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{ *An Interview with C.J. Sellers* }

PSYCHIC'S PERSPECTIVE

[By April Slaughter]



TAPS

Paramagazine

recently sat down with C.J. Sellers, a renowned psychic medium, to discuss her views on paranormal investigation, tools of the trade, and even reincarnation. C.J. has done an extensive amount of work in the field, and has most recently gained attention for her appearances on A&E's Paranormal State. While we make no claims as to the validity of any psychic, our talk with C.J. was indeed intriguing. After all, this world must certainly look different to someone who can reportedly see and communicate with what lies beyond it.

TP: CJ, WHAT WOULD YOU CONSIDER TO BE YOUR CLASSIFICATION IN REGARDS TO THE TYPE OF PSYCHIC OR SENSITIVE YOU ARE?

CJ: I classify myself as a psychic medium and healer. The healing aspect of my work for me is emotional healing and helping people overcome whatever it is that is preventing them from moving on with their lives - the biggest part of the medium readings for me. I want to be able to give people whatever it is they need to better themselves and their lives. In a sense, I am their spiritual counselor first and also a medium who can pass on messages from their guides or the spirits of loved ones on the other side.

TP: WHAT IS A SPIRIT GUIDE?

CJ: A guide is a spiritual being who has lived the life, or several lives, as a counselor of sorts for others. Sometimes these individuals pass on and choose to take on the same role in the afterlife. They offer us their guidance, their wisdom, their knowledge. In my experience with guides, they tend to help me keep my ego as a human being out of the work. At times they can pull the rug out from under me to teach me a really harsh lesson, but that's their job. Some guides have not lived a lifetime, and they would be considered angelic beings. They don't necessarily communicate directly with us, but step in when they feel they are needed.

TP: IN YOUR OPINION, DO WE HAVE THE POWER TO CHOOSE WHERE OUR SPIRITS WILL BE ONCE WE HAVE CROSSED FROM THIS LIFE INTO THE AFTERLIFE?

CJ: I believe it is no different in the spiritual realm for us as it is in the physical. If a person passes on, and they had lived a life of ill-repute, they might carry that on with them after they die. This can prevent their spirit from moving on and going to Heaven (or whatever higher level you believe in). Sometimes they become earthbound and continue in the same behaviors and patterns they were involved in while living. Others that maybe haven't lived a perfect life, but are good hearted and give it a good try, will cross over and move on in the spiritual realm. I believe they can visit us, as Heaven isn't very far away.

TP: DO YOU PERSONALLY BELIEVE IN REINCARNATION?

CJ: I do. I don't think we can honestly learn everything we need to know in one lifetime. I believe some of us have to reincarnate because we did not learn important lessons the first time around. However, I don't believe that everyone has to reincarnate and that in some cases it is actually a personal choice. Sometimes I

feel that

the reason I can't connect to certain people that have crossed over is because they have indeed reincarnated. There are family members of my own I have never been able to pull through a reading for anyone, and I tend to assume it is probably because they are no longer in the spiritual realm.

TP: HOW LONG HAVE YOU BEEN PROFESSIONALLY OFFERING READINGS TO CLIENTS?

CJ: It's been about eight years now. I used to randomly read for friends, who would refer others to me. I then had so many people approaching me to read for them that I thought it was time to really take it seriously. My life kept finding ways of pushing me into it or toward it as a career. It seemed that every job I took, something would happen and the business would go under or other circumstances prevented me from continuing to be employed. No other job really ever fit me as well, and now that I do it full time, I can't imagine doing anything else. I feel like this job chose me.

TP: HOW DO YOUR FAMILY AND FRIENDS FEEL ABOUT YOUR CAREER CHOICE?

CJ: My friends are supportive, as they are generally the ones who refer me to other clients. In the beginning, it was a strange thing for my family as they knew me as a wife and a mom. When I began to label myself as a psychic medium, it was difficult for them to accept. While they were not initially keen on the idea, they have come to accept it as what I am and what I do. From a religious standpoint, they find it hard to fully understand or support but they accept me and know that what I am doing comes from a genuinely positive place.

TP: WHEN PEOPLE CALL YOU FOR A PERSONAL READING, WHAT IS YOUR PROCESS OF TUNING IN FOR THEM?

CJ: I always begin by first asking permission to tune into the individual's energy and the energies around them, to include their loved ones on the other side. Once I get their permission, I switch my focus and shift into a reading mode. In most cases, this is when those on the other side begin to communicate with me. Shifting in and out of reading mode was something I worked a lot on over the years in my training. The ability to tune in and read is always available to me, but I don't have to be in that mode 24/7.

TP: WHY DO YOU FEEL IT NECESSARY TO ASK SOMEONE'S PERMISSION BEFORE YOU READ FOR THEM?

CJ: A person's energy is very personal. I always want to make sure that they understand things that are deeply personal and private may come through to me. I liken it to knocking before entering a room with a closed door, and it is not ok for me or anyone else to just barge in.

TP: WHAT IS YOUR VIEW ON THE USE OF DIFFERENT TOOLS SUCH AS OUIJA BOARDS, PENDULUMS, TAROT CARDS, ETC.?

CJ: I think they can be very useful in developing one's intuition and ability. However, I think intent plays a major role in the outcome. If your intentions are to receive information to use negatively toward someone or to harm others, it can get very dangerous. It can open doorways for negative energies to come in and people are not always knowledgeable enough to be able to close those doorways they open. Like attracts like. If there are underlying problems, whether they are emotional or mental, these tools can play on those issues and create real problems for the user.

TP: WHAT IS YOUR VIEW ON THE FRANK'S BOX / GHOST BOX DEVICES?

