Marinna: All right, hello everybody, this is your host Marinna Rose. Welcome back to Activate Your Power Within Educational Series where you’ll find freedom from your objective behavior. Before I do get started tonight, if you are on, some listening and you would like to find us online you can go to activakteyourpowerwithin.com/webcast and there you will also see that we have extended our pre buys options for our activation packages, so you haven’t missed out on that, and I am really excited tonight to be bringing someone special to you, Diane Morris Ford. She’s sharing her message with us today, but before I introduce her let me just give you a little bit of background on Diane for those of you who are familiar. Diane Morris Ford considers herself a walking miracle celebrating 21 years of sobriety. Coupled with the gift of sobriety is freedom from keeping secrets and telling lies. Such freedom is priceless. Diane’s mission is to help others free themselves from bondage. Creator of access your ancestral aspect and leverage your lineage, series of programs, Diane lands her corporate, savvy insight with spirit strong intuition. As a spirit communicator she co counsels with spirits to heal the deeply engrained multi generational belief which no longer serve your highest and best. She helps connect you with your life health, the wisdom, power and passion of your ancestors and guides you to leverage your lineage to emerge free from bondage and all realm. Diane is a certified money breakthrough method coach, forward certified holistic health counselor, co founder of listen to thyself, writer, inspirational speaker and lover of all God’s creatures great and small. Diane and I actually met through a class that we took together this past summer on the two events. And they are individuals from all over in our group and I had been discussing that I was just celebrating 10 years in sobriety, and that this series, I started talking about this actual series that we are in the middle of right now and Diane jumped in and said congratulations, that she had just celebrated 21 years of sobriety herself. So we had a little quick chat session in the middle of our group call and since then Diane has become a good friend and a huge supporter of me and I can only hope that I can offer the same back to her. So of course I’m very honored to bring Diane tonight, sharing her message and her incredible guests that she has been able to tap into and help others through co counseling. So welcome to the call, Diane. Thank you so much for joining us.

Diane: My goodness gracious, Marinna Rose. I am so excited to be here with you and thank you so much for the very gracious and generous introduction, and yes we have become good friends very quickly. I think also kindred spirits and we’re on trajectory to have met so here we are and I am thrilled and excited and very honored to be here. I’m going to jump right into this because I am so excited, and opportunity that I have to share my messages which really belong to everyone and then from everyone I love i. I’m going to jump in and just give everyone a little bit of a back story as to what brings me to this point in my life, 61 years of age, I feel like I am about 27, although it’s been a long strange trip, let me just tell you, now I know Kate Arnold was on the call earlier today and Kate and I became fast friends as well and we have that commonality of being a product of the 60s and the 70s and living a wild and crazy life. As a young child myself personally, I was always spiritual by nature, I’ll never forget going on a camping trip with my parents and I was in the back seat of our station wagon and we in the Rocky Mountains and I was collecting little stones and rocks and I was having conversations with them and really felt like that was a very natural thing to do, I had connection with rocks and plants and insects as a very young child, very spiritual, and as a child of the 60s growing and being, my goodness gracious I was a hellion and my mother used to enjoy telling stories of me two years old and I’ll be on table tops and just causing a hellion, she used to call me a little hellion, so as a product of the 60s I experimented with everything, I’ve always had a curious nature, so you know drugs, alcohol, everything was free flowing back then and just bring it on. So I did, I experimented with everything, everything was in excess for me, I couldn’t get enough. And what I found was I just kept taking more and more and I was really thinking deeper and deeper without really realizing what was going on, I was a party animal. Well if being a party animal I also did, I worked very hard and I always held visions and worked really hard but partied really hard. And also as a young child I was handling with my sexuality and that’s a whole other story for another time but I was keeping other people secrets around me, who I am, I like boys, I like girls, that’s a whole other topic of conversation but it was deeply rooted in why I drank the way I drank and why I did everything in excess, and I know that by the time I turned 40 I was faced with, I had been arrested three times over a period of, from the 70s into late 90s that I had 3 DWIs, and I was looking at a year in Framing Ham State Women’s Prison. And at the time I was working a very prestigious position in management in human resources, getting all dressed up, get all messed up I heard in the halls, dressed up to be messed up, but I was looking at a year in prison and things were really serious, I was looking at losing everything and I was the first time, I think, something really moved for me in my life and I remember a friend of mine, devoutly Catholic, used to pray to St. Jude. Well St. Jude, Marinna if you know is the patron saint of hopeless causes, right? And I never done a St. Jude prayer so I decided I am going to pray reverently to St Jude and it’s a series of going through the rosary and while I wasn’t really familiar with going through the rosary I figured out how to do it and I began, I hadn’t gone to court yet, okay. I got arrested November 30th and I started doing the St. Jude prayer because I knew I needed help. And things were leading up to that, me being aware that I was beginning to be in serious trouble with my drinking. And I did the St Jude prayer, well here’s the thing, I still believed at the time and little did I know at the time that I was manifesting and that I was really believing in the power of positive thinking, I prayed for three things when I prayed my St Jude prayer and that last a couple of weeks. So I prayed that I would quit drinking, and then I decided I had to add that I would quit drinking alcoholic beverages or otherwise I would dehydrate and die. That’s how much I believed in that without really being aware that I was believing in it. I prayed that I would get the lightest most minimal sentence and I prayed that register would lose my paperwork. Okay, so I get this, and by the end of my two weeks I was still drinking, believe it or not and it just wasn’t working anymore, so on January 12th I went to a woman’s meeting, still hadn’t had my court date yet and, this was the second AA meeting I had gone to and when I went to this AA meeting, the first one didn’t resonate to me at all, this real first one in January, I went into a church and then they were all professional business women and at the time I was a professional business woman and I looked around the room and I saw these all professionally dressed business women and I said oh my God, if these women are alcoholics then I would be an alcoholic too. I related to something. And what had happened was that was January, little did I know that the miracle was already taking place, that was January 12th, and what I heard in that hall that night, if you never pick up a drink you’ll never get drunk. I said to myself, well that makes sense, I never thought about it that way before. And so I left that meeting and a miracle had occurred and I have not picked up a drink since that meeting. But the point of my miracle is I went to the, for my court hearing, it was on St Patrick’s Day, I just so happened to be Irish too, and what happened in the courtroom completely was, completely, my mother on one side, my father on the other side, we walked in, we had the hearing, we had, what happened happened, I walked out of that hearing with my parents walking down the stairs in front of little general court and my father said, Diane what just happened there? And I said, I don’t know, dad but the leprechauns we working. So I did not lose my license, I did pay my fines, I did pay my dues, I had to go to class, but I got the lightest most minimal sentence, and I have not had a drink, I was three months sober at the time. I don’t mess miracles, I coined that phrase for myself, I am a walking miracle, I feel like that was really a miracle that took place in my life, and I don’t treat that lightly. Well what does have to do with intuition? Have any idea?

