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Ann Albers, psychic

AzCentral: Hello all. We are going to get started now with tonight's chat with Ann Albers. Ann is a local psychic and channel. She is a Reiki master. She does readings at the Millennium XXI bookstores at town and Country. She also does classes at the Center for Expanding Consciousness. She has a couple of classes coming up. Whispers of Spirit on Oct. 26 through Nov. No more taboo! Reclaiming the feminine side of power. Sept. 8-29. And Journeys of the Soul Sat. Sept. 26. If you are interested, please ask about them during tonight's chat and I will give you some numbers to contact Ann at the end of the hour.

AzCentral: One more thing, Ann is not able to give personal psychic readings for people tonight. The reason is she usually meditates before hand. And she's been working all day. But we will discuss angels, spirit guides, energy, life after death, any related topic. Any strange experiences you've had, etc. To ask a question, type /ask followed by your question. We will try to get through as many as possible during our hour chat. Ok, let's started! First question...

Angelman presents a question: How does one go about getting in touch with one's angels?

Ann Albers: You start with a clear intention to work with them. Intention is important. You simply speak to them either out loud or in your mind. You can ask for help with just about anything in your life and then you have to start trusting that the help will be provided in a variety of different ways, including through other people you might know. For example, my mother needed help with plane reservations and she simply said, "OK, angels help me out." And within a few hours she was referred to someone who helped her get discount tickets. It is a lot easier than most people think to work angels. the key factors are your intention and trust. Those are what I consider to be the baby steps. You can also work with meditation to start receiving images, words or pictures in your mind. However, I encourage everyone to start simple by just asking for help and seeing what shows up.

Madchatter presents a question: Who is your personal guide? Do you have more than one?

Ann Albers: Yes. I have a guardian angel I work with. I have a being of light who

Psychic has an angelic job

By Jennifer Cushman
Arizona Central

Phonetician Ann Albers wasn't always a psychic.

In fact, until three years ago she earned her living as an electrical engineer at Honeywell. She was trained in science and math with a college degree in engineering. But she said she was always intuitive.

Five years into her profession, Albers realized that although she was making a great living and had a good job she didn't love it. Tired of going through the motions, she began to pray.

God works in funny ways, she said.

She tripped while browsing through a bookstore one day. She grabbed the nearest table to steady herself, but to no avail. As she was going down she grabbed a book. After landing with a thud on the floor, she realized the book was about communicating with angels and the page that fell open gave detailed advice on how to ask one's angels for help in a career change.

Sign number two was when she started dreaming about Reiki, a system of body work based on human energy and chakras. She met a Reiki master who, out-of-the-blue, asked Albers if she like to apprentice with her.

appears to me as kind of like a star nebula, a cloud of colors and I also have a Native American man who works with me in spirit. I don't have any famous guides! Different guides will come in and out of my life depending on projects I might be working on at the time.

Brenna presents a question: How did you contact your spirit guide? How did you know that you were dealing with a beneficent spirit and not a malignant one?

Ann Albers: Good question! The first thing I like to tell people is just as you would not invite strangers into the house, you're intention determines who you invited into your consciousness. I have an intention to work only with positive, loving guides who help me and my clients create more joy and love in our lives. In order to contact them, I enter a meditative state and silently say a prayer asking God and them to help me work with my client.

Madchatter presents a question: How do your spirit guides/angels help you?

Ann Albers: They help me see the higher purpose of situations in my life. My favorite example, if I encounter a difficult person, they help me understand what I need to do to love myself or that person. They help me understand how I can achieve my life purpose. And they help me with practical things. For example, one day I had a strong impression that I should bring extra water and a book with me to run my errands. My car broke down en route and I was prepared I asked them why they didn't just tell me about my car. And they replied, That wouldn't have made any difference."

Tophat presents a question: Do you know what is in store for Clinton? Will he be impeached?

Ann Albers: Truthfully, I haven't asked. That is funny. My guides tend to help me more with issues of personal concern or of personal concern to my clients. There are other guides who might answer those types of questions my guides are more concerned with personal issues.

JMI presents a question: hi Ann. I have a question re angels and spirit guides.

Ann Albers: Hello. Go right ahead. Ask away!

Tophat presents a question: Have you ever had a client where you couldn't do a reading on them for some reason? Or can you read everyone's future?