CJ: They are no different to me than Ouija boards. The only real difference I see is that they do not require two or more people to operate them. I would advise the same amount of caution in using these devices as I would the Ouija. Anytime you open a doorway, you are allowing anything and everything to come in. You have to be very cautious about the quality of the information that comes from the boxes, as you don't know if what you are getting is truthful. When using a spirit medium or psychic to obtain information, that person is usually able to sense and understand if something does not feel right or honest, and a mechanical device does not have that capability. There is no filter. I think it could give a lot of work to investigators down the line with these devices widely available to the public now. It is always a good idea to have someone present when using the boxes who understands the spiritual realm and is able to recognize when something potentially negative is coming through so that you know when it is best to end the session. My fear with these as a tool, or even tarot cards and other items, is that once people get an answer they like, they keep going back to that method of retrieving information and can come to depend on it when making their personal choices. Higher level beings answer our questions when they feel it is needed, not necessarily whenever we ask. If someone becomes dependent on other sources such as these for answers, I would suggest they remove the temptation and get rid of whatever it is they are using in excess. Give it away, destroy it, or whatever you have to do to rid yourself of it.

TP: HAVE YOUR CLIENTS EVER BECOME DEPENDENT OR OBSESSIVE ABOUT PSYCHIC READINGS?

CJ: Psychic readings should always be a tool to help you get through a particular time or past a difficult obstacle in your life. They are not meant to replace free will, and cannot be the source for every decision you make. I have often spoken with my clients about the dangers of relying solely on the information coming from psychic readers in making their choices. If I feel as though someone is becoming dependent on the information I give them, I try my best to put a stop to it. These individuals become what I call 'psychic junkies' and you cannot help someone who is not willing or trying to help themselves.

TP: HAVE YOU EVER BEEN UNWILLING OR UNABLE TO READ FOR A CLIENT?

CJ: This happens periodically and for a myriad of reasons. As those on the other side are beings consisting of energy, and I am attempting to connect with their energy, it is important that all involved are strong and clear. For example, if a client is coming down with the flu, even without knowing it yet, their energy may be decreased and it becomes difficult to read for them. If I am not at a good energetic level for whatever reason, it works the same way and I am not able to receive information as effectively. My guides will often step in when they see something interfering and let me know that it is just not a good time to tune in and read for someone. Sometimes those on the other side are not willing to speak at that particular moment, and we have to respect that.

TP: WHAT ADVICE WOULD YOU GIVE TO A BEGINNER WHO BELIEVED THEY HAD PSYCHIC ABILITIES?

CJ: Often I connect with individuals who are a sensitive to some degree. I tell them to open up to it and embrace it in whatever way works best for them and their lives. If it means simply self-acceptance or developing their senses to become a reader, that is what I encourage them to do. I advise them to become educated

about it, as this sort of work can take an emotional and energetic toll on you. I want them to understand that this is a gift, not a curse and that they should embrace it.

TP: HAVE YOU EVER WORKED WITH LAW ENFORCEMENT OR CONSIDERED IT?

CJ: In the past, I have worked on a few different murder cases. While I respect the people that can take on that sort of responsibility, I find it a bit too difficult for me. Because I am an emotional healer, it is a very painful and sad process for me to work through. I can't detach myself emotionally when I am doing that and it is not something I find I can manage to handle on a regular basis. People who work on murder cases have to be able to remove themselves from the situation to see it clearly and I am just not able. Again, I highly respect those who can do this sort of work but I've made the personal choice not to.

TP: ARE YOU ABLE TO CONDUCT A PSYCHIC READING FOR YOURSELF, OR DO YOU CONSULT OTHER PSYCHICS AND SENSITIVES?

CJ: It's very difficult to be objective with oneself. Just as doctors go to other doctors for their health, I have to seek out assistance from someone else because I cannot be removed from the situation and be objective enough to see it clearly. I would always be left questioning whether I put certain ideas into my own head. I am always getting guidance from the other side, but if I want specific answers to questions, I really need to talk to someone else.

TP: IN YOUR OPINION, DOES USING PSYCHICS ON INVESTIGATIONS HINDER OR HELP THE OUTCOME?

CJ: I think it hinders when everyone in a group is suddenly a psychic. You can't rely solely on the psychic end of an investigation any more than you could the scientific end. I truly believe the two go hand in hand, and you should look for corroboration between what the psychic is perceiving and what your instruments are picking up. What you're ultimately trying to do is validate or disprove the phenomena the client is reporting. As a medium, I often walk into investigations where I don't pick up on anything, and I just have to be honest about that. It doesn't mean there isn't something there, it just means I am unable to connect to it at that moment in time.

TP: WHAT ADVICE WOULD YOU GIVE INVESTIGATORS IN THE PARANORMAL FIELD REGARDING PSYCHIC PROTECTION ON INVESTIGATIONS?

CJ: I would advise them to always go into an investigation with a good spiritual attitude. While I know that not everyone out there is spiritual, they need to keep in mind that if they are going into a situation where they might encounter spiritual beings, then by all means have some good spiritual energy going in with you. As much as there is a negative side to some of these things, there is also the positive. One of the best and most effective meditations is to visualize yourself surrounded by white light. It's never a good idea to enter into an investigation with an attitude of superiority. We need to give the spiritual world credit for being intelligent. Walk in with a respect that these individuals were people too at one point, and they really still are. If you treat them with respect, you are going to get a much better response than approaching them with an inflated ego. It's never a good idea to get things stirred up just to leave the family with an even greater problem on their hands than before you arrived.

To obtain more information about C.J. or to schedule a reading, please visit her website at www.cjsellers.com



