

Recognizing the Signs

By Cherokee Billie

Pivotal moments come unannounced like an unwanted friend. Unfortunately we are not given a manual at birth to teach us how to live and avoid the pitfalls that often accompany pivotal moments.

An epiphany, or a culmination of experience and stimuli that leads to a big *Ahah* in one's life does not always appear in a form that one anticipates.

Having experienced several *Ahahs* on my spiritual path, I am no longer surprised by revelation, but more curious as to why it took so long for me to recognize it.

There are things we cling to because they seem like the *right idea* at the time, but they are merely the *familiar idea*. In retrospect we see them clearly using the wisdom of hindsight, but hindsight will not help you in your pivotal moment.

Having foresight is the key; this is tricky and takes intuition to guide you. Instinct is always there to inform you. But we refuse to listen. It's hard for the modern person to keep the valve of instinct open. We have been reprogrammed and conditioned not to tune in and trust our gut instinct. If you can keep both eyes open for small things you will be prepared for those things that can make or break you.

Eating too many fried foods is bad for your health. Smoking cigarettes is bad for your health. And some relationships are bad for your health, too — your emotional health. There are researchers to tell us what foods and drugs are bad for us. But how do you know when a relationship is bad for you? It's not easy.

Bottom line, an unhealthy relationship will usually make you feel unsafe or bad about yourself. Here is what I have observed from my many years as a Psychic Advisor. Check out these warning signs:

1. DISSrespect

Insults, putdowns, and teasing are all forms of disrespect. That also includes digs about your race or culture or religion. Disrespect can sound something like "You say the stupidest things," or "You look fat in that dress" or "You're nothing without me." No matter what it sounds like, disrespect hurts — probably longer than the relationship because it can do major damage to your self-esteem, which can last for a long time.

2. Jealousy

Jealousy is bad news for a relationship. Some people mistake jealousy for love. There's nothing cute about jealousy. A person who is jealous doubts the other person's love or commitment. If your partner doesn't want you talking to other people or doesn't like you

to hang out with your friends — men or women— there's a major trust problem in your relationship.

3. Lies, Lies, and More Lies

Telling lies or being lied to always spells trouble. Small lies usually lead to big lies, and many lies can destroy a relationship. Honesty is essential for a healthy relationship, and if you can't tell the one you love the truth, there's something wrong. Some people think keeping the truth from a partner is okay. What she doesn't know won't hurt her, right? Wrong. Keeping secrets isn't being honest either. Some things to think about: why are you doing something that you have to lie about? Are you so scared of your partner's reaction that you have to keep it to yourself?

4. No Fair!

Anthony and Vanessa dated for four months. They fought a lot about little things — like why he didn't call her and why she was always late. These little fights escalated when neither one could admit they were wrong. And sometimes even when Anthony did admit he was wrong and apologized, Vanessa held it against him for weeks! Sound familiar? If you or your partner can't admit your mistakes and expect forgiveness, your relationship could be causing you a lot of unnecessary anger and heartache.

5. Control Freak

Who's the boss of you? You are. No one has the right to tell you what to do, where to go, or how to dress. In a healthy relationship, no one is in charge of the other person.

6. Can You Hear Me Now?

You'll need more than good reception on your cellular for good communication in a relationship. Talking openly about your feelings with your partner and listening to each other without judgment is what good communication is about. If you have a hard time talking to your partner about your relationship or your feelings because you're worried about being judged or being yelled at, that's a sure sign your relationship is unhealthy.

Start Using Your Intuition

Often I receive calls from clients and their question is, “Is my mate cheating on me?” my reply is, “What do you feel inside your gut?” Many times they will say, “I can't prove it, but I know that they are.” That's when I tell them their intuition (Higher Self) is letting them know that something is wrong and they need to listen to that instinct. I already know the answer; basically I'm trying to help the person tap into their own psychic awareness, so they can learn how to get their own answers.

What is intuition? It is the ability to get a sense, vision or feeling about someone or something. Intuition communicates with us through symbols, feelings and emotions. It

usually does not speak to us in clear language. We all have intuition. We are born with it. We use it as children - we do not know any better. We go on our instinct or gut. But as we grow older and our rational and reasonable mind develops, we lose touch with our intuition. We ignore it, cast it aside forget about it. But like an out-of-shape muscle, intuition can be strengthened and exercised back into shape.