Ann Albers: Yes I have had 3 clients over the past two years that I could not read for. One was psychic enough that all my guides told me she knew all her own answers. It ended up she was a police psychic in California. The other two came to me because their friends had talked them into it. And they didn't want to be there. Angels will never violated anyone's free will. If a person has a sincere intent to receive information the guides are almost always willing to offer it.

Angelman presents a question: Do you hear voices or is it more of a "gut feeling"?

Ann Albers: It started as a gut feeling but over time I have learned to see pictures, hear words and still continue to receive intuitive questions.

PLS presents a question: do you see a picture when you are talking to your guides or do you hear only voices.

Ann Albers: A little of both. I only see pictures and hear voices when I consciously tune into my guides. I am not the kind of psychic who receives impressions all the time...Thank goodness!

During her Reiki training, Albers decided one day she was interested in the Native American's belief in spirit guides and the next day a co-worker handed her a flyer on a Native American rock seminar.

"There were just all these coincidences. I'd think about something or ask for guidance and something would happen to lead me forward," Albers said. "I was kind of thickheaded. It took me quite a few months to realize I had an angel with me."

Over the months, Albers decided a career change was the best decision. She saved money and set a goal of having a certain amount in her savings account prior to giving notice. One Sunday she was working when she heard a voice that said, "Turn in your resignation tomorrow." She checked her bank account and was over goal. She gave notice and never looked back. It was the first time she ever heard voices. Now, she said, she hears them all the time.

Since 1995, Albers has worked as a psychic and a channel at her home and at the Millennium XXI bookstore in the Town and Country Shopping Center. She teaches a variety of spiritual classes at the Center for Expanding Consciousness.

"I am not Madam Zelda. My goal with my clients is to work myself out of a job with each of them.

"I want to help guide them toward growth and help them to connect with the power of their own spirit so they can tune into their spirit guides and angels," she said.

JMI presents a question: Ann, sorry... I'm new to this... my question is about soulmates... I've dreamt of my soulmate for the last nine years... and now I think I've met him. I get this strong confirmation... not sure if it's from some spirit guide...

Ann Albers: That's beautiful! Those strong impressions come from many sources including your guides, your angels, and your soul and ultimately from God. Angels are simply the messengers. That's a neat question. It is wonderful you are trusting yourself. That is one of the goals of guides and angels of trusting your own inner wisdom. So a congratulations is in order!

JMI presents a question: how can I "know" for sure? He is very spiritual, and he dreamt of me before we met. I also dreamt of him. Am I mistaken?

Ann Albers: I think you are right on target. You just need to trust yourself. You know the truth.

JMI presents a question: thanks! I've had a tough few years... seemed like everything was crashing -- career, personal life, relationship, etc.

Ann Albers: A wise teacher once told me only God can screw up your life that much. There is bound to be something good come from it or something you are supposed to learn. What happens is we surrender when we go through all that hardship and that is what gives God a little space to work in your life.

Larry presents a question: What is Reik? And why would I want to do it?

Ann Albers: Reiki is a Japanese form of hands-on healing. It balances your mental, physical, emotional and spiritual energies. It brings peace of mind, clarity, and relaxation. And often, but not always, physical healing. I learned Reiki when I was a Type A engineer and needed to relax. Most people are drawn to it as a way of maintaining balance in their lives. The word itself means universal life force energy.

ChattyKCathy presents a question: Do you believe your fate is predetermined?

Ann Albers: No. We have free will. However, I do believe we come into this life with lessons to learn, gifts to share and people we intend to grow with or help. At all times we have the free will to choose situations in line with our soul's path or against it. And life gets really difficult if you are rowing upstream. I still have difficulties in my life, but I move through them much more rapidly and with a lot more grace and ease than ever before. My sense of humor has improved too! I can laugh at myself much more easily.

JMI presents a question: do you believe in past lives? are there lessons left over from the past that we need to learn in this life?

Ann Albers: I believe the soul is much larger than the identity we think of as ourselves in this lifetime. I believe portions of our soul have lived in other lifetimes. Much like many different TV channels exist on the same TV. I believe as souls we want to come back and heal any pains we may have caused or experienced. So I don't believe in karma as "crime and punishment" but rather the soul's desire to pick up its own trash. I think it is important to focus more on the present lifetime. However if there are fears or strong emotional patterns that don't relate to your current lifetime, regression can help.

Deb presents a question: Dear Ann, Do guides ever give up on you? I think mine are annoyed with me.

