



A Clairvoyant Life

by J Ro

Introduction

This book is about living a life where everything is experienced as energy, and with an ability to see energy as information. Everything is energy, both the physical reality of matter and the abstract reality of mind and consciousness. As a Clairvoyant who has shared my abilities with others throughout my lifetime I have developed a vast knowledge base of experience, based on information drawn from thousands of energy reading sessions with individuals from every walk of life imaginable. I have distilled my lifetime of expertise, knowledge and technique, and I am sharing it here, in these pages, so that you can also benefit from what I discovered from over 35 years of reading people's energy and helping them apply the information contained within it to their lives.

Who Should Read This Book

This book is for the evolution of conscious awareness. The story is based on my personal experiences of seeing energy and reading the information of energy intuitively and visually. By sharing what I have learned I hope to encourage you to consider your own extrasensory abilities. This book can help you learn how to perceive yourself as energy, and how to discover and interpret your own unique ability.

The intention of this book is to question the basic perceptions you have been taught and to introduce you to consider consciousness to be a fundamental energy of our universe. If you are interested in what fabricates reality, or developing awareness of your sensory and extrasensory perceptions, keep reading.

This is a book for anyone curious about how physicality is embodied from energy. It's for people who contemplate their containment in a body and in spacetime. With complete candor I can say this book is definitely not for everyone.

Energy Consciousness

This book is a story being told about consciousness, and how conscious energy is the source of you as an individual personality living this experience. We are an experience of our consciousness, and consciousness is a fundamental energy to our awareness and our existence.

I've come to understand that my conscious energy creates an experience and I am that experience. Establishing an awareness that you are an experience of your consciousness is essential to building an awareness of yourself as energy.

The ability to see any energy including the energy of your conscious awareness is a composition of visual images, sensory perceptions and intuitive knowing.

“Energy Being” Awareness

Understanding that you are composed of energy, constructed from your consciousness as a materialized human being with a physical body, and existing within a reality - is “Energy Being” awareness.

Consciousness is an energy that is fundamental to your experience of reality. Your individual conscious awareness define the experience of your unique reality. Being aware of yourself as an “Energy Being” is just another aspect of conscious awareness.

Consciousness Is An Energy Of Change

It is obvious that we continuously change. Each of us experience ‘now’ as a continuously changing moment, constantly emerging before us, but what so many do not realize is that your individual consciousness formats what you perceive in that ever changing moment. To what degree change is evident to us is dependent upon the individual’s conscious awareness.

We recognize the flow of energy in the continuous change we witness in every moment that comprise our lives. It is important to know that the flow of conscious energy is also flowing in a stream of continuous change.

When we learn to perceive the information contained in the flow of continuous change we expand our conscious awareness. When we develop our conscious awareness we gain the ability to interpret information in the energy flow to evolve our consciousness and guide our life’s journey. Our undeveloped human awareness is so accustomed to the relentless stream of

changing moments in our daily lives that we do not typically notice the flow of conscious energy. We often lack any awareness that our consciousness is energy at all, much less that it is also energy flowing in continuous change.

Consciousness evolves when you become engaged in the flow of continuous change. What each of us experience as living life is the energy of our consciousness evolving. We are becoming aware that what we experience is the energy of our individual consciousness changing as it learns and incorporates experience and information from the energy flowing in continuous change. The force that drives our conscious evolution is the ceaseless flow of continuous change in the world, in our lives and in our universe.

Your awareness will broaden as you begin to perceive yourself as constructed from energy and as a flow of consciousness. The insight for witnessing how you are composed by consciousness from energy is within you. When you establish an understanding of yourself as an experience, constantly being composed by consciousness, you are building an awareness of yourself as energy. This is the first step to embracing your existence as an Energy Being, rendered in the present moment by your consciousness energy flow.

What Is A Clairvoyant

The evolution of my personal conscious awareness has been a driving force throughout my life. The attention I give to my conscious awareness and my personal evolution gives purpose to my life, and facilitates the service I provide to others, with energy readings. I often use the term clairvoyant to describe the work I do because it is originally defined as clear sighted. Over the years the meaning of clairvoyance has become distorted, and exaggerated by the sensationalization of extrasensory abilities. Lets just not go there. Instead, for the purpose of this book, we will use the original definition of clairvoyance: to see clearly. Using this simple definition of this word will facilitate the telling of the story in this book: *A Clairvoyant Life*.

As a clairvoyant who sees and reads energy, I receive intuitive information visually. I witness everything as having an energy trait and use my abilities to interrupt and understand the information encoded within it. I combine clairvoyance with the ability to see and read energy. This is the service I provide as Energy Reading with J Ro

I use my clairvoyance to see the information of energy in the form of images or pictures and use intuitive knowing to interpret and read what I see.

