



Rosemary Altea

You Own the Power
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Rosemary Altea, internationally renowned spiritual medium and healer, and author of the New York Times bestselling books *The Eagle and the Rose* and *Proud Spirit*, now teaches us the wisest lesson of all in *You Own the Power*.

Q: Rosemary, your previous books provided evidence that our lives as spiritual beings continue after our physical life ends. What is the focus of your new book, *You Own the Power*?

A: *You Own the Power* contains many stories about my work as a spiritual medium and a healer, but it is very much a teaching book. I believe that as human beings having within us a soul, each of us in our own way can connect with the spirit world. The new book includes many exercises, simple, straightforward, holding no mystique or mystery, which allow us to develop our potential and our power. We all have the power to transform our human form and exercise our sixth sense. That's what enables us to communicate in some way with those we love who have gone before us.

Q: What do you mean by "the Power?" **A:** Each one of us on this earth is a powerhouse, a human form containing massive energy resources. Rather like the powerhouses that we build to produce electricity, the power that we need in our computers and our houses, the human is such a powerhouse. We have to learn how to keep this powerhouse active, how to keep it working at full speed. Most of us use less than one-tenth of the power of the energy that we were born with. This is because we have forgotten how to use what God gave us. We have forgotten because science and technology have overtaken man's natural-born instincts. This book is about taking back our power, learning to use the energy that we have in a positive and constructive way.

Q: What do the exercises for developing our power entail? **A:** Learning to relax and release stress. Learning to sense energy and build it up using the power of our mind, understanding the importance of having a positive attitude, knowing who we are, our good points and our bad. Nurturing our five common senses, which give us so much information about the world in which we live.

Q: What, in your opinion, would motivate a person to try to develop the ability to communicate with the spirit world? **A:** First of all, anyone who has lost a loved one, who feels the loneliness, the frustration, the pain and the sorrow of being unable to be close or to be near to that person will understand why it is so important to be able to communicate in a small way. Even if that means simply having the ability to sense that the loved one who has passed is close by. But there are many other reasons why we should feel motivated to have some contact with the spirit world. For help, for guidance, for reassurance, for empowerment, or merely for the curiosity and simple interest of knowing that there is life beyond this world which is so intriguing to us. For those who have no self-confidence, knowing that they are supported by their loved ones in the spirit world — by their angels — is enough to empower them to make them more self-confident. Those who are in a position in their working life who might need change, who may well be frustrated and angry because they feel trapped — in a situation they would rather not be in — could look to the advice of their angels to see how best to proceed to make their lives more fulfilled. The many millions of people who are desperately trying to diet, to lose weight, who have tried everything but still fall back to their old ways feel helpless and powerless. Imagine if by connecting with the spirit world they were given the confidence and the strength to be empowered to do what they desperately wish to do. Imagine someone who is sick — someone in your family — you feel helpless, know there's nothing you can do for that person. You might desperately pray to God and to the angels to help to hear God and to be able to sense your angels, know that your prayers are being heard. To understand that all there is in the universe is there for you brings empowerment. There are many reasons why someone should be motivated.

Q: Is the spirit world connected to us or is it a separate place? **A:** We are spiritual beings having a human experience. It is impossible to separate this earth of ours from what is out there in the universe because there is so much spiritual energy as each of us walks about this planet we create spiritual energy. As each of us lives our daily lives our spiritual energy reaches out to the universe. It is part of us and we are part of it and cannot be separated.

Q: Why do some people have more than their share of negative experiences while others have relatively few? **A:** Prior to our birth, each of us decides the reason why we are coming here and each of us decides the type of lessons we need to enhance our spiritual growth. If I were to tell you that the person who is in constant trauma is in that situation because he or she decided it would be so some of you would think that this would be a crazy notion. Why would we decide that tragedy and pain is the best thing for us? But it is only a crazy notion until you remember that God's greatest gift to us is the gift of pain and the gift of tears for it is through these gifts that we learn and grow the most.

Q: Can our attitude help us? **A:** Attitude is everything. We can make a negative situation more positive and a positive situation more positive. Having a positive attitude does not mean that you escape trials and tribulations that this human existence demands we have. But it does mean that we can handle our difficulties better and we can learn from our difficulties much more than if our attitude is negative.

Q: Is the millennium the cause for our growing interest in spiritual issues? **A:** I think this is the question that only each individual can answer. I'm sure that for some it is. But having been a spiritual medium and a healer for more than twenty years, I know absolutely that the interest has always been there. Ordinary everyday people haven't stopped being interested. And I think that it is people like myself who dare to come out and speak openly about these things, without fear of being straightjacketed and sent to the nearest psychiatric hospital, who have fired the interest and dared allow people to show their interest. I think this is more responsible for the upsurge in interest than the idea of the millennium or the new century.

Q: Can everyone "Own the Power" you write about or only those few born with a special gift? **A:** I believe that everyone born to this earth is born with the power to communicate in some way. Not necessarily to be a great medium but certainly able to give healing,

to sense or be aware in some way of the spirit world and we have to learn once again to trust our instincts; those given to us to aid and protect us. Our knowing sense is a light in each of us, which is why the exercises in You Own the Power are so important. We don't only want to be alive, we don't only want our instinct to be alive, we want to live. We want our instincts to do as they are meant to do.