Ann Albers: I get this question a lot! Like a loving parent guides will continue to help us no matter how stubborn we are. If we are choosing a difficult path, they gently try to guide us back onto an easier route. They never stop loving you. In fact, angels don't know anything but love. Can you imagine that they have *never* experienced more than that. I have been told our "negative emotions" look like a dense fog to them.

JMI presents a question: Ann, do you answer email questions? could you tell if my life is going to be on track from here on?

Ann Albers: I am really sorry but at present I am only taking appointments in person. You can call the bookstore at 957-2956 or 485-1078 to book appointments at my home Thank you for asking, I wish I had time to do things like this on the computer.

Wildflower presents a question: Is it possible a guide could be a deceased parent?

Ann Albers: Yes! In fact last summer people who had passed on started making themselves known to me in some of my readings. They are a fun bunch! You can make contact with loved ones who have died simply by sitting quietly asking them to be near you and waiting to see what words, pictures or impressions pop into your mind. With practice you will start to feel their presence and have the comfort of knowing that they are never really far away. The more you can clear the "static" in your mind, ie. mind chatter (worries and fears), the easier it is to receive information for guides, angels or those who have passed on. Activities that help reduce mind chatter include meditation, hiking, cooking, driving, or any other activity that helps you get into the present moment.

Madchatter presents a question: What is the difference between an angel and a spirit guide?

Ann Albers: Angels have never lived Earth lifetimes, they are beings of light that know only love. Spirit guides may have lived lifetimes and therefore understand the full range of emotions. They may have some cultural biases. For example if your soul has chosen to learn how to deepen its connection with nature, you may attract a Native American guide. Perhaps if you are an acupuncturist you may have an Oriental guide. Think of them as specialists. All of them help you on your soul's path.

KAL presents a question: "Does it matter how long they have been dead"

Ann Albers: No. You might even have relative you have never known who helps you in spirit. The love on the other side is incredible.

ginnie presents a question: Do you get a lot of insight from your guides in your dreams?

Ann Albers: Yes, definitely. Some guides work with dreams more than others do but you can always ask for dreams. They give you insight. If you need answers to a question, ask for a dream each night before you go to sleep for a week and at the end of the week look at all the dreams for a theme that might answer your question.

rwdmeiam presents a question: Ann this is someone who would like to know about dreams. Do you interpret dreams?

Ann Albers: Sometimes I do. More often I work with a person to help them learn how to interpret their own dreams. One of my favorite books on this topic is "Where People Fly and Water Runs Uphill." That will teach you how to interpret your own dreams.

JMI presents a question: what does it mean when two people living in different cities dream similar dreams? e.g., of each other -- before they meet?

Ann Albers: It means their guides and angels are giving them signals they cannot deny. P.S. JMI: Your mind is driving you crazy. Trust yourself!!!!

rwdmeiam presents a question: so why am I having sad dreams about my dad? He passed away March of last year.

Ann Albers: This is your subconscious helping you go through a grieving process and let go of the emotions that are painful while you sleep. Sometimes, scary or sad dreams are simply our minds way of interpreting the fact that we are being cleansed of difficult emotions while we sleep.

PLS presents a question: when we leave this world is there a holding place that we go to.

Ann Albers: When you die you will immediately transition into a space where guides, angels and loved ones will help you (move into the light) or in other words, gracefully leave the physical body behind. Folks who have died have told me that you can experience something like our traditional view of Heaven or you can choose to continue to learn and grow on the other side or perhaps to work with energy and prayer to help people who are still on Earth. We have many wonderful choices even after we die.

PLS presents a question: can someone you have lost be your guardian angel?

Ann Albers: Technically, we would distinguish them from an angel who is a pure being of light but of course they will watch over you, so you might call them that.

rwdmeiam presents a question: so what would my dad be doing on the other side?

Ann Albers: It is impossible say because there are so many different choices. A lot of it depends on one's belief system and how open-minded they are when they cross over. If you believe Heaven is the last stop, you might spend a great deal of time enjoying it. If not, you may choose to have other wonderful adventures. We always have choices, they are simply much easier on the other side because we realize how much we are loved and supported.

PhatPhred presents a question: Hey angel lady...Do you believe in ghosts?

Ann Albers: Ghosts are souls who do not wish to leave the physical body behind (they are stubborn) and therefore remain in between life and what we would call Heaven until they choose to fully make the transition "into the light". They are generally harmless, but sometimes annoying. It is like having an 8th-grader whom refuses to graduate and advance into high school. Ghosts typically don't realize that once they move into the light, they can still come back and visit. If you encounter one, tell it firmly but lovingly that it needs to move on. I don't encourage people to play with these realms. There is too much mischief.