Listening to your intuition is the essence of art and creativity and soulful living. Intuition is what you use to find the purpose of your life and your place in the world. Once you awaken your inner guide by unlocking the wisdom of your subconscious mind, you already know what to do.

When you listen to your intuition it connects you with a greater knowledge (your Higher Self). That part of you has an overview of your life that has your best interest at heart. It can provide an oasis of peace in the midst of chaos, bring you to harmony, help you release negativity, and give you confidence to take action and prepare for change in your life. It also can be a valuable guide as you take steps to create your dreams.

Intuition is a potent form of inner wisdom not mediated by the analytic mind. It's a still, small voice inside that we all have, though many of us haven't been taught to recognize it. You may experience intuition as gut feeling, a hunch, a knowing, or a snap-shot-like-flash

Everyone has intuitive potential - men and women. It is a natural talent that everyone possesses. It is not something special limited to only a few gifted individuals. As a child, you freely accessed your intuition. Unfortunately, over time you likely received negative feedback from your peers, teachers, or family. You likely began to doubt your intuitive voice and shut down this channel of information. The good news is that with a little patience and practice you can strengthen and hone your intuition to create a valuable guidance system.

The first and most important thing that you can do to develop your intuition is to acknowledge and honor the intuitive messages that you are currently getting. Your intuitive voice is still there, you just need to tune into it. Start paying attention to and trusting those little hunches or gut feelings that you have. If you did nothing more than start honoring your intuitive impulses, you would find a dramatic improvement in your intuitive abilities.

Learning to listen to intuition can help us make wise choices in our relationships and can lead to creative solutions when problems arise.

There are various levels on which we know things.

However, there are certain characteristics which distinguish intuition from other ways of knowing.

They are as follows:

Intuition is non analytic. It is not logical. You know something without knowing how you know it. Some people describe it as having a "gut feeling" about something.

Intuition is effortless. No research is involved. The truth is obvious.

Intuition is subjective. It deals with the interconnections in events. One thing happens and, as a result, something else happens.

Intuition is holistic. The universe works on our behalf. Events are put into place and then other events naturally follow. The universe sends us what we need when we need it.

With knowledge of these four characteristics of intuition, an individual can learn to pay attention and develop intuition to a greater extent.

KNOWING WHEN IT'S RIGHT is about letting intuition be your guide in establishing, maintaining and even letting go of relationships, based on natural intelligence.

One of my favorite teachings of Buddha is: "Some horses need the whip to the bone. Some just need a light tap to respond. And others have learned to fear the shadow of the whip and respond appropriately." I needed the whip to the bone.

How many times have you fallen for someone that you knew instinctively was not good for you? Were you able to stop? Of course not. Later you realize that this person was not right for you, yet you found it difficult to walk away. People come into your life for more than one reason and the biggest reason is for you to learn what works for you and what doesn't. The definition of insanity is: "Doing the same thing over and over again and expecting a different result." The main thing you need to learn is to stop repeating your mistakes. Learn from past mistakes and move forward in life. The whole point of your being here is to learn.

All of my mistakes have led me on the path to where I became a psychic. I receive the messages from the Great Spirit and obey. I have learned the hard way. Instinctual incite and foresight is the job of a psychic. My job is to help you see the pivotal moment in your life and keep you from going in the wrong direction.

Signs that it's time to end a relationship...

- You have a feeling of continuous frustration about the relationship (E.g., your emotional needs are not being met)
- You're finding more reasons to spend time apart
- You're being physically abused
- You're being emotionally abused
- You no longer have strong feelings about your partner but reminisce about the feelings you used to have

- You've changed your core values, beliefs and goals to accommodate your partner in hopes that your relationship will no longer be problematic
- You've made drastic changes in your appearance hoping your partner will find you more attractive
- You have a growing feeling of emptiness
- You've put extreme distance or totally cut off former close relationships you used to have with your other friends and/or family

Here is further information on recognizing: "Does he love me?" this can also be turned around to, "Does she love me?" The answer is really simple and usually your instinct is sending you a signal, which you choose to ignore. As intellectual people we tend to overlook our gut instinct. We focus on what we really want instead of the facts.

