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VANESSA GONZÁLEZ PÉREZ

El Espiritismo de las mujeres puertorriqueñas:  
De las extraordinarias pioneras a sus herederas  
contemporáneas

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2019

### Indexed Interview

Vanessa González Pérez

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### Recommended Citation

González Pérez, Vanessa and Román-Odio, PhD, Clara, "Indexed Interview" (2019). *VANESSA GONZÁLEZ PÉREZ*. Paper 10.

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## Indexed Interview

### Vanessa González Pérez

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**Clara Román-Odio** [00:00:01] I am Clara Roman-Odio from the project *Spiritism by Puerto Rican Women: From Remarkable Pioneers to Contemporary Heirs*; and I am interviewing Mrs. Vanessa González, leader and practitioner of Spiritism in Arecibo. Today is July 30, 2019 and we are interviewing Mrs. González at the spiritist center.

**Vanessa González** [00:00:28] Institute of Spiritist Culture Cándido Cotte Cepero. Welcome.

**Clara Román-Odio** [00:00:33] Thank you. In the Spiritist Center of Arecibo. Thank you very much for your participation in this project. Could you please tell me your full name and your date of birth?

**Vanessa González** [00:00:49] My name is Vanessa González Pérez, and I was born on October 5, 1968.

**Clara Román-Odio** [00:01:19] Concerning family values, from whom did you learn about Spiritism?

**Vanessa González** [00:01:26] Well, I learned about Spiritism through my father. That is what I believed in the beginning. I say this because since I was very young he sought knowledge in different religions, looking for an answer to things that happened to him as a child with my grandmother. But, over the years, I understood that it was through my grandmother that I

learned the greatest knowledge about this doctrine. My grandmother was Catholic. She never, never studied Spiritism, but she had an emotional experience that made her lose her memory completely when she welcomed back one of her daughters. The arrival of her daughter from the U.S. caused her significant emotional pain. My father was very young, he was about twelve years old and he saw how my grandmother lost her memory overnight. They sought a lot of medical help but it did not help her. Until they met a lady, Mrs. Carmen, who was medium and had a meeting group and she was the one who helped my grandmother. To the point that in only two visits to the house from Mrs. Carmen, she was able to help my grandmother to be the grandmother she has always been and the mother she has always been for my father as if what had occurred and her memory loss had never happened. My grandmother lived up to 95 years with excellent health. No major problems and a spectacular memory.

**Clara Román-Odio** [00:03:20] What was the explanation Mrs. Carmen gave about what cured your grandmother's memory loss and how did she cure her?

**Vanessa González** [00:03:29] Well, Mrs. Carmen explained that the emotional impact of seeing her daughter return to Puerto Rico caused my grandmother's emotional distress. As you know, before there was no phone, there was no way to communicate with each other, only by letters. A lot of time passed and when her daughter arrived, her excitement was so great that we can say that it opened her sensibility to the spiritual world, because we have our own energetic defenses. Just as the body's immune system can be affected, the spiritual immune system can also be affected. And through that evolution [or spiritual opening] she was vulnerable to those spiritual energies and was greatly affected. There were probably Spirits close by and they projected on her an emotional framework. And this is what caused her memory loss. Those Spirits around her provoked certain things in her that when Mrs. Carmen detects what happened, she begins to dialogue with those Spirits and, little by little, by educating those Spirits, my grandmother falls back into what she was. Overnight my grandmother, after Mrs. Carmen dialogues with those Spirits that came closer to her, returns to her normal state again. I mean my grandmother was not a medium. She never became a medium. It is only what happened in that time period.

