Secrets Behind Chronic and Mystery Illness and How to Finally Heal

MEDICAL MEDIUM

Anthony William
Foreword by Alejandro Junger, M.D., New York Times best-selling author of Clean

Praise for Medical Medium

“Anthony William is the Edgar Cayce of our time, reading the body with outstanding precision and insight. Anthony identifies the underlying causes of
diseases that often baffle the most astute conventional and alternative health-care practitioners. Anthony’s practical and profound medical advice makes him one of the most powerfully effective healers of the 21st century.”

— Ann Louise Gittleman, New York Times best-selling author of 30 books on health and healing and creator of the highly popular Fat Flush detox and diet plan

“Within the first three minutes of speaking with me, Anthony precisely identified my medical issue! This healer really knows what he’s talking about. Anthony’s abilities as the Medical Medium are unique and fascinating, and his book makes complex diseases that confuse even many doctors easy to understand and address.

Highly recommended.”

— Alejandro Junger, M.D., New York Times best-selling author of Clean and Clean Eats and founder of the immensely popular Clean Program

“Anthony William’s God-given gift for healing is nothing short of miraculous. This landmark book sharing Anthony’s immense knowledge of how to prevent and combat disease will impact the medical community for decades. Don’t wait until this information trickles its way into the mainstream in 5 to 15 years. Buy this book and start getting healthier right now.”

— David James Elliot, Scorpion, Trumbo, Mad Men, and CSI:NY; star for ten years of CBS’s JAG

“Anthony is a seer and a wellness sage. His gift is remarkable. With his guidance I’ve been able to pinpoint and address a health issue that’s been plaguing me for years.”

— Kris Carr, New York Times best-selling author of four health books, including Crazy Sexy Diet and Crazy Sexy Kitchen

“Anthony is not only a warm, compassionate healer, he is also authentic and accurate, with God-given skills. He has been a total blessing in my life.”

— Naomi Campbell, model, actress, activist

“A mesmerizing read, this book provides an entirely fresh perspective on stubborn, seemingly undiagnosable health issues that is mind-blowing. My family and friends have been the recipients of Anthony’s inspired gift of healing, and we’ve benefited more than I can express with rejuvenated physical and mental health.”

— Scott Bakula, star of NCIS: New Orleans, Quantum Leap, and Star Trek: Enterprise

“Whenever Anthony William recommends a natural way of improving your health, it works. I’ve seen this with my daughter, and the improvement was impressive. His approach of using natural ingredients is a more effective way of healing.”

— Martin D. Shafiroff, Managing Director of Barclays Capital; rated #1 Broker in America by WealthManagement.com and #1 Wealth Advisor by Barron’s

“Any quantum physicist will tell you there are things at play in the universe we can’t yet understand. I truly believe Anthony has a handle on them. He has an amazing gift for intuitively tapping into the most effective methods for healing. And his story in this book is fascinating in the best way possible—he makes you see the world and your health in a new light.”
— Caroline Leavitt, *New York Times* best-selling author of ten books, including *Is This Tomorrow*

“As a Hollywood businesswoman, I know value. Some of Anthony’s clients spent over $1 million seeking help for their ‘mystery illness’ until they finally discovered him. With this book, you can access Anthony’s secrets for less than the cost of a single doctor’s visit. The keys to your health that this book provides aren’t merely a great value; they’re priceless.”

— Nanci Chambers, co-star of *JAG*; Hollywood producer and entrepreneur

“I rely on Anthony William for my and my family’s health. Even when doctors are stumped, Anthony always knows what the problem is and the pathway for healing. In this clear, friendly, and compassionate book, Anthony provides the solutions to many of the deeply confounding health challenges of our time.”

— Chelsea Field, co-star of *The Last Boy Scout* and *Andre*

“Anthony William’s invaluable advice on preventing and combating disease is years ahead of what’s available anywhere else. This book is a game-changer that will improve the quality of countless lives. Absolutely everyone should read it.”

— Richard Sollazzo, M.D., New York board-certified oncologist, hematologist, nutritionist, and anti-aging expert and author of *Balance Your Health*

“As a pediatrician, I’ve found Anthony William’s unique insights into women’s health, prenatal care, and children’s health beyond useful. For the sake of both yourself and your kids, keep this groundbreaking book in your home and within ready reach.”

