

Dr. Renata Rachelova

# HOPE

HOW TO OVERCOME WORRIES  
AND BECOME A HAPPY PERSON  
effective methods and thoughts



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HOPE

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*This book is dedicated to those who are seeking a path to themselves, a path through their lives, a path through destiny and hope.*

*This book is dedicated to my family that has always been and continues to be supportive and stands by me, that loves me, and that I love.*

*This book is also dedicated to a wonderful married couple, Eva and her husband Peter. This book couldn't have been written without their help. I am grateful for their willingness to be there for me and their extraordinary warmth.*

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## AUTHOR'S PREFACE

I was born in Bratislava, in the suburb of Petržalka. My parents named me Renata, which comes from the Latin word *renatus*, meaning “born again”. I studied psychology and English language. I am 38 years old and have a son, Tomas.

My practice is located in Bratislava where I have been providing hypnotherapy for twelve years. Hypnotherapy uses hypnosis – a valid psychological method – as a therapeutic practice. Apart from dealing with physical and psychological health problems for adults and children, I advise parents with raising their children, I diagnose people from photographs and I guide people to the correct paths in work or life. In addition, I work with indigo and crystal children, I pass on messages from angels, I use energy therapy to correct the energy of the body and soul and I work to change a person's mindset to something more positive and desired. I also construct numerological profiles.

In my therapeutic practice I attribute the utmost importance to my gift - my spiritual ability to hear and understand the human soul and to read and analyze human energy. This allows me to immediately diagnose the root of a problem that a person comes with. Once the cause is known, finding the solution is much easier and it quickens the healing process.

In the following chapters I have summarized both the interesting stories of the people I have met throughout my professional practice and my healing methods. I wrote this book to offer answers to some of the life questions people might have, to show the therapeutic methods that can speed up the healing processes and to help people learn about self-treatment procedures. Finally, I also wanted people to gain an awareness of their souls; to understand the value of health, love, forgiveness, family; to distinguish good from evil; and to widen the spiritual world of those who read this book.

The names of my clients have been changed to ensure their anonymity. Authentic first-hand accounts from clients and my point of view as a therapist guarantee a broadening of horizons and the acquisition of useful advice and knowledge.

Dear readers,

My book is not for professionals. It was written for those of you who are searching for the meaning of life, who need help dealing with personal, family or professional problems. It was written for those of you who are searching for a path to your own self, through life, through faith; and for those looking for hope.

Renata Rachelova

*When does a life start? With conception or with birth? Is there life in a grain of sand? Is the grain part of the natural environment? Is it a part of us? Or is it only the pearl, that an oyster tirelessly creates by coating the grain of sand, that is part of us?*

*What we choose is always a part of us. What we give and what we keep. How and with what we coat the grain of sand.*

*Life writes stories until the grain of sand becomes a pearl.*

## INSOMNIA

She came to my office. A pleasant, refined lady in her early forties called Mary. She seemed to know what she wanted from life and had no hesitations going for it. Despite being strangers she decided to trust me and shared her story with me:

‘I came to see you because I haven’t been sleeping well for the last seventeen months. I sleep only about an hour and a half a night. I wake up regularly at 1.50 or 2.10 am. I am completely sleep-deprived and tired. I know that my father didn’t leave after his death. He died unexpectedly and suddenly, in full health. I don’t know if I keep waking up because of him, because he wants to tell me something or I’m just physically tired from too much work. I have always had strange sleep patterns and it has never prevented me from fully functioning. But now, my body has revolted and I’m at the end of my tether. I realize I have to deal with it and that is why I looked you up.’

Even though Mary attributed her insomnia to her father I knew the cause and the truth lay somewhere else. I decided to use both energy and angel therapy. Angels use my inner voice to whisper to me during a session. They tell me what mistakes a client is making and what they need to change. It is then up to the client whether they take away something from the angels’ advice I give them and whether they follow it or not. Most of my clients listen to the advice and start to implement changes.

