



Imagine a top producing real estate salesperson, single mom, bad relationships with men, unhealthy, self-styled dumb blonde... who awakens to her destiny of healing bodies, minds and souls. Meet Nadine Mercey, high vibrational healer. This is her personal story. Reading it will change yours.

Her mission is raising awareness about the potential in all of us to boost our personal vibration so we can be healthy, in loving relationships, and laughing often and out loud. *lol*

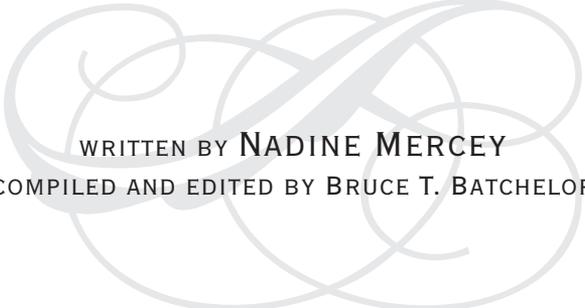
In case you don't know the abbreviations used when sending text messages, I'd better explain that *lol* means *laughing out loud*, which we all really need to do *as often as possible*.

— with love, Nadine

# Deeper Souls, Less Shoes

An Owner's Manual for the Soul

*Overcoming the problems of the everyday soul*



WRITTEN BY **NADINE MERCEY**  
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## DEDICATION

Dedicated to all who want the truth...

The angels are talking to me and say to add this:

“Turn the beat around. We all love to hear percussion.” *lol*

So the music track to this dedication will be ‘Turn the Beat Around’  
with Vicki Sue Robinson singing:

*Know that rhythm carries all the action.*

... also dedicated to all who were part of my puzzle, who helped to  
define my self-worth – thank you for being my teachers.  
May you find peace and happiness and live happily ever after. xo

... and to Eric and Jaxon, you will always be my angel babies.  
Mommy loves you forever. xo



We invite you to visit  
[www.NadineMercey.com](http://www.NadineMercey.com)

*You can download the music tracks for each chapter at my website,  
then get cosy and grab a blanket. Heck, maybe even light a candle.*

:-) *Nadine*

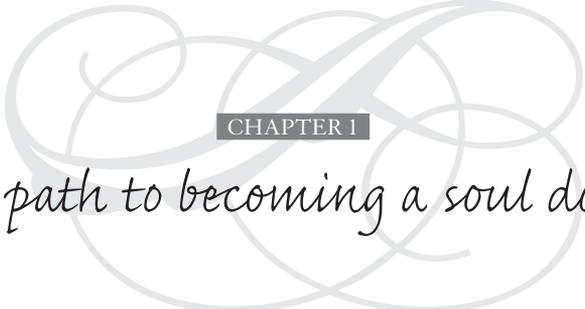
MUSIC TRACK

Listen to Amanda Marshall singing 'Everybody's Got a Story'

*Don't assume everything on the surface*

*is what you see.*

*Dig deep...*



CHAPTER 1

## *The path to becoming a soul doctor*

**N**adine Mercey writes:

In my mind I sometimes see angel footprints to follow along a pathway leading up into the light.... Back in March of 2002, I had a prompt [an angel track] through a friend to keep a written journal to link all the wild events that had been happening for over two years – to connect the dots. Having a record would give insight to my future, although more practically it was to keep me safe and healthy. I recognized the angel prompts telling me I had to take time out of my busy day – my career and single mom-ness – to make the right choices.

It seemed there was no room for error. There was no one I could trust, not lawyers, not family. What was happening was not anything I had ever been taught before by parents or peers. I had to get over my fears. I had to document, to program my body to read the signs in the day, to listen to my inner voice.

It is this inner voice that everyone – I mean everyone – has that they choose sometimes to ignore because they think *there's no more time in my busy day*. If we all stopped to take the time to look at the signs – the answers are *all* there – it will make you stronger, more balanced. Following the angel tracks creates the wealth in your heart.

As long as you are good to yourself and to all those around you, the

Universe will provide for you, protect you, and give you the answers you need. You will also find *meaning*: your true purpose in life.

This is my story, about how I came to be a healer of people's energy, what some call being a medical intuitive, vibrational healer, energy worker, or even a soul doctor.

How I got to where I am is an *awareness* that developed over time – over many years.

Listening well to the people in my life helped me realize that *universal energies* do exist. I was shown how to use innate capabilities to rejuvenate the mind, body and soul through light energy.

By sending the right amount and the right form of energy for each specific person that they require for their mind, body and soul at that given moment, it is possible to *reduce pain* and *increase wellness*.

As we build awareness, this increases vibrations so your brain in turn creates cells to *rejuvenate the body* to reduce pain.

What drives me is the need to help others to see clearly and reduce fear and pain, by building their awareness. I am willing to share and teach others to become even a little more aware, and become healers themselves.

By cleaning our egos, we can cleanse the world one by one.



I believe that *everyone is a prophet*. By this I mean that everyone you meet is there to give you clues about your life's plan. It's up to us to figure out what the clues mean – hundreds of clues every day – and to make sense of the people we meet.

Are we here to help them? They to help me? The answer is that *we are all here to help each other*. What counts is how we rise above how we lived before.



Very few of us are taught to believe in our dreams, or in what we *see*.

“That's just a dream. It's just a thought. It's a coincidence. It's all

in your mind,” we are told by our parents and teachers. We believe those adults until we are challenged to the max where we can’t cope anymore. Then we are forced to go *within* to find and trust our own intuition.

It’s truly amazing to view what is *intuitively known* by children and many women who have a wider perspective or perception of things in life. We need not be blinded to the energy that is all around us. Energy is always constant, it never stops, it just changes as we interact with each other.

I’ve learned so much from my children. Eric, my older son, was very confident in what he could see and sense. Eric’s ability to see our auric fields dramatically taught me that this can be the basis of our protection. We needed to understand these vibrations he sees as glowing colors surrounding a person, and learn how we could change these vibrations around ourselves – and around others if we have their permission. How we interact with this energy keeps us sane, alive, safe and protected. It’s our defense – and our potential. And it is *yours* too. I’m continually amazed how we have linked all the prompts together, and are still learning so much as we move along angel tracks to our life’s destiny.



Because I had a legacy of my parents not believing everything that I saw as a child, it took a while before I could understand the reality, despite having clear signs from my own children.

Over time, my two sons taught me so much and allowed me to realize my power. At age seven, Eric showed me how to talk to angels, and how to believe in myself. The more you believe in yourself, the higher the vibrations you receive to the higher power, and the higher you rise above others and the way you were.

It’s truly amazing walking up and down the streets when you can essentially read the thoughts of others. I say *you* because I believe *anyone* can learn how.

When we can read thoughts of others who aren’t near us, if people can come into our minds and give us thoughts, it’s up to us to interpret

what those thoughts are. Do they help us? Do they benefit us? Are they warning signs? How do we interact? Do we say nothing?

If you and I have the ability to read the thoughts of others as they come in through past lives (because that is a form of energy) or through people still alive in this world, we will all one day be talking the same language. The language will be no written language as we know it – not English or French or Mandarin. It is universal thought.