**Clara Román-Odio** [00:05:41] How did that affect your father and his belief in Spiritism?

**Vanessa González** [00:05:47] This experience affects him in the sense that he is a twelve-year-old boy, who didn't know about it, but he started to have an exposure to a group of people he didn't know that worked in mediumship. And they talked about past lives, they talked about the Spirit not dying, that the people who already disembodied are with us and this sparked something in him. He said: "Damn, this is not what I had heard where we used to go," which was the Catholic Church. Additionally, he said: "if they couldn't help her with medical procedures, if people from the Catholic Church couldn't help her, what is different about this that allowed Mrs. Carmen to help my mother, and give me back my affectionate and jovial mother (who was my

Grandma)?" And since then, my grandmother has not had a similar event again. So, my dad then begins to grow up with many questions about what true spirituality was. And he begins to search through many ideas until he then connects with a great friend and brother, Mr. Andrés Díaz, who was the director of this school. That's where my dad connects with what Spiritism is and starts coming to this school.

**Vanessa González** [00:07:14] My dad was already married, he already had two children, right, my younger brother Manuel and I, and we came with him to this school because it has always been a very welcoming school. All the members of the family are welcomed. So, we have been coming here since we were 10 years old; at least I was that young. And we began to hear what Spiritism was and to study spiritist philosophy. From then on, we didn't go to any other place anymore but here. And here we have developed our whole lives and my dad was given the task of going to another center like the one in the Renaissance center of Mayagüez to get a better education within this philosophy with other professors who have also studied and taught Spiritism. I also participated in these activities with him.

**Clara Román-Odio** [00:08:14] What did it mean for you to grow up in this spiritist activity, in this spiritist knowledge? How did this content affect you as a child and as a teenager?

**Vanessa González** [00:08:32] For me it was something very normal because my dad had never been of a religion per se, he was rather looking for answers in different places. Because of that I went to different places and listened to different things. But then, when my dad started studying this, he started talking to me about it since I was very little and he started explaining to us why we live, why we are here, for what purpose, what is the purpose of life. For me that was fabulous. Now, I understand that it was like the re-education of what I already knew in past lives and I could resume it very early in my life. Therefore, for me it was one of the greatest blessings that I could have had. Because I began to understand life from a very young age, different from how other people saw it, including my classmates. I began to evaluate life from the perspective of observing rather than listening. Observing people's behavior, attitudes and being able to recognize that many of the things they saw or how they acted was also related to their past. This allowed me to understand it better, even those things that happened to me as a child. Because at some point I thought that my mediumistic development started after my 40s, but after all that revelation I came to realize that I have had my mediumistic abilities since I was a child.

**Vanessa González** [00:10:11] My dad didn't understand it but both him and my mom accepted it and they accepted it very well since I was little. I had an invisible friend who played with me and his name was Tony. We had to put a plate on the table for Tony because Tony was with us. And my parents understood that as very normal, even though they didn't know about Spiritism at that time. They worked with that very well and gave me that transition space from the Incarnation, until I was about seven years old which is when we are more impacted with the

spiritual world. I went through that very calmly. After that, because that's when I stopped talking about Tony, I began my normal life until the period around the age of 30, when I then began to have many intuitions. It was not until my forties that the mediumistic development began completely.

**Clara Román-Odio** [00:11:12] Could we talk a little more about that experience of mediumistic development?

**Vanessa González** [00:11:17] Very well. Well, I had intuition for a long time. We will say after my twenties I begin to have different intuitions. Of course, I was developing, I had just gotten married, I started my career as a chemical technologist in an industry. We were in the maelstrom of the beginning of life and I didn't realize many things. When I was about thirty, I began to feel many things in my body. Many backaches and headaches. This made me go to the doctors a lot but the doctors tested me and nothing was found. And they told me: "everything is fine, there is no problem." But I suffered different pains, some days more than others, both in my head and in my internal organs. Thus, a period passed between my thirties and forties without knowing what I later came to understand and after many readings, that it was part of the organization and restructuring process my body needed to receive the energy that I was going to receive that I did not know [then]. My whole body was getting ready.

**Vanessa González** [00:12:49] Then, around my 40s, I start having stomach problems. I could not digest food very well. We went to the doctor, first of all because we were never fanatics of spirituality and we never tried to handle this as a spiritual issue. So, we tried to verify first if there was something physical and then, we verified if it was something spiritual. As physically nothing was found then we decided to look for answers in spirituality. We discovered, when I was forty, that my stomach stopped working. I did not process food nor could I move my stomach muscles. Then, they medically prescribed many things that did absolutely nothing. I was already at a point where I couldn't eat almost anything because, even if it was a cookie, that cookie could be inside my stomach for more than twelve hours because it didn't move. So, it got to the point where I only consumed water for weeks. My parents then said, "well we are now going to look for spiritual help to see what is happening here."

