

Expert's  
VISION

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"I WASN'T JUST HAPPY – I HAD SERENITY,  
WHICH IS SOMETHING MORE LASTING"

**M**y father once told me that happiness was not a wise goal, and that I should strive for serenity instead. "Things will go up and down," he said. "If you're always expecting happiness, which is unrealistic, you will be consistently unhappy." On some level, I knew what that meant, but having never experienced serenity, that also felt like an impossible goal.

In the mid-1980s, I had an out-of-body experience. I was severely dehydrated and blacked out, which caused me to collapse. During that time, I left my physical body and floated up to the light. The event itself was powerful, but it was the aftermath that changed everything.

After I came back to life, something extraordinary happened – my gift as a psychic became so strong that if someone simply bumped into me, I could see and hear things about them. For some, this ability would be wonderful, but I didn't like it at all. I was a writer and didn't envision a life as a fortune-teller. Ironically, it was a psychic who helped me – she told me to pray and ask that my gift be used for my creativity. In a matter of days, spirits guided me to move to California from my native New York City. The Universe had aligned:

## Tori Hartman

After a brush with death, **Tori Hartman** had to re-think her life. It wasn't until she accepted her gift that she found what she was looking for

my landlord bought me out of my lease, a company paid for my relocation and in a matter of weeks, I was living in the land of permanent summer. Then not long after, I moved to Los Angeles. I loved it. I was ready to take on my writing career and make things happen!

I was working on a novel at the time and kept getting visits from spirits at all hours of the day or night. It was frustrating – they were in the way of my creativity! I didn't know that they were sent to me to help heal my life. These strange visitations would, over the next 25 years, develop into the *Chakra Wisdom Oracle Cards*. Not too long after the cards were published, a friend commented that I had done so well. Yet in that moment I appeared sad. I thought back over the years and recalled the struggle for that elusive moment – for that one thing that would make me happy, and it hit me: no, I wasn't happy – I had achieved serenity,

which is something far more lasting.

As a creative person, there is a natural sadness to the completion of a project, but everything must end, and allowing it to do so with dignity and closure opens us to a new beginning elsewhere.

The highs and lows of life are all part of the journey. Every ending has allowed me to find a gentleness within that opens my heart even more. We never 'find' serenity; we accept it. And that is a lasting happiness.

### Meet Tori...



Tori Hartman is a world-renowned author, spiritual teacher, and intuitive soul. She has had a series of encounters with angels which then became the

basis of her *Chakra Wisdom Oracle Cards* (£14.99, Watkins)