— Diana Lopusny, M.D., F.A.A.P., owner of Preferred Pediatrics, Connecticut

“The first chapter of this book will blow your mind. What follows will show you with surgical precision how to heal your body. This revolutionary and comprehensive book is the most useful health manual you can buy.”

— Aleksandra Phillips, M.D., psychiatrist, Rhode Island and Louisiana

“Anthony William pinpoints what your medical condition is with incredible accuracy and then tells you exactly how to fix it. He will turn your life around.”

— Dick Shepard, D.C., holistic doctor, Seattle
For Indigo, Ruby, and Great Blue

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FOREWORD

How do you know what you know?
Most of the things you know, you’ve learned—from your caregivers, from your friends, at school, in books, and in the streets. These are the things you know that you know.
But inside of you there are other types of knowing. There is, for example, the knowing that you are, that you exist. That you are you. This knowing you are born with.

There is another type of knowing that is hard to talk about, because most people take it for granted. This is the knowing that your body has of how to function. Without you being a cardiologist, your heart knows how to pump blood. Without you being a gastroenterologist, your gut knows how to digest food and absorb it.

Then there is the knowing that comes as a feeling, such as your gut instinct or intuition. This knowing is highly intelligent and kind of magic. It lets you know things without ever having seen or heard of them—and it may save your life. This is the kind of knowledge that people advise you to trust. But where does it come from? And how does it let you know about things? Who decides when this knowing will communicate with you?

As a man of science, I have been taught to the point of indoctrination that I must only trust what I can observe, measure, test, and reproduce. But as a man with a heart, I cannot measure the love I feel for my wife and kids—yet it is more real than any cell I ever studied under a microscope, and so much more important.

From time immemorial there have been accounts of people who have extraordinary abilities—different kinds of knowing with almost miraculous qualities. Savants who know things that computers have difficulty coming up with. Prodigies in every area of the human realm, such as music, art, and sports, to name just a few.

Lately I have become aware of some individuals who communicate with those who have crossed over to the other side. These crossover mediums are sweeping the country with their fascinating messages that people swear could only come from their deceased loved ones. One of my all-time favorite books is Brian Weiss’s *Many Lives, Many Masters*. Dr. Weiss hypnotizes patients, who then regress to past lives and even to spaces in between lives where spiritual masters relay extraordinary messages. These sessions have a profound healing effect on the people who experience them.

And then there are the healers. Men and women—some of them famous—with the ability to make the blind see, the crippled walk, and the sick fully recover. These healers are the ones I am most fascinated with. Maybe a little because of envy. I would love to be given the gift of healing fully with my touch. I would go on a healing spree, starting at the children’s hospitals.

Whenever I hear about anyone with a special healing-related ability, I immediately want to meet them, make them part of my network, experience their gift for myself, refer patients to them, and hopefully learn the ability myself. That is how I got in touch with Anthony William.

A few years ago, I was having abdominal pains daily and went for a sonogram in which we saw a tumor in my liver. A follow-up MRI confirmed it, as well as swollen inguinal lymph nodes. I became alarmed and scheduled a biopsy of one of the lymph nodes, and while waiting for the procedure day, I was given Anthony’s number. I got an appointment fast, and within the first minute of our consultation,
he told me about my liver—and went so far as to correctly predict the biopsy results. More importantly, he prescribed a regimen of supplements and foods that immediately resolved my abdominal pains, which were completely unrelated to my liver tumor (a benign old cyst previously undiscovered).

Since then, I have consulted with Anthony about my wife and kids and always received advice that worked. I have also sent many of my curious and open-minded patients to him and have gotten wonderful feedback from each and every one of them. Where his knowing comes from is for you to interpret. It is my belief that it comes from the same frequency as intuition, just at a stronger volume. In fact, Anthony himself describes it as a voice that speaks into his ear.

When Anthony told me he had written a book, I was jumping with excitement. Finally I could hear from someone with an uncanny healing ability about how this works, about his personal history and experience. And when I read the book I was blown away. It is well-written, sincere, interesting, humble, fascinating. I could not put it down, and I am so happy for you, because you are about to have that same experience. A journey into the mind and soul of a true healer, this is better than space travel.

I hope you enjoy this book as much as I did.

With much love,

Alejandro Junger, M.D.

New York Times best-selling author of Clean, Clean Eats, and Clean Gut

INTRODUCTION

Do you feel confused by the contradictory health information out there and just want one clear guide?

Are you frightened by the rise of diseases such as cancer and seeking tools for prevention?