**Vanessa González** [00:14:22] The mediumistic development in this school was very little. It only had a medium and that medium was very sick. And then, we received help from other centers, to help me discover what the situation and the problem was. Mainly, Mr. Orlando Sepúlveda, from the Amalia Domingo Soler School of Help, was one of many of the spiritist friends who came to help me and verify what was happening. And they told me: "Vanessa what is happening is that you are ready to start your mediumistic work and many Spirits are close to you so you can help them. There is a congestion of Spirits and we have to start working with those Spirits so you can help yourself and discover how you are going to be able to help them."

Until that moment I had read many books, right, about Spiritism but, I had never had a task like that one. I had indeed seen how mediumship was done in this school with the medium that was here, Carmine, but we had never had much exposure to it. So, in Jayuya they started helping me, orienting the Spirits that were close to me. They also guided them and that is how I started improving slowly.

**Vanessa González** [00:16:08] The mobility of my stomach was greatly affected to the point that the mobility today is only 25 percent. But, later I discovered that I had this problem from birth because since I was a child my mother always had to seek help from people who worked in Spirituality, syncretism, that could help me restore my stomach. So, we connected my childhood with what was happening to me in my 40s. So, I started to learn in that school how I was going to receive those energies. I had to learn how to manage those energies and detect them when the Spirits were close to me, why they were close, how to guide them, how to work with them even though I was very weak, very weak. Well, this was a learning process that not only consisted in going sometimes, but up to three and four times, to Jayuya so that they could help me. We were probably working at the school orienting three or four Spirits and I was coming home on a Sunday and by Monday I was affected again and had to go back again to Jayuya several times per week so that they could help me until the process was over. It lasted about six years. My doctor saw me so badly that he told me: “you have to ask for medical leave so you can prepare your kids for your departure.” Emotionally, that was very difficult for me. I have two children with albinism, that means that they are legally blind and because of that I was their eyes to study and for everything. So, for me that was a very hard blow. My gynecologist, my gastro, my rheumatologist, all of them told me: “Your situation is not good, your stomach is getting worse and worse and worse so I think you should ask for medical leave and find someone that can help your children.”

**Vanessa González** [00:18:43] I had been a woman who studied and worked since I was nineteen years old. I had never been a woman who had been sick like this. And I wanted to make my children independent. So, I was halfway there and I felt very desperate. I had to receive psychological and psychiatric help because I needed that help. I felt like the world was over for me, even though I had spiritual knowledge and I knew that all these things could happen. But the concern of the entrustment of my children filled me with a lot of sadness. I knew that I had many people around me who were going to help them, but for me I was their main help. I was the one that wanted to do that and I made that decision knowing that, in this life, we plan and work with each of the beings that come with us in the program of what we are going to do in this existence. Not completely, because we have a free will that allows us to do with it what we want and can change everything we want. But I said, I wish I could continue and help them to be completely independent. And that was the main source of force that helped me to get out of that situation. My north has always been to help my children. Most of all, it was also that, at the time

it happened to me, my school could not help me because it didn't have mediums as prepared as the ones I had in Jayuya. So, I said, I have to move on. I have to work with this because I have to be an example for other people who come to my school, and that there, there will be a mechanism to help them.