I feel that this is important for me to tell others – to help others to realize their patterns and how to recognize and make sense of what appears to be coincidence (which I don't believe exists). The angel tracks are there for a reason.

If we have the ability to *read* others, we have the ability to block others. We can change energy. We can stop it, form it, change it, we can move it. We can get into alpha, beta, theta, delta, unconscious, subconscious states of mind. You can go back to release those unconscious files in our minds that are causing blockages in our physical bodies. We can change the patterns, we can open up DNA, we can do so much with our minds to heal ourselves. We can heal others. We can someday have peace.



We have the ability to get and receive what we want from the Universe if we just ask for it. There is no limit to what we can do if it is *for the highest and best interest*. It has to be for the highest and best interest (and nothing else). Otherwise, if it comes out of *ego*, the energy flow just doesn't work.

It's important we understand *ego*. This is a profound lesson for us to learn. A person's ego is the sense of self (and selfishness) that keeps us from feeling *oneness* with all beings and everything else in the Universe. Although ego may seem to be there to help us, I believe ego shelters and protects our innermost fears. If we have fears, we will not move ahead.

Fearfulness is just an emotion. We either fear or love – it's really that simple. If you love yourself and love yourself whole, you can get

through anything. You don't need others to love you, you can love yourself. Of course, it's nice to share that love with others, right?



It is really, *really* important to stay centered and balanced. Your body can feel the vibrations of your unconscious mind. When you clear fear-based thoughts from yourself or others, you can clear (cleanse) your mind of the past, present and future. You can balance yourself and clear the aura and energy around you.

I've learned that you can't control *things*. I've learned to be stronger, centered and more sure of myself. As a busy real estate agent and having that momentum, I came to realize that money is just a flow of energy. What needs to come, you will receive accordingly. (However I should make note that it is okay and I will be able to afford real meat – *lol* – and wear pantyhose in the month of January when the real estate sales are slow in the Canadian cold because it's *supposed* to be slow. And, in case you don't use text messaging, I can explain that *lol* means *laughing out loud*, which we all need to do as often as possible.)



In the summer of 2003, I finally took time out to listen to my body. I felt tired. I believe the angel signs or energy stopped me in my tracks, forcing me to stop and analyze all this. That's when I started hearing the voices and making more detailed notes. I'd been a busy real estate agent for many years – one of the most successful in Canada – so pausing seemed *very* strange.

Somehow I *knew* I would be rewarded if I would listen carefully. At that time, I had many traumatic experiences, strange recurring dreams and sequences of unusual events. I had been unfolding a failed marriage for two-and-a-half years and needed to support myself and two youngsters. Our situation would become tense, with some very unsavory characters, and there would be challenges aplenty. Yet I would take a big leap of faith into a new career and lifestyle path. Looking

back now, with new awareness, I realize that most of this was preordained – decided before my birth.



It is incredible how many people have been linked into my journey. All the people who have been attached to this story or sequence of events, everyone has climbed up the ladder. Everyone has gained in their own strength – from *source energy from within*. From their more enlightened positions, these people are paying it forward to those who need help and encouragement along the way.

People are believing in the energy from their experiences. It seems the only way people do believe in their awakening is to *experience* in themselves the *feelings*. And the only way we truly *know* is when we talk about it – understanding our intuition and sharing our gifts, with one another. We do need to get the word out. We do need to talk more and more. The more we talk, the more we are open to honesty. The more honest we are, the more love there is in this world. And less fear....



The love and the peace will conquer the evil. There is true evil. It walks everywhere. We don't understand it. It could be our neighbor next door.

Consider a single thought that is transferred from one person to another, out of ego, fueled by their own fears. That process creates so much turmoil in this world. But we do have the power to come together to battle evil, to battle the injustice that is put upon people for greed – because greed comes out of ego.



As children grow up, family members battle for energy every day, consciously and unconsciously. Your parents, your mother, your father, your siblings. How we battle with that energy and how we receive ac-

ceptance from our peers determines who we are in the future, who we become as adults and how we make our day-to-day decisions.

Similar vibrations attract, like fridge magnets moving to stick together. So the 20% of us who grew up in fearful situations, we are attracted into new relationships which actually *increase* our fears.

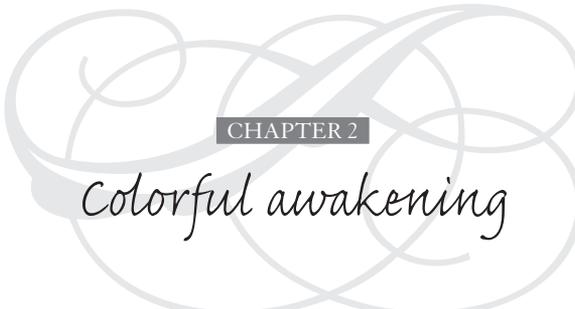
When those fears become abusive, it's time to leave or change the relationship in major ways. In some aspects, mental abuse can be more cruel than physical violence, since it is out of sight. In my marriage, as my psychic awareness was opening, I came to understand my ex was fearful in himself from desperately low self-love and self-worth. When I finally questioned his control, the communication ended between us. Fortunately, for the most part I didn't focus on the bad. Instead, somewhat strangely perhaps, I saw *good*. I discovered my own self-worth. My love for myself grew. My true personality got bigger and happier as the good came out in me. I was now awake and could breathe, and more good energy flowed.

MUSIC TRACK

Imagine Robbie Robertson's 'Somewhere Down the Crazy River'

*I don't know,  
the wind just kind of  
pushed me this way.*

A classic! I had one request on my wedding day: play this song as I was getting ready. Now I know why – I didn't know then.



CHAPTER 2

*Colorful awakening*

This was how my awakening first started; there were no ordinary moments....

In the late 1990s, people often remarked that I was *lucky* being in the top 3 percent in Canada for Royal LePage Realty. I worked at real estate with ease, the flow just came without trying. My appearance of happiness and fulfillment at the time masked an intense fear of my husband. I discovered tremendous pain, with severe distension of my belly. Doctors labeled it hypertension, then multiple sclerosis. Every tube possible was jammed down my throat, MRI tests, in and out of hospital emergency rooms. No doctors had the answer. Not even the naturopathic doctors.

I was mom of two young children, with a husband who traveled so he was virtually absent. Number one real estate agent in my city, many people relied on me. I didn't have time to be sick physically *or* mentally.

The earliest recurring dreams I could remember since being a little girl became more frequent and got louder, stronger and reached a climax that spooked me to the point of tears. Finally, in September of

1999 at the age of 35, I told someone. The next day at work I discovered one dream – involving a haunted house – playing out in real life. Desperate for answers, I called my friend I had known since I was five years old, pleading for validation that I wasn't going crazy.

She said, "Congratulations, you are finally waking up like the rest of us," and gave me a person's name to call.

But I denied wanting to know the rest and went back to my same routine.