Do you want to lose weight? To look and feel younger? Have more energy? To help a loved one who’s ailing? To safeguard your family’s well-being?

Have you tried everything, gone everywhere, and your health still isn’t where you want it to be? Do you want reassurance that you haven’t imagined or caused your suffering?

Do you want to feel like yourself again? To regain mental clarity and balance? To gain spiritual support and tap into your soul’s potential?

Do you want to rise up and meet the challenges of the 21st century?

Then this book is for you. You will not find these answers anywhere else.

This book is unlike anything you’ve read. You won’t find citation after citation, references to study after study, because this is fresh, ahead-of-its-time information that comes from the heavens. In places where I mention numbers and other details that sound like statistics—for example, how many people suffer from a given condition—the facts actually come from Spirit, a source I’ll explain more in Chapter 1, “Origins of the Medical Medium.” In those very few instances where Spirit referred me to earthly sources for particular details, you’ll see endnotes. Science has discovered some of what I write about here, and has yet to discover
much of it. Everything I share in these pages comes from a higher authority, the essence of compassion, that wants everyone to heal and live up to their potential.

This book unveils many of Spirit’s most precious medical secrets. It’s the answer for anyone who’s suffering from a chronic condition or a mystery illness that doctors haven’t been able to resolve.

It’s not just a book for people who are sick, though. It’s a book for every person on the planet.

Health trends and fads come and go. When one is popular, it’s hugely persuasive for people’s consciousness. Then the new attraction comes along, the old one fades, and we’re too distracted by the shiny new packaging to realize it contains the same misconceptions all over again. With each decade that goes by, we forget about the medical mistakes of the previous period, and history repeats itself.

Unlike other books in the health industry that repackage the same old theories with catchy new names, the pages that follow contain healing guidance that Spirit is revealing for the first time.

THE QUICKENING

Spirit calls our current era the Quickening. Never before has civilization changed at such a fast pace.

Technology has revolutionized virtually everything about our lives. We live in a period of breathtaking wonder and opportunity.

It’s also an era of danger. By the time we mentally process something that’s just happened, it’s already old news. We’re in such a rush that we always feel the need to be a step ahead. Along with up-to-the-minute information at our fingertips come greater demands, responsibilities—and health pitfalls. Lightning-fast advances sometimes come at the price of unconsidered vulnerabilities.

These changes affect all of humankind—and womankind especially bears the brunt. It’s women who face the greatest expectations in our current day, women whose bodies so often get pushed to the brink. And chronic illness has become such a widespread issue, both for women and for men.

If we don’t interrupt the constant flow of misinformation, if we don’t recognize what our foremothers and forefathers have gone through and redirect our course, then the generations to come will have to endure unnecessary suffering. To keep up with the changing times—to survive—we must learn to adapt. The only way to do that is to protect our health.

The popular approach right now in books about chronic illness is to advise readers to eliminate inflammatory foods from their diets—and that’s as far as it goes. The information out there doesn’t explain what actually causes autoimmune disorders or chronic conditions, or how to rid yourself of the root problems. That is why people stay sick.

But there are genuine explanations for the conditions that leave doctors stumped, and there are powerful methods to deal with the challenges we face in the modern era.

This book is the guide to truly freeing yourself. I’ve written it so you can truly heal—and keep yourself from getting sucked into the trends and fads and mistakes
and half-truths and errors and distractions and deceptions about health and wellness. I’ve written it so we can help today’s children grow into healthy adults.

I’m in no way anti-science. I don’t question that we’re made of atoms, or that the earth is billions of years old, or the value of the scientific method. What I know, and the secrets this book contains, will eventually be recognized by the scientific community.

If you or a loved one is sick, though, do you feel you have 20 or 30 or 50 years to wait for answers? Can you bear to watch your daughter or son grow up to face the same health issues that you have, and the same limits of medicine?

That’s why it’s time this book reached the public—so you can read it now.

HOW TO USE THIS BOOK

You may be reading this book for any number of reasons. Perhaps a doctor has handed you a diagnosis, and you want to know what’s really behind the label. Maybe you have symptoms you don’t know how to name, and you’re searching for answers. Maybe you’re a health-care professional, or the loved one of someone who’s sick, and you want to know the best way to provide care. Or you may have a general interest in optimal health and well-being, and you want to learn how to tap into your best self and your purpose in life.

This book has something for everyone, regardless of what food program, diet, or nutritional belief system you may practice. It’s for anyone who wants access to the most advanced knowledge about healing available.

