

MYSTICAL MATTERS

with Val Ryan

Dear Val,

I never seem to be able to get one step ahead without everything else crumbling around me. I'm often determined to start working on the things I need to do and when I get to that level of resolve, something happens with the car or I have electrical or plumbing problems. Does someone have a curse on me? I know it sounds crazy, but people tell me that. - KNR

There is no such thing as a curse unless you think you're cursed and then you can actually psyche yourself into believing it. You may feel cursed when you think that what is manifesting in your life is beyond your ability to handle. Everything you experience is directly influenced by how you perceive and respond to your feelings about the situation. If you live or work in a negative environment and are surrounded by pessimists, you'll continue to cope with negativity.

Ask yourself, am I an active participant in my life or am I only reacting to people and circumstances? The answer will

give you a pretty good idea as to why you feel cursed.

Making your own decisions and agreements and acting on your behalf will empower you to create more positive energy, putting you back in the driver's seat.

If you're coming from an abusive childhood, relationship or marriage, then you're moving away from the darkness. You are not to blame for the pain you endured. Simply by asking this question you've begun to understand that what happened in the past is within your power to overcome. Seeing yourself not as a victim, but as a survivor will begin a very powerful shift in consciousness. This shift signals the universe that you're ready to align with a higher frequency that will draw optimistic people and situations to your life.

Everything in and around us is an electro-magnetic field sending and receiving energy. Therefore, as you're releasing the chaos of the past from your mind, body and spirit, that energy is going out to your immediate environment. That's why the car broke down and the A/C went on the fritz. What

looks like anarchy is the necessary expulsion of lower frequencies that no longer serve you. Get some sage and cleanse the car and the house whenever you need help dissipating unwanted energy.

As for the people who've said you're cursed, ask yourself how you're interacting with them. What do you share with others? If someone at the office walks by and says, "Hey, how ya doin'?" they're just saying hello and don't want to hear a litany of problems. A simple, "I'm okay. How 'bout you?" will suffice and is in fact an affirmation, because in that moment you are okay. If the conversation is with a friend and you're sharing more detail, tell them the good stuff. Talk about your recent tennis championship or how proud you are of your daughter getting that scholarship and starting college. And always ask about them and their life. There is no greater energy than being a good listener and really caring about others.

And finally, how are you at saying no? Are you stuck in people pleaser mode, always taking care of other's needs

and neglecting your own? Are you the one the boss always asks to stay late because he or she knows you'll say yes? Saying no may not come easy at first, so you'll want to practice what to say. Politely explaining that you can't stay late because you have a family to get home to is a perfectly valid response and will gain you respect. Learning to say no to others is saying yes to you. You are a child of God and he is very cool with self-preservation.

You are an unlimited powerful light being. Because of your past, remembering this truth will take time, so please be patient with yourself. Once you accept this, material world concerns like leaky plumbing will be handled by you with ease, and a take charge attitude that will have your life flowing on a higher vibrational plane, one where concepts like curses do not exist.

Have a question for *Mystical Matters*? Email Val Ryan at ryanmystic@earthlink.net.

Val Ryan is a Spiritual Consultant and Psychic Medium who offers a variety of services including private and group readings. See her ads at the top of this page and on page _____. Contact Val at 803.750.7117 or ryanmystic@earthlink.net