



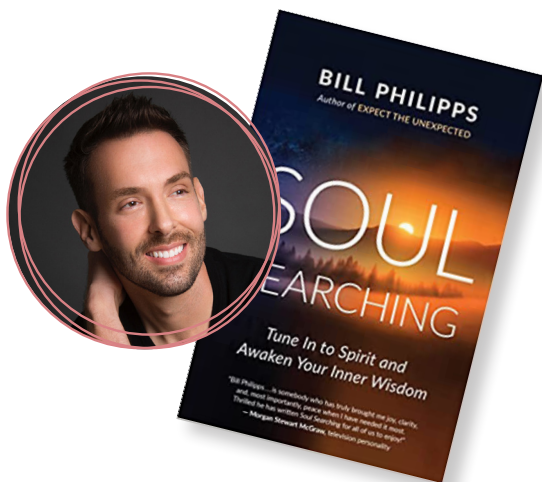
It's so hard to choose because I love each practice in their own right. But if I must choose, I think I would choose "The Crystal Ball of Intention" because I truly believe in setting our intentions, we can forge our own destiny in life. I feel that intention setting is at the heart of manifestation.

Q: I love the Sense-Shifting Impression meditation! Can you explain how the movement between hearing and seeing helps distract the ego mind?

A: That's one of my favorites as well. I actually discuss this concept in the weekend workshops I teach. I believe that it is in the fraction of a second between thought that we receive intuitive impressions, or downloads as I call it. If we switch using one of our physical senses abruptly, our clair senses can activate and we then receive the download. It is in that fracture between the senses that we make room for receiving information from Spirit.

Q: In the Chapter 14 meditation you direct the reader to "visualize a glow of golden light around your solar plexus" to begin the grounding process. This feels stronger and more self-supportive than how I've grounded in the past starting from my root chakra. Thank you. Could you expand on this idea?

A: I'm happy to hear you enjoyed that method. Honestly, I was guided to start there. Whenever I started the process of writing each practice, I went within and ask for guidance from Spirit. The solar plexus is our powerhouse for showing up in life; and when activated to its fullest we find personal empowerment. When cutting energy chords, it's important to feel a sense of empowerment, to relinquish the energetically draining aspects of the relationship we are disconnecting from. When we ground through the solar plexus, first, we can deeper root ourselves from a higher chakra level and then everything tends to fall into a better alignment.



Q: Your end of chapter meditations are wonderfully unique. Were you guided while writing the book, or did the meditations arrive before the book? Which is your favorite?

A: Thank you. The daily practice at the end of the chapters was inspired, through Spirit, during the writing process of the book. It varied at times which came first, the chapter versus the practices. For example, I came up with "Healing the Child Within" meditation before we wrote Chapter 1. Whereas we wrote Chapter 11 first before I came up with the "The Crystal Ball of Intention" visualization. I wanted to allow the first creative inspiration to guide the rest of the writing within the chapter rather than following a strict format.

Q: In college I experienced hearing voices from the other side of the veil while reading an astrology book. They terrified me. I tossed the book into the trash and asked that it never happen again. What advice can you share for people who would like to open the channel to hearing and feel secure?

A: This is a great question. This can happen when people first start delving into this realm. I think it's really important to visualize yourself surrounded in the white light of Spirit. Spending a few minutes to set the intention to only allow in the light, to only allow the souls in the light near you. We have more control over our boundaries with Spirit by letting it be known through intentions that we are in control of what we allow into our sphere.

Q: What did you learn about yourself writing *Soul Searching*?

A: I learned that practice makes perfect, or at least as close to perfect as we can get in our human shells. I've always practiced intention setting, prayer, and more recently chanting mantras. But having it in writing, as a spiritual toolbox, to go to whenever I feel the need to be inspired to connect deeper with Spirit is something that brings me a lot of joy. And that's what I want for the reader, I want them to feel that they have a way to connect with Spirit, and their own spiritual web on the other side. During the process of writing this book I would spend each day doing one of the practices, and I felt elevated. And I think the greatest thing I learned, personally, is that with regular meditative practice we can transform our awareness, which raises our vibration. €

Bill Philipps is psychic medium and the author of *Expect the Unexpected*, *Signs from the Other Side*, and *Soul Searching*. His life's mission is to help people deal with the grief of losing loved ones by bringing through validations, evidential information, and beautiful messages from Spirit, which heal and bring a sense of peace. Visit him online at www.billphilpps.com.



You can learn more about author, intuitive healer, and jewelry artist Allison Bruce at www.FourishIntegralHealth.com