Here’s how it works: In Part I, “Where It All Begins,” I explain who I am and what I’m all about. You’ll learn about my connection with Spirit and my life’s work of helping people recover from the mystery factors keeping them sick, come back to life, and prevent further health issues. I also discuss mystery illness, and why it’s much more pervasive than anyone realizes.

Validation and knowledge are two of the most powerful tools for recovery, so the chapters in the middle two sections are devoted to explaining the real stories behind dozens of ailments.

Part II, “The Hidden Epidemic,” is all about the Epstein-Barr virus, an overlooked pathogen that’s secretly behind debilitating conditions such as fibromyalgia, chronic fatigue syndrome, multiple sclerosis, rheumatoid arthritis, thyroid disorders, and more. Epstein-Barr’s various strains and stages are plaguing people, especially women, in so many different ways—it’s the mystery illness of mystery illnesses.

Part III, “Secrets Behind Other Mystery Illnesses,” moves on to other health conditions that are widely misunderstood and includes descriptions of their surprising and varied causes. None of this information can wait another moment to reach the hands of the public.

At the end of each chapter in both Parts II and III, you’ll also find targeted healing suggestions, including recommended foods and supplements for specific illnesses. Consult with your doctor or health-care practitioner about supplement dosages.
Then turn to Part IV, “How to Finally Heal,” where I disclose the true secrets to vibrant health. These are the big pieces of the puzzle missing from the health world today. Part IV is about recovery, prevention, and self-realization—so whether your focus is shedding illness, going from good health to great, or tapping into your true self, you’ll find resources here. These resources include tips for optimal digestion, a healing cleanse, hidden ingredients that can hinder your health, insights into the most healing foods on the planet, options for detoxification, and instructions for spiritual techniques like healing the soul through unique meditations and calling upon angels for support.

Throughout the book, you’ll find case histories that tell my clients’ stories of getting back on their feet—sometimes literally—after health and spiritual struggles. While I’ve changed all names and identifying details, the heart of each client’s experience remains. I hope that each case history offers you comfort that you’re not alone, as well as hope for your own bright future.

The word quicken doesn’t just mean “become faster.” It also means “spring to life.” Historically, it referred to the first signs of movement a fetus showed in the womb.

Which is to say, this time of the Quickening isn’t just about life speeding up. It’s also about rebirth.

A new world is emerging. If we’re to keep up—and not fall prey to the dangers that accompany rapid change—we must adapt.

Every word of this book is devoted to helping you with that process.

I’m about getting people better. I’ve helped tens of thousands of people fully recover from what ailed them, stave off further illness, and live vibrant lives, and I want to share this success with the wider world.

You’ll see me use the term “medical communities” often throughout the book. By this I mean the conventional and alternative medical communities, as well as the newer fields of integrative and functional medicine. I don’t take sides with any of them; I also don’t point fingers. The information here is neutral, independent. It’s about practitioners and healers getting ahold of this knowledge, learning how to help more people. It is about you getting ahold of this knowledge and learning how to heal yourself. It is about the truth.

Aren’t we all looking for truth? Truth about our world, the universe? Truth about ourselves? About life? About why we are here? About our purpose?

When we’re sick, we question ourselves. We feel cut off from life, from what we were put on earth to do. We doubt basic truths, like the body’s ability to heal, because we haven’t yet connected to what’s really behind our illnesses. We go from doctor to doctor, medical community to medical community, looking for an answer. We lose faith in life itself.

When we become well, though, doubt melts away. We have energy to devote to our true purpose. We watch ourselves transform, and we believe in the good in life again. We connect to laws of the universe, like that of renewal.

The truth about the world, ourselves, life, purpose—it all comes down to healing.
And the truth about healing is now in your hands.

PART I
WHERE IT ALL BEGINS
CHAPTER 1
Origins of the Medical Medium

In this book, I reveal truths you won’t learn anywhere else. You won’t hear them from your doctor, read them in other books, or find them on the web. These are secrets that have not yet surfaced, and that I’m bringing to light for the first time.

I’m not a physician. I have no medical training. Yet I can tell you things about your health that no one else can. I can give you clarity on chronic and mystery illnesses that doctors often misdiagnose, treat incorrectly, or tag with certain labels even when they don’t truly understand what causes the symptoms.

Since I was a young child, I’ve been helping individuals heal with the insights I’m about to share. Now, it’s time for you to learn these secrets.