Try as I might to ignore this, the weirdness just grew. I felt tapplings on my shoulders, sensed there was someone in my house in the evening, the voices and sound were getting louder. My husband was out of town. Had my father search our house – there were no foot prints outside in the snow.

I spent time alone, found myself crying a lot and didn't know why. Went to see a therapist and finally realized what I always knew on a subconscious level to be true: *I was living in an emotionally abusive relationship*. Leave now, I was told. There's no hope; the only hope is to save your children before your husband turns your children on you.

*Wake up!* I was being pushed by the Universe pretty hard.

My son Eric, who was 7 at the time, said, "Mommy, you're green today."

I said, "What color normally am I?"

He said, "Red."

I didn't know what this meant. I couldn't google information back then, so I went to a bookstore to flip through some books until I discovered he saw *auras*.



Eric drew pictures of people's faces with the auras, and told me what he understood. Friends were shocked at his level of awareness.

"Eric, how old will I be next month, if you're so smart," a friend of mine said.

"That's easy," he replied. "Just add up the ages of me, my brother and step-sister on May 28 of this year – that's how old you will be."

Wow! From that point on, I knew he would be my teacher. What I

didn't realize nine years ago was that this would be the beginning for my new career in the next stage of my life.



Eric taught me how to play with my energy to make it change. I learned what the feeling was like when you changed and what color it represented to him. Eric taught me to be crisp and clear – it was only a matter of my state of mind.

The doctors didn't have answers. Eric and I did. I was able to clear my immediate physical sickness and thought *if I could do this for me, I could do it for others.*

All of our understanding to this point had just appeared in our heads. I hadn't taken a course or read a book on this knowledge yet.



Still selling real estate, our secretaries would comment that *your crazy client* or sick client is constantly calling. "You always get the tough ones," they'd say.

I just thought I had the time and patience for them – more affirmation I ignored.

Until people with ailments would comment: "I had a headache and now it's gone."

Those affirmations I didn't ignore. I knew I had something. I started believing....

When you believe you get more. And you only get what you believe.

Waves of new energy, more dreams, this time new voices came. The bathroom shower became my center where information would come while I zoned out under a warm waterfall. My eyes were closed and the water drowned out any external noise.

So much was happening I didn't know if I was coming or going.

Hiding like a hermit, I was comfortable to stay put Friday and Saturday nights on the couch since I figured I couldn't handle any

more drama that came my way. I was too sensitive to other people's emotions.

My healthy income slid dramatically to the point of losing my home.

Still, no matter what, I now had a sense that I would be looked after always and wasn't afraid of change for the first time. I knew the Universe would provide for me as it has over and over just when I needed it. Something would come – the best lesson at that time was learning to surrender.



Protected: a new client found me and I began learning about selling commercial real estate. In fact this client was one of Canada's most secure private families, who purchased the largest parcel of land that anyone had sold in the history of Muskoka. With deals of this scale, I only needed two clients! The Universe provided for me abundance of wealth and time to nurture my hidden talents. I could locate and successfully purchase properties that provided large gains for my clients without leaving my home in the comfort of my jammies. For me, intuition and my new Internet connection worked hand in hand.

This position worked for a while until my energy changed again and the computers and cell phones would constantly break down. I surrendered again to the next level of my journey.



It's okay that one person's awareness is different from the next. We shouldn't judge what is right for them. It isn't right for you to interfere – those are *their* lessons. The information I have gathered from other people is mostly *not* to tell them, it is for me to learn by their thoughts and actions. If I need to tell them, I will get that instruction from *inside* and will understand that message before giving them the information. That is something I had to learn with patience over the past months: what to say and what not to say. Most of all, we cannot say anything unless it's for the *highest and best interest*. If I divulge for other motivation,

I will have a setback. I believe my powers or energy will be taken from me. Plus I will not benefit that other person because their lesson will need to be repeated and repeated until that person learns it.

Angels don't wear wrist watches. They don't tell time. They will patiently repeat the lesson over and over, through hundreds of years and dozens of incarnations if necessary. They will give you the signs, they will send you the people, they will bring the information you need to know until you get it right. Learning the repeated lesson will help you get out of fear, one step forward and upward. Fear is what wears us down, that's what makes us sick. The negative energy, that is what gives us the cancer, right down to a cell level in the physical body. The stress creates free radicals which cause inflammation, which leads to disease. That's the energy that stops us from thinking properly. Unblocking the unconscious fears from our minds can make us pure and healthy.

We can choose positive words that can increase the vibration in our bodies, that make us strong through power instead of force. We are then sending signals to the brain. The brain, in turn, can send signals to our cells in our physical bodies to change the genes in our DNA. We all agree that if we learned a behavior pattern we can unlearn it. There is so much the mind can do to heal the physical body.



You might call it intuition or *gut feelings* – whatever term works for you is okay. You can make it stronger. Our eyes catch on some word-ing seemingly at random. Or, our fingers will point to a button to push for the next song on the radio. The words in the song at that particular time may seem without particular meaning. Yet there are continual signs for all of us. We learn along the way, we learn to analyze little bits and pieces that might not seem significant at that time. What this process truly does is test yourself, test your intuition. Soon you're beginning to understand and appreciate the signs that are given to you. You're learning between a yes and a no. You can teach your body a certain twitch or to create goosebumps to give you the answers to the truth; pain in your jaw if the answer is wrong, a headache or a stomach

ache. These are all signs that our intuition will give our body to help us understand as situations are given to us.

I've asked myself to give me signs about what I need to focus on, and asked my mind to store for the future what I need to remember in a mental file – things that I'll be needing to make sense of. So when I ask my mind what is it that I need to know in the future, I am asking myself to give me the signs as I need them.

That might sound complicated, but it isn't. My mind will trigger and go *very clearly* through a list or history of past events that gives me affirmation to an answer that is forming in my mind. I then feel a warmth and good vibration to make the move that is right for me. Over time, I have learned to trust myself. If I am wrong (going against my intuition or signs), the angels will test me, they will challenge me. In the end I will know the answer and move forward in a positive way.



In time, you will *know* when someone is lying. You will know their motive and why it is they are lying. You will know if they are real, if they are true – in your mind. *Inside.*

I've learned to listen to the voices. Some of us can read colors to understand the truth; these people can measure and understand aura colors. Some people can actually see a vision in their mind, like a movie clip or a blurred photograph. Some people can measure the energy, but strangely many don't understand whether the energy needs to be changed or not, or how to do this.

It is interesting how I have met so many energy-aware people. Interesting, I guess, but not surprising, since we are all linked to learn from each other at this level. We can meet on the street and carry on conversations speaking the same language, where others would find us very *different* and wouldn't understand a thing we are saying. When you're ready and the time is right, you'll meet people who walk into your life in the strangest places and those strangers can be the ones who are most perceptive to your needs and life journey.

At a real estate party nine years ago a man starting swinging a pendulum and following me around. I knew it wasn't my skirt or the hair.

He was measuring energy – there was something about me that he could tell was very different. Neil was and is a talented energy worker. At the time he told me he had never met anyone with a velocity level as high as mine.