**Vanessa González** [00:20:59] So that is what encouraged me to say: "OK, if I chose to come to work as a medium, I had already prepared for this and I know that it was within the plans in my incarnation, then that's what I have to do." I said this at a time when I had many, many worries on my mind because of my family, my children, and my health. Now what I have on my mind is: "I am willing to do it. No matter what I physically feel, I know that spiritually I have the strength and I also have a support group, both spiritual and material, that will help me achieve this." So, from that moment onwards I lost my fear of disincarnating, that although we study it, it is not until we truly travel through that that we make it present. I said: "well, we are going to achieve this." From that moment onwards, my stomach began to work much better. Not to the full capacity of how it was, but better so that I could sustain myself and work with so many energies. Because when you are a medium of incorporation as I am, the Spirit speaks through you. Those energies are very strong and impact the body. Therefore, we need physical and spiritual health, stable to help so many beings that come to us, understanding each of their particular situations.

**Clara Román-Odio** [00:22:53] Could you explain a bit of what this kind of mediumship consists of?

**Vanessa González** [00:23:01] Well, the method of incorporation is the medium that, we are going to say is a magnet between her peri-spirit with the peri-spirit of the Spirit who wants to communicate. And through our vocal cords we pass the information the Spirit wants to communicate. It is not a possession, but there is a mental entanglement between both peri-spirits that allows us to faithfully express the message the Spirit is sending, its thoughts and all of that. There is always a bit of the medium's thoughts, right, in the communication process. Because it is very difficult to prevent this unless you are unconscious. But, the medium tries to be very responsible with this and make the communication as faithful as possible. The medium also has the tools so that if the Spirit comes from a place of anger or wants to speak in an inappropriate manner, the medium has the power to say: "no, I will not speak with that language, you have to reformulate what you want to say and then I will give you the opportunity to express yourself."

**Vanessa González** [00:24:50] This is clear. That you have to be educated about that. It is not something that they teach easily in all places because *The Book of Mediums* gives us basic knowledge, but it is through this whole process and from other mediums who have also gone through different situations that one learns. So, it's not just about reading but about motivating yourself to listen. You should ask yourself: "what has happened to other mediums? How do they

do it? How have they managed to improve and educate us?”

**Clara Román-Odio** [00:25:34] Right now you serve as a medium in this center, right?

**Vanessa González** [00:25:51] Yes.

**Clara Román-Odio** [00:25:51] How often do you come to this center and what happens here? What happens on these visits? In these services?

**Vanessa González** [00:26:05] Perfect. Well, through my desire to work and help people mediumnically, I began to teach in this school. I organized workshops so other people could develop their skills. People who came here, who studied Spiritism, were very sensitive and felt the spiritual world but didn't know how to handle it. So, little by little, we began to give classes to these people to the point that the person who ran the school, Andrés Diaz, asked me and my dad to take care of the school because he was going through some disease processes. So, we start teaching different topics in Spiritism through all the readings of Allan Kardec's books and also focus on workshops to develop mediums because a large part of the people who visit the schools are in the same situation I was when I had to deal with different situations, pain, discomfort. They see, they see, they hear the Spirits but they don't know what to do with what is happening. And when they look medically, they stereotype them and tell them that they are not well emotionally, or that they are schizophrenic, or they are hallucinating and what they do is medicate them. So, these people, when they no longer get medical help, then they look for spiritual help. And they come to this school with many difficulties, so what we do is that we meet with these people. Through some interviews, we verify exactly what is happening to them. We can redirect it because sometimes they are emotional things that must be taken care of by a psychologist or a psychiatrist. Or, if we see that it is a situation that yes, that must be worked mediumnically because it needs it, then we give them an appointment in which the person comes for a private meeting and we listen to the situations they are dealing with and if it is necessary then, we do the mediumistic work to help both the person and the Spirit that is somehow getting closer. And in that way, we provide this service to the community and to all of Puerto Rico because people from all over Puerto Rico come here because they already know that this work is done with mediumistic responsibility and with a safe, serious and very prudent character. Additionally, people feel comfortable because they know that they can come at any time because we do not have a specific day to work with them, it can be at any time of the week when the person is available, we make an appointment and meet.

**Clara Román-Odio** [00:29:53] How do they communicate with you, the people who are interested in coming?

**Vanessa González** [00:29:58] Well, they mostly do it through the Facebook page we have of the

Cándido Cotte Cepero Spiritist Culture Institute. We have our phones and addresses available there. And also, because Spiritism carries the voice and spreads through the experiences of other people. Other people who have come here, who have found help, who have found knowledge. Well, they are carrying the voice and when an eventuality occurs these people give references of us and in this way the contact is made.

