

Rebecca Rosen

FREQUENTLY ASKED QUESTIONS

For a more in-depth understanding of Rebecca's philosophy and approach to communicating with spirit, you can also visit her website About section or her YouTube Channel for more information.

How does Rebecca communicate with people who have died?

Everything is made up of energy, spinning and vibrating at different speeds. And because energy never dies, but simply changes form, mediums are able to connect with that energy. Spirit energy vibrates higher and faster than our energy while in a dense body. So for communication to take place, mediums must raise their vibrational frequency and the spirits must slow their energy down. As this happens, we meet somewhere in the middle and hopefully receive the intended messages.

While there are a few different ways to connect with Spirit, Rebecca works as a mental medium, which means she communicates with spirits through the use of telepathy. Spirits impress her mind and body with thoughts and feelings that come in the form of "clairs." She mentally "hears" (clairaudience), "sees" (clairvoyance), "knows" (claircognizance) and/or "feels" (clairsentience) messages from spirits. It's kind of like a game of Charades because she needs to accurately interpret the information coming through. Rebecca's greatest challenge comes from silencing her analytical mind and relaying the information as correctly as possible to bring forth a meaningful message to the recipient.

What is Rebecca's background and how did she realize she had this special gift?

Rebecca's spiritual journey began in 1997 as a college student struggling with depression and a debilitating sleep-eating disorder. Following months of therapy and medication, Rebecca finally, out of desperation, began to pray. On one particularly unremarkable day while sitting in a bookstore, she felt compelled to write in her journal. That's when her deceased Grandmother Babe, answered her prayers as Rebecca was suddenly flooded with words that she involuntarily transcribed, or channeled, not even realizing what she was writing. The handwriting was Rebecca's, but the words were her Grandmother's.

Was Rebecca skeptical at the beginning of her journey? Did people think she was crazy?

Yes, Rebecca was absolutely a skeptic. And because she was skeptical, she asked for proof that what was happening was real. Grandma Babe told her three specific things she

wanted Rebecca to share with her father, Grandma Babe's son. All three turned out to be true and were things only her father and Grandma Babe could possibly know. For the next 18 months, Grandma Babe was Rebecca's guide, giving her life lessons and even predicting specific personal events that would later come true. At the end of this time, her Grandmother told Rebecca to fulfill her life's purpose... and ultimately help others.

How did the business "Rebecca Rosen Enterprises" begin?

Rebecca's journey as a medium started with personal readings for family and friends, which were uncannily accurate. These experiences were shared with friends... and friends of friends. Soon strangers began asking for readings too, and Rebecca realized she had officially arrived as a spiritual medium. Now, over 20 years later, Rebecca's passion lies in transforming people's lives by helping them connect to their deceased loved ones, angels, spirits and guides. From Small Group Readings to Large Audience Events to her best-selling books, and through her "Inner Circle" membership website, Rebecca Rosen's special talents are communicated in a wide range of professional offerings.

What's the difference between a psychic and a medium? Is Rebecca a psychic?

The distinction between a psychic and medium is incredibly important to understand. For starters, a psychic is not necessarily a medium, but a medium is psychic. Psychics tune into the energy of people or objects and sense elements of past, present and future through intuition. Mediums use their psychic or intuitive abilities to see the same thing, but they tune into the spirit energy surrounding that person.

Psychic readings tend to focus on predicting future events while mediums primarily tune into past and present issues. Rebecca's view is that we all have free will – the power to live our lives how we choose. So "predicting the future" is often just insight into what could potentially happen based on the road you're currently traveling... and it runs the risk of changing a person's free will.

How should people prepare for a reading?

It's normal to be nervous and anxious prior to a reading. If people can fully surrender all expectations and embrace the experience with an open heart and mind, they will walk away feeling calmed and enlightened. And though there is nothing they need to prepare for a reading, here are a few things they may choose to help more clearly focus their energy on the experience:

- Make a list of people who have crossed over, both family and friends.
- Make a list of living family and friends.
- Make a list of important dates for living or deceased loved ones, like birthdays, anniversaries, death dates, etc.
- Make a list of things that need life clarity... career, health, romance, marriage, children, family matters and more.
- During the days prior to an appointment, through prayer and meditation, talk to whomever is desired to come through loud and clear in the session.
- Surrender all expectations.

Clients should be open to whatever spirits show up, as we can't pick and choose those we

wish to hear from and they should keep in mind that the spirits have their own agenda. Whatever they feel is in the highest and best interest at that time will come through.

How can people learn to communicate with the other side?

We are all born with intuitive gifts and the ability to use and develop them. And while everyone can connect with their deceased loved ones and Spirit themselves, not everyone is able to do so for others. If people want to connect with the other side, the most important thing they can do is meditate. Meditation is critical for practicing and strengthening our psychic senses. When we get out of our analytical minds and in touch with our hearts (the center of our intuition), we automatically make space to hear from Spirit.

Does Rebecca help the police solve murders, find missing people or close cases?

Just as every doctor has their specialty, so do spiritual mediums. Finding missing people, identifying a murderer or solving crimes is not Rebecca's specialty. She focuses primarily on souls who are happily residing in heaven and want to make contact with their living loved ones, to provide closure or guidance.

Does Rebecca just talk to dead people?

Rebecca communicates with those who have a message they wish to pass on to someone living in the here and now. This includes many levels in what is essentially a hierarchy of spirits, angels, guides and more.

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