



### **The Benefits of Having a Spiritual Obstetrician**

An obstetrician is a doctor who can help a pregnant woman safely bring her baby out of the womb and into the world.

A spiritual obstetrician is a soul buddy or soul mate who helps you safely bring your spiritual gifts out of the metaphoric closet where you are hiding them and bring them into the world. Your spiritual obstetrician sees the wonderful gifts that you have to offer the world, but they do not have your fears that hold you back from bringing your gifts out into the world. It is part of your spiritual obstetrician's soul's mission to lovingly help bring you and your gifts out of the closet, onto the stage of your life, and shine a spotlight on your gifts and talents so that others can see and benefit from them.

My spiritual obstetrician was Dr. Linda Sue Nathanson Ph.D. (see photo). I first met Linda in January of 1994 when she came to my office to see if an IET session could help her with an overactive thyroid (Grave's disease). At that time, IET was still in its early stages of development, and I had only recently begun to channel messages. So I was quite nervous about having a client who was a Ph.D. psychologist who might determine that what I thought were my spiritual gifts, were really a symptom of some psychosis.

In our first IET session we were joined by a very powerful spiritual presence that filled me with so much love that tears flowed from my eyes, heat radiated from my hands and my hands began to shake. When Linda asked what was happening, despite my fears, I let her know that there was a loving presence in the room that I felt was here to help her heal. Rather than pronounce me as psychotic, Linda (a devoted Star Trek Trekkie) was thrilled and she asked the presence "what is your name?" The presence eventually answered through my voice giving the name "Ariel". As I continued the IET session, Linda asked Ariel several more questions and Ariel answered her questions through my voice. At the end of the session I was afraid that Linda would criticize me and leave, but

she said she liked the IET session, especially the part about talking to Ariel, and she made an appointment for another session saying she wanted to talk to Ariel again.

Over the next few weeks Linda and I learned several things. We learned that Ariel was an Angel, Ariel was here to help Linda and me, and miraculously Linda's thyroid problems had disappeared. Linda got the idea to interview Angel Ariel through me, we would write a book based on the interview and call it *Interview with an Angel*. Angel Ariel not only agreed to being interviewed, but let us know that she had arranged for Linda and me to meet, and the book was Angel Ariel's idea so that she could get her message out to those who could not receive her wisdom directly. It was because of Linda's loving role as my spiritual obstetrician that I not only became a channel for Angel Ariel's messages, but I also undertook the role of Linda's co-author.

For two years Linda interviewed Angel Ariel through me resulting in 50 hours of audio recordings. These recordings were transcribed and edited into book form, and in 1997 *Interview with an Angel* was published and Angel Ariel's words began to appear in bookstores.

Having the book published was for me like walking a tightrope. I was quite excited to be a published author and thrilled to have helped Angel Ariel bring her message to the world. But in creating the book, Linda had lovingly pulled me out of my metaphoric closet where I had hid my channeling abilities, and I was terrified about what would happen when the world found out that I channeled messages from an angel named Ariel.

Linda, again serving as my spiritual obstetrician, pulled me further out of the closet by arranging for a series of book signings at bookstores around NJ and PA. While I was quite nervous about appearing in public as a channel for Angel Ariel, I soon found the book signing attendees to be eager to hear Angel Ariel's messages and wonderfully supportive of the work Linda and I were doing.

Linda then pulled me even further out of the closet by arranging for us to appear as guests on radio and TV shows across the country and booking us as speakers at Expos in MD and TX as well as at the American Society of Dowers Conference and the Canadian Society of Dowers Conference. Since each of these public speaking events was something that I had never done before, I was quite fearful of doing them and I would never have arranged them on my own. It was only through the loving support of my spiritual obstetrician Linda that I had the courage to do them. These public appearances not only presented me with the opportunity to face and overcome some of my deepest fears, but they also provided us with a wonderful opportunity to share Angel Ariel's messages with larger and larger audiences.

Each event turned out to be a wonderful experience. We received love and support wherever we went. As I overcame my fears, I discovered that I had a natural gift for presenting Angel Ariel's message in public and sharing with others my experiences working with Angel Ariel. I also knew that I was living a large part of my soul's purpose. I understood that Linda had seen my gifts right from our first meeting and she had used her fearlessness, combined with her strength and skill, to help me bring my gifts into the world. I also understood that as we worked together Linda was fulfilling her soul's mission and bringing her spiritual gifts into the world.

As time went on, my work with *Interview with an Angel* and IET began to merge. I had initially discovered some of the IET techniques by working with clients during my Reiki sessions. As my connection to Angel Ariel became stronger, Angel Ariel began to channel information and techniques about IET that led to the creation of the IET system that we know today. The public speaking skills that I discovered and refined presenting lectures about *Interview with an Angel* naturally allowed me to present lectures about IET. Groups that had invited me to give a lecture about *Interview with an Angel* now invited me to give a lecture about IET. And many of those lectures resulted in me being invited to return and offer IET classes.

I owe an incredible debt of gratitude to Linda. It is because of her skill as my spiritual obstetrician that I was able to overcome my fears and cultivate my gifts so that both *Interview with an Angel* and IET could be brought into the world. It was a great loss to us all when in December of 2013 Linda left this world to continue her work from the Angelic Realm as she helps Angel Ariel heal the world one heart at a time.

It is my sincere hope that you too will find your spiritual obstetrician and they will lovingly help you bring your gifts out of the closet and into the world where we can all benefit from them.

Blessings,  
Stevan J. Thayer