“What is a *velocity level*?” I thought. “And what kind of crazy person is this?”

I knew I *knew things* but wasn’t too clued in back then. Neil affirmed to me just how special this meeting was. We began discussing information, and he studied my intuition. I was intrigued about how he could measure what I was seeing or feeling. Neil taught me to believe in myself to help others. Over the coming months and years, we most often agreed but had our disagreements too. Yet always we worked it through and learned a lot. We understood these chance meetings were opportunities to learn so that we may help people for the bigger picture.

People come into our lives for many reasons. It’s up to us to figure that reason out and use the opportunity and lesson. They come into our lives – just when we need them.

MUSIC TRACK

Hear Black Crowes playing 'She Talks to Angels'

*Says she talks to angels*

*Says they call her out by name*

This is a song about a person who talks to angels to ease the pain.



CHAPTER 3

## Angel talk

Of course, some angel signs are not at all cryptic. They can be as in-your-face as this email I got in February of 2003 from a friend who said it just came into her head as she was typing:

*Nadine. the bigger picture is coming together. be patient and believe. believe in yourself and what you know. this is all meant to be and will sort itself out. the best and highest interest in all will be met.*



A few weeks later on 03/03/03 (March 3, 2003), these next words came into my mind – *angel talk* I call it – and I wrote them down automatically, without paying attention. When the dictation was over, I could read the message and try to understand.

*What will happen will happen, you can't control it. You can just make the right choices to make your life a little bit easier – wouldn't it be nice to get through life a little bit easier? We all have blueprints for our lives. We came here for a reason.*

*What is about to happen sometimes it's not your fault. You are part of the puzzle to help other people learn their lessons. With your patience in helping others learn, you get rewarded by the Universe.*

*You will be rewarded because of your patience – you are blessed, you are guided and protected. Everything will be just fine. Thank you for your patience.*

*You are loved and through this you are rewarded. Tell your truth. Sit back, things will come to you. You are rewarded now for your patience and honesty.*

*So many love you for this. You have taught others well and will continue to teach. Love will come to you now and always. Congratulations. Your boys will be fine. They know they are loved. Fun times ahead. God bless...*

*We need clear thoughts for others. Keen insight and interpretation will be needed. Speak little. Observe a lot. The takers will challenge you. New challenges after the storm. Rise above the mess. You will do that well. You will shine when it's all over.*

I didn't totally understand the message, but it felt positive and truthful.



March 13 03, more angel talk sent to me through a friend—

*Sit tight. Take care and watch. There are many events taking place that you are not consciously aware of, nor should you be. Your state of mind is fine. Take things one step at a time. Do not put pressure on yourself to get things done. Be patient and listen to your inner voice. It will never lead you astray. Your instincts are all true. Your body is depleting the crap that has been sent to you by the other. And sending it back to where it came from. You are safe from harm. Boys are safe. Yes. Watching – dark people – protection daily.*

*The storm is upon you. Continue, watch and listen. You are doing well. Keep the frame of mind you are in. It will keep you in good stead. Cheers and clapping. You have learned so much and hence come so far. Keep up the great work. Experience the feelings and remember them so you can help others. You have done well and you will be protected and taken care of. All things are falling into place as they are suppose to be.*



The angel talk on July 4/03 seemed as if it was a poem or lyrics for a song, so I wrote it out that way, as the voice spoke or half-chanted it. Some of it seemed profound, some so cryptic and bizarre.

*you're the one who has it all. crystal ball,  
you will never fall from here on end take the time  
to spend time with the boys and your toys to come at a later date  
what you have to know you will  
glow and bask in the light. it is in sight.*

*the spirit will flow  
there are plans to show of your future so bright  
you'll be high as a kite  
no time to waste and live to embrace the past so rare a gem you compose.*

*the level of trust is a must  
to have a friend to the end  
will create a vow so rich to plow  
the fields of love from up above  
like a dove white and pure  
the music tells all that is for sure  
be aware of the riches for the takers  
witches, will snap, crackle and pop  
when you reach the top  
pure as snow, you are good to go  
tell your truth, you have all the couth  
sweet as a flower, wow, she has the power  
tough as nails. surfs up*

*tell your truth, the hard part to follow  
for the parents the events are hard to swallow  
from up above you are watched dear one  
no longer apart, yet closer to the sun  
time will follow relationship to start  
no longer will you be apart  
time is given a space to heal*

*surreal, so right, so long greed and pain  
tomorrow to gain the love you have been given  
inside that counts.*

*tension high for those who fly,  
pain and suffering to take place  
we are the ones with grace  
to take you three to the next phase of life  
step right on up to the clouds up above  
a place to rest in peace from those who seek greed....*

Wow, the angels can rhyme, too, I was thinking. This took quite a while to write out.

*delay no more the future to unfold  
be wary it is scary the path  
that has taken mistake have been give a way of sinnin'  
delay no more upon the heaven's door a knock complete*

*a land that has been forgotten who teach the living to breathe  
the strength of God will come back  
into play money and greed have no way of survival at this time  
what is yours is mine, he will take it away from those who play  
with fire and lightning will be our display  
tell your truth, it will set you free. believe!*



More angel writing in my journal, dated Jan 30 04—

Note the prediction about my international travel to provide energy healing to celebrities.

*We have abilities to enter into higher states of consciousness. We need to raise the level of awareness in some matter. We need to make an attempt to understand the overall universal plan.*

*Spiritual glory is available to the dreamers through understanding and learning.*

*The day is here for those who fear the light. Speak the truth that is all you need.*

*Listen to the crazy people – they tell the TRUTH. They are not afraid by the obstructions of the mind. Children fear nothing of us. They hold the truth. They hold secrets if you don't believe.*

*The balance of intellect and intuition will be your job, Ms Mercey. Travel around the world with work soon to help the famous.*

*Your thoughts and your dreams, your hopes and wishes are yours for now but will belong to others soon. The path has been cut for you. Congratulations, you have made it this far and have won the battle through patience. The key to success is to listen and watch well. You will be rewarded. Keep it all to yourself.*

*Your dreams of lightning are a form of spiritual enlightenment – a sudden realization of your personal truth. Something has struck us before. The holy spirit is discharging the tension. Something will happen to change your circumstances.*



New automatic writing, dictated on July 3 04—

I wasn't understanding all the advice, but certainly was trying to!

*Respect others, continue to work, work to flourish and others to follow.*

*Believe in yourself, behave yourself, nirvana in order!*

*The moment you breathe and relax, the moment universal things tend to take place, a natural progression to produce. It's good vs. evil. Evil is as evil does. Not your concern. Transpire to breathe the outline of your contract. Snap out of it!*

[Now, this is imperative... lol ... I was getting in trouble.]

*Believe, breathe and release.*

[This was a commonly repeated phrase when I needed to get back on the path of least resistance... lol]

*Strength comes within and from nowhere else. Believe.*

*Satisfy yourself first. The others will follow.*

*The best you can do is discover NEW ways to help people with the gifts and talents you have. Channel with purity your thoughts and wishes towards your loved ones.*

*No need to listen to the Takers. Only jealous souls gone lost. Pasture of green grass in the works for you to run naked. For certain!*

[Hhhmmm...]