I understand myself as an experience of my consciousness. I witness my body and life experience as energy and generate a perceptual awareness that makes use of my extrasensory abilities.

My Personal Experience

When I was a child growing up in Ohio I assumed the parts of the world I had yet to experience would be quite different from Ohio. When I started to travel and visit other places, I soon learned that everything was only slightly different. The scenery changed a lot and I met different people but the actual experiences I was having seemed similar no matter where I went. It wasn't long before I ran out of truly new experiences because they never were, just different circumstances and people. Slowly I realized that my consciousness traveled with me wherever I went and was constructing my experience over and over again. I wanted to understand how this worked.

How was my experience happening? How did my consciousness affect the construction of my reality? I have always been able to witness and see everything as energy. I decided to invest into my natural clairvoyant abilities. I wanted to understand my consciousness and learn how I manifest as a human being, and as an experience here on Earth.

A Personal Example

A casual encounter as a clairvoyant, goes something like this:

The other day a dear friend unexpectedly showed up. He didn't asking if this was a good time. Without hesitation he went into his story. I was busy in the garden and the interruption caused me to turn to look at him. I immediately noticed that he was not fully present. He looked depleted as if some of him was missing and as energy he looked stagnant. He was suppressing an emotion and seemed choked up. This insight was delivered as a flash of intuitive knowing.

He asked if I could look at something for him. That means will you look clairvoyantly at my energy for me. He sat as I stood pouring out his story of unrequited love for this beautiful woman 20 years younger than him. I noticed his energy was not flowing well, sluggishly weak, slow but not completely stopped or he would be dead.

The flow of your energy supplies the momentum for you to be here now. The slow sluggish flow of my friend translated to a past time memory. He was being reminded of the pain of a broken heart from long ago. A inability to be loved, or feel love in return for giving love. He told me he gave his love freely to this woman, and give this love without a need for love in return. I told him you're trippin dude, you are desperately in need of love. Because he is my friend I can talk to him candidly and even poke fun.

I could see his vertical flow was cut off at his neck. I told him you are suppressing and pushing down on a lot of pain and hurt that was experienced in the past. His dead mother was seated next to him, figuratively speaking. A difficult woman, demanding of

love, needing love, and reactive if she did not get the kind of love she wanted. She had no flow because she was indeed dead. As quickly as she had appeared she disappeared.

I told him you are experiencing your mother right now, and a copycat of her flow. Blending compassion with humor I explained, you are experiencing a repeating pattern imprinted by your mother to you. Yes it does hurt especially in past time but you are here now. Maybe thank your unrequited love interest for helping you remember something that now maybe can be negotiated differently. You will always have the pattern because it is a part of you but you can choose to remember it without going into it.

My friends reasons, causes, symptoms, and opportunity for change were all contained within his energy as information, but playing out as his story as an experience. Gradually he began to heal himself starting with a changing perception of himself. Slowly his energy flow returned as he became more present.

By living a clairvoyant lifestyle I always notice the energy of everything. I witness energy as a flow, a continuous flow of information. Living a clairvoyant life is informative, unexpected, continuously changing, and welcomed with gratitude for every moment is another opportunity to learn.

What This Book is About?

This book is written so you can learn to understand and develop a sense of yourself as an experience of energy. This is just another way to look at yourself. By adapting this perspective you will be provided with the insight to consider how your reality is put together.

Here are some of the points touched upon throughout this book:

- Ways to build an awareness that *you-are-an-experience* and that is different than *you-are-having-an-experience*.
- How to interpret your unique life experience as energy.
- Ways to consider how your individual consciousness is energy that flows.
- Creating an Energy-identity and understanding it's purpose in your day to day life.
- How to locate and identify resources within yourself that provide power and sustainability.
- Identifying the 4 major energy flows of your body.
- Ways to work with continuously changing dynamics
- Guidance on developing your conscious awareness and the evolution of your consciousness

These points punctuate what has been my journey as an Energy Being, experiencing the energy flow as shaped by my consciousness. I invested into a clairvoyant life and have enjoyed the returns. Never a dull moment and a continuous opportunity to learn how to operate in a body, on a planet, orbiting a beautiful star, in a magnificent universe comprised of energy dispersed in space.

As you read this book, you will want to edit the information presented to relate to your life easily and comfortably. Alterations to the information are key to triggering your particular sensory abilities. By customizing what you learn to your already established specifications you will generate a mindful application. The energy of your consciousness perpetuates a continuous flow of experience that results in your existence and self-awareness as a unique being made of energy that transcends space and time. You are always evolving as an experience of conscious energy flowing in a state of continuous change.