

PortlandTribune

In the realm of the senses

Clairvoyant uses her psychic gifts to help human and animal clients

BY RANDALL BARTON

The Portland Tribune, Jul 10, 2008

Sonja Grace has been seeing spirits since she was a child, playing in the woods near her family's home in Hillsboro. "I saw the spirits that go with the plants and the trees," she says. "That's who I played with. They're like light beings. They have shape."

As a girl she would see colors all over people's bodies, becoming aware that other people did not perceive these colors.

"I was seeing their auric fields, their energy, and I didn't understand it," she says. "I didn't get it. My first auric teacher told me she had never had anyone come and study who could see everything that she could see."

"When I was 12, I had the entire spirit realm walk through my bedroom, and it terrified me. Who do you take that to? I was trying to keep something huge under wraps."

Grace's ability to see into other dimensions is no longer under wraps. Word-of-mouth referrals are bringing clients to the Hillsboro clairvoyant from across the continent. Some of these come suffering from chronic pain, the genesis of which might be revealed in a past-life reading.

"We start identifying that pattern," she says. "When we do a past-life reading we can see what are past, chronic problems."

For example, one client suffered from chronic neck pain. "I don't know how many lifetimes she was beheaded or hanged," Grace says. "I go back and help the client heal what happened."

Grace, 49, has been doing spiritual readings for 26 years. She supported herself teaching ballet and doing readings in California and New Mexico.

During this time Grace worked as the gypsy fortuneteller on the Grand Canyon Railway, walking the train doing readings for people. One day on the train three people were sitting in front of her, a man, his wife and his mother.

"Tell me what my job is and what it looks like," the man said to Grace.

She could see that he was a cop, and she had a vision of him being shot to death in the line of duty.

"You're a policeman," she said to him. "But it looks to me like you've been thinking about transferring and doing some teaching. That's great. By the time you get home from your trip, I want you to implement this immediately."



L.E. BASKOW / PORTLAND TRIBUNE

Clairvoyant Sonja Grace visits the woods in Hillsboro where she played as a child and saw the energy of the trees and plants. Grace says she also can communicate with animals. During a reading, she does a mental body scan of the animal and can "see" problem areas light up.

Grace says she could tell by the look in the man's eyes he knew what she had seen. In fact, he told her he had an offer to transfer to a teaching position in the department.

"The mother and wife never had to become alarmed," she says. "That is a beautiful reading. It did not impart any fear or scripting. I simply said there is another path, you know it, and you need to take it."

Last year Grace and her husband moved back to Oregon from New York City – where she had begun working exclusively as a healer.

Comfort for afflicted

"She has given my grandmother so much peace about dying," says Pamela Long of Abingdon, Va.

Grace made contact with Willie, a long-deceased former boyfriend of Long's grandmother.

"He shot his wife and then he committed suicide," Long explains. "My grandmother actually took a lot of blame. If she'd married him many years before he wouldn't have done that, she says. He hangs out in my grandmother's family room. He moves things around so that Grandmother will acknowledge he is there."

But Long's grandmother takes comfort in Willie's presence. She now has evidence there's life after this life.

"I've watched both Sylvia Browne and John Edward," says Long, 40. Browne is a renowned psychic, author and frequent guest on "Larry King Live." Edward hosts the popular television show "Crossing Over," in which audience members marvel as Edward reveals communications from the dead.

"Sonja is so much better," says Long, 40. "She is so clear on what she sees and how she sees it."

The two women met years ago when Grace taught ballet to Long's children. Long now has monthly consultations by phone.

"Sometimes I'll have an issue at work and Sonja can put it in such a way that I understand what's going on with the other person, how they're looking at the situation," Long says. "She can get inside their heads. She can tell me what they're actually thinking about me. It gives me a whole other perspective on how to deal with the problem."

Grace also has done bodywork on Long's grandmother, who suffered a heart attack. Now, Long says, doctors can find no physical evidence that a heart attack ever occurred.

Talk to the animals

Two weeks after getting a clean bill of health at the vet, Anne Ritter's beloved cat Roy-Boy suddenly stopped eating and drinking. The vet was stumped.

Ritter, who lives in Florida, went online to find an animal communicator and connected with Grace.

Over the phone Grace told her "I can tune into your cat if you can describe him to me and tell me where he's sitting. ... Yes, I have him now."

