

The Spiritual Gifts: Understanding for the Great Shift and Beyond

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The Benefits of Spiritual Gifts

The purpose of this book is to explain the spiritual gifts and their benefit to mankind during and after the great shift of 2012. A simple explanation is that these gifts are from the Spirit of All; they are gifts from the Father/Mother consciousness of All. The bible and other texts refer to them as gifts of the Spirit.

Just as you have received certain traits from your natural parents' biology, you also received certain traits from your spiritual parents. The traits you received from your natural parents are physical while the traits you receive from your spiritual parents are metaphysical (beyond the physical) or spiritual in nature. After all, you are the children of God/Universe and it is only natural that His/Her spiritual physiology would be yours as well.

Spiritual gifts are metaphysical because the gifts cannot be measured by scientific or material observation. They are accepted on faith.

Faith is a derivative of love and comes from the actual heart organ itself. If you have worked with the heart organ in thanksgiving and gratitude before selecting this book, then you understand this concept. If you have not worked with the heart organ, then start with the First Step below before you continue reading this book. If you are one of

those individuals who can read instructions and follow them immediately as you read, then do it now. Jump into the heart now.

First Step --Living in the heart

Place your right hand over the physical location of the heart. Feel the heartbeat. Find the rhythm of this marvelous organ and listen closely to its tempo. With each beat utter the words, "Thank you." Visualize the blood pushing your gratitude in these two simple words throughout the body as it circulates. Make a conscious choice using your Divine birthright of Free-Will to declare, "It is my desire to live in the heart."

Making the choice is that simple.

Living in the heart means that you are conscious of everything as it pertains to the heart – that all decisions, all thoughts will issue from the heart. Each time that you choose between one thing and another, consciously focus on the heart. Place your hand over the physical location of the heart and center yourself there as a reminder that it is your choice to live in the heart.

The Spiritual Gifts come from the heart and it is from the heart that you will use them successfully. They cannot be used from the third dimension of power and control. They can only be used with love, the God-Consciousness.

Practice the First Step on the previous page until you feel your own personal shift from third to fourth dimension, the shift from fear to love.

2 | The Importance of Living in the Heart

Currently mankind in general lives in the third dimension, or the ego. All decisions are based in fear, lack, control, separation and other derivatives of fear.

To use the spiritual gifts to their full advantage, it is imperative to shift into the heart or fourth dimension especially now, in 2012 and beyond. In the fourth dimension, all decisions are based in love, compassion, freedom, oneness, empathy and the other derivatives of love.

If we are to save our planet and life for future generations, we must come from a place of love to do so. Love is the key. Love is God. Love is in the heart. God is in the heart of mankind.

It is through love in the fourth dimension that you will create a new reality. The new reality will tear-down the old reality of ego. It will replace the old reality of power and control, the old guard.

Yes, you create your life and reality by your thoughts. Each thought that you have has the potential to manifest into material reality, into physical objects and emotional joy or suffering.

You are the creator of your life!

Currently the thoughts that are manifest in this world are echoes of the third dimension – war, strife, shortage, destruction, greed, separation, and the like which are based in fear.

During the great shift into the fourth dimension of the heart the reality you create will be echoes of love – peace, happiness, plenty, reconstruction, sharing, oneness and the like.

The thoughts you think the most are made manifest by the Universe. Resolve now to think thoughts of love and to create a paradise of love.

It is important to understand this concept because during and after the great shift of 2012 mankind will consciously use his/her psychic abilities to change the world.

You do this now without realizing the implications, without awareness, but later you will have hard evidence of this spiritual law and it's undeniably. For example, perhaps you see a commercial on television that promotes weight-loss. You are interested and buy the product. The product either works or doesn't work because of your belief that it will or won't. Maybe it works for the first 20

pounds but then it stops working. The reason it stops working is due to your belief.

This is the way that every experience is created – whether it is a personal relationship, a job or an idea. You believe and it works. When you stop believing it stops working.

All of it, every experience, is created by your thoughts and beliefs.

3 | The Purpose of Spiritual Gifts

You have been given spiritual gifts because you are spiritual beings having an earthly experience. It is easy to only realize the body because it is material -- you can see and feel it. But it is your original path to rediscover yourself as spiritual beings.

You are body, mind and soul -- multidimensional. You are the Divine children of God. God is the spirit of all and in all. His/Her spirit is in you and it is this spiritual thread that connects you to the All.

When you work with the heart energy of oneness this becomes a solid reality. Become familiar with this now. Know the love of the heart which is God.

There is a great awakening on the horizon, an awakening to your true self. No more will you see yourself as only human. No more will you feel trapped in powerless situations.

Love conquers all and it is in love that you will be the conquering hero rather than the helpless slave trapped in third dimensional thinking.

Now more than ever it is time to move into the heart dimension. The heart dimension is the fourth dimension. It is a growth process that requires the choice of your personal free-will. The great shift requires mankind to move or shift into the fourth dimension leaving the ego mentality or old guard thinking behind.

