

SHERRIE DILLARD

Author of the bestselling *Discover Your Psychic Type*

you are

Psychic

Develop Your

Natural Intuition

Through Your

Psychic Type



About the Author



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Psychic since childhood, Sherrie Dillard has been a professional intuitive, medium, medical intuitive, and teacher for over thirty years. Among her international clientele are spiritual leaders, celebrities, and business executives. Sherrie's love of service combined with her intuitive ability has catapulted her intuitive practice around the globe. She has given over 50,000 readings worldwide.

Sherrie has taught intuition development, how to communicate with the other side, and medical intuitive development classes in such diverse places as Duke University and Miraval Resort, and across the US, Europe, Costa Rica, and Mexico. Her passion for the fusion of intuition, health, spirituality, and conscious self-growth has made her a popular speaker and teacher at retreats and conferences. She has been featured on radio and television for her innovative books and her work as a psychic detective, medical intuitive, and medium.

Sherrie holds a BS in psychology and a MDiv in New Thought pastoral counseling. Originally from Massachusetts, Sherrie has made Durham, North Carolina, her home for the past twenty-five years and can often be found walking along the river with her dogs.

S H E R R I E D I L L A R D

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Dedication

To all of my clients and students, thank you for being part of my journey. Your faith and trust in me has blessed me.

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The people and examples described in this book are all real. However, the names of those discussed have been changed. In addition, identifying details such as age, gender, occupation, and familial relationships have been changed. Any resemblance resulting from these changes is entirely coincidental and unintentional.

Contents

List of Exercises and Meditations

Interpretation Glossary for the Meditation Exercises in Part 4

Introduction

Part 1: Your Inner Psychic, Front Row and Center

Chapter 1: The Many Expressions of Psychic Awareness

Chapter 2: Obstacles to Developing Psychic Abilities and the Corresponding Gifts

Part 2: The Psychic Characteristics and Potential of Each Psychic Type

Chapter 3: Psychic Knowing (Mental Intuitive Type)

Chapter 4: The Psychic Heart (Emotional Intuitive Type)

Chapter 5: The Body as a Psychic Antenna (Physical Intuitive Type)

Chapter 6: Psychic Sight (Spiritual Intuitive Type)

Part 3: Increasing and Refining Psychic Power

Chapter 7: Practices and Techniques to Enhance Psychic Awareness

Chapter 8: Reading Yourself

Chapter 9: Reading Another

Part 4: Your Practice: Psychic Meditation Exercises

Chapter 10: Preparation for the Psychic Meditation Exercises and What to Expect

Chapter 11: Rainbow Meditation Exercise to Intuit Abundance and Finances

Chapter 12: Path Meditation Exercise to Intuit Career and Life Path

Chapter 13: Rose Meditation Exercise to Intuit Relationship Insights

Chapter 14: Elevator Meditation Exercise to Intuit Spiritual Guidance

Chapter 15: Going Backward Toward a Goal Meditation Exercise to Intuit Steps to Attain a Goal

Chapter 16: How to Receive and Interpret Psychic Information

Bibliography and Reading List

Exercises and Meditations

Chapter 3: Psychic Knowing (Mental Intuitive Type)

Differentiating Between Intuitive Thoughts and Ego Thoughts

How to Receive Claircognizant and Clairaudient Messages

Developing Mental Telepathy with a Partner

Telepathic Communication with Another's Higher Mind

Chapter 4: The Psychic Heart (Emotional Intuitive Type)

Receiving High-Vibration Love Energy

Letting Go of Intuited Toxic Emotions

Meditation to Release Your Toxic Emotions

Tuning In to the Intuitive Heart Through Clairsentience

Chapter 5: The Body as a Psychic Antenna (Physical Intuitive Type)

Understanding Clairsentient Sensations

Releasing Intuited Physical Symptoms

Detecting Energy Health in the Body

Hands-On Healing

Using Psychometry to Read the Vibes

Chapter 6: Psychic Sight (Spiritual Intuitive Type)

Using Clairvoyance to Open the Third Eye

Using Clairvoyant Energy Receptacles

Using a Clairvoyant Energy Receptacle for Another

Communicating with the Spirit Realm

Chapter 7: Practices and Techniques to Enhance Psychic Awareness

Intuitive Meditation

Meditation to Raise Your Vibration

Chapter 8: Reading Yourself

Psychic Exercises You Can Use Throughout the Day

Chapter 9: Reading Another

Exercises for Intuiting Another

Chapter 11: Rainbow Meditation Exercise to Intuit Abundance and Finances

Rainbow Meditation Exercise

Chapter 12: Path Meditation Exercise to Intuit Career and Life Path

Path Meditation Exercise

Chapter 13: Rose Meditation Exercise to Intuit Relationship Insights

Rose Meditation Exercise

Chapter 14: Elevator Meditation Exercise to Intuit Spiritual Guidance

Elevator Meditation Exercise

**Chapter 15: Going Backward Toward a Goal Meditation Exercise to Intuit Steps to Attain
a Goal**

Going Backward Toward a Goal Meditation Exercise

Interpretation Glossary for the Meditation Exercises in Part 4

Chapter 11: Rainbow Meditation Exercise to Intuit Abundance and Finances

Intuiting positive feelings and emotions such as happiness, joy, serenity, and peace 189

Intuiting negative feelings and emotions such as confusion, stress, and negativity 189

Intuiting physical sensations such as an increase in physical energy or feeling light, energized, and tingling 189

Intuiting sensations of heaviness, low energy, or feeling blocked or tired 189

Intuiting thoughts that surface in the form of a word, phrase, or song lyric 189

Intuiting thoughts and energy information that you receive through inner hearing 189

Colors of the rainbow (as related to abundance and finances) 189

Red 189

Orange 190

Yellow 190

Green 190

Blue 190

Indigo 190

Violet 190

Gold and white 190

Rainbow 190

Gold pot 191

Coins or gold filling the pot 191

Coins or gold spilling out 191

Cracked or broken pot 191

Empty pot 191

Empty scene; no pot or gold 191

New pot 191

Pot full of gold 191

Pot half-full of gold 191

Something other than a pot of gold 191

Worn or old pot 192

Chapter 12: Path Meditation Exercise to Intuit Career and Life Path

Intuiting positive feelings and emotions such as joy, enthusiasm, positivity, and contentment
198

Intuiting negative feelings such as confusion or stress or the feeling that something is not right
198

Intuited physical sensations such as feeling unable to move forward or feeling heavy, stuck, or lacking energy 198

Intuited physical sensations such as tingling, a feeling of ease, or feeling energized, powerful, or light 198

Intuited sensations of flying or floating 198

Intuited thoughts that surface in the form of a word, phrase, or song lyric 198

Animals 199

Path 199

Blocked Path 199

Detour 199

Fork in the path 199

Rocks on the path 200

Stones on the path 200

Stop or dead end 200

Straightforward path 200

Winding path 200

Vegetation 200

Barren, desert-like 200

Flowers, flowering bushes 200

Fruit, Fruit trees 200

Grass 200

Overgrown vegetation 201

Trees 201

Weeds 201

Walking 201

Water 201

Clear water 201

Flowing water 201

Murky water 201

Puddles 201

Sea or ocean 201

Stream 201

Weather 202

Clouds 202

Cold 202

Heat 202

Night sky with stars 202

Rainbow 202

Sunny blue sky 202

Storms or dark sky 202

Wind 202

Chapter 13: Rose Meditation Exercise to Intuit Relationship Insights

Intuiting feelings and emotions 208

Intuiting positive feelings 208

Intuiting feelings of sadness, anxiousness, or grief 208

Intuiting feelings of disappointment or confusion 208

Personal emotions and desires related to the relationship 208

Intuiting sensations such as your heart opening or feeling energized 208

Intuiting sensations of heaviness or stress or feelings of disconnection 208

Intuiting thoughts that surface in the form of a word, phrase, or song lyric 209

Rose 209

Blossom 209

Bud 209

Changing color 209

Dying 209

Shedding petals 209

Turning away 210

Wilting 210

Rose Colors 210

Blue 210

Green 210

Orange 210

Pink 210

Purple 210

Red 210

White 210

Yellow 210

Chapter 14: Elevator Meditation Exercise to Intuit Spiritual Guidance

Intuiting emotions 216

Intuiting physical sensations 216

Intuiting thoughts 216

Spiritual messages 216

Elevator 217

Intuiting images 217

Intuiting symbols 217

Spiritual messenger or being 217

Chapter 15: Going Backward Toward a Goal Meditation Exercise to Intuit Steps to Attain a Goal

Intuited positive emotions, especially heart-centered emotions 222

Intuited negative emotions such as fear or frustration 222

Intuited thoughts that emerge through a word, phrase, insight, idea,
or a complete understanding 222

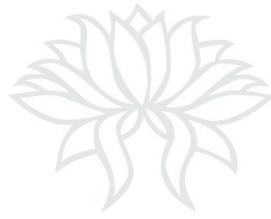
Intuited images 222

Physical sensations such as feeling light, tingly, and full of energy 223

Intuited sensations such as feeling heavy, blocked, or tired 223

Intuited symbols 223

Introduction



I recently moved out of my home of thirty years to a new town. When people here ask me what kind of work I do, I find myself stumbling over my words. I am surprised by my sensitivity and reluctance to readily identify myself as a psychic and medium. Eyes grow wider and the casual friendly hello is soon met with an open stare once my occupation becomes known.

As with many professions, there are a lot of stereotypes and a lot of assumptions and judgments made about what it means to be psychic. However, unlike many other professions, being psychic is more than a job. It is a kind of declaration that informs others that you live outside the box of convention and linear thought. Put another way, you may be viewed by some as woo-woo, one of *those*, or a bit kooky.

For those who have never gotten their feet wet in the psychic waters and claim never to have had a psychic experience, the topic of psychic phenomena can inspire such things as laughter, doubt, and fear. It might also be met with curiosity, questions, and a desire for proof. However, all of this changes once an individual has had a personal psychic experience of some kind.

Once it stirs the heart, mind, and soul, psychic awareness is no longer a distant and abstract concept to be debated or ignored. It is a force, an energy, and a part of us. Through it we can receive not only guidance and insights but also an unexpected feeling of connectedness to a higher source of wisdom and love. Once you have had a psychic experience, however dramatic or mild it may be, you no longer stand outside the door and curiously and maybe with some apprehension wonder what this being psychic is all about. Instead, a life-changing, thrilling, transformative, and sometimes frustrating relationship has begun. Having piqued your interest and woken your slumbering soul, the misunderstood, persistent, and sometimes fantastical presence of psychic awareness becomes a part of you.

The Timeless Influence of Psychic Awareness

For all the doubt and scrutiny that psychic awareness is subject to, it is as old as recorded time. Most ancient spiritual traditions and religious and spiritual texts speak of how dreams, visions, angels, and divine beings guide the human realm and reveal the mysteries of life. Throughout time, cultures across the globe have looked to seers, diviners, shamans, and prophets to explain, heal, and intervene and act as intermediaries between the human and nonphysical worlds. Being psychic is more than a fad or an interesting pastime. It is an essential aspect of the fabric

of our being. It weaves in and out of our psyche and binds together different cultures with the thread of sacred presence.

We need psychic awareness, not simply to know what is coming our way or to make good decisions and improve our lives, but also to know who we are and what we are capable of and to activate the true potential of our humanness.

Like a match that ignites a fire or a star that lights the dark sky, psychic energy sparks our awareness and perception. It lights a way for us to shift from the mundane and finite to the spiritual and eternal. Approach psychic development with faith, and trust in its possibilities. New awareness, support, guidance, help, love, and goodness flow into your life when its doors swing open. In this life there are few things that wholeheartedly give without restraint and ask for so little in return. Psychic awareness is this kind of blessing.

The Beginnings of My Psychic Ability

As awkward as it has been for me at times to explain my occupation to others, I have always felt comfortable with psychic energy and psychic phenomena. As far back as I can remember, I have been aware of a subtle and comforting spiritual presence that communicates, comforts, and guides. However, I didn't always recognize it as psychic, intuitive, or spiritual or as anything unusual or questionable.

As a child I had a lot of freedom. My parents divorced when I was six and my mother went to work full-time. By the time I got home from school, she was gone and didn't return until late at night. Some weeks the only time I saw my mother was when I went into her bedroom to say goodbye in the morning before school. I didn't have much of a connection with my father either, since he moved to a distant town after the divorce. My siblings and I spent most of our time with babysitters, usually high school girls who lived in the neighborhood. Our longest-running babysitter's idea of watching us was talking to her friends on the phone and shooing us outside to play until dark. We didn't complain and always found something to do.

