



## Lost and Found

*The intellect has little to do on the road to discovery.*

*There comes a leap in consciousness,*

*call it intuition or what you will,*

*and the solution comes to you and you don't know how or why.*

*All great discoveries are made this way.*      ~Albert Einstein

**If a man will begin in certainties he shall end in doubts;  
but if he will be content to begin in doubts he shall end in certainties.**

~Francis Bacon

This entry is again about shifting perspective. I am a designer by trade, and when I taught design and color theory, my mantra was, “You cannot solve a problem until you define it” so therefore I tend to look at life a bit differently, it is all a puzzle to be solved. That is why it was such a smooth transition from design and color theory to medical intuition. I look at people the same way, their tissue issues are just problems to be solved.

So, on to the subject at hand, I am often asked as a psychic to find things. If anyone ever saw the movie “Michael” with John Travolta, his companions often ask him to do something and he would respond, “that’s not my area” well, locating lost things is NOT my area. A few weeks ago however, a friend asked me about her beloved dog. I could not “tune in” to locate her dog, but I did not feel a “thud” (if I get a thud then I

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know they are not alive) so I knew at least he was alive. I felt a bit defeated trying to tune in, but then remembered from my Reiki teacher that you could use Reiki to help with lost objects. It has worked in the past for me, so I put her dog on my Reiki list and envisioned her dog showing up at her house.

Meanwhile, nothing transpired and I just took a breath and moved on. Now, let's shift forward to New York City a few days later. I was doing my media tour for The Freshaire Choice paint and on our way to one of the interviews a young woman I was with lost her phone. It was deduced (although finding things are not my area!) that she left it in the cab. To her dismay, it was gone. Rather than having her focus on the fear, I had her envision it being placed back in her hand. It only took a moment to shift her energy and I reminded her that there were more good people in this world than NOT good people. She borrowed a cell phone and called her number many times over the next half hour. Yes, someone answered it and yes, she got her phone handed back to her.

Now, what do these stories have in common that can help you? How often do we focus on "the finding", I know I do, I want to try to see where it is and open the box or look in the drawer and there it is! Yes, rather egotistical, a "parlor trick" for my own ego. Switching my perspective and putting the emphasis on how you feel when getting the object back is the key. It is the same as manifesting anything else. It is about getting out of your own way and allowing it to come back to you WITHOUT CONDITION. So, for all of you out there, looking for an object is doing it backwards.

I then started to think about the other times objects or things had "shown up" after using the Reiki technique. All the same way, the key is they show up and you cannot limit yourself or the possibility of the universe by putting conditions on where it is or how you find it. It is merely about seeing yourself with it and the joy you feel when you get it back. In a sense, it finds you, you don't find it.

I got back from New York, only to find out that my friend's dog, a dog that was gone almost a month, came back! He showed up, tired and hungry, but home. She doesn't let him out of her sight and she cried as a member of her family found his way back home. I can't take any credit, only to allow her to know he was alive and there was a possibility of finding him. Again, in my arrogance or ignorance (probably both) it was all up to my friend and her dog, Rodeo. I see it as a gift for all of us to look at finding a lost object or pet from a different perspective.

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I don't feel you need to be Reiki certified to get it to work. Just take a quiet moment and visualize it coming back into your life. When I talk about getting out of your own way, I am really talking about not orchestrating or staging the event down to the specifics. Just see yourself having it, just like the cell phone or the dog.

Another example of this working was traveling a while back with a friend, we had gone through security at the airport and it was almost time to board the plane. She could not find her boarding pass. Everything was dumped, purse, luggage, pockets, nothing. Fear and panic set in, and of course! What you fear the most you create. So, taking a deep breath and visualizing the boarding pass in her hand rather than trying to find it with panic and fear was the best method.

It wasn't two minutes later after a deep breath and visualization that an airport employee walked up to her and handed her the lost boarding pass! She had left it at security. There are other examples, but I think you get the picture. The Law of Attraction works on every level! Taking a breath and releasing the fear really can help you find what is lost! And, just like one of my favorite quotes, "Pray to God but keep rowing" it is important to retrace steps and check the obvious, just don't give in to panic and fear. Use your visualization in the process of your search.