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WELL BEING JOURNAL™

VOL. 26 NO. 6

November/December 2017

U.S. \$6.95/Canada \$8.95

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Guided:

An Interview with Hans Christian King

The publisher of his new book, Guided: Reclaiming the Intuitive Voice of Your Soul, invited us to interview Hans King, which we agreed to do as many of our readers are seeking more reliable information about personal growth in consciousness and their own voice of intuition, as well as researching the realm of consciousness after death.

HANS KING WAS BORN clairsentient, clairvoyant, and clairaudient, and since boyhood has been a direct voice for messages from spiritual Guides. He did so first for his family and friends, and then, for the past sixty years, since the age of twelve, he has been helping people all over the world with evidential messages from their Guides and departed loved ones. There is a bit of personal information in this interview pertaining to the interviewer, which we thought best to exclude at first; however, because it may be of assistance to some readers, we decided to retain it.

Scott E. Miners is the founder and executive editor of *Well Being Journal*.

Scott Miners: *Hans, we are impressed with your new book and think many of our readers will be so also. I'd like to start by asking if you would speak of the main messages you'd like to convey about your work?*

Hans King: Happily. The first thing is that we are not alone. When I was about five or six years of age I began to give messages to those close to me from Spirit Guides, and then when I was twelve I began to do that a lot more. So, for over sixty years I've been doing this work essentially full time. One of the first things spirit gave me to tell everyone is, "We would like people to know they are not alone." That resonated inside me; I felt like I was a grown up when they said, "We are not alone."

That one thing has permeated my work for decades, and it's because so many feel they are alone in their consciousness. Secondly, many people feel they may not be able to speak their truth; they might be in a difficult situation, but if they know that somebody, somewhere is hearing them, it's an enormous comfort, and then to know that you can literally get information from that someone who cares is very important. In the Bible there's a saying that, "God will send his angels to take charge with thee." In many religious traditions, the spiritual beings are called angels, but in my work, we simply call them Guides. They are assigned, and not everybody knows that. So, by letting people know that they can indeed communicate with these Guides on the other side of the physical veil is one of the main reasons we did my new book.

Thirdly, we do come here on earth with a purpose, or what a lot of people in my profession call a contract, or an agreement. My job is to help people understand what their contract is for their life, and how they can access the best out of their life for what they are trying to accomplish. Also, one of my great joys is the work I do with people who have lost loved ones. This is a large part of my work and one of the main reasons I wrote my book. I want people to know that consciousness does not die when someone leaves us here on earth.

That individual's consciousness remains the same, but in a different form. Those on the other side who love us do stay close to us and over us until we make our journey to the other side as well. They put an enormous amount of effort into my book!

Throughout your book you also discuss simple methods for anyone to use to be more aware of their intuitive feelings or of what you call the heart's intelligence.

Yes, it's very important, and we teach this in our intuitive development program. We have classes to help people get beyond our human mind chatter, which I think can be one of the most destructive of forces to humankind. It's the only thing that tells us who we can't be and what we can't do. There's nothing else in life that tells us to limit ourselves. So, we teach how to shift perception: We are not alone; we do have a force that each of us is already tapped into; and there are simple ways to access this force, which is love.

The force is already there, but we haven't learned to use it. It's like walking around with a fan on a very hot day wishing you had a way to cool yourself. You don't plug the fan in but you wish for coolness. When you plug it in you get instant relief, and when you tune in to the force that's with you, you also get instant relief. It's the same thing. We have all this wonderful love and energy that surrounds us. I've seen all my life, in over sixty thousand sessions with people how it works: There is a love from the spirit that is generated toward every individual, and it's phenomenal. So many people don't know that anyone or anything loves them. So, I try to show them how that works and how to understand it, as well as how to communicate with spirit.

You also write in your book about the transition or death of loved ones and the subject of death. I've heard it said that unless you make peace with death, you don't truly live. We are all going to die, and it's not that you get overly focused upon death but that you make peace with it. Do not fear it, and then get on with your life. Is this making peace with death part of what inspires you to serve others by helping them see that we live on after death?

I understand that philosophy. I try to help people make peace with themselves. When they can do that, when we can introduce them to their spiritual Guides, whether that is a parent or other loved one or even someone they didn't know on earth, they no longer have any fear of death. There are people who make their transition who are so traumatized by their passing that work needs to be done on the other side to help them. I try to help people realize while here on earth that there's no reason to be traumatized by death.