Angel writing on July 5 04—

*Just believe in yourself, Ms Mercy. It's not enough to complete the deal, you must heed patience. No time is required.*

*Delay the word that has been spoken. Not yet to speak. Freeze, please.*

*Never cross your legs, Ms Mercy. It stops us from breathing. We like to breathe! [what??? lol – what are they saying?]*

*We have found in you a place to comfort those who struggle. How sweet it is to guide with trust. Our message will be delivered to those who need it. Because of this you are rewarded and respected for life. Blessed at the helm. What an angel inside. We know you are tired.*

*Scared are those who fear what they have lost. Surrender those thoughts – that is a must! Be careful of greed, no longer the seed to happiness will it work. The devil will darn a needle with a dragon fly to capture the thoughts and distinguish the lust of betrayal at large. [Wow, some of these angels use pretty flowery images!]*



Angel writing on July 6 04—

*Timing is everything: remember the ones you love first, second thoughts of those you miss, thirdly remember those who fought in the war for you. Life is a war at times.*

*Calculated energy in the works for you – believe! You are blessed by many, many angels working against the clock to fix things in your path. Everything in your path that you see and believe, wish to make it happen.*



Angel writing on July 23 04, some of it micro-directing my life, other portions downright bizarre, with some strange humor—

*Document everything from here on in. Challenges lie ahead. From up above you have been rewarded with stars and stripes, oh gifted one of the Nile.*

[Those who see the energy say they see in me Isis love goddess images from Egypt. The golden ball above my head, the pharaoh imagery, the triangle images of the pyramids. What about the shoes? I could go for some golden sandals!]

*Government bonds not required. 1. promissory notes, and 2. binding cords. Submission to a greater force, of being bound. Changing conflict into law, and order of the chaos into cosmic order. The silver cord. The Universe expired the entries. [wha? lol]*

*The divine princess of the Nile, the roof, the roof is on fire. Breathe and release. Have faith, discover yourself, the new self, full of confidence and conviction, full of love, faith and hope and desire.*

*Return to your soul, Ms Mercey, deliverance from evil required. Choose wisely the truth or deliverance. Deliverance is the form of function. Truth equals believe in yourself amongst others. Patterns to be repeated if you are not careful. Choose wisely or deceit will uphold you. Choose wisely: a match made in heaven not yours yet. Transformation upholds you. Believe in yourself and not others' deliverance... [dunno... wha?? lol... who's talking here? I get the message... okay... okay... the current boyfriend isn't going to last.]*



More dreams and visions. My body was tired. Images of broken glass. Dream interpretations say broken glass foretells loss or damage, changes, break away from the past, shattered idealism of hope and faith, barrier between life and the life hereafter, breaking through barriers, shattering emotions that keep us trapped and moving into clarity to build.

Was I getting the nightmares from my angels now?

*Be prepared to document more notes. Transpire your interest at heart. Double standards here don't work with us. You will be taken care of despite your paths crossing. Spend more time with your boys first before play. Challenges lie ahead for the Master of the Universe had decided fate. Here are the stands. Thou shall not steal, thou shall not beg, thou shall not lie,*

*thou shall not keep loved ones at bay. Thou shall not call thy neighbor's wife a tramp. [What? I would never say that. Who were they talking about?] Crisscross the paths no more. Adventures await you. Sweet, your talents have been brought together in peace and harmony. [Whew. They were talking about someone else, they just said. Seems the angels were multitasking and have a sense of humor.]*



During 2004 I started getting more energy, larger words to string together, and more personal advice.

*Benevolent heart, he oscillates his job to work with you. Emanate your dreams. Reverence is necessary, otherwise you will go backwards.*

*Nirvana is in order.*

[lol... I'm blonde and didn't get great grades in English. Dunno???

What's *Nirvana*? I had to go to the dictionary... These terms and words made sense just at the right time. They had meaning once I looked them up. Or, I thought, should I ask the angel dictionary! This is what they immediately said in my mind:]

*Reverence is necessary for you, MS MERCEY [as they often called me]. Otherwise you will go backwards, back to the drawing board. Teach them that reverence for the truth is required. Tell your truth.*

[What do you want? I asked.]

*Let it go, then believe. You will be guided.*



On July 23 04, these words came through—

*We can afford to let go of the flow of what is happening, Ms Mercey. Recognition of the potential for emotional confusion out of which can come clarity. 'Your changing consciousness' is happening. Have silence when things are uneasy and expectancy is waiting for something to happen. This is soon to be a time of chaos and difficulty. Help to create new beginnings. Follow this period before fresh growth. Octagon powers have ignited to the highest level for you to exceed the changes amongst you. Deliverance from evil is necessary. Control patterns are over.*

[Where did this information come from? Who exactly was talking to me??? Dunno. Octagon powers? I went to the dictionary and wikipedia....]

From then on, I trusted my inner voices to give me clues and messages. I was forced to pay attention to the little details.

At a party, for fun my close friends would say give us a 'big' 'R' word that you don't know. They tested me in front of people I didn't know. Another parlor trick. Without thinking I could give a long word beginning with the letter R that was appropriate and fitting. They were in hysterics with disbelief. Uneducated blonde saying smarty-pants words. Dunno where these words came from – I'd never said them before in my life. *lol*

This was becoming fun....



By 2005 I was receiving medical terminology from my intuitive voices. I had to buy medical books to understand what *platelets* meant. I could visualize the human body cell and hear through angel messages that the diagnosed schizophrenic client was low in histamines in her cells. I began to document the energy.

I wanted more information, but was my physical body ready to receive it? Some nights I would wake up to a strange vibration in my body that shook so much I felt as if I should call a doctor. My inner voice told me to wait it out, that through my power of intent I was ready to learn more. My physical body felt as if I was getting an electrical upgrade right in the middle of my sleep. Do you have to shut down the mind to surrender to receive this energy? Why was it always in the middle of the night?

Soon I began to recognize this concept and welcomed it with open arms. The involuntary pulses were amazing. Could my physical body handle more?

Also in 2005 I began receiving plans and charts as I was truly focused and could keep with the plan that was given to me at that time.

On April 11 05, this message came to mind—

*We are about to give you gifts because you can handle anything now. What a gift. What do you want to see? You will see spirit with all the other collective gifts.*

On Apr 18 05, my angel writing presented me with these instructions:

*Step 1: act out the process in play*

*Step 2: contemplate life in a different manner, not what you know, but what you believe*

*Step 3: say things that are on your mind often and as often as you want*

*Step 4: act on those impulses you have been given*

*Step 5: freedom at last.*

Ten days later, on April 21 2005 – lol – they were asking me to look up the tenth commandment [I'd not read the Bible before]. But before I did, they added this cryptic message:

*Weapons of mass destruction ahead of you. Thou shall not steal, may peace be with you. Sad times ahead. Remembrance Day.*

I'm confused about the weapons references. I don't follow politics. The messages were getting louder about peace in the world. *And your work is needed.*

Commandment number ten: "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's."