It’s how Spirit has told me it’s meant to be.

AN UNEXPECTED GUEST

My story begins when I’m four years old.

As I’m waking up one Sunday morning, I hear an elderly man speaking. His voice is just outside my right ear. It’s very clear.

He says, “I am the Spirit of the Most High. There is no spirit above me but God.”

I’m confused and alarmed. Is someone else in my room? I open my eyes and look around, but don’t see anybody. Maybe someone’s talking or playing a radio outside, I think.

I get up and walk to the window. There are no people—it’s too early in the morning. I have no idea what’s going on, and I’m not sure I want to.

I run downstairs to be with my parents and feel safe. I don’t say anything about the voice. But as the day goes on, a feeling builds up—that I’m being watched.

In the evening I settle into my chair at the dinner table. With me are my parents, my grandparents, and some other family members.

As we’re eating, I suddenly see a strange man standing behind my grandmother. He has gray hair and a gray beard, and is wearing a brown robe. I assume he’s a family friend who’s come to join our meal. Instead of sitting down with us, though, he keeps standing behind my grandmother . . . and looking only at me.

When none of my family reacts to his presence, I slowly realize that I’m the only one who sees him. I look away to see if he’ll disappear. When I look back, he’s still there staring at me. His mouth doesn’t move, but I can hear his voice by my right ear. It’s the same voice I heard when waking up. This time he says, in a calming tone, “I am here for you.”

I stop eating.

“What’s wrong?” my mom asks. “You’re not hungry?”
I don’t answer, just keep looking at the man, who lifts his right arm and waves for me to come over to my grandmother.

Feeling an undeniable instinct to follow his instruction, I climb out of my chair and walk to Grandma.

He takes my hand and puts it on my grandmother’s chest while she’s eating. Grandma backs away with a start. “What are you doing?” she asks. The gray man looks at me. “Say ‘lung cancer.’”

I’m at a loss. I don’t even know what lung cancer means. I try to say it, but it comes out as a mumble. “Do it again,” he tells me. “Lung.”


“Cancer,” I say.

My entire family is staring at me now. I’m still focused on the gray man. “Now say, ‘Grandma has lung cancer.’” “Grandma has lung cancer,” I say.

I hear a fork clatter on the table. The gray man pulls my hand from Grandma and gently places it at my side. Then he turns and starts climbing steps that weren’t there before.

He looks back at me and says, “You will hear from me all the time, but you may never see me again. Not to worry.” He continues climbing until he steps through the ceiling of my house—and now does disappear.

My grandmother stares at me. “Did you say what I thought you said?”

There’s a panic at the table. What just happened doesn’t make sense for a number of reasons—starting with the fact that, as far as we know, Grandma is fine. She hasn’t noticed any problems or seen any doctors.

The next morning I wake up . . . and hear the voice again: “I am the Spirit of the Most High. There is no spirit above me but God.”

Just like the previous morning, I look around but don’t see anyone. From that day on the same thing happens every morning, without fail.

Meanwhile, my grandmother is shaken by what I said to her. Even though she feels fine, she makes an appointment for a general checkup.

A few weeks later she visits her doctor—and a chest X-ray reveals that she has lung cancer.

THE VOICE

As the mysterious visitor continues to greet me every morning, I start to pay attention to what he sounds like.

His crystal-clear voice is somewhere between baritone and tenor—a bit on the low side, but not very low. It has depth and resonance. Even though he’s near my right ear, his speech has the stereo effect of surround sound.

It’s hard to gauge his age. Sometimes he sounds like an exceptionally strong, healthy 80-year-old, matching the gray man I saw at dinner. At other times he sounds thousands of years old.
You might say he has a soothing voice. Yet I can’t get used to his presence. Other mediums sometimes hear inner voices, but mine isn’t internal. It’s a voice directly outside my right ear, as if someone were standing next to me. I can’t will it to go away.

I can physically block it. When I put my hand in front of my ear, I can make the voice sound very faint. As soon as I move my hand away, he’s at full volume again.

I ask him to stop talking to me. At first I’m polite about it. Then I’m not. It doesn’t matter what I say, though. He talks whenever he wants to.

SPIRIT OF THE MOST HIGH

I start calling the voice by name, Spirit of the Most High. Sometimes I call him Spirit for short, or Most High.

By age eight I hear Spirit continually throughout the day. He tells me about the physical health of anyone I encounter.