With a fair amount of alone time, I often found myself in the woods near my home. Burrowing into the green trees and brush, I pretended to spy on others or hide from make-believe predators. I would also just listen. I don't know if this started as a pretend game, but I never felt alone. Huddled in the thick foliage in the summer and in the winter when the frozen snowy hills and valleys were vacant, I sat alone and listened to the inner whispers.

Often accompanied by buzzing and tingling sensations of energy moving up and down my arms and on my scalp, I could feel things that made sense and felt good to know. Sometimes if I closed my eyes, I could see pictures and images. These sensations and images were accompanied by feelings that at times moved through my heart with an intensity that brought me to tears and other times lulled me into a soft feeling of being loved. The feelings and thoughts that I floated into my body, heart, and mind helped me to better understand my mother and father and myself. Although I didn't always understand all that I received and experienced, it didn't matter. There was something warm and comforting close to me, and I held on to it.

Even though I spent a lot of time alone in the woods, no one ever asked me what I was doing there and I felt no obligation to share my experiences with anyone. There really wasn't anyone to tell, and I had no words to explain what was happening anyway. Many of my friends had close grandparents or other family members or a special teacher or neighbor they gravitated toward. I had this presence, and I was not going to let anyone spoil it for me.

As I got older, my curiosity and interest in understanding and knowing why people acted the way they did and why life was the way it was became a driving force. This was likely the result of my chaotic home life, which included an absent father who liked drinking more than being with his kids, an unpredictable mother who could go from one emotional extreme to another with no notice, a second marriage and divorce for my mother, and the failed experiment of a blended family. I listened and clung to an invisible source of comfort and caring. Perhaps this intuitive connection was my way to have some form of control or create a sense of security. Knowing and feeling what was coming before it came and understanding and having insight into another's behavior helped me to feel a sense of order and predictability in what otherwise felt random and out of control. Connecting to this calm presence felt good. Being at church, home, school, or even with my friends couldn't match the electricity and feelings of peace that came over me when I was quiet and listened.

If there was a choice about what to place my faith and trust in, the invisible won hands down and it still does. While I didn't have a name for it when I was young, I now know that my psychic development began in the woods huddled in the trees, simply listening. Psychic awareness is still a source of spiritual connection that provides me with a loving and wise nurturance that I do not want to live without.

Guidance on the Psychic Journey

I have been a professional psychic, medium, medical intuitive, and psychic detective for over thirty years, most of my adult life. During this time I have given readings to all kinds of people all over the world. I have worked with celebrities, those who have suffered great losses, business leaders, police detectives, physicians, people who are ill and dying, those seeking more of a spiritual connection, women and men who are perplexed by their relationships, and those who desire to create more abundance and happiness in their lives. Most of the people I work with are seekers who know that there is something more than the five senses can touch, feel, and know, and I am honored to help them along the way.

Along with performing psychic and medium readings, I also teach others to develop their own intuitive, psychic, and medium abilities. Through this process I have discovered that while many people have trust in my ability to receive guidance and insight into their most private and personal issues, their confidence in their own intuitive and psychic capabilities is low and at times nonexistent.

If you are like many others, there may be a divide between your psychic aspirations and your ability to actualize your innate psychic potential. Like a mountain climber, you see the majestic summit of the mountain high in the sky. However, as you travel the path of psychic

development, you may encounter obstacles or what feel like impassable crevasses along the way. If this is true for you or if you would just like to know more about psychic awareness, consider me to be a guide here to support your passage.

The Psychic Experience

There are a number of books that explain psychic abilities and how to develop them. Most teach psychic development as a subject to be read about, understood, and then practiced. However, psychic awareness cannot be learned through a purely logical and rational approach. Although well-meaning, this method tends to increase the divide between the reason-oriented mind and the elusive non-logical energy of psychic awareness. This sets up a dynamic of false expectations and allows the thinking mind to judge and control the process.

One of the biggest challenges that I confront in my intuitive and psychic development classes is breaking through what the participants think it should be like to receive psychic impressions and insights and the actual experience of it.

For instance, here is a typical discussion that occurs in every class I teach.

In this conversation I am talking to Karen, who has just completed an intuitive psychic exercise with her partner, Blair.

I ask Karen, “Can you share what you received for your partner in this exercise?”

Karen casts down her eyes, pauses, and then replies, “I didn’t really receive anything.”

“Can you describe what you did experience, even if it does not make sense or seem important?”

Karen shifts uncomfortably in her chair and says, “I don’t think I’m good at this. I thought I was a little intuitive, but it doesn’t seem to be working for me.”

“Please just give it a shot. Did you see, hear, or feel anything?”

“Well,” she begins, “my body started to feel warm and tingly and I felt that something good was going to happen. I think I may have made this all up though, because I saw an envelope. Only it was more like a cartoonish-looking envelope. It was stuffed with money. I had the thought that money was coming. But isn’t that what everyone wants to hear? I don’t think that it was real.”

Karen’s partner, the woman whose energy she was intuitively tapping into, smiles and is almost in tears. Confirming what Karen intuitively received, the woman tells her that she has been waiting for a much-needed check in repayment for a loan.

Like many people, Karen disregarded her psychic impressions because they were not what she thought they would be like. She assumed that psychic information would come to her in a way that would be more clear and verifiable. The images she received were not realistic-looking, and she felt that the thoughts, sensations, and feelings she experienced were her own. What she received did not match her expectation, so she disregarded it. Like others, she assumed she was making up her impressions and doubted their validity. However, once she realized the accuracy of the images, feelings, and awareness that she experienced, she began to trust the process and make progress in her development.

The kind of psychic information that Karen intuited is typical for a person who is just beginning to develop psychic abilities. She received energy information through sensations in her body, through her emotions and thoughts, and through images. Not only are these kinds of intuitive impressions common when developing psychic skills, but they occur naturally and spontaneously for everyone in everyday life. We just don't notice them or pay much attention to them. Psychic abilities are not foreign and elusive and something outside of ourselves to strive for; they are already a part of us and they occur naturally and frequently.

The easiest way to develop your psychic abilities is to recognize when you are already intuiting and then build from there. Through observing participants in my psychic development classes, I have discovered that everyone intuits somewhat differently. Some people receive energy information primarily through a sense of knowing, others see images, and some feel unexplained emotions or experience sensations in their body. When I encourage my students to build on these kinds of spontaneous and natural ways of intuiting, they more quickly recognize and embrace their innate intuitive awareness and develop psychic abilities.

What's in This Book

In my first book, *Discover Your Psychic Type*, I describe the four most common ways that we naturally intuit. I call these *psychic types*. Soon after the book was first published, I began to hear from readers who were enthusiastic about this approach. Not only was it easier for them to develop psychic abilities through this system, but they were also better able to understand and make sense of previous intuitive experiences and increase their confidence and self-awareness.

Following the success of this intuitive approach, I went on to write other books that describe how to develop intuition in relationships, medical intuition, and medium abilities through the four psychic types. In this book, *You Are Psychic*, I circle back to the basics of developing psychic abilities. Through continued feedback from readers and students, I have further refined my understanding of psychic types and how to best help others develop their innate psychic abilities.

You Are Psychic begins with a description of the four psychic types and helps you identify your natural intuitive strengths and weaknesses. This insight empowers you to become more aware of when and how your innate intuition operates. As you read through the descriptions of the four psychic types, you will likely recognize aspects of each type that feel familiar and that you can identify with. There may be one or two types that particularly stand out. However, the focus of this book is not to find your intuitive type and stick to it, but to become more aware of and comfortable with the intuitive impressions and hunches of each type and use them as an integrated whole. *Discover Your Psychic Type* explains the varied facets and characteristics of the four psychic types, and this book expands on these aspects and information. It then provides easy-to-follow steps for the development of the psychic abilities associated with each type, such as clairvoyance, clairsentience, clairaudience, claircognizance,

telepathy, and psychometry. Along the way, you will learn strategies to deal with and negotiate the doubt, fear, and other obstacles that inevitably crop up.

We also delve into the difference between intuitively tuning in to another and intuiting your own personal issues and questions, what to do when your intuitive impressions are confusing or incorrect, and how to become more adept at interpreting the energy information you receive. The unexpected gifts of psychic awareness and the spiritual inclinations and potential of the different intuitive types are also explored.

Psychic awareness is only as good as your ability to put it to use in your daily life. For this reason I have included exercises to help you apply your psychic awareness to practical and everyday issues and concerns. These step-by-step exercises empower you to use your psychic ability to intuit energy information and guidance in the areas of finance, abundance, relationships, and career and life direction. There are also intuitive exercises to help you reach a goal and receive spiritual guidance. A glossary is included to assist you with interpreting and understanding the intuitive feelings, sensations, impressions, images, and other information that you may receive during the exercises. In the last chapter there is a summary of the psychic development process for future reference.

The information in this book builds from chapter to chapter. For this reason, it is best to read one chapter after another. However, after having read the book, you can refer back to the material and exercises on a continuous basis. Throughout the book I use the words *intuition* and *psychic* interchangeably. They both describe the phenomenon of becoming aware of energy information without relying on an outside source.

Trust the Process

Have patience and compassion with yourself throughout the psychic development process. It is also helpful to have a sense of humor and have fun. If you are judgmental and critical of your intuitive attempts, you will lose interest. What fuels this journey, keeps your interest, and helps you to develop and improve your psychic abilities is curiosity, a sense of adventure, and the desire for truth. Take your time and allow your psychic awareness to unfold.

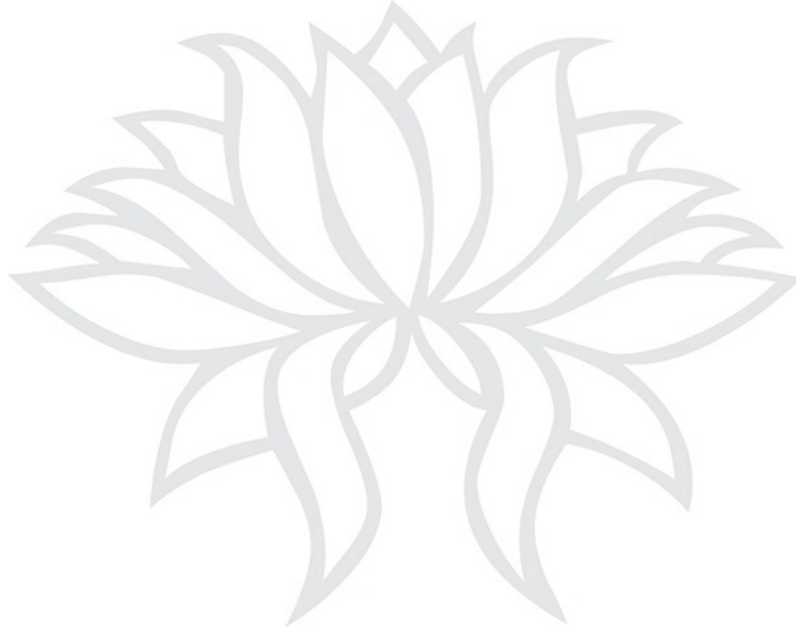
There may be times when you want to give up. You may become frustrated, and the whole business of being psychic may feel like a waste of time. However, feelings of doubt and confusion are not indications that you lack psychic ability. Instead, these are some of the signs that you are about to have a breakthrough. When your mind tells you that being psychic does not make sense, you are on the right path. Psychic awareness is non-logical and can feel irrational to the thinking, conscious self. Let your mind give up; you will be better off. This allows the wise inner psychic you to surface and lead the way.

There will also be moments of enlightened connection and transcendence. Perhaps while you are practicing a psychic exercise, driving in your car, or sitting and looking out the window, psychic awareness will bubble up to the surface. From the inner shadowy depths, its light will shine and illuminate your consciousness. Your body may shiver, your mind may feel like it is expanding, and your heart may want to burst with a lighthearted feeling of joy as it

recognizes this illusive yet familiar feeling of psychic connection. Trust these moments. They call to you to continue the journey. As you evolve and move beyond the five senses and the known and predictable, be brave and true to yourself. Invite the electrifying and transformative energy of psychic awareness to have its way with you.

