



A message from Kelly

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Turn right at the bottom of the hill right after the divided highway begins*

October 2010 Newsletter – Practicing compassion in our relationships

Thank you to everyone who visited the Priddis Valley Gardens this summer, attending one of our many events and markets or just bringing your own picnic out to the grounds. It was a short and cool summer, but fortunately we were able to pack in a lot of fun at the Gardens, and for this I'm grateful. Thanks for helping make it an awesome time!

Also, be sure to check out my new YouTube channel at www.youtube.com/kellypsychic, where I give frequent readings, messages and answer questions. I'd also like to invite you to send me questions by email that would be appropriate for posting publicly at my website.

I find it very interesting (but, of course, not surprising, given the interconnected nature of humanity and our consciousnesses) that many of my readings and mediumship point to the same cause of dis-tress and dis-ease, and to the same path of healing. The message from the other side—from guides, from loved ones, past life review etc-- is so singular, so strong that I felt compelled to share it with you in my monthly newsletter.

Right now I feel many people reaching a boiling point of frustration and resentment in their relationships—whether romantic, familial, professional etc. What's different about this build-up of stress is that people are getting sick of talking about it without getting anywhere. We're tired of hashing over the same stuff, not getting any results. Our traditional ways of handling problems—rational analysis, therapy, venting, denial, escapism, substance use, whatever technique we normally reach for—are no longer effective or helpful and we know it. The distractions, diversions and sense of community found in social networking, television and the media; the highs of workaholicism, over-exercising, and micromanaging your diet, health and beauty to feel and look better: none of these induce much temporary relief anymore. Modern life keeps us racing around; we're getting too burned out to look for new ways of problem solving or problem-anaesthesia.

So what are we doing? People are starting to shut down communications, walling ourselves up. The result? A sense of hopelessness, isolation, and helplessness is building, faster and faster. As a psychic and medium, to me it feels like we're all a bunch of bombs about to go off. The level of anger and blame is escalating. We blame our parents, our partner, the lack thereof, our children, our colleagues, our boss—you name it, we blame it.

When I do a reading and mediumship, I see many past lives of a person, the essence of those lives, and many experiences within those lives—all this flashes before me in just a few seconds. In the many individuals I read for, I see that issues left unresolved in past lives are truly boiling to the surface now in this lifetime, for whatever reason, *demanding* resolution. You've probably heard it said that "karma is speeding up." That way of understanding what's happening is true. I experience it as a universe of echoes—we get back whatever we put out, immediately, whether positive or negative, to enhance the learning process, and to increase our opportunities to make the necessary changes, corrections, and choices that take us down the path of loving-

kindness. When we allow love in, we open up amazing opportunities to receive even more love. When we shut out love, the bleakness becomes enveloping. It is *that* immediate.

In my readings, during mediumship, and during periods of psychic openness where I weigh in on our group consciousness, I am finding an accelerating sense of emptiness and a yearning for *real answers*. It's different from what there was in our group consciousness a few years ago. This is related to fact that what bothers you is an accumulation of issues from previous lives. I am finding a growing realization among people that what they've been doing not just this life, but possibly for many lives, is not what can bring them satisfaction. Loved ones who have passed over are clear about this in their messages. A fixation on the material doesn't bring happiness, and this time of abundance for many of us here in the western world, we are truly learning that material wealth does not bring the promise of happiness. For the first time in human history we have enough to eat and a warm place to live and we're *still* not happy.

For many the fact that the accumulation of your life's effort is not bringing the promised reward—ease of mind, peacefulness—is pretty depressing. Rather than face these truths, we close off from others. Why? It's just plain easier to blame external entities rather than looking deeper within. In fact, the issues people need to deal with stem from *internal* conflict, not external.