Marinna: Tell me.

Diane: Something happening and I don’t know if this resonates for other people but as I became more sober, my intuition was becoming more into focus, I wasn’t even aware of intuition. I was aware that I was more perceptive and more sensitive and really more aware. I started becoming present and alive and in the moment, and what I realized, Marinna Rose was I just stopped desensitizing myself, that kind of happened organically, and I was aware that I was receiving connections or something from another realm, and I would flick them off and not pay attention to them and just go about my business.

Marinna: So did you have connections prior in your life and you just kind of ignored them or was this really the first time that it started happening for you?

Diane: I think I had connections prior but I wasn’t aware of it. I know that I was communicating with the unseen world, I know that there was something going on but I was mashed and I wasn’t clear. I mean talk about, what do they call that brain when you can’t function.

Marinna: Mush brain, I call it mush brain, I’m sure there’s nothing.

Diane: Mush brain, right? And I know that there’s another term for that but I can’t think of it right now. But what I did notice, I know growing up my mother and I were always very close, we were best friends and we were always psychically connected and I am sure other people have experienced this two, you think of someone, the phone rings, it’s them, it was that kind of thing, I would call my mother, she would pick up and go, hi Diane, she just knew intuitively, psychically connected and when I was four years sober, my mother died in a car accident and gone. And that’s for me when transmission I’ll and started coming through really loud and clear and really started paying attention to what was coming through.

Marinna: Was it her coming through at that time or was it just?

Diane: It was her, absolutely was her. You know what’s amazing, I think it was a couple of years after my mother passed away that I had gone to a medium for the first time in my life, I never paid attention to mediums or any of that, and I went to a medium and immediately my mother was front and center and this woman who is now the woman, the medium Candice, was just phenomenal and has since left this world and she’s a great guide of mine to this day but she was telling me, brought my mother through, my mother was saying that nobody knew about my mother and I remember thinking back then, there’s really something to all this and that’s when my interest really started peaking. There is really, you have to, nobody knows this, only mother knew this, so I really started becoming interested in paying attention. And really in line with paying attention to that it is intuition, for me it’s my intuition, it’s my sixth sense, it’s the messages from beyond, call it whatever you want to call it, your soul. I was still working in corporate America and while I was loving what I was doing, it wasn’t feeding my soul and so everything is serendipitous and around this time now I’m talking about my soul, I’m listening to my soul and I am hearing my soul as I am driving to work, started really getting boisterous and this, you know we need to find something else for you to do, we’re not happy, are we? Well I don’t know, can I be unhappy, I guess, well I don’t know. Now I’m probably like 6 years sober and I started thinking, maybe I really could so something else that made me happy, and I started thinking about the possibility of creating something that I could do for myself to feed my soul. And what had happened was I was reading the spirit of change magazine and out of that seller catalog from the institute of integrative nutrition, it was back in 03, and I looked at that and they ran holistic health counselors and I devoured the magazine, the catalog and I thought, really, I could have my own business and I could be a holistic health counselor, I love counseling people and human resource that was a big part of what I did. And so before I shut the light off to go to sleep I said I can’t do that, that’s in New York, I can’t go to New York. Shut the light off and I went to sleep, I woke up the next morning I said Diane, it’s New York. It’s not California, it’s not New Mexico, it’s New York. So I applied, I get in and I went to school for holistic nutrition and big change. I still kept working in corporate America and when I was ready I took a step and started seeing clients and at the time it was organic vegetables and eat your greens and eat your grains, it was all very novel, nobody was talking about things like that back then. But as I found my business was growing, I started now having spirits come in to the sessions, okay. So imagine me talking, and I vividly remember being in session with a client and we were talking about food choices, and I sensed the presence of her mother. Now I didn’t know that her mother was alive or not alive, and I just looked at her and I needed to be really courageous and say this because I was really being compelled. And I said I really feel the presence of your mother. Is it all right if she says something? Well this woman was totally blown away and what happened for the rest of the time that I was working with this particular client, her mother would come through during the sessions, as well as her father. And that’s when I really started seeing something magical happen because my client was helping her parents work through issues around forgiveness in a way that they had treated her which led to how she was presently living her life. So during the next few months, what was taking place in these sessions just totally blows me away, it humbled me to no end and I realized it’s not really all about us here on this earth plain wanting to connect, it’s about them wanting to connect and wanting to make a connection and wanting to help. So that was about eight years ago and I really started respecting this gift. I still fought with it. Now we’ll talk a little bit about that in a minute but I really started respecting the power of connection and the power of relationships between the living, the seen and the unseen world and the healing that’s been taking place has been magnificent. So more and more lately because I’ve just learnt to step aside and not say, you’re crazy Diane, you’re making this stuff up, I just step aside and I let it flow and what more now I’m getting collective messages about big issues and collective messages guiding me to really to my soul’s work and guiding me through my soul’s work which is accessing your ancestral asses, I mean just think about that if you will, who knows me better than my mother?