The angels told me that Mary was making mistakes regarding her daughter Nikola. At the time of our session (2012) Nikola was seven months pregnant and was upset with her stepbrother for acting as if Mary were his mum. I took a look into Nikola’s soul – with her permission even though she wasn’t present at the session. Her soul was screaming at her stepbrother, ‘That’s my mum, you have your own!’

The angels told Mary that she needed to ask her daughter Nikola for forgiveness for not giving her what she expected. Furthermore, she should follow their advice because if she didn’t Nikola’s baby would have signs of autism.

Mary didn’t hesitate and asked her daughter for forgiveness that same day. Nikola forgave her immediately.

We also analyzed Mary’s parents. Mary needed to forgive her mother, for a mistake she had made towards her children: putting her son above her daughters; the same mistake that Mary’s grandmother had made before.

Up to 90 percent of psychological and physical illnesses originate from or have their root cause in the psyche, meaning in the soul, in the subconscious. Operations, medicine, doctors are of no avail; these only attend to the physical or psychological problems without dealing with the underlying causes. They only deal with symptoms - manifestations - while the cause, the main reason for the illness, lies in the soul. The soul can generally communicate this to us. This book mentions several methods for the soul to do this.

I’m not advising against seeing a doctor. You should definitely go and see one. Health problems brought about by letting your soul, your psyche, come this far need to be dealt with also by a doctor. However, it is always the case that before our soul triggers a health problem it warns us well in advance of the mental strain it is under. This phenomenon of psychological processes turning into physical illnesses is called a ‘psychosomatic disorder’.

Once the health problem is solved one has to return to the psyche, to the cause of the problem, and deal with the necessary underlying issues, unless this has already been done so subconsciously.

Why does our soul cause health problems? One reason is to make us slow down, stop and think about what we are doing wrong and right; to evaluate and think about the mistakes we make with ourselves and others and try to correct them.

I understand that it's not easy to find a cause and solve it immediately. We often have no chance to rationally comprehend what the real cause of a certain problem is. However, once we allow our inner voice - our intuition - to speak up, we will, somewhere in our subconscious, through feeling or in the form of a sudden thought, realize it. If not, we need to use the available alternative methods, be it homeopathy, herbal teas, angels' script, angels' messages, energy therapy, changing our mindset to a positive one, hypnosis – clinical or regressive, reiki, art therapy or others. Choose a method that feels closest to you and is the easiest to access.

Let's get back to the story now. We had to use energy therapy during our session in order to complete Mary's healing. Energy therapy is a method whereby a client is cleansed of undesirable energy and blockages in their body's and their surroundings (blockage = blocked energy or energetic blockages). During the beginning stages of my spiritual development I used to practice it using my hands and a white candle. White cylindrical candles have the fastest healing power. With the help of my two hands and the warmth they absorbed from the candle I was able to draw out the undesired energy and harmonize a client's energy.

When I was about to harmonize Mary's energy, her feet, or rather the heels of her shoes, started to jump uncontrollably on the floor.

'I'm really cold,' Mary said.

'That is not ok,' I told her. 'There is someone right by you. Someone's soul. According to the energy and the whispers from the angels, the soul of your father's mother is by your side. What is her name?' I asked.

'Elena,' she replied.

I started to shout at the soul of Mary's deceased grandmother, Elena. I told her to go her own way and that Mary would not walk on the road of darkness but on the road of light. Mary then did the same.

Suddenly Elena's soul left. Mary's feet stopped shaking and her body started to warm up. Afterwards I could harmonize Mary's physical body and put her physical energies into balance using my candle-warmed hands.

Angels always guide me through the healing process, telling me what I'm supposed to do and say. In that moment I'm not even thinking about it, I just follow their lead and positive results inevitably follow.

In this story I discovered three reasons for Mary's insomnia: her daughter Nikola and her forgiveness toward Mary; Mary's forgiveness toward her own mother; and thirdly, the negative energy of Elena's (Mary's deceased grandmother) soul.