At the end of May '05, the angel voices in my head were again very insistent—

*No time to spare today, Ms Mercey. Get things done. You are higher. Archangel prophecies are coming straight at you. Gabrielle, higher than Michael. Coming from divine. Now and forever protected.*

*Congrats, smart girl. You have figured it out. Puzzle pieces in place for so many!!! No concerns. You are blessed.*

[Despite all this, I still am human and had some fears....]

*To achieve success you must be patient. To avoid failure you need valor. Climb above the rest and don't look back or you will be challenged for a long time. Your challenges are over.*

*Behave yourself. Smile and be gracious when people, old friends come to call. They will marvel at your talents, be kind. Your talents will be hidden from them now. Believers. Word to get out. Redemption.*

[Wonder why archangels don't speak in simple sentences so I can understand them better? Why the riddles?]



In early November of '05, I made these journal notes:

Need to prepare for the next stage in my life.

Need to get away from the past ideas or difficulties.

An angel voice said: *Looking for security before we give you the next piece of the puzzle.*

More dreams: often the swimming pool. I looked up dream meanings on the Internet about being immersed in water: attempting to find inner self which does not need to be affected by external circumstances; attempting to clarify situations and to cleanse ourselves of ideas, attitudes and suggestions by others; transformation and rebirth is apparent.

I would also get interpretations that my spiritual energy was being used up when moving to my next goal. I learned I could rely on it too much as a crutch.

From my dreams I could sense that Divine intervention or interference from another authoritative source was playing havoc at a time when I needed much focus.

Most of the time I would listen to the dreams. Sometimes I chose to ignore them – to my detriment in the end. To learn... to believe and to have faith.

*More needle. Less haystack*

*More diamond. Less rough.*

[Now the angels were being clever.]

We have set ourselves external targets. In achieving those targets we may also recognize either short or long term [*both*, they said] that we may need to adjust in some way. I was making terrific inroads to obtaining my targets. Life itself is a school, a testing ground for reality where we are learning to deal with our personalities. Attempting to get rid of old, we are all looking for guidance. We are all teachers.

MUSIC TRACK

Sing along to The Eagles at 'Hotel California'

I did receive snatches of these lyrics in an automatic angel writing. I'd never liked this song and would walk off a dance floor if I heard it. Now, I get the lyrics. If you ask others, you'll have 1,000 different interpretations. It's about the spirit world. Once you go there—

*you can never leave*

*There were voices down the corridor.*

It's about the materialist world vs the spirit world.

*They wake you up in the middle of the night*

*Just to hear them say...*

*'Relax,' said the night man, 'We are programmed to receive.'*



CHAPTER 4

## *Tracking the angel tracks further*

**A**pril 11 07, angel writing in my journal—

*The beginning of everything. Time ago you were a shepherd in our fields, designed to plow and reap. Reap the benefits now, Ms Mercey, you listen to us well. Throwing in the towel won't take place until you fully release your passions of wealth with real estate. He believes in you wholeheartedly – receive the knowledge and frame it for all to see. Thou shall have faith in the unknown, believe. Tried, tested and true, feel the network, feel the grace of love you have cast on most. Given and designed to perfection from up above. The holy ghost strives for the most in you. We will receive your kindness and love and place it for those who need it the most. The child speaks well of you soon.*

*'Livin' it up at the Hotel California, it's a lovely place, you can find it here... Mirrors on the doorway, drink champagne on ice, we haven't had prisoners here since 1959.' Watch, wait and see.*

[Note: within months I did quit selling real estate. I got to California in January '08.]

*Deal or no deal – doesn't matter, you have met your match. Perfection. Idealism, transition, conversation to the max between the two of you. Decisions to be made between lager and ale.*

*The holy ghost has risen to deal with the path ahead for the two of you. Favors your windfall. Favors your outlook on life in the end. The end is near. Tip toe through the tulips. Trumpets playing to a different frequency. Night owl approacheth. Night owl creeps into your room. Heartache at best. Best left things unsaid...*

*... 'nuff said.*

[Note: I ended that relationship – with a man I nicknamed Prince Harming – six months later.]



July '07, angel writing—

Teach me well.

*You deserve a break. Hawaii? Is good news. Keeping it real. Keeping it light. California dreaming.*

[Note: 6 months later was my first time in California. Seven months later I was in Hawaii.]



10 July 07, angel writings—

*The joke will be you and how you deal with society. Keep it light and funny... Maxed out for a reason to stop you in your tracks to mark spiritual healing, one way ticket to ride. Believe. Homing in on you as we speak. Filling in the blanks. Can't make ends meet is the fear of survival. Switch off the supersonic blades for real estate. No more funding for that is the key. Cut off all ties to the day with the calendar year. Year of the jovial one no more. Priceless you are to us.*

[Note: the calls stopped. No one was calling to buy or sell homes through me. I had been top 3% in Canada for sales, then suddenly the

deals went dry. Guess it was pretty obvious that I'd better focus on energy work as my next source of income.]



13 July 07, angel writings—

The angels speak their mind accordingly if you ask appropriately. Here I'm asking about current man-in-my-life, Prince Harming. He also has psychic abilities and can *talk* to me telepathically.

*No reconciliation required for the night has fallen. The love loss is surmountable for him. Based his decisions on others' ego speak, to dethrown the king. Out of context. Out of the Nile. Region is Toronto for the time being. Transition starting accordingly. Moving on to bigger and brighter things. Release me and I shall have wings. Post card in the way. Steeple chase. Hotel California. Wasted day and night.*

[Prince Harming is intruding into my thoughts:] *My mind isn't made up about you and I. My mind is all over the place. Need you in my life to sort out my wishes and desires. Wishes leave you and I broke. Desires leave me lonely at the helm. Steering wheel ain't what it used to be. Please forgive me. Nauseous at the thought of losing my baby.*

*Angels say, Go! Angels say, never let your guard down with this man. Angels cry for your soul so you don't have to. Angels say, move in nocturnal directions no more. Angels speak their minds where he is concerned. No use crying over spilt milk. Angels need never to leave you lonely. You are the most thoughtful individual that shall be taken care of. Make the grade.*

*Work to be on the cusp of survival: nurture your soul and you will have it all. All is near. Believe. The outcast will fall. The never-ending saga of truth vs. political battle will travel in other cases. The bonus is in the mail. To each his own. To you, you will have faith that everything works out as it should, forecast is bright. Carpet rides the beach, beach takes it to a new level. [Wow.] Hold tight, bumpy ride. Bump in the middle of the highway. [Whoops, I forgot my toothbrush.] No use crying over spilt milk. Wake up and it's gone. Be careful not to put faith in the outcast until he comes clean as you have asked for. Dry your eyes, the worst is over. Pitfall*

*is the calculated one. Gold ahead, nurture your soul and pace yourself accordingly. Sprucely road, phoney baloney no more.*

*Love your angelic realm of the king's gate. Have faith in what you know. Proud pappa. Nurture your soul. Folding in the towel as we speak. Keep the wheels in motion.*

