

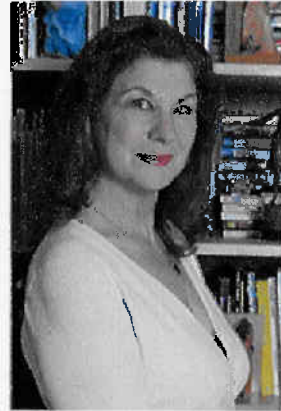
*The Guide to Practical Spirituality:
The ABC's of Metaphysics and How to Make Things Happen*

By Miriam Silver

Maria D'Andrea Solomon, MsD, D.D., DRH is an internationally known professional psychic from Budapest, Hungary. Since early childhood she has demonstrated high spiritual awareness and psychic ability.

Maria is a Shaman, a Metaphysician, a Psychic, Spiritual Speaker, and also a published author.

I arranged to have a phone interview with Maria to discuss a topic that has always made me wonder: How do we make things happen in our lives? As a Metaphysician, I felt that Maria would be able to shed some light on the subject.



Miriam: Maria, from your point of view as a Metaphysician, I want to get your philosophy from that very viewpoint. I'm going to ask a question that Bill Moyer once asked of Joseph Campbell, an American Mythologist, Writer and Lecturer during a famous interview many years ago. The question that was asked was – Do you believe that life has meaning?

Maria: Oh, I like that one. Now, from a Metaphysical point of view?

Miriam: Yes.

Maria: I truly believe that it does, because metaphysically we look at reincarnation as a reality. That doesn't mean that everybody else needs to, but from our point of view metaphysically when you believe that you do come back, we come back with a specific purpose that you need to work on. More than one sometimes, but a specific reason. But you can approach it from any angle and from any path to work it out and to improve on it. So for an example, if somebody had lessons to learn, to move up spiritually, like money for example – they can either come back extremely rich, so that they can figure out how to work with money; how to maneuver with it, how to improve their lives and other people's lives with it. It could mean that they do it in a constructive way; or it could mean that they lost all their money. So they're still working on money issues. It's not the money itself, it's how to handle it and how to deal with it in their personal life. A person may come in where they're living on the street because they're supposed to work on money issues, and either they can make millions, and stay where they are, or they can work on it to at least do better. So their learning process when they come back is to learn how to deal with money. But the approach itself can be from any point of free will.

Miriam: So you believe that there *is* meaning to life on a constructive level, and there's a reason for our being here because of what we need to learn and the need to construct a better self.

Maria: Exactly. And that's a perfect way to put it by the way. I also feel that it's very positive that we're working on our own path and improving our spiritual levels. However, I really truly feel that part of life is putting back. It's a circle - the more you put back, the more you get back, and the more you put back. Now, if you're putting back because you're looking for something back, as an example, if you're helping somebody because you expect something back from them, then that doesn't really work. It really only works when it's from the heart. As an example, one of the Shamanic ways to look at life is that - and I personally look at it like this - if you have a big ball of light, and you think of that as divine power, or whatever your belief system is, you're looking at it as the source.

Then you look at each strand or each ray coming from that as a single soul, so we actually look at it as we all come from the same source so we're all part of the same source. That's why some people actually say "I Am God," meaning the "I Am Energy", not that they're *the* God. So, in life we're all connected because we all come from the same source. Also from Shamanic point of view, we look at it as a giant spider web and everybody is placed somewhere on the spider web. Think of it as an etheric spider web. Each soul is somewhere on that spider web, so when you think of one person moving on that spider web; it shakes the whole web. It kind of has the ripple effect. We all feel that we are all interconnected. And we're working positively not to just improve our lives but to improve everybody else's. Because if you help other people the better they do and the better we all do.