**Clara Román-Odio** [00:30:45] When are these workshops and what kind of workshops do you do?

**Vanessa González** [00:30:47] Well, we meet every Sunday from ten in the morning to twelve and we do the workshops based on each of the themes that the codification of Spiritism has on different themes. It is not a curriculum but we choose a topic daily or weekly. Many times, I could tell you, I do it intuitively because I can plan a presentation all week, look for books, references to give my class and on Sunday morning when I get up my intuition tells me: “no, that is not the topic we should do today. Today you must talk about this topic.” And then, I follow my intuition and say: “OK, perfect.” In the morning I start looking for different books, as references, that talk about the topic I want to address and we get here and sometimes the class is totally different from what we have scheduled. But when the class ends, there are always several people who say “damn, that class was for me, it was what I needed, it was what I was looking for, it answered my question.” Then intuitively, right, I let myself be guided by what comes in the morning. If it is not what I had planned then perfect.

**Clara Román-Odio** [00:32:25] Do you have a particular spiritual guide, a guide, a protector, a spiritual guide, or do you deal with other Spirits, how does communication work?

**Vanessa González** [00:32:43] Well, identify them per se, or that they have told me clearly, “we are so and so,” no. That has never happened to me. It has always been amazing to me that many Spirits came from the spiritual world to help. So inside me, I always said why should I connect only with two if I can have so many. So many people ask me that. They ask me who my guides are. Well, honestly, I do not have a specific name per se that I can tell. Or when I do my meditations and try to connect with the spiritual world I never try to address a Spirit in particular. I do know that Tony, who started with me when I was a child, is always present and accompanies me a lot. I understand that it must be one of my protective Spirits who I greatly appreciate. Because he accompanies me and he has made himself present and he lets himself be seen by other people and says that he is with me. But I never invoke him when I do my work. I always wish and I project that any Spirit of goodwill who is available, at that specific moment, to help me in the harmonization of my work at the mediumistic level, both for my mediumistic work and as a facilitator here, to be with me so I can bring what I have learned. And you feel that energy, just like when we are going to work mediumistically with someone who has some condition and we want to give them magnetic energy, magnetic passes, I ask the assistance of a specialist who

is working in the spiritual world or has the knowledge that can help me with the situation of those people and I know that I receive it. I'm sure, of course.

**Clara Román-Odio** [00:35:07] Did you see Tony when you were a child?

**Vanessa González** [00:35:10] No, I'm not a medium seer. I can't see it. Well, at that time, I was so small that I don't remember if I saw it. But now, as an adult, I don't see them. Yes, I can hear them. Yes, I can feel them. But I haven't had that experience yet.

**Clara Román-Odio** [00:35:30] And do you distinguish in that feeling that this is Tony?

**Vanessa González** [00:35:36] No, I don't distinguish it, no. I can feel the energy of love, but it is not until he introduces himself "I am Tony." Right? He has said it on other occasions through other groups. "A very special person accompanies you, is always next to you and calls himself Tony." That is when I can identify it, but I do not identify it by the energies that are projected to me. I can identify the sublime energies that come close to me but I don't identify who they are.

**Clara Román-Odio** [00:36:19] What values and aspirations does Spiritism foster in you as a woman, as a citizen? Can you elaborate on those values and those aspirations? Can you share an example?

**Vanessa González** [00:36:43] Well. As a Spirit, I recognize myself as such, that I am wearing the women's suit right now, this idea makes me feel totally free to recognize the value that each Spirit has when they decide to use any of the two suits, whether the suit of a woman or a man's suit. And it helps me to recognize in myself that each one of those experiences that I have had in different lives have been a great bulwark that helped me realize what I am today in this suit, the capabilities that I brought because, as you know, we are working in this society to give greater value to women. And we have been working on that for many past lives. So, in this opportunity of life I also thank the help that my protective Spirits and helpers have given me that have helped us to achieve the new goals of this existence.

