

## Had A Paranormal Experience? Step Forward

### Everyday Spirituality

by Colleen Foye Bollen



Do you believe in paranormal phenomena?

According to a 2005 Gallup poll, three out of four Americans believe in one or more of the following paranormal phenomena: extrasensory perception, haunted houses, ghosts, telepathy, clairvoyance, astrology, communication with the dead, witches, reincarnation and channeling spiritual entities.

Given the number of people who bet on lucky numbers or base decisions on their daily horoscope, that statistic doesn't surprise me. What I find curious is people's reluctance to share personal paranormal experiences. Two concerns I hear most often are the fear of not being believed or being labeled crazy.

A less expressed explanation for why many of us refrain from sharing paranormal experiences is that we question the validity of our own experiences. In the book *Talking with Nature*, author Michael J. Roads describes

his trepidations about exposing his ability to communicate with trees, water, rocks and animals. When he originally considered writing a book detailing his experiences, he felt fearful. At first he thought the fear came from being labeled weird and eccentric by other people. Roads considered writing a fictional tale where he could hide his truths in a storyline. That's when he realized he was the one who had the most difficulty believing he could talk to nature and hear its response.

Taking his problem out into nature Roads sat by his favorite river and asked for help in finding a way to share his stories so that people could easily accept and understand. Nature told him to write about his experience as it happened or forget the whole project. Eventually Roads agreed to put aside his apprehensions and write about his truth. His gamble paid off. When *Talking with Nature* was published, many people thanked him for shar-

ing stories similar to what they had experienced but never dared to talk about.

Chances are high that the rest of us would gain similar support if we opened up and spoke about our experiences with the paranormal. I know when I finally get up the nerve to share one of my dreams or an insight that came to me in meditation, people usually can't wait to share a similar tale from their lives.

Along my path to becoming a healing arts practitioner, I have experienced numerous paranormal experiences. It began in 1999 when my father-in-law, John, offered me an opportunity to learn his healing craft and become a lineage holder. My initial response was surprise. I had no aspirations to become a healer, in fact the very idea filled me with apprehension. At the same time I felt honored by John's suggestion.

John spent the next three years teaching me about his healing techniques. Not long

after he finished the lessons, he underwent back surgery. Complications arose during his recovery and John ended up in a coma. One night, as he lay in his hospital bed, I sat next to him and took his hand. After a few minutes, I felt an intense energy flowing from his hand into my body, like a supercharged electric current. Soon my whole body was physically vibrating. Knowing intuitively that John was transmitting his healing gift to me, I thanked him again for honoring me. The next afternoon John died.

Thirteen days after John's death, a vision came to me in meditation. A group of women healers formed a line, one behind the other. I was told each woman represented one of my past lives as a healer. Welcoming me back into the clan of healers, they expressed their happiness at seeing me opening up to my healing skills and tapping into my many reincarnations as a healer.

It has been five years since John died and he still comes to me in meditations. Occasionally he gifts me with a new level of healing energy and new insights into how I can best use my healing powers. In my mind's eye I see John's physical form, hear his voice and feel his presence. He has told me his teachings are almost complete. Although I will be eternally thankful for all he shared, I will miss our visits.

While the visitations from the women healers and John helped me gather the courage to open my healing practice, I still feel leery about sharing this story. My inner critic is on red alert, sending out warnings about all the horrible things that will happen to me if I reveal this information. People will say I am full of myself, grandstanding or plain crazy. How my inner critic can divine other people's thoughts before they form, I don't know, but she assures me she has super powers.

Nothing I say or do appeases my inner critic or makes her go away. After all

these years, I have realized she is a permanent fixture in my life. The only thing I can control is my response to her.

I believe the same is true for other people. Most of us can't stop our inner critics from haranguing us, nor can we know in advance how other people will respond to our stories about paranormal experiences. The best we can do is speak our truths and not let the dire predictions of inner or outer critics stop us.

So, tell me, what are your stories, your inner truths about paranormal experiences? And, more importantly, when are you going to begin sharing them?

Colleen Foye Bollen is a *Jin Shin Jyutsu* practitioner, reiki master and certified sound healer. She treats individuals at her healing arts sanctuary, in hospitals, at clients' homes and works with clients worldwide using distant healing. Visit [www.flowingstillness.com](http://www.flowingstillness.com) for additional information or contact Colleen at [colleen@flowingstillness.com](mailto:colleen@flowingstillness.com) or (206) 367-0491.

## Everything Fits Together

by Kathie Brodie

Are you struggling with describing yourself to others? What do you do? How do you do it? What makes you unique? The more I learn about all the different healing modalities, the more I realize that we are all struggling to find a way to describe ourselves and give validity to our chosen label of "healer."

As I sit here watching the beautiful snow dance in front of my window, I am struck by the realization that the things that happen to us on our journey along "the path" are just gentle nudges to get us where we need to go. Did you ever think about the choices you have made along the way? For instance, why did you take that class 15 years ago? What attracted you? Then why did you take a different class five years later that interested you? Have you had one of those "ah ha" moments when you suddenly realized that even though the classes might have been out of order and not designed to be connected, they actually all fit together like pieces of the same puzzle? Wow, what a moment! And we think we are in control of our thoughts and our destiny!

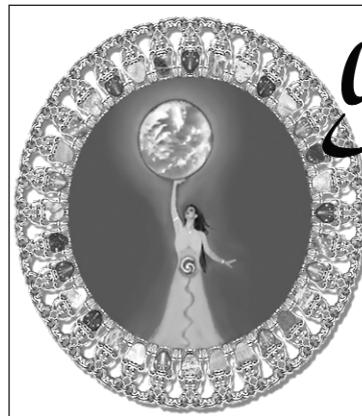
My journey started years ago with reiki. It was a wonderful healing technique that I used often. Then I happened upon *The Reconnection and Reconnective Healing*

That superseded reiki for me. Through a series of serendipitous circumstances I became interested in hypnotherapy, so I took training in that.

I went from one modality to another modality and used the part from each that seemed to work best for my clients. No particular destination was planned, I just took seminars that interested me at the moment and never really thought about the classes as being on a linear journey. Without realizing it, I was beginning to find some edge pieces to my puzzle and the border was beginning to take shape.

One day I noticed that when I had a conversation with the client's subconscious during hypnotherapy, thereby having some interaction, whatever we were focusing on would become much more clear and the client always had a better result. It was almost as if they stepped outside of themselves and were able to hear themselves discuss the problem or issue or habit logically and without judgment. So, I found that if I negotiated a solution with the client's subconscious, the client was better able to substitute a positive behavior for a negative one. One more big piece of the puzzle is discovered.

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