Marinna: Right, and I love what you just said about how cool is that that it sounds like we can even help them heal even though they are not here anymore.

Diane: Absolutely, and so for me, Marinna Rose, it’s much bigger than I even thought of. When I started accepting this and getting out of my own way and reading, I would do readings for my clients and it was a little different from the reading that I had with my mother because i really, and I think it has to do with my counseling, I’ve always loved counseling, I’ve always bridged the gap between management and employees and things of that nature, I always brought all different sides of different individuals together to see that the big picture or the little picture, whatever the macro the micro, but what I love about this is I’m seeing how when people leave their physical form, they take with them their personalities, their problems, their unresolved issues, and while we still have an ability to connect and say I’m sorry, I miss you, I love you, whatever, the work that I am saying that I’m doing with my clients is so huge because it’s helping for example, my mother, it’s helping client’s mothers or fathers, really not only get forgiveness or get closure or, they get to hang out with them forever. My mother guides me all the time and that mentor that you and I were talking about before we went on Jane, it’s guiding me, she’s part of my spirit support team now and it’s fulfilling for them too. So I just think it’s phenomenal.

Marinna: It is phenomenal, it’s amazing that you have hacked into that gift and there’s something about being able to help those that, that is something that I have always wondered, once we leave here, there’s a lot of people who do leave with unresolved issues that never get healed and you know that and it makes you wonder what happened with those unresolved issues, are they at peace, can they be at peace?

Diane: I love what you said because the core essence of the message is there’s hope. I had a client that I worked with around incest and she never talked about this particular, you know traumatized her and never talked about it till well on in her life and when we made a connection with her grandfather, the healing, and this was a process, however the healing that took place between her and him, and the forgiveness, I mean this man went to his grave, he left his body not ever having an opportunity to have a conversation around why what he did, why he did what he did and to resolve that, I know I sound like I am speechless and I do get a little speechless about this because it’s much bigger than me, I mean imagine being able to resolve that, not only for her but for him, and you felt the energy shifting through him, we were all crying and you could just feel his energy completely, that he had the opportunity to express this dissect it, talk about it, ask for forgiveness, receive forgiveness, and imagine my client who now has a better understanding and isn’t in that shameful place, and now realizes this had nothing to do with me, this didn’t have anything at all to do with me. That’s just one tiny example of some of the magic that’s taking place, so it is amazing. And yes we do go to the other side with our personalities and with our regrets but what I have been finding and connecting is it’s just like over here we get to keep doing it until, it’s free will, so we continue to improve upon ourselves shall we say, and tap into that divine sense that we all have.

Marinna: So would you say that, have you ever found maybe some people that have passed on, is it us that has to reach out to them or do you find that sometimes they try to reach out to us through maybe in our dreams or to get healing?

Diane: I know, and that’s a great question because I know a lot of times that they are reaching out, they are knocking on the door and no one is answering because most often people don’t know how to connect or if they are picking up signs and, I’m amazed at how many people really do receive signs and they will say, I saw a red card, that was my father, I know my father told me look for the red card, things like that, or they deny him, they deny it because it’s new or it’s uncomfortable or it’s unfamiliar so we’re not really sure how to connect. But it’s a two way street, the coming and going, they do come to us in dreams, it takes a lot of energy for them to come to us in dreams. And to give you a little bit of an understanding, I don’t know if you have an understanding how when I connect with spirit, how the spirit connects with me, if I raise my vibration or their vibration, okay, and it’s in that place in the middle that we meet and we’re able to, I’ll say channel and transmit energy and different mediums, different spirit communicatives have different ways of communicating, I mostly sense, I mostly feel, I hear, and sometimes if I close my eyes I can see particular rooms of a house where something is taking place but it’s erasing and lowering of energy and medium in that place.

Marinna: So it really takes a lot of energy from their part to come to us in our dreams. So if they do come to us in our dreams they are really trying to connect, is that what you’re saying?

Diane: And I think that while it takes more energy that way I think that’s the easiest way for them to shall I say prove that they are coming through, because we all dream. A majority of us dream and a lot of us remember the dreams a lot of us don’t and often times if I am in session with somebody, one of their loved ones will say, I came to you, I was dancing with you in your dream, do you remember that, and when I asked them that they will say, I forgot all about that but yeah.

Marinna: Very cool. What about connecting with people that are not our ancestors, like say someone isn’t that close with their family and they wanted to connect with others. Is that easy to do?

Diane: Marinna Rose, my belief is any one that we have known or you’ve heard six degrees of separation, we’re all very connected, anyone whose energy that we’ve shared, and really connect with anyone. And because if you believe we are all one we are all connected in any way, I believe that we are all in tune with all the energies and yes, I do believe that anyone can connect with anyone, the question is do you want to, do you know how to and yeah. What was that deep sigh? Are you getting like a little niggle or something, do you feel a little energy swirling around you? Talk to me about that a minute please.

Marinna: I don’t know what it is actually right now, it’s all around my upper body and my face, it’s like everything is just hot and swirly.

Diane: Is it your, that’s my left arm, you left shoulder, you feeling anything around there?

Marinna: A little bit.