*Next week do as you're asked and nothing more. Placement in your heart still. Nauseous ways hold him down no more. Time to change. Cash out. And run. Run to the hills. Powerful man lowers his crunch. Hit below the belt. Belt is loose. Tied down no more. [Huh?] Over and out. Write it all down in front of a crowd soon. Healing the pain with ease. Necktie, bowtie, fancy dress required. Natural tendency to fall apart.*

*Hi, we are the ones who keep you free from falling. Guest placemat required. New surroundings, old familiar places. Nurturing souls have arrived at last. Reach out and touch someone, nurture his soul in kindness. Nest egg has arrived. Peace, tranquility were what he asked for. Reach out and transformation takes hold to guide him into the light. Have faith. Transformation matches wit with you now. To have and to hold. Transformation hands at the sight of blood. Gore and grief nurture his soul no more. Night shift. Planning attack, rich, wealth, chooses words wisely, speaks calmly at first. Loses interest in the game of hide and seek. Sneak preview. One way ticket to ride. Up, Ms Mercey, believe. The notch has been turned up for the effect of love and laughter. Nurture your soul, speak out, speak wisely, grip the hands of God. Come clean with yourself. Hold fast, the time approaches. Hold fast, hold truth. Tribal council required for him. Voted off? Let's see the outcome of events...*

[Note: tribal council? lol Seven months later, I did meet Daniel Lou, the first Asian on the hit TV show *Survivor* – he was voted off by the show's tribal council. I was staying and working in Beverly Hills when we met.]



18 July 07, angel writing—

*The night has drawn in attention to the mind. Focus is over between the two of you for a reason. Tempted to call to pick a fight, but won't undue his worth. Congrats, you stood up to the man in blue. Lonely is the night when*

*you're all alone in your filth and wealth. Worship the ground you walk on soon. Tempted to call, can't, won't commit to the very end. 9th inning stretch. Yawn, take a bow. Pat yourself on the back. Breaking him down. Won't go down easy but will in time. Ring my bell. Dirty Harry won't speak a word unless you ask him – he tells the truth. [Wha?! Can we bring in Dirty Harry now, please?] No need to nickel and dime me. Taxed already. Red rider no more in the night. Hold fast delta dawn has risen from the dead and back. Delish treats sweetener not required. Knowledge at best two-fold: one for you, one for me, says Conrad Black. Not entirely yours to forgive and forget. Remember the past. Hasn't acknowledged his worth to you for a reason. Can't keep up with his past. Project the future. No word. [Okay, one word and I am gone for good.]*

[Note: in March 08 I spoke to Dirty Harry himself, Clint Eastwood. Conrad Black, it goes without saying, was otherwise tied up.]



Dec 4 07, angel writing—

*TV camera and crew take a shining to the rising star. Notch under your belt. Out in the open where we belong. Movie star material. Moment's notice. Call beckons your wealth of knowledge. Leap of faith, that's all we will say. Moment's notice life to make a milestone. Behavioral patterns repent for the time being. Mocha la ka ya ya, gitchy gitchy ya ya eeee. Service debt. We are here by your side. No worries. Onwards and upwards. Leap of faith. Carry me home. Opportunities floating in your door. Onwards and upwards, Ms Mercey.*

Wha? Bogeying angels singing gitchy gitchy ya ya! Not quite your stereotypical angel behavior, eh? *lol* [One year later I filmed a pilot for TV, with no prior film experience. Go figure.]

*Angels say, Get a hold of your life and you will have freedom to do whatever you choose. Free to love, free to feel again. On the beach Vancouver night. October man. Nurture him.*

[Six months later I met a man from Vancouver in the month of October. I would nurture him to heal. But would he last any longer than the others?]

MUSIC TRACK

Kim Mitchell sings 'Bad Times'

*She's a total disaster in the first degree*

*A pair of high-heeled blues waiting just for me*

This one is left for interpretation.



CHAPTER 5

## *Ego and spirit, fear and love*

**A**pril 25 08, journal entries—

Fair warning to readers: I will have to heal you especially after you read my writing. *lol* Much of it is dictated and I often have no idea how to spell the words, or even what some of them mean. My grade 6 teacher pulled me aside and asked if I was hanging out too much with my illiterate Grandma who couldn't read or write English. Yes, she was a shepherd in the fields of Yugoslavia. [Man, she could whistle and command what she wanted.] She was the most influential person in my life: teaching me to knit, teaching me how to reach that vortex through the *I-am* presence. Teaching me then to raise my velocity to give me power to do whatever I wanted with ease. Now I get to raise the velocity of words even more through avenues such as this book!



Journal entry continues—

Most people when they hear that I am a healer automatically think of faith healing, which I have little knowledge about – this has nothing to do with organized religion. When people ask me all the time *what does this have to do with religion*, I think I should address that. Maybe I can

just respond that I sat in Pope John Paul's Mercedes at Clint Eastwood's house in Hawaii two weeks ago? Am I more blessed now? *lol*

Clint gave the car to my friend Mike in Vancouver to auction off for charity. Clint is certainly blessed! Hope I get to meet him someday. I did talk to him on the phone briefly when at his house, to thank him, but face-to-face with Dirty Harry would be sooooo cool.



Having higher energy levels can be a complication. You have to be patient – especially with anything electrical. The computer does weird things to my files and shuts me down at times. Phones quit abruptly.

It gets so bad that Hamilton Hydro (The City of Hamilton) trucks had to come twice to reboot the power to my home. The stack outside disconnected with the energy in my home – whatever that means. [The repair guys were cute.]

One day the government made a gross error and froze all my banking accounts. That day I was scheduled to leave for 90210 – with no money! [90210 is the Hollywood zip code for any readers who were on another planet and never saw the TV show with that name.] So I've been trying to calm my banker down and let her know everything happens as it should – we can't always see why. It's just worth the wait to find out why and what are these people doing to test your self-worth.

Got to the airport and was fingerprinted and detained by US officials and investigated. They weren't going to let me fly. I had to tell my truth about what I do and it was not believable to them. They didn't even believe my last name was Mercey. Mercy, Mercey me, gentlemen! More investigation. Now they figure my stories are so far-fetched I must be dating or am a movie star on the rise. So they let me in! *lol lol*



To be *blessed* – what does that mean?

To me, being blessed is having the unflinching ability and resolve to share your unique love with others in hopes that they will pay it forward to someone else who cares.

I'm truly blessed to be able to touch the hearts and wishes of many. To help, to teach, to manifest, with or without my 82 pairs of shoes.

It's how you get there – your path – that counts. Connecting the dots, noticing the silence between the spaces. From small town girl, whose guidance councilor said I would never amount to anything, to Brantford's top realtor and snowboarding wife with two kids. Awful divorce. Dating Canada's rock god Kim Mitchell, to horrifying experiences with Prince Harming. Now I am an international healer with a business media twist. [The classic life of a gypsy or witch, some might say.]

It's been my blessing in being in contact with good and evil. Was it to learn by almost destroying my own life? By serving others, giving out energy freely and to receive nothing in return?