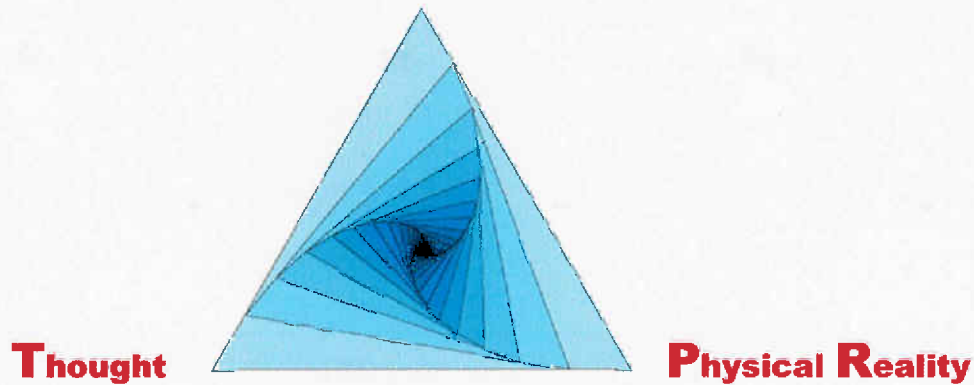
Miriam: In terms of the Universal Laws, what control do we have in life then?

Maria: Well, we have free will to control how we approach it. If a situation, for example, comes up where somebody wins at the lottery, which is a positive thing...it's their free will as to how they handle it. They can be positive and make investments, do better in life, help other people, help their family, and move on from there. Or they can win the lottery and they can get really happy about it, blow all their money and now they're in debt. So situations come up that we need to deal with, but it's all free will as to how we deal with it, how we approach it and how we look at it.

Metaphysics, by the way, is the oldest science. It doesn't matter whether you call it Metaphysics or Magic; and Metaphysical Magic is actually spelled - M-a-g-i-c-k-a-l. Anytime you see the word "Magic" with a "k", it refers to Metaphysics as opposed to stage magic. It doesn't matter if you call it Metaphysics or Occult, which just means "Ancient Wisdom", it's still really the oldest science and it's literally magic, depending on your point of view. Everything that you do in Metaphysics deals with the laws of nature. To be able to do Metaphysics you have to understand the laws of nature to work with them. We never control nature but we understand it in order to better work with it. As an example - and we've all done this - every now and then I'll say to a class when I'm teaching: "Has anybody ever worked with Metaphysics?" You'll have one or two people who'll raise their hands. What they're not aware of is everyone of us works with Metaphysics all the time. You just don't label it. So as an example, if you go to the door because you're going to go outside and go somewhere and it's raining; you automatically turn around and go back and get your umbrella, right? So it's cause and effect. You're working with the laws of nature. You're not going to say: "Oh, I'm just going to go outside and get soaked." You see the rain, you get the umbrella, you handle it.. Or as an example, if you go to the beach in a car and you see the ocean, you're not going to keep driving. You stop in the parking lot. So you're working with the laws of nature. You already understand some of it and work with it. You're just not labeling it that.

I came up with a system that I've taught my students to teach Metaphysics - a system I came up with called: "TAP". If you remember "TAP", then you'll understand the laws. This is how it works: Think of a triangle.

Astral Plane



At the left base of the triangle you're putting out Thought, which is the **"T"** in **"TAP"**. You're putting out Thought, or you're putting out the word to manifest whatever your needs are or whatever you would like to create in your life. Then, at the top of the triangle as you put it out in Thought, it goes to the Astral Plane where it forms. So that's **"A"** for Astral Plane. Then it comes back down to the right corner of the triangle where it turns into Physical Reality. So you have **"TAP"**. And the way I tell people to remember is by actually tapping your fingers on something. It helps you to remember. So it triggers it later. And as long as you remember **"TAP"** – you put it out in Thought, it goes to the Astral Plane to form, and then once it's formed it comes back to the Physical Plane to form in the Physical Reality because thought comes first.

That's why they have that saying: "If you can conceive it, you can achieve it." So I always look at it as- you decree it, you feel it, and then you receive it.

Miriam: "I think, therefore I am".

Maria: Yes. And the reason why I say that you decree it, which means you're putting it out in thought and making it a statement; you feel it, and you have to feel it. If you don't have any feeling behind what you would like to create in your life, it will not happen. Depending on what you're working on, basically it won't happen because the feeling behind it is kind of like adding an extra battery charge to creating the situation.

So you need that feeling behind it. It's like, if somebody's angry there's a lot of feeling behind it. So when we're angry, something will hit quicker. When people are very passive and positive and they're creating it, they're not putting intense emotion behind it, it doesn't mean that it won't happen. It just means that it will take longer. And then you receive it. If you decree it and you feel it, then you receive it. They work together just like **"TAP"**. But **"TAP's"** system which is the one I developed, really works. Because that's the way we really create and it helps people to remember how to manifest.

