

# She's Got the Power

By: Jessica Telemaque



Lisa M. Powers has blonde hair loosely held back with a clip. She has azure, expressive blue eyes and a bright smile that radiates warmth. Her voice is light and seemingly soothing. She is a medium – an empath – someone who is hypersensitive and an tap into her intuition on cue. She is a psychic and a healer, and along with these unique traits she is able to communicate with human spirits and animals.

Powers' mother had 11 children; some of which did not survive. Her mother lost one of her children, a little girl, before Powers was born. Until this day, Powers says, "I came back as a healer. It just wasn't my time the first time."

As a child, her psychic gift was socially unacceptable. However, her mother always knew she was special. Animals would follow her home and before her father got home from work, she says, "I would know what kind of mood he would be in." After she found out that her mother had breast cancer, Powers "asked God if I could heal her, and if he would give me the cancer, so I could return home (to heaven) and my mother could stay here." Powers says God responded to her and told her he had other plans for her, in which she would become a healer.

Powers' parents raised her as a Catholic child, but one specific religion in her family was never forced. Powers makes it clear that some of her family members do not entirely comprehend the work she does. Powers' sister, for example, believes only higher powers possess the ability to speak to God. Powers freely expresses her beliefs about institutionalized religion; she says, "I believe we all have the ability to speak to God. Organized religion is a man-made interpretation (through human perception) of God's higher plan."

Powers freely discusses what children in this situation could be experiencing; since, at one time, she herself was a child witnessing such events. She calls them "indigo children." She says that the medical route is good to take at first, but many children are improperly diagnosed with disorders like autism, ADD and ADHD because there is no explanation for what they see or what they feel. Oftentimes, psychic children are hypersensitive; they are diagnosed with these disorders as a result of their high sensitivity and behavioral issues. Powers says, "If a child walks into a house and says they see dead people, their parents probably wouldn't know what to do." It is quite possible that the parents would not believe their child; therefore, they would improperly diagnose the child with some kind of mental disorder. Powers wants to help children utilize their abilities because "there is nothing on an MRI that

will say that they have psychic ability.”

Powers grew older and only practiced her psychic and healing abilities on the side. She worked in accounting and human resources for several years. She then decided to go to school in 1998 and 1999 to become a licensed esthetician: nail tech and make-up artist. She realized she was more of a “people person” and wanted to do something a bit more “creative.” She now has her own spa in West Boylston called *Angel’s Touch by Lisa*.

Her spa is quaint but calming. She openly displays her religious relics all around: from Buddha, to photos of angels, to spiritual signs with faithful wisdom scripted on them. The colors used in her spa are light; they encompass an airy feeling. Her curtains are sheer, her walls blue, her carpet plush.

Customers are drawn to Powers to seek relationship advice or to reconnect with a loved one who has been lost. Her clients also seek direction for their career and finances. “People usually come in and want some direction, whether it’s career, finances, relationships, what direction they should go in. So a lot of times, they’re just looking for validation of stuff they already know, or have an inkling about. It’s nice to be validated by a perfect stranger,” Powers adds.

Powers often suggests her clients keep some time between their readings, so as not to become co-dependent on her. However, if someone truly needs the guidance or the advice and healing she has to offer, she will not turn her clients away. She stresses the fact that she only offers guidance; in all, she just tells people what she sees. “They can come around and say, ‘You told me.’ I didn’t tell you to do anything; you still have to make your own choice *because of free will*,” says Powers.

Her client, Sheila, has been seeing Powers for several years. She visits Powers on a weekly basis for spa services and to hear spiritual stories & experiences. Sheila only sees Powers occasionally for intuitive services. She emphasizes the fact that Powers is different because “she has an incredible gift.” Sheila sees Powers for readings, as well as animal communication. Sadie, her 12-year-old dog, was having issues and Powers told Sheila that Sadie had a blockage. Sheila recalls the experience, “Just over the phone she [Powers] knew.”

Powers’ husband, Jimmy, as she affectionately calls him, addresses the fact that he is a skeptic. He does not believe in something unless he can physically see it, feel it, or prove it. He says that there have been instances in which Powers knew where he was at a given time and he openly discusses the fact that “she’ll wake up at 4am and it’s the same time someone passed.” Some time after the Rhode Island night club fire occurred, Powers was asked by the victim’s family to connect with their lost relative.

At this time, Jimmy became a believer in Powers' abilities. Jimmy stresses the astonishing ways in which Powers knew intimate details about the lost child. "It was unbelievable... the stuff she knew."

It wasn't until Powers attended an intuitive workshop in Gloucester, MA with her friend Sheila that she began her work as an official psychic, empath, and healer. Another turning point for her, however, was when something kept waking her at 2:30 in the morning and she felt as if she were being prepared for an event. This white light, as she describes it, prepared her for the death of her nephew who was killed in a car accident only a couple months later, in July at 2:30am.

In order to heal people, Powers says they must have faith in her healing abilities. She carries out small healing sessions by feeling the heat and energy through her hands when she touches people. She describes her job simply as something she does, a part of who she is. She sometimes faces those who doubt or do not believe in all she can do. When her clients come in and bring a person who does not believe along, she makes it clear that "it's not my job to prove it."

When communicating with animals, she sees what they see through extra sensory projection. In other words, the animal sees pictures and projects them to Powers so she can tell her client what the animal is seeing or has seen. She tested her abilities on a Sulcata tortoise named Jordan, within a pet shop. He showed her pictures of red (because his favorite food is strawberries). He peered at her purse and she said, "He likes the color...it reminds him of strawberries. He wants to go over to my purse." Jordan poked his head out for several minutes, as she watched quietly; however, he did not proceed toward her bag.

When animals project images to her, she sees the images in color. Powers has worked with many species of animals ranging from dogs to turtles, and she says they all project images to her in quite the same way. She sees the images they choose to show her.

Powers recalls a story of a time when a client called her from Philadelphia regarding her turtle. The turtle had been lost for a couple of days and the client had heard about Powers through word of mouth. Over the phone, Powers was able to locate the turtle that was under a fallen tree somewhere behind their house. There was a cliff behind their house as well, but he was safely guarded under the tree and had not wandered off the cliff. Powers explained to her clients that they should not give up hope, for their turtle "would return home within the next few days on a dewy morning if they put strawberries at the end of their driveway." The owners did what Powers instructed them to do and their turtle returned two days later at the very end of the

driveway, just as Powers had said he would.

As a medium, Powers is able to communicate with the dead. Additionally, she does house clearings where she stays true to Native American customs and burns sage to rid the house of dark energies. She says, just as dogs smell fear, dark energies smell fear. As a result, she cannot enter a house and be afraid. If she is preparing for a clearing, she must be calm and composed because dark energies can easily wedge families apart and cause harm when they pick up on fear and anger within a household. She says though, “there is nothing to fear.” When people feel alone, they do not realize that someone they love or once loved is always with them.

Powers speaks of totems as well, which is when a person may see a recurring symbol throughout the day, or maybe the week, or even month. It means something for that person at that particular time in their life. Powers makes it clear that “nothing is coincidence.” For example, if someone were to see a turtle totem, it takes on several meanings such as: they enjoy scenery, they should be patient, possibly take on a vegetarian diet as they see fit, and that they should tap into their inner wisdom because it is the time to do so.

Powers uses her psychic gift to make a difference in the lives of others. She does not plan on stopping any time soon. She is using her talent to the best of her ability in order to help people and animals through her work. She plans to someday write a book of the supernatural coincidences she has experienced and of the stories her clients have readily shared with her.

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