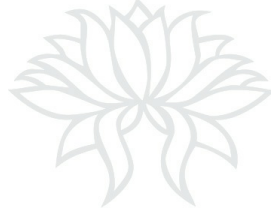
[contents]

Part 1
*Your Inner Psychic,
Front Row and Center*



Chapter 1

The Many Expressions of Psychic Awareness



Imagine a classroom full of students who have just been asked a question by the teacher. One of the students, a young girl in the back of the room, knows the answer and raises her hand straight up into the air with confidence. You can almost hear her inner plea to the teacher: “Pick me, pick me!” The teacher slowly scans the room of upraised hands. The young girl in the back of the room is now frantically waving her hand in the hope of being picked. Yet the teacher passes her by, almost as if she does not notice her, and asks another student to explain the answer.

This little girl in the back of the room is very much like your psychic awareness. It knows the answer to many of your questions and concerns but seldom gets chosen to offer its guidance. Instead, it is the familiar students up front—the five senses, logical thinking, past experience, and wishful thinking—that you most likely notice and listen to.

However, despite your reluctance to trust it, psychic awareness is determined. Not content with being invisible and in the back row, it devises clever ways of making itself known. It cozies up to the front-row students and looks for an opening. When it discovers the path of least resistance, it takes the opportunity to express its insights and guidance.

Psychic awareness has likely crept into your consciousness in this kind of way.

For instance, do you ever suddenly know something without knowing how you know it? Does it sometimes feel as if you can feel a family member’s or friend’s emotions even though they are miles away? Do you ever experience a gut knowing or feel tingles of energy move up your spine, or does the hair on your arms stand up? Even though you may not always know what these kinds of signs and signals mean, do you have a sense that they may be trying to tell you something?

Your psychic awareness is often cleverly camouflaged within your thoughts, emotions, physical body, and energy field. It is through these four avenues that your intuition most often emerges. As you become aware of those times when you naturally receive psychic energy information, you will have more confidence in your intuition and be motivated to further develop the spontaneous intuitive insights into reliable abilities.

Your Psychic Type

Your primary way of intuiting is called your psychic type. Everyone is a combination of one or more types, and some people are more balanced in all four types. Your psychic type not only describes how you receive energy information but also reveals aspects of your personality and preferences and your soul gifts and provides insight into the way you connect to a higher power or divine source.

Mental Intuition

If you are a mental intuitive or have a high degree of mental intuition, you receive energy information primarily through your thoughts and a sense of knowing. You are a creative thinker and may spontaneously intuit new ideas and insights. As a mental intuitive, you possess intuitive intelligence and may unknowingly intuit others' thoughts, perceptions, and knowledge. However, because mental intuitives are inclined to be skeptical, you might dismiss and dispute your intuitive capacity.

The psychic skills associated with mental intuition are telepathy, claircognizance, and clairaudience. Telepathy is the ability to intuit another's thoughts or to mentally communicate with another or a group through thought messages. Claircognizance is the ability to receive energy information through a sense of knowing and mindful awareness. With clairaudience, it is possible to receive thought energy information through psychic inner hearing.

Emotional Intuition

If you intuit primarily through your emotions or have a high degree of emotional intuition, you likely intuitively feel and soak in others' feelings. You may even feel another's emotions from hundreds of miles away. However, you may not always be aware that you are doing this. Instead, you may mistake intuited feelings as your own and become confused and possibly overwhelmed by their intensity and depth.

Emotional clairsentience and clair empathy are associated with emotional intuition. Emotional clairsentience is the psychic ability to intuit through the heart and receive energy information through a sense of feeling. Clair empathy is the psychic skill of feeling another's emotions and the ability to heal the emotional wounds of others outside of the limitations of time and space.

Physical Intuition

Physical intuitives absorb psychic energy into their body. If you are a physical intuitive or have a high degree of physical intuition, you may experience psychic awareness as a gut knowing or as tingles of energy running up your spine or arms. You may also unknowingly experience another's aches and pains in your own body. Because you are unaware that these physical sensations have been intuited, this may cause confusion when physical symptoms disappear as mysteriously as they began.

The psychic abilities associated with physical intuition are physical clairsentience and psychometry. Physical clairsentience is the ability to receive energy information through gut awareness and through other bodily awareness and sensations. Psychometry empowers you to

intuit information by holding an object or looking at a photo. Hands-on energy healing is also closely connected to physical intuition.

Spiritual Intuition

If you are a spiritual intuitive or have a high degree of spiritual intuition, you may see energy information as flashes of light, color, or orbs, and you may have intuitive dreams and daydreams. With a natural connection to the spirit realm, you may sense the presence of loved ones on the other side, angels, or spirit guides. As a spiritual intuitive, you tend to be a sensitive creature who may feel overwhelmed in crowds and overstimulated by excessive noise and activity. You may need quiet and alone time to come into balance and feel an inner sense of harmony.

Clairvoyance and mediumship are connected to spiritual intuition. Clairvoyance is the psychic ability to receive energy information visually through symbols or realistic images. Mediumship is the psychic skill of communicating with those on the other side and other spirit beings.

Logic versus Intuition

Everyone is intuitive and can further develop the ability to access their most natural and innate wisdom. Intuition is the bridge between a greater source of power and love and the personality and ego self. In this chaotic and intense world that we live in, our intuition is our connection to a primal and pure source of positive energy and guidance. Discovering our innate psychic abilities leads to increased insights, wise guidance, and new understanding and awareness of our past, present, and future. It adds a new dimension to how we view ourselves, others, and the world, and deepens our connection to joy and authentic living.

Yet for all of the benefits that psychic awareness has to offer, we can be suspicious of it and ignore and discount it. Unfortunately, we are not always able to fully understand and appreciate its unique forms of expression. Because we are accustomed to a more rational and logical approach to receiving information and making conclusions and decisions, we may miss out on its positive benefits.

The personality and ego self approaches reality through finite understanding. It makes use of the thinking brain, the unconscious, emotions, experiences, and the five senses. Although we can at times be quite brilliant, the scope of the personality and ego self is still limited. It cannot scale the walls of time and space like intuition and psychic awareness can. Through the lens of psychic awareness, reality is perceived in its wholeness; the past, present, and future are all accessible. Transcending the boundaries of physical matter, your psychic senses can reveal and provide you with a glimpse of what lies outside of everyday consciousness and the known.

However, for all of its potential and unlimited scope of possibilities, psychic awareness communicates energy information in ways that the conscious personality self does not always understand. Psychic information is often denied, ignored, and skipped over because of the unique ways that it surfaces. We are more accustomed to and accepting of information that

streams in through our five senses and our thinking mind, emotions, judgments, and past experiences.

Here is an example. Imagine that you have applied for a position in a company that you have always been interested in, and you get offered the job. Yet as much as you want to take it, you are not sure that it supports your long-term career goals. Although your current position has its drawbacks, you know that in time you will be offered a promotion and increased pay. Confused as to what to do, you begin to search for answers.

Most often the conscious ego self approaches this kind of situation by examining the known information. You may compare the salary and benefits of the job that you have just been offered with the long-term security potential of your current job. You may explore your feelings about leaving your present employer and contemplate your current job satisfaction. If possible, you may talk to others who work in the company where you were offered the job to find out more about what it's like to work there. You might also talk to friends and family and get their input. These are all useful and important strategies to pursue. However, let's imagine that after doing all of these things you are still confused and not sure if you should leave your present job. Something in you feels led to take the leap and leave your job, but you are not sure you trust it.

With this in mind, you decide to do something different and intuitively explore your options. Having had a few unexpected psychic experiences in the past that revealed helpful information, you are open to all possibilities.

Intent on receiving intuitive clarity, you get comfortable, close your eyes, breathe and relax, and ask your psychic awareness for input. At first your mind is racing and you feel a little anxious about this process. You question your intuitive ability and wonder if you are being a little silly for seeking advice this way. However, as you continue to breathe and relax, you begin to feel a heaviness in your heart and a sadness that you don't understand. As you feel the feelings, the spontaneous awareness that you are not expressing your true potential emerges. Although you had not really considered this, you know that this is the truth. As you listen within, you hear a voice telling you that it is time to move on from your current job. You are not sure who or what is telling you this, but you feel as if you can trust this guidance. As you consider this advice, you sense an image of a door with light streaming from it. This door, you realize, is the door to the new job, and you can pass through it. There is a part of you that wants to turn the other way. You can feel the stress building up. In your present job you are safe and there is no risk. You wonder why you would give up this security. As these feelings bubble up, your connection to your psychic awareness begins to weaken. Your mind begins to race and you start to think about what might happen if the new job does not work out.

Recognizing that your thoughts and feelings are taking over, you go back to focusing on your breath and begin once again to slip into a more receptive state. You feel a warmth and comfort surround you, which helps you to relax even more. Using your imagination, you create an image of the door and imagine yourself passing through it. As you do this, positive waves of energy flow through you. You have the sure feeling that the new job is in your highest

good. It feels right. You know that it is time to grow and that this job offer is a step in the right direction.

You open your eyes and contemplate all that you have just received. It feels right; you are sure that taking this new job is the right thing to do.

Later that day you get ready to make the call and accept the new job. As you look for the phone number, doubt begins to surface. You begin to question the psychic information that you received and you wonder if you are making it all up. *Maybe this is what I wanted to hear and feel*, you say to yourself.

Within a few minutes, you question the validity of the psychic impressions you received. You no longer feel that the information is significant and that you can trust it. You decide not to make the phone call.

This scenario of receiving psychic energy information only to discount it soon after is all too common. Energy information emerges through thoughts, feelings, sensations, insights, a sense of knowing, and images without the benefit of a thought process and reasoning. Because of this, the ego mind works hard to discredit and deny it. The only way the thinking mind can rationalize psychic awareness is by telling itself that it is all made up. In the finite realm of understanding, no other explanation makes sense.

The straight-talking, convincing voice of the ego and logic cannot grasp the communication style of psychic awareness. Unable to understand the intuitive impressions, feelings, and flashes of insight, the ego self pushes them to the back row, brushes off the inconvenience, and goes on its merry way. Unfortunately, essential psychic insights are ignored.

Although we all too often dismiss psychic energy information because it appears nonsensical and made-up, it is possible to begin to better recognize psychic insights and interpret and understand their meaning and to trust the process.

The Energy Body: The Source of Psychic Awareness

At its most minuscule level, everything that we experience through our five senses is vibrating energy. Our physical self is made up of thousands and thousands of tiny cells of energy, and an invisible network of energy surrounds our body. Psychic information and insights emanate from this web of energy within and surrounding us.

Unlike the mind, which collects both internal and external data and then uses reasoning and logical thought processes to come to a conclusion or an understanding, psychic awareness is an open state of energetic receptivity. Even though psychic energy information may come by way of our thoughts or emotions or our physical self, its origin is pure energy. Noticing, receiving, and interpreting this energy is the work of being psychic.

The Energy Field: Intuition's House

Human thinking is limited to the functioning of the mind, whereas psychic information utilizes the mind, body, and spirit. The human energy field, or *aura*, and its system of power

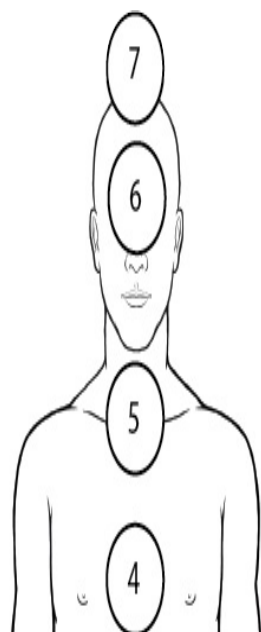
and energy information centers known as *chakras* contains an energy imprint of our thoughts, feelings, and the totality of our experiences, along with our beliefs and our past wounds and judgments. This energy field is also imprinted with our life purpose, soul plan, and divine gifts.