Many people are terrified by death. I am not. I have died twice, in near-death experiences, and my consciousness never went away. I know what it's like to die. The first time I fell off a pier when I was a young boy. The waves were bashing me against the rocks under the water. I had no fear, but I heard myself say, "Oh, I'm going to die." Then I heard a voice say,

"No son, you'll be alright in just a moment." The next thing I remember is that I was on the beach and first aid people were pumping water out and blowing air into my lungs. The interesting thing was that the lifeguard who rescued me wasn't known. There was no lifeguard on duty at that location on the beach. I saw him, but no one saw him afterward. He had a very unusual look in his eyes when I saw him. I think that an angel rescued me. It was a wonderful feeling, even though I was battered and bruised. At any rate, I know what the other side looks like because I've been there. I had a second NDE when my car was hit in an accident, and again, the death I experienced was not a fearful thing. I knew I was going to die, and I thought, "I'm ok, and they'll take care of me."

"We are not alone; we do have a force that each of us is already tapped into; and there are simple ways to access this force, which is love"

I try to take my experiences and help others with them. One of my dearest friends died recently, and his wife is literally terrified of dying. After all the work that we've done together, and she's still terrified of dying. I said to her one day, the good news for me is that you'll get the benefit of it someday, because none of us get to stay here. I try to help everyone come back into their true nature, to realize who they really are, and help them to realize that they do have a partner in spirit, to help them be a little bit more comfortable with their lives.

I've been interested in near-death experiences (NDEs) since having a motorcycle accident at the age of 20, and I read a lot about death and dying starting then, because I thought I was going to die in the accident. I went to work for the Theosophical Society in Illinois as editor of the magazine, because at the time Dora Kunz was president of the Society, and I knew she was clairvoyant. Every day before work the staff of about 40 people could get together and meditate for fifteen minutes, and any staff member could join if they wished. One day, shortly after my father died, Dora came to me after the meditation and said, "Your father was here."

I asked why? She said he was there because I was there, and that it's easier for someone in the spirit world to be around when people are meditating. Also, when my father died, it was at home, in his bed, and it seemed I could feel him leave his body and go into the upper corner of the room. It was as if that corner became full of light and the room was filled with a very peaceful, joyful feeling. We of course were grieving because of my father's death, but there was joy at that moment of dying.

Yes, that is correct, about your father going out into the room. Before you go any further. I have a strange question to ask you. There's a man in the spirit world and he spoke to me before you and I got together on the phone today, and he said to me, "Will you ask my son if he knows I do love him?" I thought that was unusual,

because he didn't say, "Tell my son I love him," he said, "Will you ask him if he knows." Why would somebody say that?

If this is my father speaking to you, I think I know why he said that.

Yes. This is what he is saying to me: "I didn't get to know him the way I had wanted to get to know him." Do you think that's true?

I do.

Thank you. And then he says, "Please tell my boy I didn't get to know myself either. I found it hard to give what I hadn't received."

I understand.

I hoped you would. You know you are clairvoyant with clairvoyant overtones. What I would do if I were you is give your father things to do to help with that. Say, "Dad, I'd like to see the outcome of such and such, and this is how I want to feel when the outcome comes. Ask for certain signals." He does want to work with you. You are a natural born intuitive healer because you are clairvoyant. The bottom line here is that your father wants you to know that despite anything he does love you and wants to help you. And, basically, he's apologizing.

Thank you. Ok, I'm now in tears.

That's all right. I'm on your side. This is what I do. This is who I am. This is what my guidance is doing. Also, there's a mother figure here, but I thought your mother is still here in her physical body?

No, my mother died in late December 2014.

Ok, that's what I'm getting, that it's new. You know your mother loves you, don't you?

Yes, I do.

When I examine myself and my methods of thought I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge.

—Cited as conversation between Einstein and János Plesch in János : The Story of a Doctor (1947), by János Plesch, translated by Edward FitzGerald

Hiking

Hiking in nature is a wonderful way to get exercise and enjoy the great outdoors. Several studies have now shown that hiking can change your brain for the better.

