

A talk with healer JT

A new consciousness

By Diana Schwaeble
Current Editor

BORN AND RAISED HOBOKENITE JOHN TRAFICANTE, WHO GOES SIMPLY BY JT, IS HERE TO TAKE YOU ON A JOURNEY – THE JOURNEY OF YOUR LIFE.

JT is a known healer and motivational speaker who has helped countless people find peace and direction. Over the course of 18 years, he has helped people connect with the better parts of themselves by leading them into the light of awareness.

His work has been documented by many publications and he has given motivational talks on radio and television shows.

Called a psychic by some or a healer or visionary, JT began tapping into the spiritual realm as a child, reading people's auras and sensing energies.

He has channeled his considerable energy and focus into directing, motivating, and healing people on issues as seemingly simple as romance to as complicated as discovering your passion.

Through one-on-one counseling, group sessions, or phone sessions, JT guides people toward spiritual enlightenment and development to help people achieve their goals.

His recent focus is on raising the level of consciousness and awareness on an individual and global level.

According to JT, people come to him for all different reasons. Sometimes they will call because they are dealing with something unpleasant or because they are going through something difficult.

Recently a woman came to him for help because she was having difficulty getting pregnant. The woman was told by her doctor that she wasn't going to have a baby, yet JT told her she would. The woman asked JT what that meant, since the doctor said no.

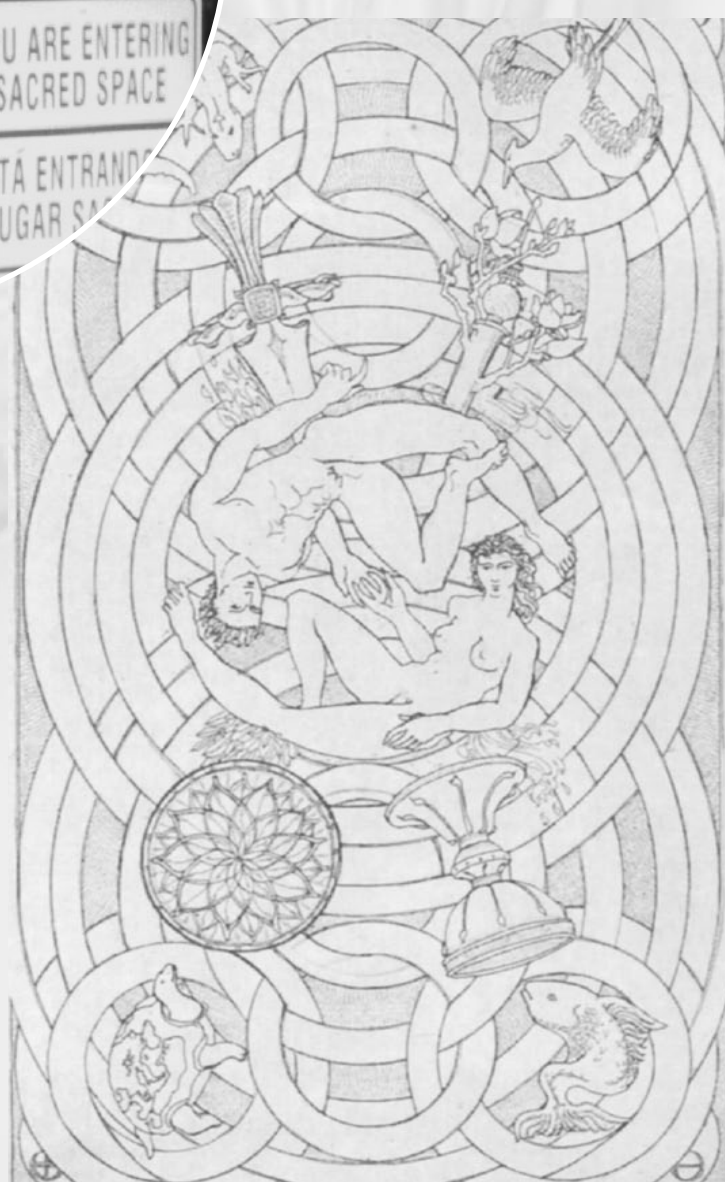
"I told her that the 'spirit says yes even if your doctor says no,'" said JT. "She just finally had a baby. That life was born through faith and hope."

According to JT, when people have love and hope anything is possible.

"Love cures everything," said JT, "whether it is sickness or mental illness or something else – just love, love, love."