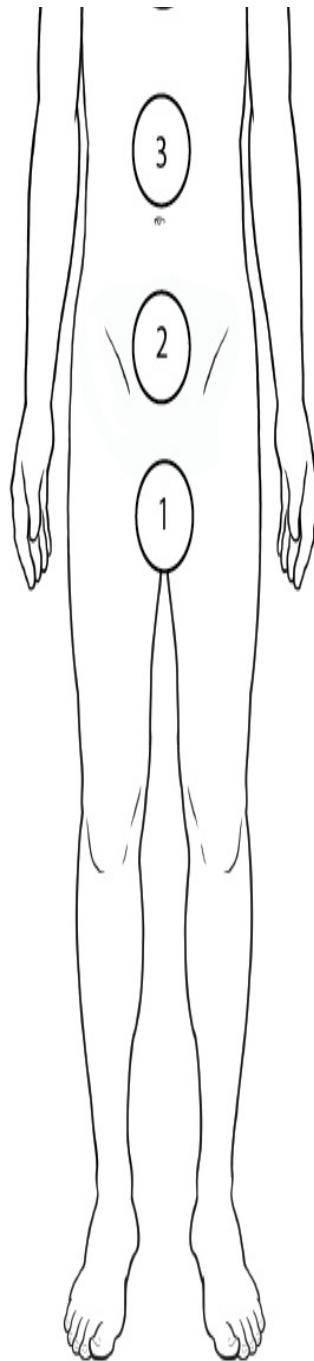
The energy field, or aura, is an egg-like web of energy that surrounds the physical body. Our natural sense of intuition and psychic ability emanates from the aura. This is intuition's house. The aura is both a protective shield and an energy transmitter and receiver. It broadcasts our energy vibe and interacts with and tunes in to the energy of others and our environment. The aura also repels negativity and toxic energy. When the aura is weak or if there is a tear in it, we may absorb and be adversely affected by harmful and negative worldly and spiritual influences. A healthy aura absorbs energy influences that are in our highest good and repels what is harmful.

A pulsating and vibrating web of energy, the aura varies in size and color. People with large, colorful auras have the ability to influence others and are highly intuitive and easier to psychically tune in to. People with a tight or small aura may be more difficult to psychically tune in to. Fear and stress can cause an aura to tighten up. Many of the exercises in this book help you expand, strengthen, and repair your aura and activate the psychic energy of your chakras.

The Chakras: Windows of Intuition

If the aura, or energy field, is intuition's house, then the chakras are its windows. Chakras are spirals of energy that contain the energetic imprint of our thoughts, emotions, beliefs, and experiences as well as our future possibilities. We have seven primary chakras, located from our feet to a bit above our head (see illustration). Through these windows, or portals, we send and receive intuitive energy information. Our intuition often prefers and is most comfortable intuiting through one or more particular chakras. Becoming familiar with the energy information and intuitive strengths of the different chakras provides a glimpse into the innate wisdom, information, and psychic abilities that we all have access to.





Seven Primary Chakras

First Chakra: Rooted to the Earth

The first chakra is located at the base of the spine and extends down through the lower part of the body. People who intuit primarily through the first chakra tend to be connected to nature and animal and plant spirits. They are often intuitively aware of and enjoy working with earth and elemental energies and may be aligned with and able to communicate with fairies and earth spirits.

Physical intuition tends to feel comfortable and at home in the first chakra. However, spiritual intuition can also set up camp in this chakra. When it does, it brings with it the ability to live and manifest our soul and life purpose.

Psychically tuning in to the first chakra provides energy information that has to do with early childhood influences, a sense of tribe and connection with others, and issues of safety and

security. This chakra also provides insight into the obstacles and other issues related to manifesting our soul and life purpose.

Second Chakra: Practical and Prosperous

Located a little below the belly button, the second chakra is a busy chakra. Physical and mental intuition join forces through this chakra, which is energetically connected to many of the practical issues of day-to-day life. People who naturally intuit through the second chakra tend to have an intuitive instinct for how to make money and create positive relationships and fulfilling work and career opportunities.

Energy information from this chakra tends to surface as a hunch or what many consider to be common sense. The intuitive energy of this chakra offers direction and guidance through phenomena such as coincidences, synchronicity, and good or bad luck. It is through the second chakra that we access intuitive energy information that has to do with our own and others' finances, career and work issues, relationships, creativity, and sexuality.

Third Chakra: Personal Power

The intuition of the third chakra is more noticeable and direct than that of the first and second chakras. Those who naturally intuit through the third chakra often receive energy information through a gut feeling or other physical sensations. This chakra is the preferred window for physical and emotional intuition.

Have you ever felt butterflies in your stomach after first meeting someone? When you listen to your gut feelings, do things tend to work out? Do you ever have indigestion or stomach issues when you go along with something that you intuitively know is not right for you? This is your third chakra intuitively speaking to you.

Our sense of personal power, our self-trust, and our psychic awareness are all connected. Trusting ourselves, listening within, and having positive self-esteem are integral to developing psychic ability. This chakra connects our sense of personal power with our intuition and can assist us in following through on intuitive direction and guidance.

Those who naturally intuit through the third chakra may unknowingly absorb the aches, pains, and negativity of others into their body. For instance, I did a reading for a physician who was interested in further developing his medical intuitive abilities. Already comfortable with using his intuition to diagnose illness, he wanted to further refine his innate ability. However, he told me that when he intuitively tuned in to his patients, he became tired and drained, and he wanted to know what he could do to feel less exhausted.

When I intuitively looked at his chakras, I realized that he not only was intuiting energy information about others through his third chakra but was also absorbing their energy. I suggested that he strengthen his mental intuition, and we practiced a few exercises to help shift his primary intuitive receptivity from his third chakra to his higher chakras. (These exercises are outlined in Chapter 3.) I assured him that he could expand his psychic awareness and intuit without absorbing others' energy. I heard from him a few months later, and he was happy to report that he was experiencing more intuitive success and less exhaustion.

The third chakra emits energy information that has to do with our self-esteem and personal power, and is an emotional center where past and present memories and experiences are housed.

Fourth Chakra: Love

The fourth chakra is located in the heart and is the window through which emotional intuition sends out its love energy current and receives energy information. The vibration of this chakra is connected to our ability to love ourselves and others, practice empathy and compassion, and heal emotional wounds.

If you have a high degree of emotional intuition and intuit primarily through the fourth chakra, you may feel as if you are on an emotional rollercoaster at times. Seemingly out of nowhere, you may feel waves of love, sadness, happiness, fear, and all of the emotions in between. You may find yourself feeling another's pain as if it were your own and attracting people who are in need of love and healing. Those who intuit through the fourth chakra can have a difficult time saying no and tend to give to others without restraint. They may need to learn how to receive and focus on their own needs.

The fourth chakra psychically reveals past emotional wounds and relationship issues and can provide information and guidance on to how to heal and love yourself and others.

Fifth Chakra: Expression

The fifth chakra is located in the throat area and vibrates with the energy of mental and emotional intuition. Those who naturally intuit through this chakra often unknowingly receive and share psychic insights while conversing with others.

For instance, my friend Sharon has a lot of friends. She loves to talk on the phone, text, and email. Along with being funny and caring, she is naturally psychic. Her abilities surface best when she is talking to others. When engaged in conversation, she may unknowingly or more consciously receive quick insights or psychic information about the person she is talking with. She freely shares what she receives without giving it too much thought. At times, psychic energy flows through her so effortlessly that she does not even recognize the intuitive significance of what she is saying.

People who intuit through the fifth chakra may not always be aware that they are sharing psychic information with others. Because they communicate with such ease and express without restraint, they often do not realize that they may be a natural channel of psychic information.

Psychically tuning in to the fifth chakra reveals energy information that has to do with the ability to be true to ourselves and others and express this truth. Self-will, addictions, and emotional repression and stress are also energetically connected to this chakra.

Sixth Chakra: Higher Mind

The sixth chakra is located in the head, directly behind the eyebrows. It is the primary center for mental and spiritual intuition. Our thoughts, beliefs, judgments, and prejudices are located in this chakra. Connected to consciousness and to the thinking mind and the divine mind, this

chakra is a spiritual transition portal where we experience the shift from human knowing and thinking to intuitive and psychic receptivity. Sometimes referred to as the *third eye*, the sixth chakra can be an active psychic center.

Associated with mental intuition, the sixth chakra reveals our predominant thoughts, patterns of thinking, beliefs, and willingness to receive and accept higher divine thoughts. The transformative gateway through which judgmental and limiting beliefs and finite thinking are revealed, this chakra can transform and enlighten.

Seventh Chakra: The Spirit Realm

The seventh chakra, or the *crown* chakra, is located a few inches above the head and is connected primarily to spiritual intuition and, to a lesser degree, physical intuition. Although it may seem to lie at the other end of the chakra spectrum, physical intuition can be highly beneficial in the seventh chakra. As a manifesting and earth-centered form of intuition, physical intuition can help to ground the higher gifts of the seventh chakra. Through the combined forces of physical and spiritual intuition, our higher soul energy is made available in the here and now and can be used in everyday life.

Associated with higher or divine awareness and the soul and spirit, the seventh chakra is the portal to divine presence and offers direct access to the spirit realm. Those who naturally intuit through this chakra tend to be aware of angels, spirit guides, and loved ones on the other side. Although this chakra can be a clear psychic channel, it is important to stay connected to the energy of the other chakras to ground your psychic impressions and intuit useful and practical energy information.

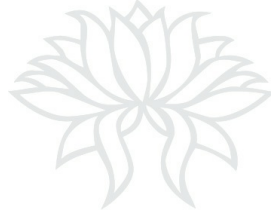
The seventh chakra psychically reveals whether or not we are in the flow of our life purpose and living in integrity and wholeness. Through this chakra it is possible to communicate with loved ones on the other side, spirit guides, and angels.



Because our energy self (our aura and chakras) is not easily known through the limited functioning of our five senses and the thinking mind, we tend not be aware of our psychic potential. You are fully equipped to start developing and using your natural psychic ability. It is not essential or necessary to fully understand how the energy field, the chakras, and intuition all work together. As you move through this book and learn about and practice accessing your natural intuitive and psychic abilities, you will experience for yourself the brilliant psychic energetic network that is yours to use and benefit from.

Chapter 2

Obstacles to Developing Psychic Abilities and the Corresponding Gifts



Becoming aware of your innate psychic abilities and making the decision to further develop them embodies many of the characteristics of the hero's journey. In his book *The Hero with a Thousand Faces*, Joseph Campbell describes the universal archetypal pattern of the hero and how it guides human development and spiritual transformation. Since the beginning of recorded time we have sought the adventure and challenge of exploring the unknown and reaching beyond ourselves. Although each story is unique, with different characters and challenges, the hero's journey is a common theme found in many current books and films.

The archetypal pattern of the hero begins in the safe and comfortable environment of the ordinary world. Within this predictable shell of the known, the hero goes about his or her daily routine with little thought as to what lies beyond. The hero does not necessarily crave adventure or new experiences. However, unexpectedly and seemingly out of nowhere, something comes along and calls the hero out of his or her comfort zone.

The invitation into psychic awareness often initially begins this same way. You may be going about your daily routine and suddenly an uninvited psychic experience comes your way.

Here are a few common ways that psychic awareness may unexpectedly enter our lives:

- You suddenly think of someone whom you have not heard from in a long time. Then later that day you receive a phone call from the person.
- After dreaming of a lost item, you find it in the exact place where you dreamt it would be.
- The gut feeling that a financial investment will not work out goes ignored. Despite the intuitive warning, you go forward with it, only to lose money when it suddenly loses value.

These kinds of psychic insights and feelings often open the door to our curiosity and hint at a reality that goes against the accepted norms.

When an unsought psychic awareness comes our way, the carefully laid inner structure of how we thought the world worked cracks a bit and leaves us wondering *How did I know that? Is this just an odd coincidence? What else is possible?*

Questions begin to flood our mind and we find that we have no answers. The rational, logical conscious self is perplexed and confused. We may even try to rationalize, ignore, and

talk ourselves out of believing what we have experienced. However, we may also be curious, energized, and motivated to know and discover more.

It is at this crucial juncture that we confront the next step of the hero's journey. We can either cling to the old beliefs and sense of reality or move forward into unknown territory.

Changes That May Occur While Developing Psychic Awareness

To successfully develop psychic awareness, we need to let go of our assumptions and beliefs about what is possible and allow our curiosity and desire for truth to guide us. It takes courage to answer this call and move forward and further explore the mystery of psychic awareness.

Most of us are initially nervous about our ability to receive and interpret psychic energy. We don't want to fail, appear foolish, or be disappointed by our lack of intuitive potential. While these concerns are understandable, everyone is intuitive and can further develop their innate ability. While some people might catch on faster than others, our intuitive sense has an intelligence that knows what it is doing. Similar to our five senses, our natural intuition is programmed and encoded with its function. We don't need to know how to see in order to see or how to smell in order to smell; it is natural and easy. While we do need to learn how to better listen to and access our intuition, psychic development is more of an act of allowing than of making something happen.

In addition to these fears, there are other obstacles that lurk in our mind and heart that can sabotage our intuitive efforts. Although we are not always conscious of these concerns, most of us harbor fears and stress about other changes that may occur as a result of psychic development. We may wonder how being psychic will change us, how others will view us, and if we might become vulnerable to dark forces or unseen dangers.

Chelsea's experience is a good example of the changes that often happen when we embrace our psychic potential. A software salesperson, Chelsea experienced success in her career and personal life and lived with her husband and two children in an affluent part of town. Life was working out the way that Chelsea had always hoped it would.

Chelsea contacted me for a reading at the suggestion of a friend who is a client of mine. Right on time, she nervously made her way into my office and sat timidly at the edge of my couch. After our initial hellos, I began the reading and immediately felt her apprehension. I found this interesting because she seemed to be quite psychic herself. When I told her this, she seemed to become even more nervous. When I gently asked her about her own psychic experiences, she shared a recent psychic experience that she'd had while meditating.

Feeling stressed from high sales goals at work, Chelsea thought that she would give meditation a try. After just one session, she felt better and so continued to meditate before work. After sitting down on her meditation cushion half-asleep one morning, she was surprised by a spontaneous vision that seemed to come out of nowhere. In this vision she saw one of her coworkers, Keith, walk out of the office and then into the office of a competing company. She thought this was odd and didn't give it too much thought.

A week later the office was all abuzz with the news that Keith, a top salesman, had just quit his job to take a position with a rival company. Chelsea was shocked at the news, not so much because Keith was leaving but because she had seen him leave during her meditation. She was uncomfortable and didn't know where the vision had come from and why. We talked a little more about this, and I continued with the session. When our session ended, Chelsea asked me about psychic development classes and seemed determined to further explore her abilities.

The next time I saw Chelsea was in one of my classes. She was a natural, with an open and determined attitude, and her psychic abilities blossomed.

Over the next few years, Chelsea took every class I offered, and her psychic abilities grew and strengthened. However, her family was not always enthusiastic about Chelsea's new interests. When she shared her psychic insights and some of what she was learning, her husband looked at her perplexed and her mother and sister rolled their eyes in mock belief. Although she still attended the Methodist church that she had belonged to for many years, she no longer agreed with all of the accepted beliefs. When she found a spiritualist church where the minister gave medium and psychic messages to the congregants, her family became wary and alarmed. The occult had no business in the church, they told her, and they refused to discuss it further.

Other areas of Chelsea's life were also changing. No longer satisfied with her career, she longed for more meaningful work and wanted to make a difference in the world. Unfortunately her family and friends were not supportive of her psychic exploration and the changes she was considering. They hoped that it was a phase and that she would soon return to the sensible woman they knew her to be.

With a lack of support and understanding from family and friends, Chelsea also wondered if her interest in developing and exploring psychic abilities was just a passing interest. The feeling of being misunderstood by others was uncomfortable, and at times she felt nervous about what other changes might come her way.

The Obstacle of Feeling Different and Alone versus the Gift of the Inner Comforter

Like the archetypal hero who chooses to leave the comfortable and ordinary world and embark on the hero's journey, Chelsea left the predictable rhythm of her day-to-day life to explore her psychic awareness. Once the hero begins to explore the unknown, unforeseen tests, challenges, and obstacles crop up. However, when confronted, these obstacles and challenges bring with them unexpected gifts and an increase in power and awareness.

As you move forward and develop and explore your psychic awareness, you too will likely confront obstacles and tests.

For instance, like Chelsea, you may want to share your interest in psychic awareness with others and invite those closest to you into this experience, yet your efforts may be met with resistance. Your new interests may feel threatening to family and friends, and they may fear the unknown. Although psychic awareness has opened your heart and mind to new possibilities and insights, the people in your life may be guarded and approach you with puzzled

questioning. You may feel as if you are alone, odd, or no longer as connected to others in the way that you had been. Feeling judged and misunderstood, you may begin to question yourself and the repercussions of your budding interest in the psychic world. But it is difficult to simply walk away.

At some time during the process of developing psychic awareness, many people confront the challenge of feeling at odds with and disconnected from family and friends. When we accept this uncomfortable passage and continue to grow instead of backing away, an unexpected new awareness often comes our way.

Every obstacle and challenge brings with it a transformative gift. Although we may initially feel more detached and distant from family and friends, psychic development brings the gift of presence. Although unseen and intangible, psychic energy often brings with it the awareness of a comforting divine, loving presence that assures us we are not alone. Something in this vast and unknowable universe reaches out and lets us know that we are loved and being guided. When we intuitively open our heart and mind, we encounter the divine presence of the spirit realm. With psychic awareness we become aware that we are never truly alone. There is a kind, unseen gentleness that touches our heart, mind, and soul. Although it is difficult to know and grasp this illusive energy, the gift of this presence invites us into a world of meaning and connectedness where we feel known and cared for.

The Obstacle of Religion versus the Gift of Spirituality

Our past and present religious beliefs and practices may or may not always support our interest in psychic abilities and the new understanding and insights that come our way when we listen to them. Our beliefs about God and our sense of our own spiritual nature may be challenged, and we may feel spiritually lost and vulnerable.

If we were brought up in a religious tradition that believes that psychics and spiritualists are messengers of the dark side or the devil, then accepting our psychic awareness may be especially difficult. Even if our place of worship is more open-minded and nontraditional, developing psychic abilities may still be viewed as nonspiritual nonsense.

The gift of this obstacle is a personal connection with the divine spirit that resides within. While developing and using psychic awareness, many people experience the intuitive realization that God is not outside of ourselves. The awareness that the power and presence of God emanates from within may slowly make its way into our consciousness or suddenly surface, challenging our religious convictions.

Another gift that tends to surface as our personal connection and relationship with the divine begins to strengthen is the awareness of the intrinsic goodness of the unseen. One of the most compelling obstacles to developing psychic abilities is the fear of psychic energy and the spirit realm. The uncertainty of what and who may be lurking and ready to negatively influence and harm us prevents many from developing their intuition.

However, as we open our heart and mind, we begin to feel the warmth of an inner light that is comforting, warm, and all-encompassing. We become aware that beyond the fear-based dogma and restrictive beliefs of many religions, the Most Holy is positive, loving, wise, and always available to guide and help us.

The Obstacle of Rational Intelligence versus the Gift of Intuitive Intelligence

Another common obstacle that many people encounter is the belief that psychic awareness is nonsense, unintellectual, woo-woo, stupid, and a waste of time. This feeling and belief may come from our own inner judgments and from others' judgments.

Along with religious objections, this attitude was particularly strong in my family. When I was young, getting good grades was highly prized. While my brothers and sister were making scholastic gains, I struggled to pay attention and find interest in my studies. However, this did not stop or slow down my intuition, and more than once I relied on it to provide me with the correct answers to tests and to supply me with information when called upon in class.

Many of my clients and students initially approach psychic awareness through intellectual curiosity. They often place an emphasis on definitively proving its existence in a way that makes sense to the rational mind. I appreciate their passion and attempts to wrangle the wild child that psychic awareness can be into a controllable research object. However, the desire to intellectually grasp psychic awareness can keep the experience of it at bay. Your psychic awareness has to be experienced to be known. You cannot place the thinking mind in charge of your intuition. It will repress, deny, and ridicule it as if it were a rebellious insurgent attempting a coup. Psychic awareness is a few steps ahead of your conscious ego-centered thoughts. The psychic playing field has no limitations, and if you try to confine and control it, it will dissipate and become elusive.

Believing that intuition is not a legitimate form of intelligence is an obstacle. Even though intuition does not fit within the parameters of the kind of logic and reasoning that we most promote and trust, it is still a valid form of intelligence. If you have been led to believe that intuition has less to offer than other types of intelligence, let go of your judgments and adopt the beginner's mind.

The gift of this obstacle is the awareness that intuition is our most natural wisdom. Experience this truth for yourself. Don't define your intuition and your interest in psychic abilities according to outer standards and others' beliefs. Listen to it and trust that psychic awareness is worthy of your time and attention. As you do this, you discover the positive and powerful contribution that it can make in your life.

The Obstacle of Doubt versus the Gift of Soul Awareness

Doubt is a common obstacle that many people must confront when developing psychic awareness. We may at times doubt that psychic awareness is natural and real, doubt our capacity to develop it, and doubt the intuitive messages that we receive. Doubt is a product of the ego, and it will regularly surface when developing psychic abilities. How could it not? The ego does not want the surly upstart of psychic awareness to take over the reign of your day-to-day consciousness.

Recognize doubt in its many disguises. It can surface as skepticism and a need to have psychic phenomena meet an unreasonable standard of proof. It is always healthy and a good idea to question psychic information and be mindful of errors in insights and interpretation. However, there is no perfect science to psychic ability. It is an evolving art, and while it is important to notice any mistakes that you may make while working with it, learn from them and keep moving forward. Too often, psychic abilities are held to a higher standard than other skills and talents. For instance, we do not dismiss the medical profession as invalid when an illness has been misdiagnosed, and we are not expelled from school when we do poorly on an exam. It is all part of the process of growth and increased awareness.

Doubt often surfaces in my psychic development classes, and I encourage my students to confront and work through it. Almost everyone experiences doubt, but don't let it control and limit your psychic growth. Recognize the difference between doubt and questioning. Questioning is a positive tool that can help you refine your psychic abilities and become aware of their subtle nuances.

For instance, it may at times be necessary to question the source of your intuitive impressions. It can be helpful to ask yourself if you are receiving psychic energy information or if you are generating insights and impressions based on your own thoughts, beliefs, and desires. You may need to question your interpretation of what you are psychically receiving, and it may be helpful to ask yourself what you may need to do differently to better improve your abilities. Questions can play a crucial role in the process of developing psychic abilities, but this is not the case with doubt. Instead of encouraging your development, doubt stops you in your tracks. It says that you have no psychic aptitude and natural abilities or that psychic phenomena are fake and phony.

Confront doubt and move through it and you will receive the gift of soulful knowing. When you feel truth deep within, you experience a recognizable and sure sense of knowing. This kind of awareness comes from the soul. Doubt may overwhelm you with confusion and produce anxiety, yet your soul always knows when it meets the truth.

When you experience a clear, gut-affirming psychic awareness, hold on to it and feel it. You may not always understand and be able to adequately put what you receive into words and interpret it correctly. This will come in time. It is enough at the beginning to recognize the unique feeling that accompanies a true connection to psychic energy information.

Once you have received energy information and insights, you may begin to doubt your ability to interpret and understand what you have received. In this phase, questioning can also play an important role. If you are not sure if your interpretations are correct, intuitively check

for accuracy. Ask yourself if it feels right. What does your gut or heart tell you? These are messages from your soul that will let you know if your interpretations are correct.

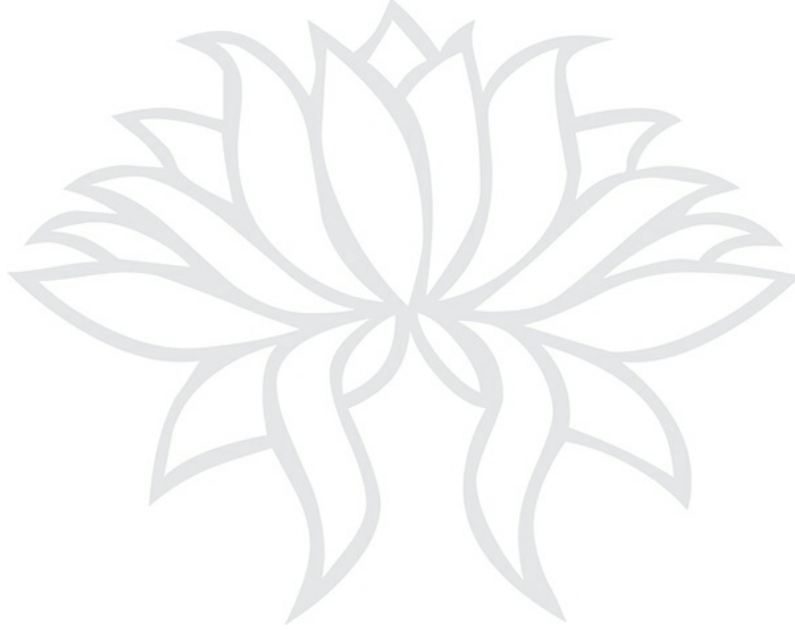
There will be other times when doubt surfaces. When it does, remind yourself that your insecurities are coming from your ego. Shift your awareness deeper within, and feel and listen for the voice of your soul. Trust your inner sense of soul awareness when it surfaces and you will be able to rely on it whenever you use your psychic ability.



These are a few of the common obstacles to psychic development. You will likely confront one or more of them, and a few others may crop up. Remember that within every obstacle you confront during psychic development there is a gift. Once you acknowledge and continue to explore and work through the obstacle, resistance gives way and new awareness and deeper levels of insight emerge.

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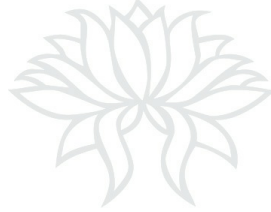
Part 2
*The Psychic Characteristics
and Potential
of Each Psychic Type*



Chapter 3

Psychic Knowing

(Mental Intuitive Type)



Mental intuition is the ability to receive energy information through thoughts, a sense of knowing, and inner hearing. Intuiting energy information through mental intuition usually feels natural and normal. You may not recognize it as a psychic experience. You simply become aware of or know something without knowing how you know it.

For instance, have you ever suddenly known what someone else was going to say immediately before they said it? Have you ever experienced an unexpected sudden awareness or realization about yourself or another that provided helpful understanding? In a spontaneous aha moment, have you ever received understanding and insight into an issue that has been plaguing you? Do you ever know the outcome of a situation without knowing how you know it?

Mental intuition is the ability to absorb and become aware of energy information through your thoughts, consciousness, and mindful awareness. Mental intuition might be experienced as the ability to know what others are thinking or becoming aware of complexities that you have no logical way of knowing. Many receive personal guidance and insights through spontaneous intuitive knowing. Mental intuition may also emerge as a sudden idea that solves complicated issues or problems or the awareness of how to do something in a new and more efficient way. For instance, new technologies and inventions are often intuited through mental intuition. Some may be so revolutionary that they are not easily understood and their potential is not fully realized.

Common Characteristics of a Mental Intuitive

People with a high degree of mental intuition share some common characteristics. For instance, those with a high degree of mental intuition tend to be creative thinkers who enjoy exploring all possibilities before coming to a conclusion or making a decision. Nonjudgmental and open-minded, a mental intuitive is curious and tends to collect information about a wide range of issues. Nothing is too far-out for them to consider and probe a little bit deeper into. With this natural desire to know and search for the truth, they can be overly objective, ignoring the subjective and emotional. For this reason, a mental intuitive may be viewed as detached and impersonal.

With their love of complexity and ability to generate new ideas and solutions to problems and issues, they can be leaders in their chosen field. Scientific research, engineering, technology, computer science, and advanced studies are often populated by mental intuitives.

Unlike the emotional intuitive who may be overly sensitive or the spiritual intuitive who may be aloof and enjoy hanging out in the ethers, a mental intuitive is tough-minded and likes a problem to solve or a puzzle or mystery to uncover and decipher. No-nonsense people, they may keep probing and following their intuition when others have given up and walked away. At times their reliance on logic and reasoning can hinder their psychic development, as this highly attuned thinking function can get in the way of intuitive receptivity. Those with a high degree of mental intuition may experience an excessive amount of mind chatter, be indecisive, overthink, and think more than feel.

Although psychic awareness is often viewed as a paranormal phenomenon, it naturally and frequently occurs within conventional fields such as science, medical research, engineering, and similar areas. Intuitive people may be stereotyped as free-spirited, creative, and artistic, or perhaps a bit kooky, out of the box, naive, and out of sync with the status quo. Yet intuited energy information often provides useful insights into broad-based issues and practical areas of concern.

Throughout my career as a psychic and medium, I have often been asked if any of my other family members are psychic. Just as musical talent, intelligence, and athletic ability tend to run in families, so does psychic ability. However, in my family there were no free-spirited or gypsy-type psychics. Instead, intuitive and psychic tendencies were more evident in my scientific and engineering-focused family members.

For instance, one of my uncles worked on the Manhattan Project, the enterprise that led to the development of the first atomic bomb in 1946. This uncle also had dozens of electrical and nuclear patents and inventions. Years later his work is still included in scientific textbooks. Another one of my uncles, an aerospace engineer, was the project manager for the main engine of the first space shuttle and worked on many other inventive technologies. Of course, like most mental intuitives, they would argue against the idea that their intuition was aiding their efforts. However, you did not need to be in their company for long before it became evident that they were perceiving energy information that others did not have access to.

For example, years ago I was backing out of my driveway with my uncle Bob, the aerospace engineer, sitting in the passenger seat next to me. Before I made it to the street, he told me that there was a problem with the car's engine. When I did not understand what he was talking about, he wrote down what he believed was the issue and told me to take it to a mechanic. He never looked under the hood or asked me any questions about my car's performance. I didn't think there was anything wrong with my car, but I was curious and took it to a mechanic. When he asked me what the problem was, I felt a little silly handing him the notes that my uncle had written down on the back of a napkin.

I went back to the car repair shop the next day and the mechanic told me that he had hooked the car up to a machine that checks the engine and everything seemed to be in working order. However, just to be safe, he tested some parts himself and found there was a

problem. He was surprised, he told me, to discover that this was the issue that was written on the napkin. The machine had not yet been able to detect the problem with the part in question, which was in the beginning stages of decline.

For someone with a high degree of mental intuition, events such as these are often viewed as logical and easily explained. Mental intuitives assume that their access to insights and unknown information is a normal mental function. There is often a fine line between the biological functioning of the brain and the intuitive ability to absorb energy information and translate it into useful material.

For a mental intuitive, reality is malleable, and what may appear to lie out of their cognitive grasp can be as real and concrete as solid matter to them. There is little that a mental intuitive will not explore and consider, as they are generally curious and driven to understand and make sense of all things. Energy information flows into their thoughts with ease, and they accept them without questioning their source.

Yet an interesting dynamic occurs when there is the possibility that the information they have received has been accessed through psychic channels. When it comes to a sixth sense or paranormal phenomena, a mental intuitive may want proof and verifiable evidence in order to accept this possibility. It is not so much that they disbelieve in psychic energy and awareness. Instead, they want to know the definitive truth of what lies beyond the five senses and, if possible, to control and use it for their own purposes. Although they are driven to understand the unknown, they do not want to waste time and energy pursuing empty suspicions and illusions. Their inner drive is to harness the potential and power of any creative force or phenomenon, including psychic energy.

Self-Generated Thoughts

Because mental intuition surfaces through the mind, the most difficult obstacle to developing and using it may be the ability to discern the difference between intuitive and self-generated thoughts. Although the two types may initially appear to be similar, self-generated thoughts are created from cognitive awareness, the conscious mind, the personality self, the subconscious, and the ego. They involve reasoning, memory, past experience, recall, and logical thought progression. Self-generated thoughts derive from our unconscious beliefs and biases and judgments.

When we have a problem to solve or need a new idea or understanding, we usually draw from what we believe is possible, past experience, and the known. Self-generated thoughts are consecutive and linear. One thought leads to another thought, which in turn leads to another thought, and on and on, until we arrive at a satisfying conclusion. Most self-generated thoughts are driven by our emotions, feelings, and beliefs. Listening to and acting on these thoughts reinforces what we feel and believe. This cycle then continues to recreate and confirm our reality.

For instance, if we fear and believe that change in our work environment may lead to possible job loss or instability, we will likely become pessimistic and defensive when some form

of change inevitably comes into our work life. These negative thoughts will in turn create a negative outcome. Unfortunately, self-generated thoughts tend to stay within the security-driven arena of the known, where there is no room for true insight and awakened thinking.

Psychic Thoughts

The human mind is capable of connecting to a vast source of energy information. It is not paranormal or spooky to use your higher intuitive mind to access energy information. We tend to have an expectation or preconceived idea that a psychic thought is markedly different from an everyday self-generated one. However, psychic thoughts seldom stand out or appear significantly different from self-generated thoughts. Everyone has psychic thoughts, and without knowing it, you likely receive them on a daily basis. To better discern and notice them, especially at the beginning of psychic development, it is important to become aware of the different types of psychic thoughts.

Individual Thoughts

The ability to psychically tune in to the thoughts of family members, lovers, friends, colleagues, or even those we do not know is likely the most common form of mental intuition. Over time we tend to form a mental bond and connection with those we are close to and those we encounter in our day-to-day environment. We begin to think alike and even think the same thoughts. This happens in simple ways that we do not always notice.

For instance, as Carla, a client of mine, passed a barbecue restaurant on her way home from work, the thought came to her to stop and pick up ribs for her husband for dinner. When she arrived home, she was surprised to see his car already in the driveway. She opened the door and called her husband's name a few times, but there was no answer. When she walked to the back of the house, she found him on the patio at the grill, barbecuing ribs.

Although this and other similar types of situations may appear to be just chance encounters or coincidences, we often form a psychic mental bond and psychically communicate with those we are close to.

Collective Thought

Collective thought is a potent collection of similar thoughts and beliefs that are generated by individual thoughts. When we think a thought, especially a habitual one, we release it out into the energy environment. Similar thoughts and beliefs share an energetic vibration and bond to one another. Collective thought energy can be a positive or negative force and can affect individual thoughts and beliefs. Political beliefs, societal norms, and cultural shifts and changes are influenced by our collective thoughts.

As people accept a collective thought, it increasingly affects and influences more and more people. It can become dangerous when the collective thought is negative, judgmental, and prejudicial. Throughout history, political and influential people have used collective beliefs to gain power and control. The rise of many political movements such as the Nazi regime and

cultural norms such as slavery were successful in large part because the collective thought of their acceptability influenced weaker-minded individuals. Many of our beauty standards and beliefs about what is sexually desirable are based on the collective thought of attractiveness and sexuality.

Collective thought can also have a positive effect on others and the planet. When we let go of negativity and think positive thoughts, we send this vibe out to the planet. Knowing the goodness within ourselves and perceiving the good in others reinforces others' ability to perceive this within themselves. We never do anything in the solitude of our mind. Our thoughts affect others and contribute to the collective energy that influences others near and far.

The next popular trends in art, music, and fashion and soon-to-be popular political and cultural movements first exist as collective thought energy. Many people unknowingly and some knowingly intuit these trends before they manifest in our collective experience. When it is time for an idea, invention, gadget, technology, or evolutionary step in our mass consciousness to manifest, there are individuals who intuit this information before others. Most of the time these inventors, creative geniuses, financial wizards, politicians, and evolutionary thinkers do not recognize the intuitive nature of their thoughts. They simply know what is needed and what direction we are collectively moving in. Capitalizing on this awareness, they often become wealthy, popular, highly admired, and successful as they usher in and manifest what is already present in our collective thought.

Higher Source Awareness

The source of creative, original, and pure thought energy is higher consciousness and the divine mind. Our higher self, spirit, and divine presence speaks to us through intuitive thoughts and awareness. Quite often these intuited thoughts and messages do not seem extraordinary. Instead, they address everyday conditions and situations and often provide comfort and guidance. Higher source messages are often intuited through a still and quiet inner knowing. Quite often these thoughts are so subtle that we dismiss and disregard them. However, when we notice and listen to them, we are guided to positive outcomes and a deeper truth.

For instance, Emily, a client of mine, lived in the same house for over thirty-five years. She raised her children in this house and continued to live there after her divorce. Since it was a large and older home, the cost to keep it up continued to mount year after year. Emily wanted to move but didn't know where to go. Looking at homes for sale and talking to friends and family about a possible move only created more confusion. In the midst of indecision she began to inwardly hear this message: *Be patient. It is not yet time.* This message gave her a sense of peace, but she still continued to look at homes for sale and widened her search into neighboring areas. During this time she continued to hear the same inner message: *Be patient. It is not yet time.*

Feeling frustrated by the lack of results after a year of searching, she decided to listen to this voice. She gave up her search and decided to focus on gardening, volunteering, and relaxing

with friends. Several months later, during a meeting with her garden club, a friend of hers mentioned that she was planning to move to a distant state to be closer to her grandchildren. Her friend was excited about the move but shared with Emily that it would be difficult to leave her home and garden. For years her friend had devoted time and money to create a home that was an oasis of beauty and peace.

Emily asked if she could take a look at her friend's home before she put it on the market. When she stepped into the home a few weeks later, she knew that this was the home she had been waiting for. Her friend accepted her offer, and she moved in a few months later.

Divine Thoughts

Intuited divine thoughts bypass logic and may be referred to as revelations or enlightened thoughts. One way to identify if a thought is from a higher divine source is by examining the effect it has on you. The ego mind does not argue against a divine thought, while a self-generated thought often provokes an inner argument.

For instance, when you think an affirmative thought, such as *I am connected to a vast source of love and abundance*, a thousand little voices inside your head may disagree and persuade you to disregard this belief. Your mind cannot comprehend how this is possible. It informs you that this is illogical and there is no evidence to back up this assertion. You may want to believe the statement, but your personality and ego self may refuse to accept and embody this truth based on your past experiences and subconscious thoughts.

However, when you intuitively receive and absorb the same truth from the divine mind or higher consciousness, its transformative energy bypasses your thought processes. You know and experience it as an aha moment of clarity and truth. The experience of this truth overrides your subconscious thoughts, past experiences, and limited, finite thinking and replaces it with a new truth to act on and create. This intuited enlightened thought alters your experience. This is one reason why meditation is so important. It gives us the opportunity to receive and absorb intuitive, transformative, and higher truth.

Messages from Angels, Spirit Guides, and Loved Ones on the Other Side

Many of the intuitive messages we receive through mental intuition are sent to us by our angels, spirit guides, and loved ones in spirit. When spirit beings speak to us, most of the time we are not aware of their presence. When we experience a helpful new idea, an aha moment, or a spontaneous insight, we do not give too much thought to its origin. It is not necessary to know where the message is coming from. Overall it is more important to listen to and receive the message than to definitively know who may be sending it. As psychic ability strengthens, it becomes easier to discern who may have sent it.

Angelic messages help us to feel loved and watched over. However, they can also be instructive and informative and warn us of potential danger or conflicts. Mental intuitive messages from your angels may be subtle, like a soft whisper, or more dramatic and feel almost like a command.

For instance, Madeline, a client of mine in her mid-twenties, was in a relationship that was becoming more and more difficult. She knew that Robbie, her boyfriend, had experienced a troubled childhood, and she tried to do all she could to help him feel loved. Still, his insults and angry moods just seemed to get worse. Feeling that love could conquer all, she endured his bad behavior in the belief that one day he would recognize how much he loved her and treat her better.

On her way to pick him up from his job one evening, she heard a soft inner voice telling her that the relationship was not going to get better and that it was time to leave. Although she ignored the voice, it kept coming back, and each time it did, it got louder and louder. Then one night at Robbie's home after she had endured a few stinging insults, the voice in Madeline's head told her it was time to leave—now! The voice was so forceful and startling that she picked up her things and left.

A few weeks later while reflecting on her relationship with Robbie, Madeline suddenly felt a warm wave of energy surround her, and she became intuitively aware that she was being watched over by her guardian angel. Her self-esteem had sunk so low that she knew she wouldn't have had the strength to leave Robbie on her own. Although the relationship was over and she had a lot of healing to do, her heart filled with courage and strength knowing that her angels were guiding her.

Mental intuitive messages from spirit guides often nudge us to take action, move through a limitation, or learn a new skill, and they steer us in the direction of opportunities. They can help us to be in the right place at the right time and guide us to our highest good. Wherever and whenever we are growing, learning, helping, or creating positivity for ourselves and others, spirit guides are present. It is not always easy to tell the difference between an angelic message and a message from a spirit guide. However, messages from spirit guides tend to be more matter-of-fact and often offer insight and guidance, while messages from angels can feel loving and comforting.

Loved ones on the other side often communicate through mental intuition. While we are often not aware of the presence of angels and spirit guides, we tend to better intuitively recognize when a loved one on the other side is communicating with us. We may simply know who is present without knowing how we know. It is common to telepathically converse with loved ones, much more so than we may think is possible. We naturally do this while driving or doing other mundane tasks. If you suddenly wonder what your mother, father, grandparent, or another loved one might think or what their advice might be about a current condition, they likely want to share it with you.

Identifying Psychic Thoughts

Whatever the origin of a psychic thought, you can become more aware of when you are naturally intuiting them by detecting and becoming aware of the subtle differences between psychic thoughts and self-generated ones.

Unlike self-generated thoughts, which are driven by the ego and our emotions and desires, psychic thoughts are free of these influences. Compared to ego thoughts, psychic thoughts may feel flat, unemotional, and not personal, yet there is often a calm awareness that accompanies them. Usually persistent, psychic thoughts tend not to arouse or invoke an emotional response. Even in situations where you would normally have an emotional reaction, psychic thoughts may be persistent, repetitive, and even-toned and not alarming.

For instance, imagine that you are getting ready for work one morning and you have the thought to take a different route to your office. You find the thought interesting but not necessarily important. As you get into your car, the thought returns. It may even sound like an inner voice telling you to *take an alternative route to work today*. You dismiss the thought and head out onto the highway listening to your favorite music. A few miles down the road, the traffic comes to a standstill because of an overturned tractor trailer. However, it is too late to turn around and go another way. You are stuck in traffic and end up arriving late to an important meeting.

Psychic thoughts can feel like a matter-of-fact awareness. Unlike self-generated thoughts, psychic thoughts are not linear. One thought does not lead to another and then another. Instead, they surface spontaneously and are concise, simple, and cohesive. Quite often a psychic thought may be a statement that repeats itself over and over.

For instance, have you ever had an easy choice to make where you know exactly what you want yet you repeatedly receive the thought or message that your choice is not going to turn out the way you expect it to? Still, you dismiss the thought because you have no known evidence or reason to trust it. Later, when the outcome that you had hoped for does not manifest, you remember the thought and wish that you had acted on it.

Psychic thoughts do not try to convince you that they are right and that you should listen and act on them. They simply repeat a statement without making you fearful or anxious or appealing to your ego. Psychic thoughts do not reinforce our illusions, as they are not necessarily what we want to hear. For example, when I was single and dating, I would at times receive the psychic thought that a hoped-for relationship with someone was not going to work out. More often than I would like to admit, I would argue against the little voice that calmly stated, *This is not the right person for you*. I ignored it more than once and, of course, later regretted doing this, as it was always correct.

Ideas and Insights

Psychic thoughts also emerge in the form of ideas and insights. They, too, are matter-of-fact and do not arouse stress or other emotions. However, instead of being a simple, concise statement, some psychic insights and ideas surface in a cohesive whole, with a complete understanding of an area of concern. Providing deeper knowledge or a blueprint-like overall awareness, some psychic ideas and insights are often described as aha moments. They are not always logical and rational, but when you experience one, you recognize it as truth. Like a

flower bud that gently unfolds, an intuited idea or insight may have many facets that lead to a complete but unexpected awareness.

Psychic thoughts often inspire new inventions, scientific insights, and genius-like knowledge. Artists, musicians, writers, and others in creative fields, along with engineers, scientists, and inventors, are often led and guided by psychic ideas and insights. In a moment of synergy where the mind receives and absorbs what it may have not been able to fully grasp through linear and self-generated thought, psychic energy arrives with the answer.

Psychic insights can also provide personal guidance and increase self-awareness. They empower us to perceive and understand new aspects of who we are, and inspire us to change and evolve. When the source of psychic thoughts is divine energy, they guide us to our highest good. Some may be experienced as subtle whispers that gently open our heart and mind to new awareness, while others offer a profound awakening that alters our sense of reality and what is possible. One of the telltale signs of a divine thought is the sensation of connectedness to a vast source of all-knowing wisdom. Such thoughts expand consciousness and can be transcendental, uplifting, and transformative.

The Psychic Abilities of Mental Intuition

The three primary psychic abilities of mental intuition are claircognizance, clairaudience, and telepathy. You unknowingly receive these kind of psychic thoughts on a daily basis. However, further developing the psychic abilities of mental intuition enables you to harness the power of the mind to intuitively receive guidance and information when you need it most.

Claircognizance

Claircognizance is the psychic ability to receive energy information through thoughts and a sense of knowing. Energy information received through claircognizance may surface as a spontaneous awareness, a persistent thought or message, or a series of insights. When you receive a claircognizant thought, there is a spontaneous awareness of its truth. Even if others disagree and there is no confirming evidence to back up your intuition, there is little doubt of its validity. Although you may question yourself at a later time, an initial positive and without-a-doubt sense of knowing and insight is the hallmark sign of claircognizance.

For instance, when my son was five years old, he told me, “I am going to go live in New York City. Is that okay with you?”

“When are you planning on moving?” I jokingly asked.

Without a pause he answered, “When I am older, but not too old. I need to live in New York City.”

At the time we lived in North Carolina and had visited family on the West Coast a few times, but he had never been to New York. I was surprised that he even knew of the city.

However, his five-year-old claircognizant knowing was right on target. Many years later he received a scholarship to a college in Manhattan and now lives and works as an artist in New York City.

✿ Exercise: Differentiating Between ✿ Intuitive Thoughts and Ego Thoughts

To develop claircognizance and receive thought energy information at will, begin to pay attention to your everyday thoughts. As you do this, notice their quality and look for clues as to their origin. Do they fit the description of a psychic thought, or do they embody more of the characteristics of a self-generated ego thought? This simple practice encourages and allows for claircognizant awareness to emerge.

Here is a simple format to guide you through the process of increasing your awareness of psychic thoughts.

To begin, find a quiet place, get comfortable, and begin to breathe cleansing breaths. Inhale a deep and relaxing breath and exhale any stress or tension through the out-breath. As you do this, listen within and continue to breathe. You may want to close your eyes to further relax and focus your attention inward. Imagine a bubble of high-vibration white light completely surrounding you.

Notice each thought that emerges and become aware of signs that indicate whether it is a psychic thought, idea, or insight or a self-generated one.

Psychic thoughts do not invoke emotion, desire, or stress. They are not linear, one thought after another, but are concise, even-toned, and matter-of-fact. Psychic thoughts are often subtle and not as intrusive or attention-getting as self-generated thoughts. They are a quiet, still knowing.

When a thought emerges that you feel may be a psychic thought, write it down. Do not overthink it and try to make sense of it. Just write it down and continue to breathe and remain attentive. If your mind begins to wander, pay attention to your breath.

If you feel as if you are not receiving many psychic thoughts, or if the thoughts you are receiving do not necessarily feel as if they are psychic in nature, continue to breathe and listen. Eventually psychic thought messages will begin to flow in. Be patient and let go of your expectations as to what kind of information you will receive. It will likely not feel earth-shattering. Remember that psychic thoughts tend to be quiet and nonintrusive.

Many psychic thoughts are precognitive and provide information about future events, issues, and concerns. However, they may not feel significant and may make sense only when something occurs that confirms the message.

If you begin to feel overwhelmed with thoughts and energy information, focus on your breath and ask within to slow down the process. When you are attentive and open to receiving psychic energy information, you may be flooded with thoughts and insights.

If this happens, give space for all of your thoughts to surface, one after another, and be patient. As you allow them to surface, they will dissipate. Once the random thoughts begin to slow down, listen and write down the psychic thoughts. Don't try to ignore and push self-generated thoughts down. Just notice them without focusing on them and they will begin to dissipate.

Eventually you will be able to better identify psychic thoughts from random thinking. As you notice, pay attention, and act on the direction of psychic thoughts, they will

intensify and increase.

Clairaudience

Clairaudience is the psychic ability to hear energy information. Clairaudient thoughts may sound and feel like your own inner voice. Only rarely do they sound as if they are coming from someone else or an outer source. We all talk to ourselves. Sometimes our self-talk is spoken aloud, but usually we talk to ourselves silently and inwardly. Just as some thoughts are self-generated and some thoughts embody psychic energy information, some of our inner self-talk is ego-based and some of what we inwardly hear contains psychic energy information.

Clairaudient messages are never negative, judgmental, or critical of who we are or of others. They also do not put us on a pedestal and tell us that we are better or more worthy than others. These kinds of thoughts and messages are from the ego and the unconscious. Instead, like claircognizant thoughts, clairaudient messages are subtle, even-toned, and informative. They are positive and affirmative and lead to our highest good. Clairaudient messages may be personal and lovingly guide us through our day-to-day affairs. For instance, they may whisper to us to avoid certain situations or people or inform us of what route to take to a destination or what kinds of food to eat. Looking out for our best interests in every area of our lives, clairaudient thoughts can help us to feel watched over and taken care of.

Clairaudient and claircognizant thoughts are often intertwined and occur simultaneously. It may be difficult at times to differentiate between the two, and it is not necessary or important that you do so, as they complement and reinforce one another.