He loves me ... He cares about what goes on in my life.

He wants to know how things are going at work, home or school. He listens when I speak. He always asks about my pets. He keeps up with my schedule.

He makes uncertain dates ... He loves me not

He makes open ended plans and then changes or cancels them.

He loves me ... He shares my favorite pastimes

He attends various functions with me happily, even if he hates it, because it's something I want to do. He thinks, "What's 3 hours of punk rock music, if it'll make her happy?"

When I'm sick, he's gone with the wind... He loves me not

The fact that he can't go to the drugstore and get me medicine indicates he doesn't remember all of the things I have done for him, when I didn't have to.

He loves me .. He calls me regularly

He always calls to let me know he's thinking of me. Sometimes he calls just to chat. Not a day goes by without hearing from him.

He ignores the future ... He loves me not

He never mentions our future together. And when I mention a future together, he usually begins to stutter and says that all that is important is this moment we are in now.

He loves me ... He praises me to his family & friends

His family and friends are always telling me something wonderful he had to say about me, my job, my talents, and my loyalty.

He says he wants me all for himself ... He loves me not

He's keeping our relationship a secret. He didn't take me to his brother's wedding. We don't spend any time with his friends. I haven't even met his family and I doubt if they know about me.

He loves me ... He is nice to my family and friends

He may not like them one bit but he is willing to be nice to my family and friends simply because he wants to please me.

Life with him is a roller coaster ride... He loves me not

I never know whether he'll surprise me at my door with wine and caviar or cancel a date at the last minute for no good reason or maybe even not call to cancel.

He loves me ... He continues to romance me

He makes me homemade gifts for no reason. His schedule is really busy but he always makes time for "us". If I had a hard week, he will spend the time giving me a relaxing evening and a long back and foot massage.

He's still putting notches on his bedpost... He loves me not

He wants to continue having relationships with other women. What am I doing with this loser? Where's my self respect?

He loves me ... He says so, in many different ways

The way he/she looks at me anytime...when he's talking to me, when he's listening to me, when no words at all are needed, when I get up to go out of the room for something...just the look in his eyes will sometimes speak greater proportions than those 3 little words best of all, he tells me often just so there is no question.

Guide to Seeing Signs Spiritually

To become adept at manifesting sacred signs of your own, follow these 6 simple steps.

1. Ask for it

Forming a concise statement that includes one inquiry at a time is crucial. The clearer you are in what you ask, the clearer the answer will be. To simplify things, a question that requires a yes or no answer is best, at least until you become skilled at reading signs. For instance, you might say, "Send me a sign that moving to Los Angeles fulfills the highest good for all concerned." Another example would be, "Send me a sign that staying in my relationship fulfills the highest good for all concerned." Conversely, you can phrase the request as, "Send me a sign that leaving my relationship..." You get it!

It's essential to remain neutral about the question - no fair trying to influence the powers that be toward the answer you want! Plus, you'll need to accept the answer you get, which will be aligned with your true destiny.

2. Timing

Also, it's appropriate to set a timeframe for the sign to appear. For instance, you might ask, "Send me a sign within the next 24 hours . . ." And if you have a favorite symbol, you can ask for that symbol to be the sign. You might say, "Send me rose as a sign that I should..." Just remember, it may not be an actual rose that comes your way, but instead a representation of a rose in a photo, postage stamp or lyrics.

3. Watch for it

Spotting a sign takes a high level of awareness. You need to keep your eyes open. Signs can take just about any form. As mentioned above, they can be a song on the radio or an email message. They can come through a person, a show, a dream, or just via something that suddenly catches your attention. Actually, the latter is a common way that signs present themselves. So be on the alert for anything out of the ordinary, especially if you intuitively link the incident or object with your question. Look for synchronistic events as well, like running into your kid's art teacher at the market, just when you were thinking of taking art classes yourself.