Recent research showed that people who had obsessive, negative thoughts significantly reduced their rumination when they walked for ninety minutes in a natural environment. Interestingly, a different group who walked the same amount of time in an urban setting did not report decreased rumination.

A second study showed that disconnecting from technology while spending time in nature improved participants' creative thinking and complex problem solving by 50 percent. Hiking without technology also reduced mental fatigue and soothed their minds.

Children with ADHD have a difficult time with impulse control and staying focused. One study found that kids who were exposed to "green outdoor activities" had significantly reduced symptoms afterward. The results of this study suggest that being exposed to nature can benefit anyone with impulsive behavior and difficulty paying attention.

Spending time in nature also reduces stress and anxiety, boosts self-esteem, and releases endorphins. Bottom line: To benefit your body and brain, turn off your phone, put on your boots, grab your water bottle, and go for a walk in nature.

—Adapted from "Doctors Explain How Hiking Actually Changes Our Brains," at EcoSnippets: <http://www.ecosnippets.com>.

That's the way she put it: "Now you know your mother loves you, don't you." She's showing me a big box, and it's full of colorful toys and beautiful little things for kids, and there's a little note in it, and it says, "I love you." She's also saying that abundance and happiness lie in front of you. How old are you Scott?

I'll be sixty-eight in a month.

You are just a baby! I was seventy-three in February.

I can hear my mother's voice, because its exactly as you intoned it; she would have said it just like that, with the characteristic familial Swedish overtones that came from her family. She would have said that in fun, and with a smile and a glint in her eye. About the box, my mother loved getting toys for all her children, grandchildren, and great grandchildren—and she kept quite a supply in a box in her house, and always brought them out when the grandkids visited. She loves them all so much. It's amazing what you said about my father and mother. It means so much to me, to again confirm that they live on, even if not in physical bodies anymore.

I'm happy to help. Can you tell me about the child in the spirit world with your mother and father?

That would probably be my youngest sister, who was killed in an auto accident when she was twenty-one. She was the baby of the family.

That's the child. They speak of their child. I want you to know that your mother and father have found the child. I had to go through a lot of buzz, because they all wanted to talk at the same time, but, yes, it is your sister. They are showing me that they are like a troika, a group of three working together, and helping to pull you on and pull you through. Sorry I digress so much, but I need to say something when I get it.

I appreciate your digression!

You advise in your book that we go through a list of things in order to raise our awareness about death. The first thing on your list is to write a memory of the first person close to you who died. In my case it was my mother's father, when I was age eleven, and I remember crying over his death, because my grandparents were in Rockford, Illinois and we lived in Tucson. There was a portrait hanging in the living room in my grandparents' home. I remember it from about the age of five or six, as we would visit my grandparents in Rockford almost every summer. At first I didn't know it was a portrait of my uncle Gene, and I would sit and look

Passion is not a mistress that can be kept. It knows no boundaries, no containment. It does not discriminate between the young and old. It flaunts itself in confidence. It rejects prejudice and fear. It cannot be silenced. It cannot be stopped. It just cannot.

—Resa Steindel Brown in *The Call to Brilliance: A True Story to Inspire Parents and Educators* (Fredric Press, Thousand Oaks, California)

at the portrait of him in his military uniform as the adults in the room socialized. The portrait seemed to glow. It had a sort of magic about it. I later learned that this uncle, my mother's older brother, had died in his sleep just after the war in 1945. Interestingly, that magical portrait now hangs in my home.

This is a significant life for you. Do you know he is one of your Guides?

I did not, but I began to wonder about some connection as I grew older.

As we talk about it I'm seeing that this person is one of your Guides. My Guide just said, "He's one of his main Guides." When you were young, and you had a sense that what you were looking at in that portrait was magical, you had a sense of something more. You were looking at an old friend from a previous life who had agreed to be one of your Guides when they left their body. So, that's very good.

Let's talk about your work some more, your book, your website.

There is a great deal on our website, including healing stories, profound healings. I'm constantly amazed, as I've done this work, about the depth of the love for us from spirit. It's marvelous what they can do. I've seen cancer disappear, heart disease; I've seen doctors in the hospitals who were about to do open heart surgery, and the person comes in, the doctor does one last EKG, and they find the heart is healthy. It's just amazing what I've seen in my life, and it isn't about me, it's the power of the spirit. It's made a profound difference for me, and of course for the people I've worked with.

