

Albert Clayton Gauden

Author, *You're Not Who You Think You Are*

Questions and Answers

Tell us a little bit about what an astro-intuitive is and why people from all over the world seek your guidance?

I am an astrologer by training, but I combine astrological interpretation with my own intuitive powers to give a chart reading unparalleled when it comes to insight and compassion. My clients range from sports figures, actors, royalty, Wall Street executives to young people. They seek me out because they have heard that I am someone who can help them live an extraordinary life. Just a couple of weeks ago, one of my clients told her friend that in one hour, I helped her see through what ten years of traditional therapy and counseling did not. She left our meeting inspired, motivated and determined to make positive changes in her life.

How did you happen to write your third book, *You're Not Who You Think You Are*, that Simon and Schuster is releasing this year?

I work with a lot of people who say that there are two or more people living inside of them and they didn't know which one they were. They asked constantly, "Who am I?" "I can't be someone who would be unfaithful to his wife, drink like a fish and purport to be one way and act another." In my work as an astro-intuitive therapist, I help the client uncover the authentic self by exposing all the imposters who try to live inside his head. My therapists and I have to get the client to look at compulsions and addictions, and I am not talking exclusively about drugs and alcohol. Greed and corporate malfeasance, lying and manipulation from government, physical abuse, sexual problems and split personalities are proliferating on a par with global warming. These areas people need to clear up and they do in the Sedona Intensive. Since I am a transpersonal counselor and am not held to the same standards as a psychologist, I tell my story to clients and in this book, including my recovery from alcohol and other compulsions. A lot of people asked me to write how I came to be authentic, so here is how I become the real Albert.

You call yourself an ordinary man, but you write about some famous people, like Shirley MacLaine and Madame Sadat. How do you meet these people and the rest of us are stuck in the neighborhood of familiarity and ordinary?

It is the law of attraction. Each of us draws people and situations to us like metal to a magnet. Some people come into our lives to bless us and others to cause trouble. I attract famous people, perhaps, to remind me that being an ordinary man living an ordinary life is better than fame. Although some find the concept of reincarnation a bit nutty, I know we live life after life after life. Perhaps, I have known these people in another life; perhaps we met again for an energy exchange, to activate a memory or to give each other a piece of the puzzle we need to solve our riddle. John Travolta fell over my foot in a restaurant and I sold him a 35-acre land grant estate above Santa Barbara. I wasn't born to sell real estate. How did I do it? That story is a book unto itself. Why me? Why not me? Wouldn't it be interesting if this land had been his in a former life and I had stolen his birthright? "Let's pretend" helps us decipher who did what to whom, when, and why we meet again.

What is the Sedona Intensive and why would someone come to it?

The Sedona Intensive is a signature five-day program that helps people breakthrough limiting patterns that prevent them from living their dream of personal or professional success. The Sedona Intensive reveals, through a one-on-one process with a personal life coach, peoples' true character. People become self-empowered, authentic and destined for a life of joy, peace and fulfillment.

With my professional team of alternative life coaching therapists, I guide these people toward revelation. People explore untapped possibilities and potentials. This process encourages them to recognize the unconscious roles they play and the beliefs that go with them. People expand their awareness and thereby free their authentic selves.

How can an ordinary person develop his or her intuition?

Learning to meditate daily is the best tool I can offer. Silence is where intuition speaks. Keeping a journal removes clutter from the head and puts it on the journal pages. This frees up the mind to receive thought impressions. Join a reputable self-awareness class. I suggest that someone who wants to turn up the volume of his still small voice of intuition put in the time-go to class week after week and one day he will hear the voice and receive the direction he is looking for. When you develop your own intuition you will know what is true for you and you will stick with it, no matter what you read or hear from anyone else.

You stress the importance of having our astrological charts done to get to know ourselves better. Where do we find someone credible to do our chart?

You can call the American Federation of Astrologers at (480) 838-1751 or email AFA@msn.com. We have two professional astro-intuitives on our staff. A birth chart, professionally prepared and read for you, will give you truer knowledge of who you are than any other system I have ever used.

You write about forgiveness. What if there is someone in your life you can't forgive? What do you do?

You stay stuck or move forward. Being unable to forgive someone lets me know you can't forgive yourself. The capacity to forgive is a huge piece of being able to become authentic. Remember that someone who you can't forgive is not who you think he is or who he thinks he is either. When he clears, you both might be able to reconcile. Do your part now. Forgive and move on. Make no mistake: forgiving someone does not insinuate that you approve of his bad behavior.

We use Mountain Dove Chiropractic Clinic therapists in the Sedona Intensive. Here is how they describe how their patients find the ability to forgive:

“The body is greater than the sum of its parts. Our nervous system expresses an innate or resident intelligence which animates, motivates, heals, coordinates and inspires living beings. Health comes from the inside-out. By removing interference in the nervous system, our innate intelligence may better maintain each of our body's cells naturally.”

Drs. Jan and Marc Viafora tell this story from their patient case studies: “As the nervous system heals, lives heal. Symptoms are there to get you to face yourself in the mirror. One woman cried and shook on the chiropractic adjusting table as she cleared an abuse situation involving her father that occurred fifty years ago. She told us that she realized forgiveness is more powerful than grief, hate, and resentment.” Amen.

What is the one thing you want people to get from having read your book?

I want readers to know that no matter how painful the process, heal all addictions and compulsions. Get well. Begin a search for the real self. If you have to tear your world apart like I did, so be it. Do not live the life anyone tells you to live except you, guided by your High Self, the God

within you. Learn to speak the language of love and acceptance. And do not stop one minute before the miracle.