**Vanessa González** [00:38:02] That I could choose this Island where women have freedom of expression, mobility and that this spiritual knowledge has come to my life since I was very small, for me to feel, know, that this value is in the Spirit and that I can do everything I want. Understanding that each of my brothers that accompany me in this existence, whether at the family level, friends, or strangers, are there with a purpose both to help me in my evolution and as I have to help them. So, I aspire to obtain as much knowledge as I can in this existence about Spiritism because when we begin to study, we understand how little we know. Every day I try to study more, gain more knowledge, listen to other people's experiences in order to be a bridge that can help not only the incarnated Spirits that come to me with different situations but also that

immense group of brothers that also comes to us in a spiritual way and that are very disoriented because they did not have the knowledge of what was going to happen after their disembodiment. So, as a medium I feel very honored to have gone through all these situations in this life, so now I can have this opportunity to help so many beings. I want to expand as much as I can, bring this knowledge to help many people who are mediums and who are often in psychiatric hospitals because people do not understand them. Because they do not understand them and because they themselves do not know what is happening. Going through an experience like this is the best opportunity to understand them. No one can know how a person walks if they do not walk in that person's shoes. So, I want to be a bridge of help for them.

**Clara Román-Odio** [00:40:43] You have spoken extensively about the test and the function of suffering. Maybe at the beginning of this kind of mission. This seems to be a pattern that I have heard from other people. In your opinion, what is the function of these tests before this transition or this new path that the person who is medium faces?

**Vanessa González** [00:41:20] Well, we can call it a test because we compare it (right?) with education. And when we study at school, there are always exams, so life is the same. There is a stage of study and there is a stage of verification of that study. Therefore, these difficulties that we all go through are nothing more than exams to know if I understood everything that you have studied so far. So, for me personally, I understand that the situation that I had with my stomach, of practically feeling that it was already about to disincarnate, was a test so that I could understand that it was time to put into practice everything that I had studied before. And it is not something negative. It's the opposite. Many times, it is like the child who wants to go to school the first few days because of the euphoria of his backpack, the notebook. This happened to me when I saw the mediums here and I said: how interesting. I would like to do that. Then my life began, I developed, I got married and then I began to focus on something else (right?) this is when the child that spent a week with the new notebook, backpack and new clothes says: "caramba! I have to get up super early to go to school, I don't want to do it anymore." The function of parents is to say: "we have to go because there we have the responsibility to educate you." So, I understand the spiritual world, as our helping parents, that provide us with these mechanisms, sometimes a little bit stronger, so that you can take the step to get to school. So I don't see it as bad at this moment in my life but as necessary. If we are in the comfort stage all the time we will not take a step. So, this little push will serve as practically an impulse to our body and our stability. Sometimes we may think that a person pushes us because they do not love us. But perhaps that person is helping us to take the most important step of our life. So that is what happened with me.

**Vanessa González** [00:44:13] Now when I listen to people who say: "but why did I have to suffer so much in order to have discovered this wonder now?" I say: "well, thank that little push

that they gave you because maybe you would never have done it if it had not been for that difficulty. You would have stayed there, in that comfort, and would not have discovered so many wonders and benefits; not only for others but for yourself.” Because this is a rediscovery of all the knowledge. We had different experiences but now with conscious learning we will bring it to our lives. And this is a life of conscious Spiritism 24/7. It’s not just coming here on Sundays, listen and leave. That is what you have to do after you study this idea. After you understand it, you are not the same person you were after you walked through that door. So that’s really what I can say to the people who come here and tell me “why do I have to suffer so much?” and I tell them: “you just have to change your mentality. Change a thought so instead of saying *why* it happens to me?, you say, *what* is the purpose of this experience? What am I going to learn from this?” And so, we open ourselves to enriching and beautiful experiences.