“Everyone does it in their own spin, in their own time,” said Kim Mitchell.

Kimmy and I met at the garbage dump parking lot (the last ceremonial dump as I was leaving the matrimonial cottage) on kind of a speed date on his part (was he just doing his *Rock 'n' Roll Duty* – might as well *Go For a Soda?*). Poor guy, I gave him such a hard time for several years before we dated. How does a girl have a wonderful relationship for years with this Canadian rock icon (who promised her a pair of Manolo Blahniks shoes at Holts), go on to split with him, then find herself touching the hearts of the Beverly Hills billionaire family (who own a top US retail store chain) through energy work in my *bare feet*? How did I get from there to here?

*Promises aren't meant to keep, promises are meant to be retrieved.* Faithful is as faithful does. It's not the things we say, it's what we do that makes us real. Figuring out how you can keep your head above water and do what you have to do. A leap of faith? Divine intervention? It all boils down to those darn shoes. Fret not – because I am constantly struggling with the whole dilemma as well. It's ego against spirit.

We all need deeper souls, and less shoes.



The ego and the spirit, neither way is wrong or right but you must choose how you want to get through life. How you think – what does this do to our vibration? And our thoughts towards others – how do they feel from our thoughts?

From Bob Gottfried's book, *Shortcut to Spirituality: Mastering the Art of Inner Peace*, published by Deeper Dimension Publishing in 2004, ISBN 0973418907:

- The ego looks for peace ~ the spirit rests in it
- The ego looks for love ~ the spirit gives it freely
- The ego is in constant search for happiness ~ the spirit is absorbed in joy
- The ego looks for control ~ the spirit is totally free
- The ego looks for longevity ~ the spirit is immortal
- The ego accumulates information ~ the spirit is Supreme Wisdom
- The ego is limited by space and time ~ the spirit is boundless
- The ego is only a player in a show ~ the spirit is life itself
- The ego is false ~ the spirit is real
- The ego wants more and more ~ the spirit has it all!



Thank you to all those who didn't know what they were teaching me.

Some say: to be a teacher is to know nothing. I say: we are all teaching. You've got to listen to someone to know *what* they are gifted to teach. We're not alone on these paths of uncertainty. You're going to bump into others. We're all part of a grand *vaccination process* to purify the people, the plants and animals.

Your thoughts are your own – so it's your will, your empty space that changes your wishes. You can't believe in something you don't like, so find what you like. You've got to breathe. Then go within and allow the energy to flow through until you involuntary vibrate and allow the power to come within. Ask, receive and *believe*.

It's in your blood. Energy never stops: the old lives gone by, the instinct to know the song, the dance, to sing, to laugh, to cry.

I've found my deepest nurturing instinct in this world is *not* lost. It's just been forgotten as it is in nearly everyone. But we are coming together as Mother Nature is awakening us all. We're forced to ask ourselves: will I live in a hostile environment in myself or a positive one? The choice is ours.

As humans with built-in mechanisms to learn, brought on by fears, we get reminded in our dreams, by people walking into our lives. Opportunities that are presented. We all are reminded with hundreds of clues every day to be awake and aware to bring back our nurturing souls to help and heal others. To help and heal the Earth, plants and animals. Train your body to give you signs and symptoms of the truths to connect the dots.

By connecting the dots and filling in the spaces, we find the inner love, we find the forgiveness past and present in our lives to overcome our fears.

MUSIC TRACK

Tears for Fears playing 'Everybody Wants to Rule the World'

*Everybody wants to rule the world*

We unconsciously compete for energy all the time.



CHAPTER 6

## *Growing up, competing*

To me, it's simple. Everyone (almost everyone) competes unconsciously for energy. On a scale of 1 to 10, with one being fear and 10 being love, any emotion we feel is either a cover-up for love or fear. So if that is true, I learned the following while growing up: it's up to me. Will I live in a hostile environment in myself or a positive one? One or 10? Will you flick the light switch on? Will you stay lit?



“Acceptance is key! There are no victims, persecutors or rescuers,” said my friend Tashene Wolfe, in a wonderful book she wrote called *A Path to Wholeness*. She helped me learn there are only Sparks of the God Force who have opportunities to learn and grow. Therefore, there are no accidents or mistakes, you are exactly the way you are supposed to be. You are the ‘right’ sex, color, size, shape and personality. You were born into the ‘right’ family, culture and environment. You have all the ‘right’ talents and abilities to do what you are meant to do. You have learned all the ‘right’ lessons to bring you to this moment in time. You have attracted the appropriate experiences to learn what you need to know, right now. You always attract the appropriate experiences

## ABOUT THE AUTHOR

**N**ADINE MERCEY is a high vibrational healer. She grew up in Brantford, Ontario, and confesses to having never done well at formal education. “My mind just didn’t work like other people’s.” Looking back, she recognizes signs of mild autism in her behavior.

For twenty years, Nadine worked in real estate, rising to become one of Canada’s top realtors. Her success came from an uncanny ability to intuitively understand the needs and motivations of buyers and sellers. Her awakening to the extent of her intuitive capabilities came from selling a haunted house – one that had been featured in her dreams since childhood.

Soon she was experiencing great vibrational development – and receiving messages in her mind from voices who identified themselves as angels. She is guided and protected by the Gabrielle Collective and other energies.

Nadine conducts readings, often at great distances, during which she communicates with the client’s spirit guide(s) and/or angel(s). These entities provide instruction about what is required to raise the person’s vibration, in order to restore balance to soul, mind and body.

Generally energy flows into the person’s body as Nadine visualizes areas that need help. Healing happens through creative visualization, and only when intended *for the highest and best interest* – to help that person progress toward his or her predetermined life purpose.

Blessed with extraordinarily high vibration, Nadine devotes a portion of her practice to healing other intuitives and to making people aware of their own intuitive capabilities. She is a medical intuitive, who has helped doctors identify illnesses in their patients.

Nadine is a dynamic presenter at seminars, and has been the subject of a documentary film. Discussions are underway about hosting a television show. She is also developing her own line of healing products.

Nadine lives in Ancaster, Ontario, Canada with her two teenaged sons, Eric and Jaxon. She loves to dance and laugh. And she does own way too many shoes.

Her website is at [www.NadineMercey.com](http://www.NadineMercey.com)

## HOW TO BECOME INVOLVED IN NADINE MERCEY'S WORK

Please go to [www.NadineMercey.com](http://www.NadineMercey.com) to follow the ever-evolving story of Nadine's life and career.

Her mission is to raise awareness about the potential in all of us to boost our personal vibration so we can be healthy, in loving relationships and following our pre-destined life path. *Have heart, have health* is her mantra.

Nadine is available as a presenter at conferences and fairs, and for interviews on radio and TV, and in print. She is developing seminars to help people awaken to higher vibrational awareness, and possibly become healers themselves.

To arrange a personal consultation, please contact Nadine through her website: [www.NadineMercey.com](http://www.NadineMercey.com)



DONNA SANROS  
PHOTOGRAPHY