the position you left them in. If these doors change their behavior, you might have a ghost.

6. Do light switches turn off and on all by themselves...or dimmer switches dim automatically without any outside help....not just the light dims, but the actual switch moves.

7. And lastly, but probably hardest to prove, do phones ring with no one there and maybe even displays an odd color id? Do TV's, fans, radios switch off and on or randomly change their volume? Do you hear sounds often, especially after dark? Do light bulbs explode around you or even many of them burn out at the same time?

Ghosts use energy. Is it to manifest or simply get our attention? No one really knows for sure. All we know is that they drain batteries and any electrical product is fair game for them.

I have a battery operated clock in my home office where I do much of my paranormal work that never works for more than 2 weeks at best...and yes, I have changed the clock guts twice already. Plus, when I first bought this clock it worked fine....So obviously, battery drain.

Of course, if you're experiencing things being thrown, clear voices being heard, and really blatant signs of another presence, then obviously, there's a problem...or at the very least, a ghost.

For me, I simply talk to the ghost. I'm not sure if my long use of psychic abilities makes this more possible for me to do than anyone else, but why not try it? If you think there's someone or something present in your home, office or elsewhere, ask...they just might answer you through some type of immediate response. But DON'T use a Ouija board to find out. PLEASE.

I use many methods to discern spirits, but I don't use a OUIJA. In all reality, I probably could protect a circle of people enough to do so, but why mess with something that just might cause you a lot of grief down the road when it really isn't necessary.

Instead, just ask for a sign and pay attention for a response. Personally, I talk to them through mental telepathy....so maybe can you. Ask and see if you know an answer, hear a noise, or something

moves...believe me, if they are there and are already making noise, chances are good, you'll get a reasonably prompt reply.

And if you do find a ghost, what you decide to do with or about it is entirely up to you. You can call someone like me to come in and chat with it, identify it, and if you want, do a thing or two to get it to leave. You can alternatively choose to leave it alone and just simply co-exist with it. Or, you can even look into clearing your house of spirits yourself; which I talked about extensively in the Psychic Development book that I put together last year. In it I also give you the exact steps and several different ways that you can use to clear your house. It's at http://www.amystic.com/Psychic_Development_Course.html.

Just know that ghosts and spirits are anywhere and everywhere. So if you are interested in exploring them more closely, you shouldn't have to look far to find them. However, know that just as some ghosts are nice, some are not so much so. So have a plan, understand what you might be getting yourself into, and yet ultimately understand that there's no situation you can't handle if you do your homework.

So be smart, be informed, and have fun exploring and finding your own answers to these very un-scientific universal events. That's why they call it the Para-Normal.

And with that, I wish you Happy Hunting and a Marvelous October.

Until next time,

Sincerely,
Calleen Wilder

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