Also, when the Sign appears, note your feelings about it, which tell you if the Sign is a green light to "go for it" or a stop sign to "halt and desist" what you're doing or planning. It's also perfectly fine to ask for clarity. If you receive a sign, and you're not sure what it means, ask for another sign to clarify the answer. But what if you don't receive a sign? Actually, not receiving a sign *is* a sign. If you ask if Ben is the right guy for you, and no sign appears, then the answer is no.

4. Believe it

For those unused to being guided in this way, it's common to wonder if the sign that appears is truly a sign. You may also wonder if you have the skill to interpret it. Rest assured that the universe will send you signs that are easily recognizable for *you*. Just try not to rationalize away the sign and its message. Logic, however, can help you analyze and interpret what the sign is telling you. If you mix your intuition with clear-headed analysis, you'll get the message.

5. Act on it

Perhaps the biggest leap of faith is actually acting upon the message. What is the good of asking for a sign if you don't heed its message? Just don't do anything drastic unless you're very sure you're interpreting the message correctly. That takes practice and keen inner awareness. Also, if you get a negative reply, it may be that what you're wanting is appropriate for you, but the timing is off. The future may present another opportunity to go for it.

6. Be thankful for it

One more thing: Be sure to thank the divine for the guidance. Gratitude opens your heart

to attracting positive events, circumstances and people into your life. It will also open the door to more sacred signs from the universe.

So be clear about what you need to know and ask for a sign. Then watch your world for any signs that come though - and be thankful for the guidance. With a little practice, signs will become a natural way for you to communicate with the universe.

How to make the final decision...

This is where I can come in, to analyze the situation and ask the Great Spirit what direction you should take. There are many different steps that I will take you through, so that you come out with a clear picture of your situation and what will most benefit you. Keep an open mind and heart so that you receive the messages from the Great Spirit. I will be there to help you in your pivotal moment.

Relationships should add to your quality of life—not subtract from it.

A psychic reading is available at: www.cherokeebillie.com. Your reading will also present you with a clear road map and a compass of how to get there too! I can be there to help you in your pivotal moment. (866)-563-3997.

There are people who can walk away from you.

When people can walk away from you: let them walk.

I don't want you to try to talk another person into staying with you, loving you, calling you, caring about you, coming to see you, staying attached to you. I mean hang up the phone.

When people can walk away from you let them walk. Your destiny is never tied to anybody that left.

People leave you because they are not joined to you. And if they are not joined to you, you can't make them stay.

Let them go.

And it doesn't mean that they are a bad person it just means that their part in the story is over. And you've got to know when people's part in your story is over so that you don't keep trying to raise the dead. You've got to know when it's dead.

You've got to know when it's over. Let me tell you something. I've got the gift of good-bye. It's the tenth spiritual gift, I believe in good-bye. It's not that I'm hateful, it's that I'm

faithful, and I know whatever God means for me to have He'll give it to me. And if it takes too much sweat I don't need it. Stop begging people to stay.

Let them go!!

If you are holding on to something that doesn't belong to you and was never intended for your life, then you need to.....

LET IT GO!!!

If you are holding on to past hurts and pains

LET IT GO!!!

If someone can't treat you right, love you back, and see your worth.....

LET IT GO!!!

If someone has angered you.

LET IT GO!!!

If you are holding on to some thoughts of evil and revenge.....

LET IT GO!!!

If you are involved in a wrong relationship or addiction.....

LET IT GO!!!

If you are holding on to a job that no longer meets your needs or talents

LET IT GO!!!

If you have a bad attitude.....

LET IT GO!!!

If you keep judging others to make yourself feel better.....

LET IT GO!!!

If you're stuck in the past and God is trying to take you to a new level in Him.....

LET IT GO!!!

If you are struggling with the healing of a broken relationship.....

LET IT GO!!!

If you keep trying to help someone who won't even try to help themselves.....

LET IT GO!!!

If you're feeling depressed and stressed

LET IT GO!!!

If there is a particular situation that you are so used to handling yourself and God is saying "take your hands off of it," then you need to

LET IT GO!!!

Let the past be the past.. Forget the former things. GOD is doing a new thing for 2009!!!

LET IT GO!!!

Get Right or Get Left .. Think about it, and then.

LET IT GO!!!