The fourth dimension is conscious of the oneness of all. The fourth dimension is the place where love rules. Love seeks goodness and plenty for all. Love sees the oneness in all things and all people. Love understands there is no shortage of anything and freely gives.

Keeping the differences in third and fourth dimension in mind as relating to the old way versus the new way, it is understandable that the shift will not be easy for some. Thankfully the Universe/God has given gifts to make this transition from third to fourth dimension easier.

Do not be afraid of your gifts. Open your heart to receive whatever gifts are yours and begin to work with them now. Become familiar with these gifts so that during the shift and beyond you might have

what it takes to help others during their transition as well.

4 | Spiritual Gifts Today

Many who have spiritual gifts are cast in an unfavorable light in our society. Most professionals prescribe medication for those who are awakening to their spiritual blessings. Since there is little information available about these gifts many struggle on their own to understand the changes in their lives. As a result these gifts are often seen as a curse rather than a blessing.

Spiritual gifts are a blessing. It takes training and persistence to fully understand all things and spiritual gifts are not an exception to that rule. For example, a budding channel begins by first hearing voices. If the channel tells another channel, the two compare similarities and the channel knows he/she is not alone and that the experiences are normal for other channels. However, if the channel does not know another with this same gift, he/she stands a greater chance of being misunderstood and criticized. Well-meaning friends and family might tell the channel

that hearing voices is a sign of mental illness. They might suggest she seek counseling.

For example, an Indigo child was tortured by her family for seeing spiritual entities beyond the age when most children stop seeing. The mother and all siblings repeatedly told the child that nothing was there because they could not see anyone. The child, a budding medium, could clearly see spirits and communicate with them. As punishment for using her gift, she was sent to stand in the corner and missed out on treats that the rest of the family received whenever she had conversations with spirits. This child spent a lot of time crying and even though confirmation was given by an outsider about the child's capabilities it was unacceptable proof to the mother that her child had a gift.

Another example of such misunderstandings happened when a young empathic boy visited his cousins one summer. The family's pet hamster was accidentally dropped when one of the cousins mishandled it. The young empath immediately cried out that the hamster's back was broken from the fall. As a result of this outburst, the young empath was misunderstood and ridiculed for expressing the shared pain of the pet.

Be observant of your children. For example, if you take your children to a large, busy department store or mall and your child begins to get stomach aches or puts their hands over their ears as if to stop the noise – pay attention. It is possible that your

child is empathic and is picking up the overwhelming energy of all the customers in the store. Any large center can have the same effect on these children – stadiums, concerts, fairgrounds, etc. The child can also be affected by a smaller group of people who are in a constant state of strife. The empathic child can become ill from the onslaught of emotions without proper guidance.

Another instance of spiritually gifted children was observed in a preschool day care program when the workers noticed a toddler who often stood alone while engaging in conversation with no one who could be observed. The child who was about 18 months old and had not yet mastered his native language was speaking age-lic fluently. Superstitious beliefs of the employees ran wild and the parents were asked to find another school for their toddler.

If you make your child feel bad because they have metaphysical experiences, you are not only invalidating their gifts, you are criticizing their core individualism. If you don't understand what they are experiencing, research it and find helpful information or a spiritually enlightened person who can help your child transition into the full blessing of their gifts.

It is not only the youngest who are having these experiences. Adults, teens and children alike can become open to spiritual gifts from near-death-experiences (NDE) or out-of-body-experiences (OBE). Any brush with the spiritual world changes a

person. How could it not when everything you have been taught has just been proven different?

Many of you reading these words were born with spiritual gifts but as young children you used your abilities in a child-like manner with innocence and without guile. As a result perhaps your parents or older siblings ridiculed or shamed you into putting away these capabilities. Keep in mind that being sensitive to the spirit was often labeled or described as being fragile or having a weak constitution. You may have been told by a concerned parent that you were different as their fears tried to shape you into a preconceived mold of what was normal. Children especially have a difficult time holding onto their individuality under such pressures.

Be open to the possibilities and listen without judgment when you or someone you know has experiences that are unfamiliar to you. There is a lot more of the unseen and mysterious Universe than what you can see with your natural eyes.

5 | Evidence of Spiritual Gifts

Today many of you are experiencing symptoms or indicators that were unfamiliar to you in the past but are quite familiar now in this time of transition. You may have one or two of these signs or you may have many. Even one or two signifies that a change is taking place in your life and that you are being prepared for a transition. Reading the list opens you to the possibilities of allowing more of these changes to take place in your life now.

Use the following list of indicators to gauge the progress of your preparation for what is ahead:

- You awaken at unusual hours during the night.
- You awaken from sleep or a nap aware that your body is vibrating or humming.
- You awaken to discover that an entity is working on you and although it startles you, you do not feel threatened.