In her mental scan of the cat's body, Grace reported that his esophagus was ulcerated and terribly sore, which prevented him from swallowing. Roy-Boy communicated that he would eat something that afternoon.

Ritter phoned the vet, who prescribed Prednisone for the cat's esophagus and sure enough, by that afternoon Roy-Boy was eating again.

"Every once in a while he'll tell Sonja his esophagus hurts again," Ritter says.

"It's a mystery to me how she does it, but the number of times she has helped with that cat I feel is too many times to be a coincidence. Coincidences don't happen that regularly. The other day my other cat, Nina, was running around and crashed into a wall. The next day I was talking on the phone to Sonja and she said, 'Nina's telling me that she wants some work done on her right leg because it hurts, she crashed

into something.”

As Grace does the readings, the pets are always quiet, Ritter says, often sitting quietly by her side.

Grace explains that when she does a body scan the problem part of the body lights up for her.

“If someone has a serious disease like cancer I’ll say to them, ‘It looks to me like there’s some problems there. There’s a lot of congestion in this area. You need to go get this looked at by a doctor and then call me.’ I am a mere channel. I do not have X-ray eyes. I do, but I don’t. I always tell people to go check this out with their doctor.”

Animals tend to heal faster than humans, she says, because they don’t have the layers of ego and emotional baggage. “The healing is fast because they get it. People’s illness is created from the emotional body.”

Clearing out bad energy

Grace would not call herself a ghost buster, but she often works with people who are “ghosted” by the past or haunted by an energy. They rely on Grace to open – or close – doors to other astral planes.

Pam, a client who works for a large firm in New York City, does not wish to have her last name published. She contacted Grace on the recommendation of a friend.

A co-worker was using black magic on Pam, and she was looking for someone who could do a clearing on her person, office and home.

Once she smelled smoke in her apartment and when she investigated saw an apparition that had her completely spooked.

“I spoke with Sonja and she cleared it immediately,” Pam says. “She described the apparition I’d seen perfectly. After the clearing, the smoke smell disappeared, and the house felt ‘normal’ again. Twice my co-worker has left an object at my desk intended to do me harm (once in my drawer and once under my desk). Sonja described the items to me so I knew exactly what to look for, and sure enough, they were there!”

“I’m like a priest in the 21st century,” Grace says of her exorcism abilities. “I clear entities from people’s homes or themselves. When our energy is low we experience creepy stuff. For example, the DTs addicts experience when coming off of drugs or alcohol, the terrible visions they have, they’re literally seeing lower levels of the astral plane,” Grace says. “It’s our job to raise our vibrational rate as high as we can.”

The highest level she calls “the source.”

Pam has used Grace to do bodywork on her cat and on herself. “Whenever I’ve not been feeling well, she’s worked on me and within a day I’m feeling better,” Pam says, “and often, it’s been instantaneous. Sometimes I can feel what she’s doing and can tell what area of my body she’s working on.”

Carla Lundahl, is a health coach who lives in The Dalles. She began having monthly readings with Grace more than a year ago. As a clairvoyant, Grace gets right to the crux of the problem, Lundahl says.

“I’m one who likes to know what’s coming up and what I need to be prepared for,” Lundahl says. “It helps to take the edge off. Sonja can scan my stepmother and it’s preventative maintenance for me. She’s better than any therapist I’ve ever gone to in my life, especially when dealing with people passing away or health issues.”

Future remains mystery

Grace rarely sees clients in person. Appointments are scheduled by phone (503-746-6525) or online (www.sonjagrace.com). A 45-minute phone consultation costs \$105.

Of course, many hope that she will offer them a peek into the future. But Grace is careful not to offer a script that would circumvent or override someone’s free will. She can, however, suggest a possible path.

“You know in your heart there are 20 different roads you can take,” she says. “To begin with, there’s the high road and the low road.”

How does Grace do it? “I tell people it’s like I’m usually watching the Disney Channel and when I go into a reading I go into the History Channel,” she says. “There’s no separation between time and space. I don’t let the time and space thing stop me.”

Where does the information come from? “I think she channels and talks to the universe,” Lundahl says. “Whatever information comes through is what comes through, whether it’s God or the angels, she’s helping you and not hurting you.”

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