No matter where I am or what I’m doing, I’m told about the aches, pains, and illnesses of whomever’s nearby, and also what the person needs to do to become better. The relentlessness of this ongoing and intimate information is extremely stressful.

I ask Spirit to stop telling me these things I don’t want to know.

He tells me that he’s trying to teach me as much as possible, and that we can’t spare a moment. When I tell him it’s too demanding, he ignores me.

I learn that I can engage in some conversation with him, though. When I’m old enough to pose some fundamental questions, I ask, “Who are you? What are you? Where did you come from? And why are you here?”

Spirit replies, “First I will tell you what I am not. I am not an angel. And I am not a person. I was never a human being. I am not a ‘spirit guide,’ either. I am a word.”

I blink fast, trying to take this in. All I can think to ask is, “Which word?”

Spirit replies, “Compassion.”

I’m not sure how to respond. But I don’t need to. Spirit keeps talking. “I am literally the living essence of the word compassion. I sit at the fingertip of God.”

“Spirit, I don’t understand. Are you God?”

“No,” the voice replies. “At the fingertip of God sits a word, and that word is compassion. I am that word. A living word. The closest word to God.”

I shake my head. “How can you be just a word?”

“A word is an energy source. Certain words hold great power. God pours light into words such as I and instills us with the breath of life. I am more than a word.”

“Is there anyone else like you?” I ask.

“Yes: Faith. Hope. Joy. Peace. And more. They are all living words, but I sit above all of them, because I am the closest to God.”

“Do these words speak to people, too?”
“Not as I do to you. These words are not heard by the ear. They live in each person’s heart and soul. As do I. Words such as joy and peace do not stand alone in the heart. They require compassion to be complete.”

“Why can’t peace be enough by itself?” I ask. Many times since Spirit entered my life, I’ve wished for peace and quiet.

“Compassion is the understanding of suffering,” Spirit replies. “There is no peace, joy, or hope until those who suffer are understood. Compassion is the soul of these words; without it, they are empty. Compassion fills them with truth, honor, and purpose.

“I am compassion. And no other sits above me but God.”

Trying to make sense of this, I ask, “Then what is God?”

“God is a word. God is love, which is above all other words. God is also more than a word. Because God loves all. God is the most powerful source of existence.

“People can love. But people do not love all others unconditionally. God does.”

It’s too much for me to process. I end the conversation with one personal question: “Do you talk to anyone else?” Because if you do, I’m thinking, I’m going to seek them out so I don’t have to feel so alone.

“The angels and other beings look to me for guidance. I provide all who care to listen with the lessons and wisdom of God,” Spirit says. “But on earth, I speak directly only to you.”

ME AND MY SHADOW

As you might imagine, this is a lot to absorb at age eight.

There are other mediums who’ve had shocking things happen at a young age. None of their experiences quite match mine.

Being able to hear a spirit voice clearly at all times, and freely engage in conversation with it, is extraordinary even among mediums. Even more unusual is for that voice to speak outside my ear, so that it’s an independent source separate from my thoughts. It’s essentially having someone follow me around everywhere—someone who keeps telling me things I really don’t want to hear about the health of everyone around me.

The upside is, I receive health information that’s incredibly accurate—much more so than any other medium alive. Plus I’m regularly informed about my own health, which is a great rarity. Even the most famous mediums in history normally couldn’t read their own conditions.

I’m also given insights into health that are decades ahead of what’s known by medical communities.

A major downside is that I have no privacy. When I’m eight years old, I spend a week building a dam in a stream by my house. Spirit tells me it’s a bad idea, that it will flood the neighbor’s lawn.

“It’ll be fine,” I say.

Then a downpour comes, the stream rises—and it floods the neighbor’s lawn. As the man from the house yells at me, I hear in my ear, “I told you. You didn’t listen to me.” Of course, that just makes the situation worse.
Spirit is constantly watching my every move, and telling me what I should and shouldn’t do. It makes having any kind of normal childhood nearly impossible. That same year I build the dam, I know in great detail about the physical and emotional health of my best friend, the little girl I have a crush on, and even my teacher—who’s struggling through an awful relationship with her boyfriend. I can read every bit of it, and it’s agonizing.

Not one to offer empty comfort, Spirit tells me to expect worse. “Your biggest challenges are yet to come.”

“What do you mean?” I ask.

“Only one or two people per century are given this gift,” he says. “It is not a typical intuitive or psychic ability. It is something that most fail to survive. You will find it almost unbearable not to be able to live like a normal person, never mind a normal teenager.

