

On Being Different **Mo Wheeler¹**

Being different is a challenge, to say the least. In my personal experience, unseen helpers come through me, sometimes spontaneously. Usually they only come out when asked for help; however, some of them have become so much a part of me that when I'm excited or sad or have any other strong feeling, they reveal themselves spontaneously. I believe they come out to help me know I am not alone, I'm OK and on track. In addition, they help others know that guidance is available to us all. I believe they do this because most of them have feelings similar to ours.

How I Discovered That I Was Different

People often ask me how I “got this way.” First, let me say that I am the daughter of a mother who modeled unconditional love and a father who was an Italian immigrant—only wanting to fit in and be successful in America. For the first 60 years of my life, I thought I was fairly normal—and *tried* to fit in! Nevertheless, I was a “cutting edge” psychologist for 23 years—a follower of Alfred Adler and into all those strange new tapping and eye movement methods of healing, to say nothing about *dowsing*. One day I noticed a kundalini-type of breathing started to occur within me while the client's energy was shifting. This same breathing phenomenon continued to happen for the next three years. I learned to accept it as a sign of positive changes going on. For a long time, I couldn't *make* myself do it; it just happened. Something that was *not me* was coming through me! That awareness marked the end of the agnosticism in my adult life, and the beginning of my spiritual journey!

From that time on I was a spiritual healer, allowing spirit to work through me. One day I met a woman at a conference in England and she said she had heard the unusual breathing that I did. She was in a room full of Sangoma, and explained it was the most powerful thing she'd ever experienced. Not knowing what Sangoma were, I looked the word up on line. Sangoma are South African (mostly black and female) healers, called the “People of the Drums.” Not liking some of what I read, I went into denial about my having *that* energy. But guidance has its ways...and for the next seven months, someone from South Africa came into my life once a month, like clockwork. I started asking them if what I did (which I could then demonstrate when needed) was what the Sangoma did. Their eyebrows raised as they replied, “Oh yes, *that's* what they do!” We call the energy in its modern form *Modian*, from the Hebrew word for harbinger—“modia.”

Introducing My Unseen Helpers, the Dolphins

That's not all I am, but it will give you an idea of the kind of “different” that I am. Think about what is real and who *you* really are in your own way of being different. I am here to tell you—*unseen helpers are real—and it's OK to be different!*

Who are these unseen helpers? The ones most “out front” in *me* are dolphin energies, and I have talked with others who also channel them. Most people love dolphins. They are playful, full of joy, and love to entertain. They want us to know them and be with them, to work together and help the planet move forward. The water is their home and they are as concerned about it as

many humans are. They are much smarter than we are and highly qualified to lend their assistance.

Dolphins have their own language to communicate with each other; they can also communicate with other unseen helpers—and they want to learn how to communicate with us so that we can work together. To encourage us to respond to them, the dolphins who work with me have learned some of our words—like “hello” (which comes out as “hah-low,”) “Oh boy!” (*boy* with two syllables: “bow’-ee,”) and “Come on!” They honor my half-Italian heritage with “Mum’ma me’-uh!” Enunciating our “g” sound makes saying “Good bye” a problem for them. They just say “Hello” again instead—as a way of saying “until we meet again.”

Sometimes when I’m passing someone on the street or in a store, the dolphins start trying to tell me they want to speak and acknowledge the person to give them support and their unconditional love. They do this by making me breathe in a way that seems like I’m hyperventilating. It embarrasses me, because often the person becomes concerned that something is wrong with me and asks if I’m OK. I explain that I am a guided healer and some of my guides are dolphin energies who want to acknowledge them. The person is startled at first but relaxes when the dolphins come out to greet them. It can be frightening to experience sounds that are so strange for humans to hear. My hands act out—signing, in a way—what they want to communicate. The dolphins usually win the person over with their joy and delightful skits—and all is well. I watch and enjoy them along with other people—only from the inside looking out. I know what the dolphins do is not “me” because I really can’t carry a tune; whereas, my helpers come out with beautiful healing tones, sounds and even tunes that are beyond my range of possibility.

Other Unseen Helpers

Dolphins aren’t the only beings that come through me (and other people as well). In my case, there are many other unseen helpers that use my physical body to express themselves and be helpful. I feel so blessed to be able to channel their help to the world. When they come out, most of the helpers are quite loud and may startle those who hear them because their energies are so powerful. Imagine a crocodile trying to stop someone from polluting their home! They are not gentle sounds and they can be especially frightening for that reason. These creatures mean business! Yes, crocodiles—with very ancient energies and very different from alligators.

Many people who are aware of having unseen helpers work with ones who may not be as “outspoken” as mine. Often, they call their helpers “angels.” That is fine, although they may not necessarily be *angels*. Angels are a different type of unseen helper. The angels don’t ever say “No,” which adds an additional challenge to communicating, as well as for the person wanting to become a dowser. Angels can help keep us safe—and do that for me very often. They come through many people as what we would call “intuition.” Some might describe it as an “I just *know*” feeling, hear spoken words inside, or are shown pictures to help with understanding. However, not *all* angels have been helpers in my experience. Other negative energies have interfered with their ability, and that of some of my other helpers to be absolutely 100% pure helpers. Nevertheless, I believe they are learning how to defend against these interferers and eventually they will be able to contribute even more to helping the planet move forward.

I have learned through many unforgettable experiences that unseen helpers are real. And—it’s OK to be different.