

Introduction

When I was a kid, I routinely took a running leap from the safely lit hallway to my dimly lit bed, not daring to breathe until my feet were tucked underneath the covers. The yawning, engulfing space between those two places tortured me with the possibilities of eerie hands and unseen creatures that might reach out and grab me.

That idea still makes me nervous to this day.

The difference between my childhood and adulthood interpretations is that back then, I wasn't quite sure why I felt the creepy crawlies the way I did and I sure as heck didn't know how to make them go away.

After many years of deep study, trial and error, personal experience, and tons of changed lives due to my work as an intuitive, channel, and artist, I now have a very clear idea of what is going on and how to handle it. Today, I can say, without question, that there really is something to these encounters that goes beyond an expression of imaginative fancy and that children (and adults) who sense these goings on are not crazy. In fact, they may be more tuned into universal truths than they realize. (You can visit the Deeper Information section at the end of this book for more insight into this).

What I believe is happening, however, doesn't quite matter. What matters is that I can have a say over what is going on and know what to do about it. And so can your child.

Over the years, I have worked with a lot of families whose children suffer from unexplained fears. In this work, I always inform the adults that it doesn't matter in the least whether their child believes something is actually in the room, creeping in the closet, hiding under the bed, or lurking outside the window or whether it is the product of a purely hyperactive imagination. The bottom line is — something is causing fear, so let's tackle that.