Many people are in a position where they live to work rather than work to live. We find ourselves trapped in a position where we need to work at jobs we dislike in order to support a lifestyle. We drop people from our lives when we are not satisfied with what they can give us. We farm out our kids to daycare, and medicate them as adolescents when they won't stick with the program. Our marriages and partnerships are conditional, always *quid pro quo*. We expect others to be what *we* want them to be, rather than understanding that most other people are experiencing the same frustrations and maybe aren't able to listen, hear, help. They are experiencing the same shit, just in their own pile. We expect others to listen to *us*, to understand *us*, and when they don't, we get mad and withdraw, without acknowledging the perspective of that other person, or maybe the fact that we're not communicating in the best way.

The answer to every question, to every problem is always the same: forgiveness and compassion. There is no other way to get out of the cycle of issues you're carrying around from this lifetime and possibly many previous ones. Recycling is good, but not your emotional and karmic baggage over millennia!

Forgiveness. Compassion. You need to forgive yourself, your immediate family, and everybody else, all the time, forever—not just once, but seventy times seven as a great teacher named Jesus once said. Forgiveness is a life-long spiritual practice, not a one-time act.

These are easy words to preach, but growing the practice in your daily life is another matter. The first step is to do some soul searching. Why? Because it is *easier* to forgive when you *understand*.

You need to understand your emotions and process them. *Why do I feel badly / angry / sad when my kids don't listen / my partner is upset / I come home from a business trip?* Etc. We need to understand the source of our emotions, because emotions are your clue to your soul's life path and purpose. *Why am I not content in my heart? What path / right actions do I need to take to make me feel better?*

If you are not content in your heart, you can't open up yourself to love nor do you share it very well. And this, this one fact is truly *the single* source of all our unhappiness. Understanding and accepting where you are at, right now, is very difficult for most of us, but is the best place from which to launch all your healing.

The practice of compassion is the key to unlocking your own ability to receive love. If your defensive walls are constantly up, you simply can't let love in. Perhaps you are tired of confrontation with others; maybe your defenses are up because this is the best way to protect yourself from hurt and judgement. However, this only increases our suffering! We must let down our guard and take the risk!

In human existence, God's love for each of our souls is basically the only example of truly unconditional love we have. God doesn't criticize or judge. S/he accepts all of us as we are. There is an equal amount of wellbeing available to every one of us if we only allow it. Our minds are busy with ego-stuff, but God created our souls so that we could feel and experience unconditional love. It's time for us to practice unconditional love, too—as much as we can on the physical plane!

When you lower your defenses with true emotional honesty, you finally allow yourself to receive love. I often read for people whose loved ones have died without saying or hearing what needs to be said. Why wait a lifetime? Why have regrets? Lower your walls now. Just do it. Your free will is all it takes.

This doesn't mean you have to be a doormat. Remember that flight attendant who stormed off the plane? He'd had enough of being a doormat! What would have prevented this conflict? Mutual respect. Speak and act in a way that doesn't make people feel defensive. Practice approaching any and all situations with caring and compassion. Never give less than this! Try to understand where the other person is coming from rather than getting defensive when they don't behave the way you like. *My kids / spouse / boss / neighbour is crabby; I wonder what happened to make them put up their defenses today? What can I say, how can I act, in a way that will genuinely help increase peacefulness and happiness?* And don't beat yourself up when you miss the mark; you will automatically get better with time and practice. Make every moment an opportunity to practice this spiritual path.

We all need love in our lives. Our human relationships often tend to be conditional. This is not a bad thing; it's just the way it is on this physical plane. But when you bring the compassion and forgiveness of God to bear on any human relationship, it makes it a heck of a lot easier, fun and fulfilling.

My grandmother was a pretty cool lady, and near the end of her life I asked her about how it was, married to my grandfather, a difficult man, after so many years. She said that she didn't love him all the time, but because she had God it was easier to be compassionate. "At the end of the day," she said, "I spent my life with him and I loved him." Wouldn't you like the sum of your life's work to equal love, too?

With love & gratitude,
Kelly Tait, October 2010