Miriam: What were your very first experiences at an early age that made you realize that there's more to life than meets the eye?

Maria: A couple of different things. You know I come from Hungary and we escaped during the revolution, my mother and I. And there were times when we saw people getting killed and it could be very gruesome. It was in the winter, and it was really frozen with ice and really, really terrible. I don't actually remember this but my mother was telling me that a couple of people who escaped with her, were getting very depressed and tired because obviously they were adults and were handling much more than I was at that age. She was telling me that I was telling people that if God brought us this far then we'd be ok.

That's not normal for somebody who's 6 years old to say. And I really don't remember it but she remembers it in detail vividly because I think it was a shock to her.

And then I found that as I was getting a bit older, when I was really focused on something, it wasn't *if* it's coming in, it was *when* it's coming in. So I find even today if I get very focused on an outcome that I'm really working on, it always comes in. It's just a matter of time. One time I was working on manifesting a television because I really didn't have one and I had 2 boys. I was really focused, so we eventually got one...as a present. Somebody bought themselves one and gave us theirs.

So, I was really happy about it. And the bottom line is, I ended up with 3 or 4 of them before I remembered to cancel out that I'm looking for one. And every time I got one, it was better than the last one. And it was really funny because after a couple of them I was thinking – "I wonder why it keeps coming." and now it's "Oh yeah." I put out the energy and I forgot to say, you know - "I'm done."

Miriam: Right. Right. Well, you know what's funny, you remember the idea about the lemon the other day that you gave me...

Maria: Right.

Miriam: Well, I only put the lemon out the other night. All of a sudden, the day after, the administration office at my company told me that I was getting a raise.

Maria: Congratulations!

Miriam: It wasn't a gigantic raise, but it was a little more, you know.

Maria: And that's how it works.

Miriam: Yeah. So that lemon really works.

Maria: The way it works is... again we're back to **"TAP"**; the way it works is everything has energy. OK? Everything on the planet – people have energy, animals have energy, plants, inanimate objects. I do Kirlian photography sometimes, although my main thing is Runes. And with Kirlian photography you can actually see the energy changes in and around different objects, different things. And if you look at a lemon with Kirlian photography which picks up the energy field emanating from around the body, and if you take a picture of that, you can actually see the energy field of the lemon.



What happens is the energy field is magnetizing to pull in whatever you're working on. Now, for some reason the vibration of the lemon is such that it actually pulls in that type of situation if you use it in that exact method. Metaphysics, like I said is the oldest science so a lot of the things that I use are extremely ancient. A lot of them are mine. And the reason that we know that the lemon works is that metaphysically, like I said, it's cause and effect. If you keep repeating the exact same formula and you always get the same results, after awhile you will notice that it never changes and then you start consciously using it.

This has been handed down for generations. You don't hand something down for generations if it doesn't work. In fact, you usually don't tell people you tried it.

Miriam: How far back do you think it goes?

Maria: I would say centuries.

Miriam: Wow!

Maria: It's that old. It's centuries old. And ... I know they use it in Europe but that doesn't mean they might not use it all over the world.

Miriam: And basically what you told me was just to get an unbruised, uncut lemon and to bring it home, and not place it on any counter, which is what I did. The moment I got it home I didn't place it down anywhere.

Maria: Exactly.

Miriam: And I had already prepared a wire hanger, as you prescribed, to hold the lemon. I had that hung up already, put the lemon right in there and I just left it there. That was it. And, of course, it did make the kitchen smell quite good.

Maria: Like I said, I always put it in the kitchen and go, "Oh, air freshener."

Miriam: Yeah! Yeah!

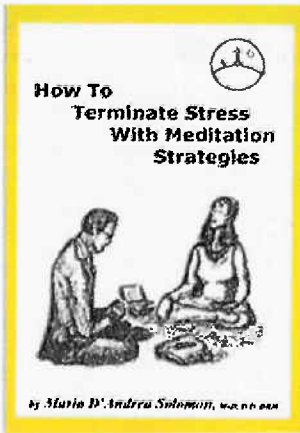
Maria: You know, we don't explain Metaphysics and...really I use the term "Occult" because it's really the name of the discipline. And all that means is "ancient wisdom". It's not connected to religion; it's not connected to positive and negative; it's simply ancient wisdom. And in Metaphysics, people make it positive or negative; however, the energies are neutral. I always use this as an example - if it's raining and you have a farm and there's drought, it's positive. If it's raining and your neighbor is Noah building an ark, than it's not.

