

LOVING YOU, LOVING OTHERS



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Love is the most powerful emotion a human being can experience. Love makes the world a happier place and is very good for every living soul on our planet on a psychological, mental, spiritual and emotional level. Everybody deserves love, no matter what religion, background or gender. Love is something that is intangible, effortless and gives us a feeling of great comfort, wholeness and belonging.

Loneliness on the other hand, is a very sad place to be and lowers our natural vibrational energy on a soul level, making us feel isolated and empty. As it often gnaws away relentlessly deep into our spirit, this takes us to a journey of great sadness, sickness and gradual illness in our overall health. To love other people can be easy for some, but self-love can often be a different story to many of us who have experienced too many bad, painful and difficult life lessons.

Over the years as an energy worker and medium my aim to help as many people as possible from the spirit world with messages of love and healing techniques I have practiced and learnt from my own spirit team and teachers, most of whom from overseas. One of these healings or love spells is how to attract a soul mate into your life. Sometimes people laugh when I tell them this, but this exercise does work for many and has been tested a number of times over the years. It is a simple technique I have used myself at a very lonely time in my life when I was a single mother, destitute and not having a place or happiness in life. I had just returned from living overseas in another life and most of my friends I once had did not want to know me as single women are not welcomed around married couples, or so it seemed. The simple exercise showed me how energy really works and most importantly how to love myself and feel the beautiful soul within which is the real key. For the first time in my life I saw the power of the soul within and knew intuitively how easy it was to begin to love, honor and respect myself. When I did the exercise I started to cry, as I had never known how much love we have within us all.

LOVE RECIPE

Hold a small mirror in front of you and look into your eyes.

As you breathe in and out slowly, stare deep into your eyes and have a look,

which you are, as the eyes are the windows of the soul.

Once you have done this, for a few minutes, you will understand that you

are an eternal loving being and when you look into others eyes,

you may even recognize others who you have shared past lives with, or have a past connection with.

Now, new mind program for yourself and get those energy antennae's working.

Say out loudly and repeat several times,

I am a beautiful person and I love you.

I am now ready to meet my soul mate.

I am a happily married woman, (or man).

This generally works within three months but is recommended to do three times a day for three months.

Love and Blessings.

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin

