



SPIRIT TALKER

INDIGENOUS STORIES AND TEACHINGS
FROM A MI'KMAQ PSYCHIC MEDIUM



SHAWN LEONARD

Foreword by Asha Frost, author of *You Are the Medicine*

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CHAPTER 27

NO'KMAQ NA TERWEYWIJK MY ANCESTORS ARE WITH ME

We all need breaks or vacations in life to help us stay balanced and grounded, and the islands of Hawaii have helped replenish my mind, body, and spirit during my stays there. During our last stay on the Big Island of Hawaii my fiancé, Michelle, her daughter Ashley, and myself stayed at a place along the coastline. We were on the west side of the island where it doesn't rain as much and stayed on the third floor of a building overlooking the beautiful sights of the North Pacific Ocean; it was an incredible location, and a nice place to feel spiritually connected.

There is something almost otherworldly about Hawaii, and one prominent feature are the active volcanoes located on the islands. One evening we decided to go for a drive and watch the sunset. When we arrived, I stood outside, and I thought to myself how fortunate I was to be standing in one of the most beautiful places on Earth. My thoughts then drifted to Wayne Dyer, and how he often spoke of Maui. He would often write about how it felt like heaven on Earth—that it was the closest he could be to heaven while still living here on Earth, and I understand how he felt because I feel the same way.

In that moment I thought about my Ancestors, and about how we all have many people that we love who were part of our lives that are no longer here physically. These Ancestors transcend even this lifetime, and our connections to them expand into our many other lifetimes as well. Even with the countless number of lives we live, all our Ancestors remain with us.

As I stood in one of the most beautiful locations in the world, I called upon them while I was standing on top of this mountain; I spoke to the spirit world out loud, as I often do, and I asked for my father and my grandmother, and my great-grandparents. I spoke to my aunt Nancy, and I asked her to be there as well. I invited all my loved ones and Ancestors in Spirit to spend time with me during my stay in Hawaii.

I felt that because Hawaii is such a peaceful and spiritual place, because it always helps me refocus and assists in rejuvenation, that it would be amazing if they could all be there with me. I had never thought to invite my Ancestors from this lifetime and the many other lifetimes I have lived before, so I invited them all to be there with me. I spoke my request out loud, and then I let it go. I could

sense them there, and I could feel their presence because there is an energy when you speak to Spirit out loud and from your heart. You can feel their awareness standing right there with you.

In the morning, we sat out on our balcony enjoying the beautiful scenery, smelling the fresh sea air, and hearing the ocean and the sounds of doves cooing. There was something powerful about the moment, which made me think about my invitation to my Ancestors from the night before.

I thought of my request that they be included on this trip, and in that moment I looked up and noticed a white feather floating down from the sky. It was maybe half an inch long, and it continued to float down past our balcony almost in slow motion.

It passed us and as I watched it float down to the floor below us, suddenly, through clairaudience, I heard a voice say, "Shawn, hold out your hand." So I took out my left hand, and I held it out in front of me with my palm facing upward. At that moment the feather floated vertically back up to us; we were watching as it moved directly toward me and landed right in the center of my palm.

I'm never really surprised when things like this happen. They don't happen every day, but when they do it's incredible. I thought back to the invitation I had said out loud to my loved ones and Ancestors the night before, and how I spoke from my heart while standing on top of that volcano, and this feather was the validation that I needed in that moment to remind me that they heard every word I had spoken. It wasn't a subtle message from Spirit, but a resounding message saying, "We are with you!"

The experience I had with the feather reaffirmed to me that our Ancestors are always with us, and it isn't just

from this lifetime, but from our vast number of lifetimes as well. We just need to speak to them and remember that they are there. It's okay to invite them on our journey, and to include them in the amazing things that we do. They want to be included and remembered because they are always there guiding and loving us.

When you learn to trust that your Ancestors walk alongside you in this life, you notice a deeper relationship and communication with them. Ask for validation so that they can hear your requests, and you will be amazed by their ability to communicate messages to you. They will hear you, and they will validate that you have been heard, whether it be through a sign in the form of a feather or a voice in your mind that asks you to hold out your hand. I know that if it can happen for me, then it can happen for you.

A PRAYER FOR ANCESTORIAL CONNECTION

My immediate family and Ancestors who are in the spirit world, hear my heartfelt words and prayer.

I invite you to be with me this day as today is a special day, and I wish to share this moment with you.

I have not forgotten you, and today in this moment I celebrate our relation and continued connection.

I request you take a moment of time from your place where there is no time to spend with me.

I am grateful and appreciate your unconditional love and presence.

I thank you all, with great love and respect, all my relations.

Weliaoq Msit No'kmaq