

Embrace Your Future

By Nancy Nyman

"Your life is about happiness," she said. "Embrace that." I met her gaze. She was looking directly at me, but she seemed vacant – somehow absent from the very space she occupied. I was staring into the eyes of psychic and healer Sandy Smith during my half-hour reading at her Pasadena office. I arrived at my session full of questions, and Sandy provided some surprising answers.

My reading began with a saging of the room, a process of gently waving smoldering sage throughout a space to release energy. Sandy saged herself, and then she offered to sage me. Sandy pointed out that I carry tension in my face. I consciously forced my facial muscles into relaxation, something I would do again and again throughout my session with her.

Once we were sitting, Sandy took a moment to connect with the other side. My grandma, who died in 2000 at the age of 94, was the first to "come through." As I sat there and enjoyed just the idea of re-connecting with my grandmother, Sandy translated her messages with ease. Some were basic – watch my finances, eat better, let go of my grief. Some were more intense – a message for my friend Jillian* to stop behaving and acting in a way that isn't in her best interest because it's not working



Sandy Smith, a fourth generation psychic, medium and healer, at her Pasadena office.

(Jillian recently distanced herself from her family in an effort to figure out her life).

Sandy is a fourth generation psychic, medium and healer who first recognized her gift back in 1976. After 30 years of careful study under the mentorship of other psychics and healers, Sandy finally decided to embrace her gift. "I decided to pursue this path because I am able to do what I

love," Smith shares. "I believe my gift enables me to enhance the quality of life for both humans and animals and bridges the gap between the physical world and spiritual world."

As I watched Sandy work, I couldn't help but notice her relaxed yet intense focus. She views her work as that of a translator, simply finding ways to give her clients the information that comes through her from the other side. She is an instrument, a conduit for a sometimes constant stream of messages that she helps clients make sense of during each session. She refers to herself as a spiritual communication specialist relaying messages to enrich your life path, your talents, financial future, and family.

Sandy offers clients a wide range of services, from in-office readings and healing services for individuals, couples, businesses, phone consultations, animal readings, and criminal investigation services. She urges people who come to her to prepare in advance by listing specific questions and bringing pictures to the session. Her work with animals is a combination of insightfulness and compassion.

Sandy does readings in a variety of places. Her main office is in the Phoenix Wellness Center in Pasadena, a friendly establish-



Sandy Smith enjoys sharing her gift with humans and animals.

ment boasting a wide variety of prescription and alternative remedies. The atmosphere is quiet and supportive, and Sandy's gifts are well appreciated by any number of Phoenix customers.

She will also be hosting a series of psychic workshops this fall to help those interested, discover their own psychic and healing abilities.

For more information, or for a reading or healing ses-

sion, Sandy can be reached at 1-800-579-4622, by e-mail at SandySmith@SandySmith.info or her website www.sandysmith.info.

As Sandy said, mine is a life about happiness. After spending time with Sandy and watching her in action, I plan to embrace those words.

* Name has been changed to protect privacy of actual person.

PHOTOS BY HEATHER BOUMBA