Diane: And this is great, could you just tell me what you’re feeling now. Tell me, and I don’t mean to put you on the spot or anything but what I feel like is happening for you is that there’s a message coming through loud and clear for you right now and it’s almost as if it’s a teaching plate for you right now. So if you were to tell me what you believe you’re hearing, what would that be?

Marinna: I’m not hearing anything.

Diane: All right.

Marinna: I wish I could say I was, I’m not, but I do feel like when you said something about on my left side, I just feel like somebody is almost kind of holding me on my left side.

Diane: Okay, because I’m picking up like a grandmother energy around you, and it’s as if she’s patting you or touching you or just letting you know that, it’s almost as if it’s okay dear, one of these days, and we’ll take as much time as we need, but you are going to recognize. It’s a doubt that she’s been working on with you, you mind me doing this right now?

Marinna: No I don’t mind at all, Diane, and don’t hold back, pour it out, whatever comes out.

Diane: Something that you have doubted through your life. And it’s okay I don t mean to put you on the spot and we can definitely do this off air but what I’m feeling is that she’s assuring you that whatever the little doubt is, and you know what the little doubt is, and we’re going to do this off the air. That she has always reassured you that you have exactly what you need, and she is here, she is hanging around with you and it’s almost as if she is stroking you with something but just letting you know that she’s very present and very hear for you.

Marinna: Yes, I do have doubts of course like everybody does, so yeah it makes sense and I am quite certain that some of those doubts have held me back in my passion and my purpose in life and I have been working hard to move forward from those. So that could certainly be.

Diane: And she’s saying it’s a similarity and that she can definitely help you, you’ve connected with her on several occasions but you, do you have a grandmother on the other side?

Marinna: I do, I have one grandmother.

Diane: Well she connected with you and there’s a strong connection between the two of you in this particular doubt. She is going to help you but not right now, she’s really cute and funny, but not right now, because she never meant to embarrass you, she’s very soothing, it’s a very soothing energy around you. She’s really proud of you too. You stepped into something big and she’s really proud of you, and is here to give you the credit that is due and that the credit that you cannot give to yourself yet.

Marinna: Thank you. Maybe my great grandmother.

Diane: It could very well be your great grandmother.

Marinna: My mother is not here either so I don’t know if that’s her.

Diane: Well it’s definitely on that line. Long line of women that are supporting you, wow, and the strength, it’s like the strength wow. So you’re speaking up for the women in your lineage, is that what’s going on for you?

Marinna: That’s what I feel like I am.

Diane: That’s what’s happening for you, you’re speaking up, get the empowered women in the long lineage. But there is a great old medicine woman in that lineage. We’ll have to talk, you have the strength.

Marinna: It’s interesting that you said that, I want to move on to other things and other people but I have felt that I have that responsibility here. [inaudible 37:15] I have to break this trend.

Diane: Okay well here’s a gift and then we’ll move on. It’s not a responsibility, and it’s something you have to do, you’ve already stepped into it, it’s a gift and you’re doing it. Like I just felt my shoulder just totally relax when I said that, when I heard myself saying that you’re already doing it and it’s not a responsibility it’s a joy so congratulations to you. Congratulations for having me aware in this.

Marinna: Thank you, taken a long time but yeah. Like we’re talking about throughout this whole event, it’s a journey, right Diane? I’ll have to come back, hang on a second. Let’s see. What happens if you have a relative, like maybe someone you didn’t have a very good relationship with, I know we talked about being able to heal things from the other side, can you heal that relationship that I have with that person as well and, how does that work? And the things that you do, are these things that you do, connecting with our ancestors, is there maybe one action step that you could give everybody today that they could use to maybe try. Because you know, like we talked about connecting in a dream or something to be aware of, or would you just suggest that they would try to speak to someone like you.

Diane: I think there were like two or three or four questions in there [inaudible 39:22], I’ll do my best. For a relative that you weren’t really close with, is that what you said, can you connect with them?

Marinna: Yeah like I know I have some people in my life that some bad things have happened and I’m sure it’s a very difficult thing but if they knew that they could maybe heal that or.

Diane: So my response to that question, Marinna Rose, is absolutely yes. And bad things happening, I don’t know, just a couple of example of bad things happening. Suicide, bad things happening. People, I call them people but energy, they seek connection, they seek not so much absolution as just an opportunity to explain. I’ve had several people in my life who have taken their life and it’s the progression from when they left the earth plain over the years to where they are when I connect with them is just remarkably beautiful and my nephew who took his life was very discombobulated and he used to come back to the house and move pictures around and everything and sit in the living room and he never understood how loved he was, he could never comprehend how loved he was and so I don’t know if that answers your question as far as like bad things happening. Suicide for me, I mean I don’t believe I’ve come across better things than that, good or bad it’s not a moral kind of thing but regrets, yes is what I can say to that. And what I find is that those individuals really want to connect and really want to explain exactly, so yes. And it’s not even closure, that’s a beautiful thing about is it’s a continuance. You get for closure I just want closure, one of things that I find is not closure it’s a continuum, it’s beautiful, it never closes, it’s always open, so that’s what I really love about what I do. It doesn’t have to and that could need such help, I mean we’re all eventually going to be in that form. So to know that someone, anyone can listen to me is fantastic.

Marinna: Now is it something that you’ve been able to show others how to do?

Diane: Yeah I used to teach medium-ship development, I don’t do that any longer but the bonus handout, ask your ancestors, it’s kind of an overview of what is medium-ship, how do I establish a connection, and you know the senses, some people hear, some people sense. But the biggest advice I would give anyone is I love, what I found over the years is often times people leave treasures to their loved ones when they leave, like a favorite chair of article of clothing or something and they love it when, for example myself, I don’t have a favorite chair but I have a client who her mother had a favorite chair, and her mother loved it and she goes and sits on her mother’s favorite chair to connect with her. And really one of the biggest things when I used to teach medium-ship development, well people would come to my classes and say, they would be afraid to share because it’s like the witches back in the 1700s and you know I can talk, I can hear things but I am afraid because people are going to think I’m crazy .

