

Psychic Deli

Change

Three times in my life there was major change ... not the change of moving, or graduations, or marriage, or babies ... no, three times when I had an earth to ceiling change – that what I knew and understood about myself was altered.

The first time came (by accident) when, after 21 years of being given a range of opinions about myself, none of which gave me hope or courage, I learned that I had dyslexia. Today it seems that people barely even notice it if you say you're dyslexic because it has become so commonplace – so known. But then it was a brand on you. Most people outside of the field of education didn't know what it was. And some even denied that it was real! Learning this about myself meant replacing an insidious belief system that had torn at my soul with a more positive understanding of myself. It took several years to fully adjust and to teach myself to be kinder and gentler to myself when doing something that required the use of certain skill areas ... like measuring anything, drawing straight lines, following directions, etc., etc. I developed an understanding heart for myself when I would get lost or mis-read something. I taught myself to cope and laugh and move on.

The second major change came in 1993 when the energy, this psychic gift, stayed with me ... when I had abilities I really did not understand. I would know about a person's pain. I could feel people's pain from - neck pain to more serious conditions. At a low level of proficiency I could contact those who had passed. I could use psychometry to read a person, and I discovered I could read people accurately over the phone. All this hit me really hard and I did not fully understand it. I was blessed with a stable wife and young sons who allowed and acknowledged my pain and confusion, and gradually the understanding of who I was and what "gifts" I had was made clearer to me. I and others more fully recognized who I was with these gifts.

The third major change occurred several years ago when, again by accident, I learned that I had attention deficit disorder (a/k/a ADD). Like the earlier discovery about my dyslexia, I

came to appreciate the fact that there was an explanation for my behavior. I had thought it

was standard – perfectly normal – to have four or more projects going at any one time! (The problem, of course, was that as I added more and more projects, few got completed. I've since learned that when this begins to happen I need to pull back and slow myself down, and re-focus on what's most important.)

With all these changes I have learned to appreciate and celebrate what I have and what I can do and (most of the time) not be upset about things I cannot do.

I Forgot Something

Several years ago I signed up for a membership at a local bookstore. As my name was being entered into the computer, the owner smiled at me and said, "Oh, I remember you!" I knew at that moment that couldn't be good! "You came in asking for books to be donated to a prison literacy program, remember?" "Yes," I said. "I gave you over \$1000 worth of books," and then he paused for effect. "What happened? I never heard another word."

He was not angry or accusing me of anything. I apologized for not following up with him, explaining how we had used the books and how much they had been appreciated. I told him how deeply sorry I was that I hadn't thanked him. He smiled the kindest, gentlest of smiles. "I always thought it was something like that." Pausing again, then adding, "Good to see you."

The message was clear. In my enthusiasm for the project, I had forgotten one thing: to thank and appreciate the people who had made the project a success. I wondered who else I owed a thank you to and I thought about friends, neighbors and relatives. With some it was easy. With some it was too late ... they had moved or died. Now I try to communicate clearly and appreciate the people who take the time to be kind and helpful to me.

To my clients – wherever in the world you are – thank you!

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