Mary wrote to me after the therapy and told me that she was sleeping better now than she had been for years. In the three years we have known each other she sleeps like a baby and has had no reoccurrence of insomnia.

The souls of our deceased relatives who have not gone to heaven due to unresolved issues stay by our side. If they are not positive, helpful souls of light they can harm and burden us with their presence. These souls need to be accompanied away. There are several ways to do this:

- Requesting the soul quietly and calmly go to the light.
- Requesting the angels to help the soul find the way.
- Shouting at the soul to leave.
- If you are more advanced, spiritually, and you can communicate with the soul, ask it, by burning a candle, why it is staying by your side and try to help it with the problem that is tethering it to Earth. Alternatively, if you can feel what the soul needs, try to explain to it what it needs to hear to be able to leave. You will hear its answer in the form of your own silent thought or feeling. If you have a strong sense of intuition, you will simply know, you just need to believe it.

The method that is going to work on a particular soul depends, to a large extent, on the maturity of the soul tied to Earth.

Sometimes a soul just doesn't understand that it is without its physical body, that it has been left a wandering soul. In such cases one just needs to communicate with it, explain the situation, and accompany it to heaven. In contrast, a soul that spent its time of earthly life full of anger, egoism, violence, etc., may be too low and want to cause harm. Only shouting will work for such souls.

Souls tied to Earth usually look for a person who is weak physically, tired, suffering from insomnia, possibly even psychologically weakened, going through some suffering, etc. The soul is attracted to the energy that a given person has at that given moment. Energies attract.

It's much better if the soul tied to a person or to Earth chose someone because it wanted to help. It doesn't matter whether it is a family member, someone close, or it's simply the case that it is the soul's duty to help someone specific or even unknown after death. In these cases it helps with love and pleasure.

The best and most positive scenario is when the soul, after the death of its physical body, ascends to heaven to rest. There it cleanses itself, learns new things and slowly starts preparing for a new life.

Not everyone has a predisposition to feel, hear or communicate with the souls of the deceased. A person who can communicate with the souls of dead people or through whom the souls speak is called a 'medium'.

I remember that before I started to communicate with the souls of dead people I felt something deep inside telling me that I would have this role, and this knowledge left me truly afraid. I became less afraid the more I encountered movies or documentaries dealing with similar topics and the more I read about it. And it came to pass. Since then I have helped many clients who were burdened by souls and also many souls who were tied to Earth.

Today I do this kind of spiritual work only minimally. My spiritual learning and practical knowledge, stemming from helping people throughout the years I have been carrying out my mission, enriched my spiritual gift. I am able to see the prepared paths for souls in the present life, and to also see the past lives of souls in cases when these were important for the healing process.



## ENERGY THERAPY AND THE STORY OF A CHILD

Energy therapy is a method of cleansing the soul or body of negative or unwanted energy or a blocked flow of energy. The aim of the therapy is to eliminate physical problems in the body or psychological problems in the soul. The advantage of energy therapy is that it allows us to pinpoint the cause of a problem immediately.

The physical or psychological problems a client comes with may be immediately repaired, or unblocked, depending on the events, situations, actions, behavior or thinking that caused the problem. Alternately, in some cases it is necessary for the therapist to offer further advice or propose changes required in order to eliminate the problem completely.

A client is fully conscious when describing the problem and during the energy cleansing, the therapist is in the alpha state.

The client holds the key to getting rid of a problem. Success depends on their willingness to follow the therapist's advice; how they accept and adapt to new changes in their lives and behaviour; how quickly they will adopt these changes; and, finally, on whether they will be willing to do the homework they may be given after a session.

Energy therapy is also advantageous for those clients who do not want to undergo hypnosis but who would like to quicken the healing process.