Marinna: I’m actually glad that you brought that up because of my questions was I actually had a lot of friends that were like that and I feel that they are sort of maybe stopping the flow of their life purpose and what the goodness that they have to share because they are afraid, that they need to be afraid. Do you have any advice for that?

Diane: Well you know we have a tendency, I also learned through sobriety about the course absence love and fear and if you really look at fear it’s just the absence of love and so if people are afraid of hearing voices, what are they afraid of, are they afraid of being judged, are they afraid that they are actually crazy because they are actually hearing voices. And if they really did construct that fear while through that fear and, I used to her often early on false evidence appear in real, that’s cool, fear. Just walk through that fear and I don’t know if you’re familiar with Emmanuel Pat wrote, guess who channels Emmanuel and I heard him years and years ago and he talks about fearing, walking through the fear like what’s the worst thing. So if you would encourage your friends, what’s the fear, what are you afraid of, and whatever that fear is it’s the absence of love and so turn to the other hand and say I love the fact that I have crazy voices in my head and I’m going to embrace that. But you sit and believe that yes indeed, have them call me and I can at least say, you know what you’re not crazy or if you’re afraid that’s okay too, it’s okay, let’s figure this out and just open to the possibility, I love playing with my clients with everything from food to anything, experiment, try it on, if it doesn’t feel good, if it doesn’t fit good, take it.

Marinna: I think the biggest peace that I’ve been finding is the religion thing. They feel very lucky that they have these guests but in the back of their mind they are being told, well that’s not good.

Diane: It’s interesting that you say that because the Vatican came out with a statement probably five six seven years ago, and I posted on my website listen to thyself because the Pope, and I lot of people, especially if Catholic persuasion thought that they would be dammed to hell if they ever connected with, it said the purgatory and all that but the Vatican actually came out with a statement saying that they do believe, that it is possible to connect with spirits, and when they came out with that, and there’s a pretty lengthy article, a lot of people really felt relieved because they really felt they needed the blessing of that particular phase to allow them and my father is devoutly Catholic and we talk about this all the time and he believes, so you know that fear rounding religion, we’re all God’s children whether we’re in this form or we are in other form, it’s all about love.

Marinna: Yeah great, thank you got mentioning that, and yeah I would love to see that article, that would be great.

Diane: Okay, and for any of your friends just have them even Google the Vatican’s view on connecting with the dead.

Marinna: Yeah, sometimes people can’t get over that.

Diane: I understand that it really is important to help if many forms as we can right now and I am really feeling a surge toward, there’s just so much going on in the world right now and the spirits are up there literally twiddling their thumbs saying, hey guys we’re up here, call on us, we’re here, we can help, we can see things, we have a vision. So i encourage anyone who feels like they have any kind of connection to explore it and, call me or.

Marinna: So before we kind of get into opening up the line to questions or any thought reading I just want, let’s just say If you do want to connect with Diane, if you’re on the call line, if you want to hit star 2 and we can open up the line for you, or if you have questions and you’re on the webcast please type in the question in the box then we will read out your questions really prefer, if you want to get on the live call you can do that and dial in at 206-402-0100 and the pin code is 291726\*. But Diane mentioned briefly she is offering a very nice bonus gift for all the listeners on the call, and it does go down descriptive of the way that you can connect, very nice option there for everybody, hope everybody takes advantage of that from her. And she’s also offering a very nice opportunity that’s going to happen this Saturday and this you can find on activateyourpowerwithin.com/diane and it’s a two hour teleclass. Diane, do you want to tell us a little bit about them?

Diane: Sure, yes. Ask your ancestors, it’s 120 minute tele circle and what we’re going to do is really it’s a great overdue, an introduction to how we can access, how we can connect by opening, and this is all outlined also on the offer, so please do take a look at that but it opens with a simple guided meditation to awaken intuition, and I will lead you on a journey, very safe discreet journey to help you recall the essence of a time and place where a family member, somebody, a friend may have triggered a particular memory, and then we’re going to go into a little journaling technique and the purpose of this is to help you really develop a way to assemble, and I love the word assemble, ask your ancestors to assemble a spirit support team, and imagine for a business owner who has a board of directive that I kind of liking it to that or a good of friends, but they are in their ground, and you can connect with and really have them near for you anytime you want them. so this is what I am going to walk you through and really show you how to do this and help you to slim form your community, portable community if you can.

Marinna: Yeah that’s great, and I love what you just said about forming your group, it’s kind of like forming your own spiritual mastermind group. How cool is that?

Diane: Exactly, when I work with my clients it is having your own spirit mastermind. I meet with mine every morning and it’s out of this world.

Marinna: That’s great, fantastic. So please everybody take advantage of that.

Diane: Join me, come on along.

Marinna: There’s quite a lot of information down the page. Please click on more information and you’ll go right to Diane’s page and it has all the details, and her phone number and everything if you want to connect with her personally please do that and know that she would love to connect with everybody on a personal level.

Diane: I would love to, it’s all about having fun too, we need to have fun. It’s not all heavy heartedness, it’s light hearted, it’s love infused, it’s fun so.

Marinna: I have a bunch of questions that I want to ask you from the webcast but I have one good question that I would like to ask you. Acceptance is actually a big step in my program that I am putting together, Diane, and you would say that 21 years ago you took the first step by courageously voicing seven simple words to your mother, that I think I have a drinking problem. You’d say little did I know that freedom that was in store for me, and I was just hoping that you would touch on this comment and how important this acceptance phase is in the healing process of the level.