**Vanessa González** [00:45:52] The medium is going to have moments of great pain because we are feeling what the Spirits feel. But when we recognize that, instead of thinking “oh here is Spirit again with this pain that affects me,” we will feel it and then say: “this brother is suffering, how can I help you?” When we do that, that pain becomes an opportunity for love and you no longer feel the pain. You already feel the desire to carry that love, that love, to welcome it in your arms even if it hurts. Because yes, there are very painful days. There are days that I can’t get out of bed. There are days that I can’t eat. Because I have a brother next to me who is suffering in that way. The mediums feel how the Spirits act, when a person commits suicide. When a person goes through any death-related situation. When a Spirit disembodied with a heart attack, when a person suffers from cancer. We feel everything, everything. But when we have that different vision that he is a brother who needs our help, we will go through that with a lot of love knowing that it is temporary. We know that after several days I have attended this being, after I have helped him/her and make him/her recognize his Spirit condition, that he no longer has to feel those pains because he does not have a body but that those pains are embodied in that peri-spiritual mind that makes him/her feel that he/she is still alive. When I make it clearer that he is already a Spirit and that he left that suit, then they can observe the spiritual world and someone will come to pick them up so they can continue their education. That is my part. A mediator between the spiritual world and the material world. That is all.

**Clara Román-Odio** [00:48:10] One last question.

**Vanessa González** [00:48:15] Whatever you want.

**Clara Román-Odio** [00:48:23] From your role in that communication with the spiritual world, the Spirits and the role you play there, I wonder what is the value of understanding or knowing or investigating reincarnation? That is, the past that has been forgotten once we incarnate. Is it something that you have done? Is it something valuable? What is the purpose of talking about reincarnation and the spiritual trajectory of a particular individual or of a particular conscience or

Spirit?

**Vanessa González** [00:49:15] Very good. When we decide to make this existence, right, we are in the spiritual world and have the knowledge of the things we have already overcome and how much we need to overcome. That universal energy is wonderful. It gives us semi-amnesia, we can say so, because we cannot enter to do something new with the regret of the things we have already done. It would be very difficult to enter this life with all the information of the past. Because of that we arrive as if it was a new beginning. What's going on? It is in development, until we are twenty-one years old, we do not fully enter our existence but it is common to travel little by little. Already at the age of twenty-one we take full command of this existence and that is where the differences begin, right? When we begin to meet with ourselves again and realize what I still need to learn in this life but I cannot remember exactly what those commitments are. This is when society begins to impact me, the people around me. And sometimes it is a little difficult to find our path and the easiest way to do the work I have to do. This is particularly difficult with little spiritual knowledge. We have other ideas. It would be easier to understand the difficulties that are currently affecting us and realize what we do not have if we get to know a bit of our past lives and what happened then.

**Vanessa González** [00:51:15] I can share my example. When I got pregnant, I worked for a pharmaceutical company and I got many pregnancy tests because I worked there as a teratogen chemist. I did all the tests to verify that my baby was well and healthy. I was removed from the area during that time. All tests were done. My baby was perfect. When my daughter was born as an albino girl. I had the knowledge of what an albino is because life gave me the opportunity to have a teacher from my high school who was an albino. Because this man cared about me a lot, I started believing that all albinos were special and caring beings. That teacher was the preamble to my exposure to what was coming when my daughter arrived. When my daughter arrived, not even the gynecologist realized that she was albino. When they put that beauty on me, I told my husband that accompanied me while I was giving birth, I said: "She's albino, she's just like Almodóvar." And the gynecologist told me: "no no, she's a *blondy*, she's not albino." I looked at my husband, he was smiling at me. She was taken away because I had a difficult birth. And the next day the doctor arrives and tells me "did you go see the baby?" but with a very worried face. And I told him: "You told me to not get up so I didn't get up." He tells me: "Well, come and see her because yes, she is albino. I apologize for telling you that she was not albino." He was very fearful after I told him that he was incorrect, that she was albino. And I told him: "Don't worry, there's no problem, I'm going to change her diapers," and I went there. She was a beauty. With her beautiful silver hair. And for me that was the greatest gift of my life at that time.