PLS presents a question: When we die do the people that we have lost still look the same as when they left this world or how would we know them from all the other people?

Ann Albers: many of them choose to create an energetic double of the body they had here. One woman showed up on the other side and told her friend that she has finally lost weight.. In any case, we will recognize them by their energy and their love. If the soul passes away early as in infancy they may choose to "grow up" on the other side much like they would here. I have been told you would still recognize them.

Tophat presents a question: What is our purpose on Earth? Does everyone have an individual purpose or is there some general purpose for Human Kind?

Ann Albers: Beautiful question! We have an individual purpose. We have things we have chosen to learn. And many of us do share a common purpose. For example, everyone is here to learn how to love, how to live without judgement and how we can cooperate with one another. To create more beauty and joy on this planet.

rwdmeiam presents a question: if they died at an old age will they look young again?

Ann Albers: Often they choose to do that but not always.

JMI presents a question: how can we ask the angels/guides for help? do we have to be a certain "spiritual level" before they answer?

Ann Albers: No anyone can talk to them simply by asking for help. It is much easier for them to hear us than for us to hear them. Please refer to the earlier questions for a more complete answer.

AzCentral: For those of you who might have come late. We do keep a transcript of chats online. You should be able to read this transcript by tomorrow. Thanks to everyone for your wonderful and insightful questions! We are already past the hour. Ann said she'll stay for a bit longer and answer a few more questions. So about 2 more and then we gotta go.

ChattyKCathy presents a question: Do you believe everyone has psychic abilities or just a gifted few?

Ann Albers: I believe everyone has psychic talents they can learn to develop. Just like people are born with some talents better than others, psychic talents come easier to others but can be learned by all. I would like to recommend some of my favorite books on this subject. "The Psychic Pathway" by Sonia Choquette, "Ask You Angels" by Alma Daniel, "Opening to Channel" by Sanya Roman and Duane Packer.

azgirl presents a question: how do you know what your birth vision is?

Ann Albers: I love that! I actually teach a guided mediation in my Journeys of the Soul workshop where we go back before birth to remember your birth vision. If you would like to discover it on your own, look at what you are good at, what you love to do and what upsets you the most. the things that upset us are often what we came to help heal. For example, a woman who could not tolerate injustice to animals had a birth vision that all humans would treat all other beings with respect. Also, you can ask your angels and guides to help steer you toward people and experiences that will give you clues to your purpose.

ChattyKCathy presents a question: A good friend recently passed away. I think about her often. Do you think she is OK?

Ann_Albers: Yes, definitely.

ChattyKCathy presents a question: Tell me about the Center for Expanding Consciousness. How did you get involved in that?

Ann_Albers: Call Judith who runs the center at 279-3998 to get on the mailing list or receive more information.

Nynaeve presents a question: Do you have certain times of the year when you are more receptive to psychic messages?

Ann_Albers: Some days are easier than others. it depends on what's going on both personally and globally.

JMI presents a question: Is it true that when you don't listen to your spirit guides, "chaos" appears in your life... kind of give you a knock on the head...

Ann_Albers: It can, but not necessarily.

JMI presents a question: are there competing forces that try to give different messages?

Ann_Albers: That's why I intend to only work with beings of light and love. More often the confusion is with the voices in our own mind (fears, doubts, etc.).

JMI presents a question: do we have a set number of guides that follow us through life?

Ann_Albers: We all have guides that have traveled with us since birth. the number may be different for each one of us. As I mentioned before, "special project" guides may come in and out of our lives at different times.

chell presents a question: I'm new to the area, what is the aura of phoenix like?

Ann_Albers: Many people come to Phoenix to create change in their lives.

Ann_Albers: Final note. I encourage you to ask your angels for help in your lives and see how it shows up. For those of you interested in learning more about angels, feel free to register for the classes mentioned at the start of this chat. I will also be teaching a meet you angels seminar at the Millennium XXI bookstore on Oct. 13 from 7 to 8:30 p.m. Call 957-2956 during daytime hours to register.

AzCentral: That's all the time we have for tonight's chat. Thanks for all your questions and to Ann for coming on Arizona Central. You were a great guest and so interesting!

AzCentral: Bye all. Please check back with us in the future for more chats.