Diane: Well, acceptance is a big word for me as well so thank you for asking me that question, really wow, yeah. Acceptance, so being accepted and having that acceptance around who I am. When I called my mother really quickly, somebody through a big book at me, a very good old friend of mine the night before and I devoured it, I stayed up all night reading that book and I remember calling my mother the next morning and saying those words, I think I have a drinking problem. And my mother’s response who my mother was 12 step savvy at all, her response was, do you realize what you just did, you just took the first step, and I started crying and my response to her was, do you mean that you still love me? Okay, therein was that acceptance. It amazes me to this day that that’s how I responded to her, do you mean you still love me. Does that mean you still love me? And so I needed so much to be accepted for who I was, that I had a drinking problem and I also needed to accept that myself, so by her allowing me and accepting me for who I was allowed me to accept me for who I was.

Marinna: That’s beautiful Diane, so it was like acceptance on both sides.

Diane: Absolutely

Marinna: Well that’s great, thank you, Diane for answering that. All right before we go to the webcast questions I actually have somebody that wants to connect with us live. So let’s say hello.

Gretchen: Hello, my name is Gretchen and I have really enjoyed listening to Diane’s story so thank you so much for sharing your fantastic story. And so my question was around, I called in because my sister and I have been having a lot of ancestral stuff coming up and it feels like really hard to get rid of and so I just wanted to know what you would suggest or if you had any insight on that.

Diane: Well thank you for the question, thank you so much for being here with us tonight, Gretchen. My first question to you would be ancestral stuff.

Gretchen: I know, what does that mean, right?

Diane: Can you just talk to me a little bit about what this ancestral stuff is that’s coming up and is it the same for both you and she, what is your sister’s name?

Gretchen: My sister’s name is Hillary, her intuition is a lot more developed than mine is, she regularly communicates with her animals and she sees spirit a lot more easily than I do, so she has an image of someone following her all the time. And for me I am a dream worker so I’ll get an injury and it’s like I’ll get dreams about her that there’s like an ancestor something like, she doesn’t think it’s one of her ancestors but I do, she thinks it’s somebody who harmed our ancestor.

Diane: Are you picking up the same messages when you said that Hillary and you have ancestral stuff coming up with that?

Gretchen: Yeah, for me it comes through in sleeping dreams, they were considered nightmares because I work with my dreams but I’ll have scary dreams and then I’ll talk to her about it and she’ll have kind of similar things that she has been seeing, but she sees that while she is awake.

Diane: And the images that you’re seeing is it somebody. Like I’m seeing somebody raising a hand with a knife or a tomahawk or something in it.

Gretchen: Yeah something like that. And to me it feels like French fur trader kind of time frame.

Diane: Yeah because it’s kind of going back to that era. Here’s the thing that I am sensing, it hit me like a bolt like this was a big huge misunderstanding, okay, and somebody went to their grave with this image, which had nothing to do with the way that this person died. And this is a big opportunity for clarification and healing because it’s not what appears to be. And the dreams and the images that you and Hillary are receiving are because amends need to be made, nobody wants to harm, hurt or kill you, nobody wants to bring big dark energy into your life, and amends want to be made. And this energy that’s coming through, can you hear my voice and the intensity and the severity of my voice. This is a huge opportunity for this spirit to say I need to make amends, it’s not what it appears to be, I don’t want to be scaring anyone, I need to connect. That’s the first step, can you believe that nobody is trying to harm you, can you believe that, will you believe that? Is what I am being asked to ask. Will you believe that I know it’s coming like here it is and why should I believe that and we’re really afraid and we’re really getting a, like really okay dreams but all this entity is asking you is can you believe that, I am seeing a David Cracker hat on him. Can you believe that?

Gretchen: I can believe that, I don’t think my sister will be able to believe that.

Diane: Okay, so maybe your sister and I can have a telephone conversation, because it’s not deep dark hurting negative energy, it’s just the opposite and it’s been misinterpreted for generations.

Gretchen: And whatever this is there’s been suicides in my family line, because of this.

Diane: Yeah so this is really pivotal, this is hugely pivotal and the energy that’s coming through really wants to put an end to this, really wants some resolution, and has been trying. It’s male energy, he’s been gravely misunderstood and really wants an opportunity to make it right. Will somebody please do that? Can you hear my voice?

Gretchen: Yeah, and that’s the same intensity that she and I are feeling like it’s so intense.

Diane: And so it begins with just believing, and remember what I said earlier, Gretchen about experimenting with believing, just experiment what that feels like to believe. Okay I’m going to believe him. I’m going to experiment with the fact that I believe him and see how that feels, just try it on and see how that feels and see and watch and I am going to tell you watch the energy shift and watch the intensity dissipate, okay.

Gretchen: Yeah but I have had that happen, that’s when I work with nightmares like that’s what happens, like okay, this is intense because I need to look at it, and then once I look at it and it’s that wasn’t scary.

Diane: I’d love to talk to you at some point, Gretchen. Call me or something, I’d like to connect with you with the dream work you do too. I hope that helped

Gretchen: Definitely, thank you so much that was really helpful, I appreciate it, yes it did.

Diane: You’re welcome. I love it, it’s my honor, thank you.

Marinna: That was really powerful. Diane, I think my intuition is kicking in, I saw the same exact thing. That was powerful. Right before you said it I was picturing that same person. So yeah, when you said that I was like oh my goodness, we like connected there.

Diane: We’re connected you know, you and I.

Marinna: We are, I guess we have to talk after this.