**Vanessa González** [00:53:20] Then my girl starts to have some problems. She just cries and cries and cries and nothing calms her down. We took her to all the doctors. My baby was about a

year old and I took her to all the doctors to see what was the problem she had and she had none. So we ruled out it was something physical. We then decided to look for a spiritual solution. We do mediumistic work to see what happened with the girl and my grandmother from another existence came to clarify the situation. And she said: “Look what happens is that Coralys is very fearful of this new existence with you because she was your mother from another existence and you were her albino daughter. She did not accept that you were albino, so she made your life difficult. She hid you, she did not let you leave the house to the point that you disembodied with sadness. She knows that in this new assignment she had to come wearing the suit she did not accept that it is albinism, so she is very afraid of what will happen now with your relationship. She cries inconsolably every day because she is very afraid.” And she told me: “What you should do now is to speak to her, especially when she is asleep, and tell her that the experience is going to be different.” And I thanked the Spirit that came to inform me, which is something I understand pretty well thanks to this philosophy. I started talking to my girl every time she went to sleep and told her: “this is a new opportunity. What happened before is no longer valid. Now we have a new opportunity to not only change the roles of mother and daughter but to become best friends”.

**Vanessa González** [00:55:34] And I told her you’ve come to a loving home and you have a new opportunity. I started talking to her every night. After two weeks of doing this my girl started sleeping every night without crying. She had a very strong personality. Since she was little she told me: “I command, I am the mother.” And because I really understood what was happening, I told her: “you were the mother before but now I am the mother. So now you have to obey me as a mom because I’m going to help you.” So we started working in this way, understanding life better by knowing the past. If we had not known the past I could have still done it but not with the tools that experience gave me. Now my daughter and I are best friends and we have worked together so that, despite her visual limitations because she is legally blind, my daughter graduated with a doctorate degree in psychology. I just took her to Texas, to her boarding school, to finish her work in psychology to help people with their emotions and their psychic problems because she now has vast knowledge in all of this. So, we are best friends and I believe that an experience like this one is a firm basis for us to understand that the knowledge of reincarnation is essential for us to understand what our motivations are and what tools we need to travel through this experience and make it worth it. This was also what moved me to become certified as a hypnosis therapist so I could help more people. Through hypnosis we can make it easier for a person to go to past lives and find by themselves the root of their problems. If I was a seer medium I could say to a person: “Look, I think that this or that happened in your past lives.” But that is not the same compared to a person that works by himself/herself and reports directly from their unconsciousness. So that has also helped us greatly to help other people.

**Clara Román-Odio** [00:58:31] Vanessa, it has been a great experience having this conversation

with you.

**Vanessa González** [00:58:35] I feel the same.

**Clara Román-Odio** [00:58:36] Is there something I didn't ask you that you would like to share before we end this interview?

**Vanessa González** [00:58:44] Well, I would like to share with women that as women we should feel complete and very proud of choosing this suit. With great courage we do so many things at family level, at a work level. We are also an integral and important part of carrying the spiritual message through what we bring with us and that is our responsibility and through that the whole future of society is being forged. But we cannot lose the perspective that we are wearing this suit this time but that we are going to wear a man's suit another time and that equality must be responsible. That it should not be seen, as it is seen now, that we are going to be better than them or that we as women are going to mistreat men because that is what they did to us. We should have another vision. To see ourselves as equals as Spirits. And that at this moment we have the opportunity to carry a message and that message is not to feel superior to them at this moment in history. But on the contrary, to make them feel that we value them because we also dressed that suit before. I would love it if women could work on that from this perspective. Not against them, full of bitterness or hate because of what we go through. No. Those experiences helped us to be what we are today. From a vision that we are equal beings, equal Spirits and that we are going to help each other in their specific functions. Because as women we come to work on one thing, as men come to work on another one and that is the opportunity we have. What we give to others in a frame of love. Teaching them that we have been demanding freedom as they do. From peer to peer. In expression of total love.

**Clara Román-Odio** [01:01:31] Thank you very much for your time.

**Vanessa González** [01:01:33] Thank you for this opportunity.