You help people open through your work; they open up to spirit, or healing energy. They stop resisting.

Yes. I participate in helping them open. I can't do anything by myself. There's the adage, "I of myself can do nothing." Whenever anybody says to me, "Thank you, thank you, thank you," I say, "Don't thank me, thank them, because without them I couldn't do what I do." I think it's really important that for anyone in this work they realize they are not doing it.

I don't seek after fame and fortune. That's not my thing. My calendar has been full forever, and that's not braggadocio, but it has been, because I have one prayer, and that prayer is, "Please send those who need what I have to offer today." That's the only prayer I've ever used. We do no advertising. It's not necessary.

What you told me about my parents today has made a profound difference for me. There's no doubt in my mind it was them, because I have never spoken with you before today, and you know nothing about me, yet you told me things that only I would have known about my parents.

You have these abilities as well. For example, you knew something was unusual about the portrait. That is clairvoyance. It's not that you see something beyond physical but that you know it. You have the knowing, and that can be tuned further. Many people have this, but don't use it. You also have some clairvoyant overtones, and that can be tuned as well. Also, you have an ability to work with healing energy. Those are things I think that over the next twenty years you may look at working with at various times. And, if there's any way I can help you I'd be happy to do that.

I do have an interest. My work with my Journal takes a lot of time. I think I'm in somewhat of a transition with it, in terms of tweaking how I work with it. I want to make a kind of change, but it's not clear yet how it will work out.

What are you afraid of?

The unknown!

You and I are close to the same age. How in the name of heaven can you be afraid of something you don't know?

I am decided. There is no excuse, no rationalization, no logical explanation that will persuade me otherwise. I know what I believe and that, my friend, is that. I know that my heart speaks the truth to me.

—Catherine Seress in *The Secret Language of the Heart*, Halo Publishing, www.halopublishing.com

"It's just amazing what I've seen in my life, and it isn't about me, it's the power of the spirit"

That's the way it was explained to me. "How can you be afraid of something you don't know?" This kind of fear is mind chatter. It's what the mind makes up to look very convincing and real, but it isn't real.

When we follow our hearts everything changes in our lives, because the heart shifts the perception out of gloom into joy. It's that simple. There's a statement a woman made whom I worked with many years ago. She said, "Hans King changed my entire life in one hour, after all these years that I've been on the planet." Hans King did not change her life; she changed her life by recognizing her own truth. All I did was hold a mirror up so that she could see the person inside herself looking at her. It's good work, and I love it.

I love the work we've done with the Journal that focuses upon the importance of consciousness in the health of the body, and that's why we are doing this interview. Nutrition is important, but so is awareness of thoughts and feelings and of our expanded consciousness.

What we say about diet is that the purer the food the clearer the thought received. When your body is full of toxins and junk food, you block the transmission of the spirit, of the possibilities. Cells store memory. I think your *Journal* is terrific. I hope you have a big audience. I think you need an even bigger audience than what you have now.

We have a good audience, and sales of the Journal keep the business going and pays salaries for four full-time employees and several part-time.

That's a good thing, but I think there's another level.

The most destructive decision that an individual can make is to give away his or her decision-making authority.... Human history has been a process of increasing decision-making responsibility on the part of the individual. It is the story of declining aristocracies and the diminishing power of elites. It is the record of tyranny's demise, a chronology of the dismantling of hierarchical structures. As far back as records go, they document the steady growth of individual rights and individual responsibility.

—Ken Carey, *The Third Millennium: Living in the Posthistoric World*, p. 43

Our publication manager agrees, and we are working on that, especially our web presence.

HK: There's a kind of a business opportunity coming for you. And I'm not saying that because of what we've just been talking about, but because when I was looking at your *Journal* website before we met, spirit said to me, "This goes bigger, if he wants it to, and we think he should." So, that's what I think; that's what they think.

Thank you. Let's shift a bit back to your work; we seem to be in the midst of profound political and economic changes; in fact, you could say there are these deep changes taking place for the global brain and consciousness and the human brain, all together. Billions of people now have access to vast stores of information at the click of a few keys on a computer or smart phone. There seems to be rapid evolution taking place relative to the past, with new technologies and products. It also seems that with this there is a need for more awareness of consciousness, of the heart as you said, and of our connection to the spiritual parts of our selves.

