

## SPIRIT MAIL

When having trouble communicating with someone, when issues or circumstances make it difficult-to-impossible to be heard, Spirit Mail gets your message to the individual. This can be used when there is a break-up, to ease things in a work misunderstanding, to connect with someone out of reach (i.e. someone in the military who is unable to call or email) – any situation where you need to be heard by someone when regular lines of communication are either not working or impossible.

This was taught to me by a friend and fellow Reader who follows The Red Road (Native American teaching), Vincent Vallot, and I have found it very effective for myself and for my clients.

First, write a letter to the individual you wish to communicate with, telling them everything you want to say. *Everything* you want to say – even things you wouldn't necessarily have the courage to say face-to-face. This is your soul communicating with their soul, with their subconscious. It will get through to them first through their subconscious and then slowly seep into their awareness.

While this method can be used to vent, as during a break-up or with friend/family miscommunication, it's much more productive to tell your truth, to be clear what you want them to know, rather than condemning them for what they've done or haven't done. Write of how you feel, what might have hurt you without condemnation, what you want them to understand about you and/or the situation.

It's best if this is done without using any negatives. Try writing a draft saying everything you want without concern about content. Then edit out the “no's”, “not's” and any contractions like “don't” or “can't”. This is not totally necessary, but keep in mind the subconscious dismisses negative words as if they're not there at all. So by telling someone's subconscious “You don't get it!” what they hear is that they do get it just fine.

Then think about how you would take the message if it was written to you. Are you being too harsh? Are you venting rather than being clear? This is your chance to be clear, so take the time to say exactly what you want to say, even if it means doing more than one draft.

When the letter is finished, put it in an envelope, seal it and address it to the individual. It is important that there be an accurate address. If the person is in the military and you don't know exactly where they are, but have the address where they will eventually pick up their mail, that's good enough.

Place the sealed envelope on an altar or in a sacred space where it will not be disturbed for four days. Leave it alone. At the end of the four days, burn the envelope with the letter inside and know Spirit is delivering the message.

The end of the four days is exactly the end of the four days. If you place the envelope on the altar at 2 pm on a Monday, then burn it at 2 pm on a Friday.

Then patiently let the message get through and trust that it will.

If there is a lot to say and you feel, after writing one letter, other things need to be expressed, write again. There is no limit. Just make sure you keep track of which letter is to be burned at which day and time.

Good luck.