Diane: Lordy, yes that’s very cool that you picked that up, you plugged right into that too. Maybe I plugged into you, I don’t know.

Marinna: All right, I actually have one other live caller so let me open her up, it’s Kim. Hi Kim, welcome to the call, thanks for joining us. Kim? Are you there? Kim? I can hear her too, where did you go Kim? Come back. That’s funny, you can’t hear her anymore. Bye. Let me take some questions from the [inaudible 1:03:42] so I’m going to put your hand down and put it back up if you want to come back on and maybe we can try it again, I’m just going to ask a question from the webcast here. All right, hi Diane, I have always been sensitive to energies even as a child, I’ve been doing a lot of inner work over the past six months and while meditating, and now when giving rakey lessons I have recently being feeling physical touching sensations on my arms, face and side of my head. I feel that spirit is communicating with me now. Could this possibly be from a relative who has crossed over?

Diane: What is this person’s name?

Marinna: I believe, let me make sure I’m getting this right name here.

Diane: Or you just have a phone number, Marinna Rose.

Marinna: No I have the name I just want to make sure it’s the right one. I believe it’s Kimberly.

Diane: So Kimberly, I am compelled to say to Kimberly, that she knows the answer to that question and I don’t believe it’s an answer that you’re seeking, I believe it’s validation that yes indeed it is exactly who you think it is and I would guide you to connect. Sometimes in a wakey session or massages, things like that for the practitioner, really good connections can be made in that space and time. I would make a connection, I would acknowledge who you would believe it is, and I am also picking up that it happens with different clients, and while the stronger sense that I am getting is yes you already know but I am also picking up an energy that there is a particular client who needs to be comforted or needs to know that their relative is right there with them through you, so I think you might know who that person is as well. You’re following me, you’re with me. So you might want to hone in on that as well.

Marinna: And more she is questioning whether this person wants to hear it, I am almost hearing you say, yes. That you should talk to this person about it and allow it, kind of like you were saying earlier when just allowed the spirit to come through. All right, we have Kim again, we’re going to try it again, Kim. I’m going to unmute you. Kim are you there?

Georgina: Do you know the number associated with that because I had raised my hand but, this is Georgina.

Marinna: This is Georgina?

Georgina: Aha, is there a number that is associated with that?

Marinna: Actually right now it says Kim Butler.

Georgina: I don’t want to step on anybody’s space.

Marinna: No, would you like to ask Diane a question?

Georgina: I do have a question. Is there, for lack of a better word, is there a way to break generational curses? For example there’s suicide and severe depression on one side of the family, and on the other side of the family not being able to hang on to many.

Diane: Georgina?

Georgina: Yes.

Diane: You know you’re so brave for asking those questions. Good for you, and you really want to get to the core of things, don’t you?

Georgina: Yeah, because I fear for nephews I have and great nieces.

Diane: So yes, some of the most impactful work that I do with clients is going into those places, those places that a lot of us don’t like talking about, that there’s a lot of shame around and actually finding out what it is in the llieage, going to the individuals and deconstructing, okay, having conversations around it, finding out answers and putting together a plan. This might sound very businesslike but in a sense it is, like putting together an action plan of how you can pave that forward and how you can create a completely different energy around you mentioning your nephews, right? And there’s a lot energy coming in from both sides of your family, I just have to ask you a question, if I might? Where do you stand in the middle of all this, because there is a lot of swirling energy around? Where do you stand, how do you stay grounded? What do you do?

Georgina: Right now I am not anything, I’m feeling stuck right now, as a rule to get unstuck sometimes I do reading or I’ll go and sit at the foot of Christ and there’s a huge picture in one of the Catholic churches and I’ll literally sit and lean up against him.

Diane: It’s no surprise that you’re feeling stuck because what I am picking up is like all of this energy is swirling, all these unanswered questions that you have and then only thing that you can do to feel safe is to remain in that place stuck, so that nothing bowls you over, nothing knocks you down and as a result of feeling stuck, you’re not getting answers to questions. Your prayers aren’t being answered either.

Georgina: Or they are being answered and they don’t last, if that makes sense.

Diane: It does make sense and that’s all a part of belief. So to answer your question, yes, absolutely get on the call on Saturday, send an email or something but very deeply rooted, yes, absolutely yes. Do you believe that anything is possible, do you believe in connecting with your relatives?

Georgina: Yes because I did with my mother right after she died.

Diane: Okay, do you believe that you’re a product of your ancestors?

Georgina: Yeah.

Diane: So anything is possible, Georgina? Absolutely.

Georgina: Otherwise, you know if I wasn’t a part if my ancestors then I wouldn’t be carrying this depression.

Diane: Exactly. So just let it go. Let’s choose to release it. I know, I remember when I heard the very first time, if you don’t pick up a drink you’ll never get drunk and I said, well that sounds simple enough. Well it was simple in theory, it was very simple in theory. In practice it was a whole other story so I really relate to what you’re saying and I know about the depression, I used to want to steer my car into the path of an 18 wheeler, but there’s hope. You know it goes back to what Marinna Rose and were talking about hope. When she has hope anything is possible, exactly. Very great question and it sounds like you’re stepping out too.

Georgina: Thank you.

Marinna: Thanks for opening up, Georgina. All right, do you have time for one more webcast question, Diane?

Diane: I could sit here and talk all night so hey.

Marinna: All right, so this one is from Michelle and this is what she says, I have heard that DNA does not control our lives to the extent first thought, so how then does drinking get passed down the family and in even those who have been adopted? Interesting?