In a recent discussion at his Hoboken office, JT discussed how once people gain a new perception, their whole reality can shift.

"The movie of their life goes on where they are playing a limited role," said JT. "What role are we choosing? People think they don't have a choice. It's not true."



REAL MAGIC

"Everybody creates their own life," said JT. "The key is to be impeccable in the thought. Thoughts are energy. Words are energy."

According to JT, people really can have what they say. However, most people are saying what they have or what they can't have.

"It is so important to be impeccable in what you ask for," advises JT. "It's almost like real magic."

Part of creating the tapestry for a new life is choosing to be conscious rather than unconscious. An unconscious person is trapped in their own ego. People trapped in ego sometimes stay there no matter what anyone says.

"They want immediate results," said JT. "because it is more comfortable to stay in the pain than to challenge themselves."

He added, "You can go through something and not *be* it."

He said the key to tapping into the energy of belief is to let go of the doubt that can come up when things start to happen.

"People should doubt the doubt," said JT.

LIVING IN THE PRESENT

"Really being present is the real gift," said JT. "If you are not living in the now, you can't create the future."

According to JT, once someone is in an elevated state of mind, they will be less attached to emotions or setbacks.

"Emotions come in all the time," said JT. "[Some people] attach themselves to it; they wear it as an outfit. They perpetuate it."

"The purpose of life is to be happy," he added.

JT said that when a person is stuck in their "pain body" that is the only reality they see.

For example, a person stuck in pain mode would react very differently than someone who is aware. A person in pain mode who almost gets sideswiped by another car would immediately become angry, where someone who has moved past pain and the limitations of the ego would say "thank God" and would be grateful that the worst didn't happen.

If someone is stuck in the pain body or unconscious (lost in the ego), they aren't being the best they can be.

What JT does through his work is to connect people with their awareness (higher selves) and connects them into the now energy where what they believe can happen.

"Act as if you already have. It's deeper than a belief. It's more like a format or a formula for living the greatest you."

CREATING A SANCTUARY

According to JT, it is possible create a world of possibilities.

In order to make things happen you have to create an inner sanctuary where you train your subconscious mind to believe in a new vision of being. Thoughts are the seeds in this new garden. Whatever you choose to believe in – you are.

"The object is to bring your inner world into the outer world," said JT.

Yet when delving into the depths, you shouldn't get distracted by shadows.

"It's like going into a closet and seeing what doesn't belong," said JT. "People don't like cluttered environments; you shouldn't have cluttered minds. I think people can clear their minds and retrain their thoughts to a place where anything and everything is possible."

Part of that training is envisioning a future in your mind and then recreating in reality, as with the pregnant woman.

LOOKING FORWARD

Although his work can feel therapeutic, it is not therapy, at least not in the traditional sense. According to JT, when a person goes to therapy they may spend most of their time looking back at their past mistakes.

"I'm taking people into the future," said JT, "not where they are looking back at the past."

The key is to choose to go forward, not to hold onto the past.

According to JT, when something from the past crops up you can just cancel it. And let go of its hold on you.



"I was a late bloomer. I arrived as I went on my spiritual journey," said JT. "[Life] is a series of constant arrivals. The planet, the body has a limit, but the spirit is eternal."

In a session, JT works to stimulate energy and create awareness in a person.

"Everybody creates their own life. The key is to be impeccable in the thought. Thoughts are energy. Words are energy." – JT

JT said when people gain an awareness of who they are they can stimulate other people and pass that energy on much in the way that Oprah makes a difference in people's life.

"This is what people can do when they are fully connected," said JT. "In a new consciousness you are working for the universe."

MAKING A DIFFERENCE

According to JT, with a new consciousness everyone has the power to make the world a better place – like using that awareness to choose better public officials.

A person can choose to be in a better place.

He said simply by being yourself, you can make a difference on the planet.

"People can even use their pain for something else," said JT. "Even if you are a victim, choose not to be a victim."

According to JT, life really can be a great journey when we shift our reality to the greater reality.

"It is a choice, a constant choice from moment to moment. Being here for 18 years, I've read people for a long time. The joy is getting to see the results."

JT loves to motivate people on their journey and tries to get people to "have the patience, courage and understanding to be open to everything, but attached to nothing."

This new level of consciousness can create a whole new world.

"Think it, be it, do it," said JT, "and the planet will shift." □

Are you ready to embrace a new consciousness? For more information on healer JT, visit: www.jtuniverse.com.

We are interested in your story. To share insights about your own journey, e-mail: jt@jtuniverse.com.

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