



REAL READER

“My spiritual gifts helped heal my life”

THEA ANDERSON shares the inspiring story of how waking up to her spiritual ability led her on the right road to recovery



Imagine being told that you had become seriously ill because you were taking on other people's misery and pain; that the only way for you to get better was to learn about your spiritual abilities and heal yourself from an illness you're told has no cure. This is what happened to me!

I was only 26 years old when my life fell apart. I was working in an intense job, doing 12 hour shifts and often on call. Over time, I gradually started to feel more and more tired, but this wasn't normal tiredness, it felt like I was exhausted to my bones. Then the symptoms started; strange pins and needles, dizziness, weeks of cystitis and flu that wouldn't go away. I finally handed in my notice at work – I felt so terrible that I thought I might actually die if I didn't stop and take time to recover. By this point just walking to the shops felt like mountain climbing.

The doctor initially told me I had post viral fatigue but it took over a year for me to get a proper diagnosis. Out of desperation, I eventually paid to go to a private clinic, they took tests (some of which were so bad they got sent for special study) and told me I had Chronic Fatigue Syndrome (also known as ME). Although I was relieved to get a diagnosis, it was also upsetting to learn that most doctors still held the view then that it was incurable. However, some intuitive voice inside of me told me I could get better.

“I was told that all my life I had been trying to heal the people around me but I'd forgotten to ask the universe for help for myself”

DIVINE HELP

Another year of living with total exhaustion and terrible symptoms passed. I started to explore spiritual books and courses; I felt like my illness must have happened for a reason. Eventually, while at a yoga centre in my home town, I picked up a flyer for a spiritual channeller called Lee Harris. It explained how he could share written readings. I had a feeling one might help so I nervously sent my questions, which of course included 'why am I so ill?' and 'how can I recover?'

Within a week, a letter arrived; I excitedly ripped it open. I was genuinely shocked by the answer – it still gives me goose bumps when I think about it. I was told that all my life I had been trying to heal the people around me but I'd forgotten to ask the Universe for help for myself. Lee explained

that I could feel everything energetically in people and had taken a lot of emotions and pain on that didn't belong to me. It made me think of myself as a spiritual Hoover!

It went on to say that I needed to learn how to release this negative energy and to heal others without it affecting my health, and that this would lead to my own recovery. I remember reeling from this information, trying to make sense of it, wondering if it was really true. I wanted to take it on board, though, as I was determined to get my life back.

LEARNING ABOUT MY ABILITIES

I got to work reading books on energetic protection and energy clearing. I visited healers, meditated and practised techniques. I began to realise that the reading was true

FIND OUT MORE
Head to Thea's website
theaanderson.com
or email her at
theafunexpert@gmail.com

and draining, so I had to let go of some of them. It was very confusing to begin with and I had to learn how to decipher what pain belonged to me, and what I had picked up from others.

I'd love to say that I had an immediate miraculous recovery, but my illness was like any training course; I had to go through many different levels, travelling deeper in my understanding and skills until I got there. I had dark days, days when I felt like it would never end. I had to keep reminding myself to keep going, to listen to my intuition, to trust the universe and follow the road ahead.

A WAKE UP CALL

Alongside all the spiritual learning I took NLP, Hypnotherapy and Life Coaching qualifications. I needed a framework to use my abilities. I wanted to work with people to help them heal their wounds but also support them to feel empowered, live out their potential and be all they could be.

I started to see that many people's crises were really spiritual wake up calls, encouraging them to stop ignoring their passions, gifts and creativity by pleasing other people, doing what they 'should' do in their work or relationships, which is what I had been doing. Life is too short to stay 'asleep' and not live your soul potential. I started to wake up to my own long-ignored creativity, too. Reminding myself how to play and have fun again, I joined a group following *The Artist's Way*, a book by Julia Cameron (for anyone wanting to stimulate creativity) - it inspired me to get creative.

GETTING MY LIFE BACK

Finally, five years ago (at the age of 32), I got completely well again. It was a gradual process but I had made it. I can't write this without having tears in my eyes because experiencing health again is such an amazing gift. I could dance again, travel and do things that seemed impossible. I didn't have to live with the awful anxiety a chronic health condition creates or plan everything because I had so little energy.

In 2009 I did something that I never would have expected myself to do (as a naturally shy person) - I took an improvised comedy class. Not only did this open up a love of performance, but I also met the love of my life. In 2011 we travelled around New Zealand, which was amazing and another once-impossible, now-accomplished dream. And last year, on a beautiful September day, we got married!

Now I never let myself forget the gift of my life. No matter how hard the obstacles feel at times, I follow my own soul energy. I allow myself to dance, craft, write and use my gifts to support other people to wake up and do whatever it is they're called to do. My job is as a 'fun expert', reminding people that their souls want them to play more and be real. 🎉

but also clairsentient, which means I can sense information about a person and even the location of pain within someone's body. Over time (and much practise!) I discovered I could 'tune into' anyone I wished; both people I knew and complete strangers, as well as spirits.

WHAT ABOUT ME?

I also had to get to know myself; wherever I had physical or emotional pain, I used my intuitive sense to feel what it was and heal it. Sometimes the pain was a result of not listening to and expressing my own emotions. It was as if these emotions had got stuck like toxic rubbish in my body.

In a bid to make everyone else happy, I had forgotten about my own happiness. I'd attracted people that were very needy

and I had no boundaries. Subconsciously I was energetically merging with people and often felt like I was out of my own body. I became aware that I could feel both people's physical and emotional pain, and their soul energy in my own body.

I experience someone's soul energy like a taste, a note in music or a colour. It's hard to describe and completely individual, but it tells me about their gifts and potential. I'd always felt this from people but had just ignored it as I assumed everyone felt it! I soon realised that it was important for me to learn to translate what I could feel and what it meant. I discovered that your soul energy is always there no matter what mood you're in - like a fingerprint.

I also learnt that I must be both an empath (sensitive and caring of other's feelings)

