

The Olson Interviews with Rita Berkowitz

How To Empower Your Life With Spirit

BOB OLSON: Today I'm interviewing Rita Berkowitz, psychic medium, spirit artist and author of *The Complete Idiot's Guide To Communication With Spirits*, who is going to teach us how to empower our lives with spirit. Welcome Rita! Thanks for joining us today to teach us this valuable information.

RITA BERKOWITZ: Your welcome, Bob. Thank you. I'm happy to be here.

BOB: Rita, you work with spirit all the time giving readings where you communicate messages from people in spirit and you draw portraits of the spirits you see, but today you are going to teach us how to EMPOWER our lives with spirit on an everyday basis, without needing a psychic or medium. Is this correct?

RITA: Yes Bob. That's right. Let me first separate the difference between a spirit loved-one, a spirit guide and Spirit. When we speak of Spirit, we are speaking of the Infinite Source of all. When we are speaking of a spirit guide or a spirit loved one, we are speaking of someone who has walked the earth plane and is coming to help us. So, I'll be talking about all three.

We know that there have been so many people who have had great gifts and when they pass to the Higher Side, these gifts do not die with the physical body. And their ability to share these gifts also remains. When we need help, just ask for it and it is there for us.

BOB: Tell us what it means to empower our lives with spirit?

RITA: How many times have we all been in situations where we could use a little help? I know I have. They could be personal or professional situations where guidance will allow the process to go more smoothly. If we stop to ask spirit guides and loved ones for help, and then we see that our feelings of doubt and concern diminish, we feel more empowered and we move ahead with assurance.

BOB: So, exactly HOW does spirit go about helping us to empower our lives?

RITA: Let me give you some examples. Each morning, I ask Spirit and my guides to be with me as I work. I ask the master teachers and the master artists to be with me as I do my spirit drawings. I ask them to help me to prove continuity of life.

These are not the only times I ask Spirit to be with me. I can remember a specific time when I was teaching art and working with a challenging student and I asked for help. As I spoke to the student, the words came through clearly and she understood what she needed to do to help herself.

I also had a friend many years ago who would ask the great financial advisors of the past

to help him at business meetings. This doesn't have to be an involved process, all you need to do is ask.

BOB: And what types of spirits are we talking about here: the spirits of our deceased loved ones, our spirit guides, or both?

RITA: Both. I ask my grandfather who was a Talmudic scholar to help me with my religious studies, or the master artists to help with my drawings; but I ask my dear friend who was a secretary to help with my typing. We want our loved ones to help with personal issues and the guides to help us by using their expertise.

BOB: Does this include angels, too?

RITA: There are so many different definitions of Angels, but yes, they can help too.

BOB: Are there signs we might recognize that will indicate spirit is helping to empower us?

RITA: Absolutely! If you are lucky enough to have psychic gifts, then you may see or hear them. You may feel like you have been inspired, as if suddenly a great idea came into your head. If you question where that idea came from? It was spirit.

BOB: Okay, now let's talk about things we can "do" to work with spirit for empowerment. Are there specific actions we can take to help spirit to help us?

RITA: Because we come from so many belief systems, we have to find what works best for each of us. I like to use prayer and meditation. Some people just go into a quiet place, get peaceful and listen. Some will light a candle to feel more connected. It truly is about setting an intent for what you want. In other words, be specific. During my readings, for instance, I ask my guides to help me prove continuity of life and make sure the sitting is healing, helpful and evidential to the sitter. I also ask the guides to help the sitter on their path.

BOB: Are there things that we should NOT do, actions that may get in the way of spirit's efforts to empower us?

RITA: Yes, don't pester them. Remember that these were people on the earth plane, and if you think of how we feel when we are asked to do something over and over, you can expect that they might feel that way, too. The power of the request diminishes if we pester them. The best thing to do is ask and then release it, and trust that Spirit is with you.

BOB: Now, you're a psychic medium and spirit artist, so some people might say that it's easy for you to do this work. Can anybody do this just as easily as you, even if they do not have the extraordinary gift of spirit communication?

RITA: Yes, they can do it just as effectively. The difficulty might be in recognizing that it has been done. I always recommend that you see how you feel after you have made the request. See if answers are coming to you or if a process has been made easier. Start to recognize the subtle signs from spirit that may give you guidance. You may ask a question about change and suddenly a butterfly flies past you in your office. That may be a message. See how it feels. When you start to trust your intuition, you'll know.

BOB: What about those people who are not spiritually focused; does everyone, regardless of their beliefs, receive help from spirit? If so, how are these people at a disadvantage, if at all?

RITA: We all receive help, but we can receive more if we ask and pay attention. If someone is not spiritually focused, they may miss the communication from spirit. They might not recognize that a communication of guidance has occurred. More likely, they will think it is only their imagination or coincidence and dismiss the information altogether.

BOB: I know that by getting a reading from you for spirit communication, and getting a spirit drawing from you of my deceased grandmother, it helped me to better understand spirit, thereby helping me to understand how to work with spirit. Do you think that having these types of experiences (spirit communication & spirit drawings) is helpful for those who want to become more empowered with the help of spirit?

RITA: It helps because it deepens your belief in spirit communication. When I draw your loved one in spirit, or give you personal messages from spirit, you know that I couldn't have gotten that information any other way. Spirit is close and when we see and experience a good medium, and are therefore touched by Spirit, we will never forget it. That can be the beginning of trusting that a loved one is there, or trusting that a guide is helping, or that an angel is touching us.

BOB: Are there other experiences that you recommend for those interested in empowering their lives in this way? For instance, do you think a past-life regression, learning about near-death experiences, taking a psychic development class or practicing meditation can be helpful?

RITA: All of the above will help someone on their spiritual path. We are Spirit and when we realize this, it helps us to know what we can be accomplished in our lives. We are such great creators, so any spiritual experience, if done in love and light, will help us to move forward on our path.

BOB: Are there any books that you recommend for learning more about this information? Certainly I would recommend your own book, *The Complete Idiot's Guide To Communicating With Spirits*. Are there any others that stick out in your mind?

RITA: I have another book coming out in the fall of 2004 entitled "Empowering Your Life with Angels," which teaches techniques for doing everything that we have been

talking about.

BOB: Rita, I know a lot of people in this field who feel they know this information, yet do not regularly practice working with spirit in their lives. What advice do you have for people who need to be more disciplined in their efforts in working with spirit?

RITA: We all have to walk the talk to help our own work grow. It is a matter of desire. I have a friend who speaks of spiritual maturity. As mature beings, we know there are certain things we can do to take care of ourselves. As spiritual beings, we also need to take personal responsibility in making sure that we continue to grow and work with Spirit. Take the time, it's worth every second.

BOB: Is there anything else you would like to add about how to empower our lives with spirit?

RITA: Remember that when we want spirit to work with us, we have to give back in some way. Again, the choice is yours, but if you ask Spirit what is needed, you will get the answer.

BOB: Well, this has been very helpful. Thank you so much, Rita, for sharing this insight with us. I'm sure that many OfSpirit.com readers are going to want to know how to contact you. What is the best way to get in touch with you? People may want a mediumship reading or spirit drawing.

RITA: Thank you, Bob. People are welcome to call my office at (781) 826-8107 or visit my website at www.thespiritartist.com.

BOB: Our audience might also be interested in an article I wrote about my own experience getting a reading and spirit drawing with you, which they can read at <http://www.ofspirit.com/bobolson17.htm>.