- You feel tired during normal hours and feel the need to nap especially when you are unaccustomed to napping.
- You experience an occurrence of napping at the same time each day that lasts for several weeks or months.
- You experience flu-like symptoms – aches, slight fever, and fatigue -- that disappear within a few days but returns again and again.
- You awaken from sleep or napping feeling as if you have discovered a great mystery.
- You awaken from sleep or napping with solutions that had eluded you before.
- Your doctor can't find anything wrong with you and tells you that your health is better than ever although you feel out of sorts.
- You are dissatisfied with the status quo in your life. You don't enjoy the same things and you question everything you have previously accepted as truth.
- You find yourself lost in thought more often and can become irritable when someone demands your attention.
- You have vivid dreams where you feel as if you have lived an entire lifetime as another person. When you awaken you feel disassociated with your current life.

- You find yourself gazing at the night sky more often as if you are looking for answers.
- You understand that there are no coincidences.
- Your personal life is filled with epiphanies and revelations.
- You remember your dreams and desire to discover their meaning or message rather than discount it as only a dream.
- You see the world as bigger than you thought but smaller than you imagined.
- You are getting in touch with your instincts and trusting them more.
- You find that you ask “why” more often than “how”.
- You are able to watch with an outside perspective when drama occurs around you, even in your immediate family.
- You have learned not to take life too seriously.
- You read a book that changed your life and everything you had ever believed in or had been taught is now unimportant.
- You experience a letting go of painful memories of the past.
- When you dream you understand it is a dream and you feel as if you are an observer who is watching you dream.

- You experience wisdom and understanding that has previously been considered part of the aging process regardless of your current age.
- You have become more open to learning new ideas and concepts now regardless of your age.
- You no longer feel old or as if you are aging at the normal rate.
- Your ideas about material wealth and possessions have changed from one of more to one of less.
- You realize that nothing is personal. That the things people do have nothing to do with you. They are caught in the web of their own drama or play.
- You look at everyone the same no longer distinguishing anyone by job or title. You see all as members of humankind.
- You notice that you are stronger in every way.
- You have experienced your soul as separate from your body.
- You are sensitive to the unseen world.
- You wake up feeling happy to be alive and grateful for another day in paradise.
- You see other's daily dramas with sadness knowing that they do not have to suffer so.
- You are able to see the truth of a situation when it eludes others.

- Your calm is noticeable to others causing some to want to shatter it if they can.
- Those in your life who are not changing scream insults at you more often but you feel as if you could flick the words away with only a wave of the hand.
- You notice your appetite has changed. Items of food that used to be favorites are no longer of interest. Other foods, that you did not care for in the past, have become desirable.
- You only require five to six hours of sleep each night to feel rested.
- When your gaze falls on another, whether a beggar or the President, you recognize them as another version of yourself. A different version, true, but of the same essence.
- You are wise enough to understand that you might never know the reason and you can accept that all things have a higher purpose.
- You look forward to sleeping or napping because you know that during this time you are with trusted friends.

Isn't it exciting to see where spirit is taking you!

6 | Spiritual Gifts for Now and the Future

There are many spiritual gifts. Spiritual gifts are outside the realm of scientific knowledge. A person who possesses spiritual gifts is sensitive to nonphysical or supernatural forces. Another word for the person who possesses these gifts is psychic or someone who perceives beyond the physical and into the spiritual domain.

In this book we will discuss the most common spiritual gifts:

- Empathic
- Creative Force
- Clairsentient
- Clairvoyant
- Intuitive
- Seer
- Reader
- Energy Manipulation
- Medium
- Light Bearer
- Kinesiology
- Crossing-Over Departed Spirits
- Healing
- Dream Interpretation

- Faith
- Magnetic Energy
- Sacred Symbols
- Remote Viewing
- Visualization
- Channeling
- Bringing Down the Light
- Bringing Down Energy
- Prayer
- Teaching

The list of gifts presented in this book is not in any particular order and is not listed in a manner that signifies one gift as more important than another. The list is not all-encompassing. There are many abilities and gifts that come from Spirit. Keep in mind that it is possible to have one or more of these gifts working in your life now and that there is no limit to the number of spiritual gifts you can possess.

As you read through the list of The Spiritual Gifts Examined in Part II, keep pen and paper handy to make notes about the gifts that resonate with you. This book is a guide to point you in the right direction and to help you determine your particular abilities. After you have discovered which gift(s) you have, take time to research them in full detail. It is up to you to discover all that you can and to use your gifts to the best of your abilities.

As you read about these spiritual gifts in detail you will be amazed. You may wonder if this is really

possible and if some of these gifts are superhuman. It is possible and how else could you describe yourself when you are both physical and spiritual if not superhuman? Our DNA is changing and preparing us for the use of these gifts. These changes will make us stronger, faster and more accurate than ever before.

Isn't it a great time to be alive!

About the Author

Chariss Walker, M. Msc, and award winning author, writes fiction and nonfiction books with a metaphysical message. Chariss has said that each step she has taken in life has led to this very moment. She encourages others to understand that each experience, whether considered a blessing or a mistake, was the right choice to make at that time. She says, "It is in the reconciliation and acceptance of the choices we've made that turn those experiences from fear to love."

To learn more about this author, visit her website: chariss.com or to see all of her books and new releases, follow Chariss on [Amazon](#).

Nonfiction books:

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