In the past I applied energy therapy first by warming my hands over a candle. This allowed me to connect to the energy of my client. I moved first my left hand then the right one in a circling motion over the candle. I continued with this until I started to feel a burning sensation in each hand. My client's blocked energy started to be drawn towards and reflected in my hands.

There were times when, after circling my hands over the candle for ten minutes, they weren't marked by the flame. This told me that although the client wasn't suffering from any physical or psychological blockages, they still needed to change their mindset and the way they thought.

At other times only a few seconds were enough for my hands to be completely black. This indicated that the client had numerous blockages. It was up to me to gradually tune into that person's energy, while in the alpha state, and identify where the blockages were.

Up to this day I am convinced this method of healing is a spiritual gift from God or from the angels.

A particular story comes to mind when I talk about energy therapy, a story I could call *The Miracle of Life*.

On a grey and damp November morning in 2011, Petra, a forty-year-old divorcee with a nineteen-year-old son came to me.

She started her story:

'After my divorce, my son continued living with his father. I live with my mum but I occasionally meet up with a certain man. He shows me affection, gives me compliments and he likes me. He lives in London. I'm not sure how it will go, but I would like to live with him at some point. Why did I come to you? I think I might be pregnant as I didn't get my period.'

The angels were with me throughout the session too. When I connected to the energy of Petra's body and soul my right hand became warmer over the candle flame, a crib was blazoned into it.

‘You are pregnant. It’s going to be a girl,’ I told Petra.

The angels continued to whisper, ‘this man is showing you affection just for his own sake, for the sake of his ego. He is also glad to be in contact with a Slovak woman as he is living in exile from Slovakia and he knows he is not going to return.’

Petra was surprised when I told her this. She said she knew exactly when she got pregnant and she felt it was going to be a girl.

‘That is the case,’ I told her. ‘Your soul, your subconscious, sent a message to the universe that that is what you wished for - to find a way out of a situation you are not very happy with. Living with your mum and without your son.’

Sometimes the soul, even without the help or knowledge of our mind, arranges things for us up there. Our mind sometimes doesn’t even have time to realize it.

‘Petra, your path is to remain here in Slovakia and fight for your son.’

‘I know, I feel it somewhere deep inside me. But what about the baby?’

With the help of angels I clarified the situation for Petra.

‘It all occurred too fast. It wasn’t planned by fate. There was a rush in heaven to choose a soul that could enter your body as your baby. You can undo the situation, but you would have to call the soul of your baby here, apologize, and talk through the situation with her.’

‘Yes, I would like that,’ Petra said.

And so we did what was needed. Petra with my help called the chosen little soul of a baby girl, explained to her the situation and apologized. The little girl’s soul understood. She forgave Petra and said that she would come when the time was appropriate. Then she disappeared into the light.

I understood that Petra would still have a child in the future. I advised her to not to think about what happened for three days, to let it go from her mind.

‘Whatever is supposed to happen, will happen,’ Petra said starting to leave slowly. ‘I trust you,’ was her last sentence.

Three days later Petra wrote to me with some news - she got her period and she was content.

I consider this situation and the way it was handled and solved to have been a miracle. There would have been other issues had Petra decided to have the baby. I had couple of more sessions with Petra afterwards and she told me how her boyfriend from London gradually changed. He stopped being the man concerned only with Petra’s comfort. He took care of his own comfort through smoking marijuana, not going to work, and living off the money that Petra earned. I think the little baby girl would not have been happy living amidst such a relationship, and neither would Petra. A baby will come when Petra has a strong, level-headed partner. I am certain she will one day find a man just like that, no matter what the age. Her child will be born when it is supposed to be born.

Angels, *my little angels*, as I call them, often protect us. Sometimes without us even asking for it. However, they can help us and protect us even more when we do ask. Their help is not limited to certain number of requests so we may ask several times a day if need be. And we can ask for help for ourselves or for others.

There are innumerable numbers of angels. Angels are energy. They don’t have a physical body or a soul like humans, so they do not experience suffering or pain like humans do. An Angel