But the rain itself is just rain. So, we're the ones who devise how we want to use the energies to create positive or negative. Now, I'm only doing positive work. I never do negative because I truly believe what you put out comes back. And there's always a positive way to approach everything.

Miriam: Mention your website and the books you have available on there.

Maria: It's www.mariadandreasolomon.com. I have a number of eBooks and the most recent book I have is called: "How to Terminate Stress with Meditation Strategies."

Each one in there is a separate meditation for specific purposes, which is unusual. I really feel that 90% of our problems stem from stress, usually from other people. That's really what it is. As an example - "How to Eliminate Physical and Mental Stress". Then I have things like "Fidelity", and "Achieving Peace and Harmony in Personal or Business Affairs". "Rebuilding Self Image". "Erasing Despair". "Attracting Friendship and Love". I have one called: "Environmental Meditation"; then I have one called - "Benefits of Music". The first chapter is devoted to "The Law of Meditation". It explains what it is, how it works and how to get into meditation. And it tells you how to protect yourself spiritually which I find extremely important in Metaphysics.



When you're working metaphysically, you're open to positive and negative energies. So if your opening yourself up in meditation or any metaphysical work ...you don't know what kind of energy that's around that you're attracting. So it's very important to learn protection whether it's through me, or the library or whomever, it doesn't matter. It's important. Towards the end of the chapter, I have tools for meditation. Such as - "Destressing with Crystal Meditation". It gives you different forms and lists of different gemstones and how to work with them. And then I have oils and other disciplines. And then at the end of the book I have a list of all of the other books I have out. All eBooks which I'm in the process of switching to physical books.

Miriam: One of the interesting books you've written is about Potions and Magick. I remember when you were speaking to Alexandra on "Alexandra's Psychic Eye", you mentioned the properties that are in them that attracts the things that you want to attract in life. I thought it was rather fascinating. It made sense what you were saying.

Maria: A lot of the ancient methods are updated but are still in use. People are just not aware of it. As an example, the sloe berry is a sexual love attraction. If you go to the bar and you order a drink called Slow Gin Fizz, it's an aphrodisiac. And people don't realize it. And then they wonder why. Because you're drinking it, what happens is that it works on *you*. But because your energy is putting out love and lust, it's going to start attracting somebody towards you. It's like magnetizing yourself. If you just carry the berry with you, - you know, get a berry and just throw it in your pocketbook - then it works like a magnet where it's attracting other people. Herbs, gemstones and oils work whether you believe in them or not. The reason they work is because they all have a specific vibration. The sloe berry attracts love and lust; the gemstone Pyrite which is also called "Fools Gold", attracts finance and money. Orris Root which is white when you buy it, also attracts money. If you have an oil that smells like mint, that's protection and money. They all have their own vibration. You don't need to believe in it. It works anyway whether you believe in it or not. Something's you need to add your intent, otherwise it's not going to work. It's the combination of your focusing, your free will and your intent, plus the vibration of whatever you're doing. Like with the lemon, even if you didn't believe in it, it's going to work. The way the lemon works is, it attracts money or the opportunity to make money within the 7 to 10 days. But it's your free will whether you take the opportunity or not. You can turn it down and then just work on the next one.

Miriam: (Laughs) Oh, and you said that once it dries out, I should throw it outside...

Maria: Outside your home.

Miriam: And that if you had thrown it away inside the home it would cancel everything out.

Maria: It's actually a specific formula that we're doing for the lemon.

Miriam: I live across the street from Clove Lake Park in Staten Island, so I'm probably going to have piles of lemons out there very soon. (Laughs) Everybody's going to be wondering where all these lemons are coming from.

Maria: (Laughs) But it works. It's like, we do different methods to sell a home metaphysically, and we do different things to attract a new relationship. We do different things to attract a new job or to keep the job we have. We're going through a time now where it's just as important to keep a job as it is to get a new one. Or to move up one. There are all different methods or formulas that we use so that we can move up.

Part 2 of this interview with Maria D'Andrea Solomon will follow next month

