

Mind, Body, and Spirit

A skeptic's first psychic reading (and more) at Four Moons Spa in Encinitas

by Dan Letchworth

I'M A WIZARD.

I'm not trying to brag. (It remains to be seen whether I'm a bad wizard, even if I am a good man.) But that is the first thing my psychic guide, Kim Hassey, revealed to me during our spirit reading at Four Moons Spa.

In fairness, it was also the most far-out detail of the whole day, so let me clear up some stereotypes: We met not in some spooky carnival tent, but a plush bungalow suffused with golden sun, and Kim wore no costume jewelry or feather boas, but a practical jumpsuit and fabulous eye shadow. She opened the session with a prayer to the fifth-dimensional light beings whose divine information she would be channeling, and after a moment of silent concentration, she opened her eyes and uplifted me from Muggledom.

Now, I consider myself a skeptic in the classical sense (extraordinary claims require extraordinary evidence and all) but after reading *Slaughterhouse-Five* and Edwin Abbot's *Flatland*, I know better than to dismiss outright the idea of higher dimensions, or beings who could roam freely across time like you might wander an open field. Truth is in the eye of the beholder: One person's impossible magic could just be an angelic tesseract's everyday physics.

And really, for the rest of the half hour there were no extraordinary claims.

When I didn't know what being a wizard meant on a practical level, Kim explained that my magic was my gifts, and the light beings wanted me to use those gifts to make the world a better place. She

answered my questions about my past and future lives and the liminal bardo between each one, provided guidance from the spirit realm about my earthbound concerns, and told me about a time she performed an express exorcism (my words, not hers)—no chanting necessary, just a quick plucking of a dark force from a friend's head, and he instantly felt better.

Kim has 13 years' experience in this form of healing, so regardless of how much of the mystical side you buy into, there was no denying she's a deeply empathetic person, a perceptive listener, and a kind soul who truly wants to help people—the same qualities we look for in any good therapist.

And if you don't already buy into the mystical side, Four Moons might just light a candle in you. The lush tropical plants, waterfall, and koi pond form an insulating terrarium from the outside world; even the warp and weft of the Balinese-inspired bale hut creates a relaxing pattern to lose yourself in during your facial or massage.

Schedule an entire day of indulgences if you can. They offer a full complement of spa treatments, plus a private outdoor shower, soaking tub (pictured above) and infrared sauna, and each session magnifies the effect of the last. Try something you never have before, like the Hammam Room (pictured left), where you exfoliate with a Moroccan black olive soap and then bathe yourself from multiple fixtures and (if I'm not mistaken) a brass volute krater, on a suspended marble plinth like the luminous demigod you are.

Mark one less thing I'm skeptical about. When they say to heal your mind, body, and spirit, this is the kind of experience they mean. 775 North Vulcan Avenue, Encinitas; fourmoonsspa.com @fourmoonsspa