This is absolutely true. I think bridging some of the new science that shows how consciousness plays a role adds credibility. Many scientists have tried to debunk what I and many others do, but they can't. It doesn't work that way. I love seekers, and the good book says, "The seeker findeth always."

That's well said. You discussed the heart's intelligence quite a bit in your book.

When we are born, our heart is directly connected to the spirit. Our soul is connected there. There's that "silver" cord that goes back and forth. Researchers cannot figure out why when we get pain in our heart area, when we have sadness, or a disappointment or the loss of someone dear all of a sudden, that our physical heart is just fine. That pain can be massive, but scientists can't find it physically. They have no idea why it hurts. They can't figure that out. It's the heart's mind. It is the connection to the spirit that we have. The pain is the spirit's reaction to the sadness for you. And spirit rushes in with a special energy when you feel the pain to try to heal the pain.

That's the real us; that's the beauty of who we are. I've long said that we are just baby angels having a human experience. Therefore, we suffer the frailties of being in a human form if we are not careful. When you recognize that the body is just like a coat we put on to stay warm outside, and that eventually we will change coats, you realize you are partnered with the spirit. You see that everything becomes possible at that point.

If you go and read any book from anyone you considered to be famous, you will find these words, "And I always knew it." That is the wisdom of the heart-mind; it's the heart center in action. It's a very powerful force. Also, regarding the pain of the heart, the spiritual pain, when I was in New York I worked at a grief counseling center, and I always noticed with the people who I helped that spirit would come in to help with clearing the energies of sadness. Another example is a woman who I recently saw who said her husband of thirty years had just walked into the room to tell her he didn't feel well, and he dropped to the floor and was gone. The profound pain of that caused her to want to take her life so she could be with him in spirit. I talked to her to let her know that he was safe in spirit, and she was comforted.

So, this heart connection, and the pain that happens sometimes call for us to identify with the soul that we are. There's a mirror exercise in my book to help with this. You aren't just what your senses say you are, or what's around you. The mirror exercise asks you to look into the mirror and speak to the person in the mirror. It's profound what happens when I see people do this, because they see who they really are. The heart's mind shows up.

You are saying that when I realize I'm my heart's mind instead of limitations I believe about myself, then I'm getting to know my deeper self, my soul?

Yes. At the end of every radio show I do on Saturdays, I

Basically, everything is one. There is no way in which you draw a line between things. What we do is make these subdivisions, but they're not real. I think maybe poets...have some understanding of this.

—Nobel prize winning geneticist Barbara McClintock in *A Feeling for the Organism*, by E. F. Keller

say these words: "And remember my friends God does not love anyone more in this world than you." I said that one day to a live group of about 1400 people in a presentation in Los Angeles, and you could see the tears coming down people's faces afterward. It's because they didn't normally feel that! Most people think that God must like this person better because they have a nicer house or car. God must not like me so much because I have a small place or an apartment. The mind then takes these things and classifies them into situations that are absolutely and utterly untrue.

How many things in your life can you tell me work out for you when you ask spirit for help or pray and ask for something? How many? You'll find that most don't come true, but you'll also see that those that don't turn out were better not to have happened.

Are you going to do a television or radio show?

Not that I know of.

Well, I think you are going to be doing one soon. Also, I think your mantra is very simple. I think it is: "I choose to serve and I choose to make a difference," but there's an addendum too that says, "and my soul has something to say." I think that's your mantra. You should write that down.

Hans, thank you so much for your time. I look forward to publishing your interview, and I hope your work will continue to bring hope. Is there anything you'd like to say in closing?

You are most welcome. In closing I'd like to say to everyone: "You are not alone." Δ

HANS CHRISTIAN KING has been a direct-voice medium for over sixty years, and has provided spiritual, psychological, and emotional support to more than sixty thousand clients through private readings. His teachings include a series of intuitive development classes as well as a wide variety of audio classes available on his website, including "Stop Searching and Start Living," and the "You are Enough" audio lessons as well as the "Soul Mate Relationship Video Class." He also has a weekly radio show titled "Guidance for Your Life, Wisdom for Your Soul." His new book, published by Enliven/Atria books, November 2016 is *Guided: Reclaiming The Intuitive Voice of Your Soul*. For more information see <http://hansking.net>.