“Eventually you will see almost nothing but the suffering of others. You will somehow have to find a way of becoming comfortable with that. Otherwise, the chances are you will end your life.”

READING BODIES

Spirit becomes both my best friend and my albatross. I appreciate that he’s training me for a job the higher powers have chosen for me. Still, the stress he puts me under is extraordinary.

One day he tells me to go to a large, beautiful cemetery near my home. “I want you to stand over that grave,” he says, “and figure out how the person died.”

That’s quite a request to make of an eight-year-old.

At this point, though, I’ve been so bombarded with the health information of both friends and strangers that I try to view this as just one more case.

And with Spirit’s help, I’m able to do what he asks.

This adds another dimension to the gift: not only does Spirit verbally inform me of what’s wrong with someone’s health, he also helps me visualize physical scans of the person’s body.

I spend years in different cemeteries performing this exercise with hundreds of corpses. I become so good at it that I can almost instantly sense if someone’s died of heart attack, stroke, cancer, liver disease, car accident, suicide, or murder.

Along with this, Spirit teaches me to look very deeply into the bodies of the living. He promises that once this training is concluded, I’ll be able to scan and read anyone with extreme accuracy.

Whenever I get tired or want to do something more fun, Spirit tells me, “Someday you’ll be performing scans on people that will mean the difference between life and death. You will be able to tell if a person’s lungs are about to collapse, or an artery is about to clot and shut down someone’s heart.”


“You must care,” Spirit responds. “What all of us do here on earth matters. The good works you perform matter to your soul. You must take this responsibility seriously.”

SELF-HEALING
At age nine, while other boys are riding bikes and playing baseball, I’m constantly witnessing disease in the people around me and listening to Spirit tell me what’s needed for them to get better. I’m learning what adults do wrong for their health and exactly what actions they should take to heal . . . but seldom do. At this point I’m so filled with health-related knowledge and training that it’s hard not to start applying it.

One opportunity arises when I get sick myself. Eating out with my family one evening, I ignore Spirit’s usual dietary recommendations and eat a dish that gives me food poisoning. For two weeks, I lie in bed unable to keep anything down. My parents take me to the doctor’s office and even the ER one night when it gets really bad, but the fever and the pain in my gut don’t stop.

Finally Spirit cuts through my delirium and tells me it’s *E. coli*. He gives me a direct order to go to my great-grandfather’s house and pick a box of heirloom pears from his tree. Spirit says I’m to eat nothing but these ripe pears, and I’ll heal.

I do as he says and recover rapidly.

**FIRE HIM, GOD**

At age ten, I try to go over Spirit’s head and deal directly with his boss. I figure I can’t tell God what I want through prayer because Spirit will hear me. So I climb some of the highest trees I can find to get as close to God as possible and carve messages in their trunks.

One of the first messages is, “God, I love Spirit, but it’s time we cut out the middle man.”

This is followed by some frank questions:

“God, why do people have to be sick?”
“God, why can’t *you* fix everybody?”
“God, why do *I* have to help people?”

While these seem to me very reasonable things to ask, I receive no answers.

So I find some even more dangerously tall trees, and I climb to the highest branches in hopes that my recklessness will get God’s attention. This time I carve requests for direct action:

“God, please give me back silence.”
“God, I don’t want to hear Spirit anymore. Make him go away.”

As I carve in the words, “God, let me be free,” I lose my foothold and almost slip off the branch. *Not* that kind of free! I think. I inch my way back down to safety, defeated.

None of these messages makes any difference. Spirit just keeps talking to me. If he’s aware of my attempts to subvert his authority, he’s gracious enough not to mention it. There’s more important work at hand.

**FIRST CLIENTS**

At age 11, I want to do something productive and fun that’ll take my mind off the voice by my ear, so I get a job carrying clubs at a golf course.

My gift is not so easily abandoned, though. While caddying, I can’t help telling golfers about their conditions. I often know about their stiff joints, bad knees, sore hips, hurt ankles, tendonitis, and more before they do.
So I say, “Your swing’s a little off, but that’s not surprising considering your carpal tunnel situation,” or “You’d do better if you dealt with your inflamed left hip.”

They look at me with amazement and ask, “How did you know that?” Then they request advice on how to get better, and I tell them what to eat, what changes to make to their behavior, therapies to try, and so on.

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End of this sample Kindle book.

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