Diane: Okay that’s a great question. That’s an excellent question. So I don’t approach what I do from a scientific point of view, I know Caroline Cooper was giving some great information about DNA and the coding with the DNA and I was totally fascinated with that. I do not approach what I do from a scientific, I approach what I do from an energetic, from a spiritual point of view and so drinking being passed on through the DNA, some may say yes, I’m not saying yes or no, I believe that we are all energy, and I think I kind of touched upon this when we were talking about putting together your spirit with your mentor so anyone that you have come in touch with or in contact with energetically, passing down drinking through millio, through your family, through those who raised you, it’s influential, it’s energetic and what we see we tend to emulate, what we see we tend to carry forth, in good bad or different, whatever it is, I really wish I had an opportunity to talk to her on the phone about drinking and about DNA and about, it sounds to me as if her question is, I or someone I know was drinking but I was adopted and my family drinks or my whomever drinks and so why am I drinking if I am adopted. And I would, Michelle, say that again, a product of your environment and what you grew up with and those around you and the energy spend time with or spending time with. Does that, sort of answer the question, I mean we’re all free to some level.

Marinna: Yeah, I believe that, it sounds to me like you answered the question, Diane. And I agree with you, and it does sound like it’s either her or she is questioning for someone else, trying to figure out life.

Diane: Michelle, I just say to you if it is for you or if it is for someone else, God bless you for even putting that question out there because we start looking at ourselves and questioning whether or not we might have a problem, that’s when the real healing begins. So good for you for even putting that out there and just keep walking forward and asking questions.

Marinna: Yeah that’s great. Thank you, Michelle for that question. And I have one here from Linda, and she says that my son passed away at 31 years old, he is near me and trying to connect, I miss him so. Not sure if he can hear me.

Diane: Well, yes absolutely yes, he is near you and he is connecting and in this case what I am picking up, Linda is that you so want to hear him that it’s getting in the way of actually hearing him, of actually connecting, you two are so connected that it is causing a disconnect, I have never heard of anything like this before but it makes sense to me. You’re so emashed in each other’s energy and love, you’re so much a part of each other that you are one and you are having a very challenging time discerning him from you and so you feel as though he is not around when he is right there, he is a part of you, he’s with you.

Marinna: Wow that’s incredible.

Diane: Yeah, and to that I would just say, Linda, put your hand on your heart and take a deep breath and see him and feel him and be with him, you are connected, and the love is palpable, it’s just amazing. Well thank you.

Marinna: That’s great, thank you, Diane. We have one more question if you don’t mind, Diane.

Diane: I love sharing this.

Marinna: Okay, great. All right, this one is from Kay and she says I have always wondered about the women on my biological father’s side, I have never met him, he was much older and long gone now. Do you have anything to share about this?

Diane: Kay is wondering about a woman on her biological father’s side?

Marinna: She says, I have always wondered about the women I have never met him, he was much older and long gone now. Do you have anything to share? I mean I think that what I’, reading is her question is do you have anything to share about the women on his side?

Diane: Well what I just picked up immediately was, the picture that I just got, Kay was Can Can, like the women doing the Can Can, like really ruckus, rebel rousing, fun loving women, and like a group of them, they are almost like the rockettes but way before the rockettes, really fun loving, all I keep hearing is rebel rousing women and, yeah you need to connect with them because there’s a lot of really energetic. I’m picking up a couple of things about Kay too like Kay could really use a good dose of this right now in her life like this, kind of energy and connection, and I am also feeling that Kay is very much like that but that’s been kind of sleeping in her for a while. So that’s the women energy that I am picking up from your father’s side of your family. You need to make a connection to them, you need to connect to them you need to listen, there’s some kind of old music, like the dog with those 78s or something, that’s old music connected to that side of the family too, you k now those old fashioned, what do they call them, not the megaphone things that you wind them up in the, I can’t think of it, the old record player thing that you wound up and put that thing. But really a lot of fun loving, rebel rousing Can Can kind of women over there. Please connect with them at some level you’ve got to get in touch with them. There’s a lot of fun still to be had in your life, that’s what I’m picking up anyway.

Marinna: Great, sounds good for everybody, right?

Diane: Yeah that’s true, that’s a good point, yes.

Marinna: Well great, thank you, Diane.

Diane: Thank you, Marinna Rose.

Marinna: Fantastic and you have an amazing gift and I know that you’ve been able to really help a lot of people out and I’m sure that you have changed their lives tremendously, I can just imagine being able to help people on this level.

Diane: Yeah so thank you and brought up the word acceptance and for me I really fouth this a lot because it came so easy and one of my old engrained beliefs were if you don’t work hard for it, you have to work hard, you have to work hard, and this was something for me that took me a number of years to accept because I wasn’t working hard for this, it really can be real and it really can be a gift and to accept that is a great gift that I give to me. So it’s not always easy, but once we get to that point of acceptance it can be exceptional, so thank you, and I am so thrilled and to be able to bring the messages through, I love it, thank you Marinna Rose and everyone who was on the call and ask the questions, thank you, and if you still have questions, send me an email or give me a call or whatever but.

Marinna: Yeah, please do that, please connect with Diane, I know that she would like that. And like you had said earlier to Diana, I know it takes a lot for some people to open up about the stuff and even have you do readings on them and everything, I know that’s a lot of courage for people, so thank you for stepping out and doing that, it was definitely the right time for you to hear what you heard.

Diane: Exactly, well thank you everyone.

Marinna: Well thank you everybody, have a fantastic evening and if you can join us for tomorrow at 3:00PM Eastern we’re going to be having Sonny Don Johnstone us so maybe you’ll get a chance to connect with some of your angels and get some guidance from that, so thank you so much Diane and we will be connecting with everyone again tomorrow. Goodnight everybody.

Diane: Okay, thank you. Bye.

Marinna: Bye.