Exercise: How to Receive

Claircognizant and Clairaudient Messages

This exercise empowers you to use claircognizance and clairaudience to gain insight and guidance into a particular issue or area of concern. It also helps you to further understand the difference between psychic thoughts and self-generated ones.

To begin, choose an area of your life that you would like to psychically tune in to. For instance, relationships, career, finances, or spiritual guidance all work well. It is best not to begin with an area that is too philosophical or a question that is too specific. This exercise is focused on helping you strengthen your mental intuition and become more familiar with the process of receiving energy information through claircognizant and clairaudient thoughts.

Once you decide on an issue or area of concern, write it down. Think about this issue and write everything that comes to mind with the following questions:

In relation to your issue or area of concern, what kind of energy information would you like to receive? What are your concerns about this area of your life? What are your desires, hopes, and expectations surrounding your question? Do you have any fears or stress about this issue?

Write down everything that comes to you. This step may not seem essential or worthwhile and you may want to skip it, but please don't. Gaining an awareness of your

personal biases, desires, and expectations will help you to be able to discern and receive psychic information, feelings, thoughts, and sensations.

Once you feel that you have written down the thoughts, concerns, feelings, and expectations you have about this area or issue, begin to relax. Breathe long, deep, relaxing breaths and exhale any stress or tension. You may want to close your eyes to further relax. Imagine a bubble of high-vibration white light completely surrounding you. When you are ready, focus your awareness on the area or question of concern. Continue to breathe, relax, and focus inwardly.

Listen within to your thoughts, and identify those that may contain energy information. Pay attention to the still, small inner voice. Clairaudient thoughts will most likely sound like your own inner voice, as if you are talking to yourself. Only rarely do they sound as if they are coming from an outer source. Take your time and listen. The tone of a clairaudient or claircognizant thought will be persistent, even-toned, and repetitive. Intuitive thoughts do not go into a lengthy explanation or try to convince you of something or argue against your desires and hopes. They are concise, simple, and repetitive. You might hear one word or phrase or receive a spontaneous insight through a sense of knowing.

As you listen and discern ego thoughts from psychic ones, be patient. Your mind may flood with thoughts, and you may feel overwhelmed and begin to overanalyze them. Pay attention and be alert to the common signs that indicate claircognizant and clairaudient thoughts. When self-generated thoughts emerge, guide yourself back to the breath, taking long, deep inhaleds and exhaleds. When you receive what you believe to be a claircognizant or clairaudient message, write it down. Don't overthink it and try to fully understand what you receive. Then turn your focus inward, breathe, and become receptive.

When you feel that you have received all the psychic thoughts that you can at this time, pause and ask within if there is anything else you need to know. Listen, be patient, and continue to breathe and relax. Write down anything else that you receive.

Take a deep breath, come back to a normal state of consciousness, and review the energy information that you intuited. Did you receive any new insights or unexpected guidance? Did you have an aha moment of insight? Do you feel that you can trust and act on the thoughts that you intuited? Write down your impressions.

Repeat this exercise often. You can use it to intuit useful energy information about personal issues or experiment and tune in to more global issues, such as a political situation or future event. This will help you get a better sense of the differences between tuning in to issues that personally affect you and tuning in to issues where you may have more objectivity.

The more you practice this exercise, the easier it will become to elicit claircognizant and clairaudient psychic information when you need and desire it most.

Telepathy

Telepathy is the transmission of thoughts between two individuals or between an individual and a group. Through telepathy it is also possible to communicate with another's higher mind. We naturally use telepathy in our relationships. It is so common to know what a loved one is thinking and tune in to their thoughts that we tend not to view it as psychic.

Telepathy is also commonly used as a research tool to study the validity of psychic awareness. Those with a high degree of mental intuition innately understand and are comfortable with telepathy, as it involves the transference and receptivity of thought energy between individuals. Many of the scientific studies of psychic abilities are conducted by mental intuitives. They tend to enjoy researching and testing the authenticity of psychic phenomena. For this reason, telepathy has become a standard testing model in scientific circles for proving or disproving psychic abilities.

Zener cards have been used since the early 1930s to develop telepathy and to conduct telepathic research. They were designed by psychologist Karl Zener and were used by parapsychologist J. B. Rhine at Duke University. Similar in size to playing cards, each Zener card has a specific symbol printed on it. Zener cards can be used not only to research and test telepathic and clairvoyant ability but also to help develop it.

In research studies with Zener cards, two people sit opposite each other. One individual picks a card from the deck and forms a mental thought image of the symbol printed on it. This thought message is then sent to the other individual, who receives the thought message.

Exercise: Developing Mental Telepathy with a Partner

In this exercise you can practice developing mental telepathy through the kind of method often used in research studies.

This exercise requires a willing partner. To send and receive a telepathic message may take a few minutes to fifteen minutes or more. After this amount of time, the ability to clear the mind and focus diminishes. When you begin to develop telepathy with a partner, you may want to have a timer set at ten to fifteen minutes and then end the session at that time.

Designate who will be the conductor and who will be the receiver. Then decide what kind of message you are going to send. Items that are good for mental telepathic development and transmission include such things as a name or short phrase or the name of a state, town, song, or movie. Other possibilities include a specific time, a number, or a calendar date and year. You can also use one card out of a deck of playing cards or a tarot card. If you are the conductor, choose the one item or subject that you will telepathically transmit to your partner before you begin.

You do not have to be physically close to the receiver to practice telepathy. It is possible to send and receive telepathic messages to another at a distance. However, when beginning to develop telepathy, it may be helpful for you and a partner to sit facing each other. If you have a high degree of physical intuition, you can hold hands or touch knees.

Before you begin, talk with your partner and pick a sign that will signal your readiness to send a message and alert the receiver to receive it. For instance, when you are ready to send a telepathic message, you can tap your partner's knee a couple times, or if you are not physically close, you can put one finger in the air. If you are doing this by phone, you can simply say that you are ready.

To send and receive telepathic messages, it is crucial to relax and clear the mind. While you and your partner sit and face each other, take a few minutes to breathe long, deep cleansing breaths and exhale any stress or tension. As you breathe, allow any thoughts or emotions to surface and then release them through the exhale. Continue to breathe cleansing breaths. As you do this, imagine a protective white-light bubble that surrounds both you and your partner. Imagine that within this bubble the vibration of psychic energy intensifies.

If you are the sender, form a mental thought message of the item that you are sending to your partner. You can inwardly speak the name of the item or think it. When you are ready to send the message, signal the receiver. Continue to focus on the mental thought and project this thought to the mind of the receiver. An alternate technique for sending a thought message is to imagine a white-light tube of energy that extends from your mind to the receiver's mind, then imagine sending the thought message through this tube of white-light energy.

If you are the receiver, wait for the signal from your partner. While you are waiting, breathe long, deep breaths and relax. Allow any thoughts and emotions to surface and then release them through the exhale. Once you receive the sign that the sender is ready, signal back with the same sign when your mind is clear and you are ready to receive. Take your time, continue to breathe, and stay in a relaxed and receptive mode. You may receive the message immediately or it may take more time. Become aware of everything that you receive without judging or rejecting anything. Keep in mind the qualities of a psychic thought: even-toned, repetitive, and matter-of-fact.

When you feel that you have received all you can, give your partner the agreed-upon signal that you have completed receiving. Before relaying what you have experienced, write down your impressions. Sometimes when we write down our psychic impressions immediately after receiving them, more psychic energy information surfaces and we gain additional clarity.

Once you have written down what you received, share this with your partner. Try not to judge the experience as being either right or wrong. Instead, review the process and get a sense of your intuitive strengths and weaknesses. At times the receiver will intuit the sender's feelings or thoughts instead of the intended message. Be open to exploring any information other than the intended message.

Higher Mind Telepathic Communication

Telepathy is a common form of communication between people who know each other well. Our thoughts intermingle with others' thoughts on a daily basis, and we rarely notice or pay

much attention to it. As you become more aware of telepathic communication, it is possible to focus on an individual and receive their thoughts and further communicate with them. This is possible to do with those you have a close relationship with as well as those you do not know well or at all, as telepathic communication speaks to another's higher mind. The higher mind is connected to our soul and is free of the influences of the personality and ego self. In this free and open state of nonjudgment and acceptance, the higher mind communicates our core truth. Spiritual teachers, guides, and gurus often impart wisdom and knowledge to others through this kind of telepathy.

✿ Exercise: Telepathic Communication ✿ with Another's Higher Mind

To practice higher mind telepathy, find a quiet space and become quiet. Take a few deep breaths and relax. Imagine a bubble of high-vibration protective white light completely surrounding you. When you feel calm, imagine an image of the person you would like to communicate with and say their name. This can be someone in the physical body or someone in the spirit realm. You may not see a clear image of the person, and this is fine—the exercise still works.

Send a thought message to this person asking permission to communicate with their higher mind. Continue to breathe and relax.

Ask this person a question through a thought message. Make it a simple question asking them about their thoughts regarding a specific area, issue, or topic. Think and focus on the message, then imagine sending it to the person's higher mind.

Breathe, be patient, wait, and listen. The intuitive thoughts you receive will most likely feel as if they are your own. Remember, an intuitive thought is an even-toned, matter-of-fact, concise statement. At times they may be subtle and repetitive. However, when another knowingly sends you a telepathic thought, it may be louder, stronger, and more persistent.

Once you have received a telepathic thought, you can continue to ask questions, one at a time. Then be patient and wait for a response. If you have waited patiently for a response and do not receive one, it may be that the person you are tuning in to does not want to communicate. This is through no fault of your own. We all have free will, and some decline to intuitively communicate. If you are not sure what is happening, try communicating with someone else.

It is best to keep these sessions short to reduce confusion and mental exhaustion. To keep the intuitive connection strong and reliable, it is best to receive just a few thought messages and, if needed, continue in another session.

Once you have completed this telepathic conversation, send the person you have been communicating with a white ball of cleansing love energy. Imagine white light filling the person's mind and body. Then imagine a pure ray of white light filling your mind and discharging any thoughts, feelings, and energy that are not in your highest good.



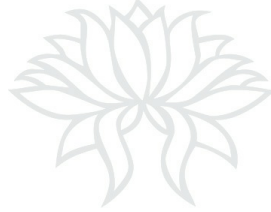
Mental psychic awareness tunes in to day-to-day concerns and issues and empowers us to create and live better lives. Through it we can receive personal guidance and insight into everyday challenges. Mental intuition can inspire cutting-edge and valuable inventions and provide ideas and solutions to long-standing problems. Grounded and pragmatic, mental psychic skills tend to be straightforward and easy to put into practice in every area of our lives.

[contents]

Chapter 4

The Psychic Heart

(Emotional Intuitive Type)



Emotional intuition is the natural heart-centered intuitive awareness of emotions, feelings, and emotional energy. One of the most common ways that emotional intuition emerges is through intuitively feeling another's emotions and feelings unknowingly. To varying degrees, most of us do this, especially with those we love and care for.

For instance, have you ever asked someone how they are feeling and their reply of *fine* or *good* does not ring true to you? Despite their protests, you can feel their grief, fear, or stress. Have you ever felt a heaviness in your heart, yet there is no known reason to be feeling this way? Then soon after the onset of these feelings you get a call from a loved one who shares a recent disappointment with you. In a similar way, do you ever feel heart-centered and positive only to discover that someone close to you is in the midst of a joyful experience?

One of the differences between emotional intuition and simply knowing someone well enough to know how they feel involves time and space. With emotional intuition, we do not need to be physically close to another or know of their current situation or circumstances to intuitively feel their emotions and feelings. Even if we have not recently spoken to a friend or family member and they are hundreds of miles away, we may still intuitively feel their feelings.

It is also possible to intuitively feel the emotions of those we do not personally know. During times of national or global tragic events, we may emotionally absorb the grief and fear of another or a group even though they are thousands of miles away. We may also intuitively feel the uplifting and positive emotions of others during celebratory times. The energy of joy and love travels quickly. The universal law of like attract likes applies to intuitive receptivity. Positivity is an intuitive magnet that attracts more positive energy to you, while negativity intuitively attracts negative energy.

Common Characteristics of an Emotional Intuitive

Those with a high degree of emotional intuition often share common characteristics. Most are highly sensitive and empathetic, especially toward those who are in pain or suffering in some way. With a desire to support, help, and be of service to others, they may believe that love can heal all. It is not surprising that those with a high degree of emotional intuition also tend to be emotionally intelligent. Common traits of emotional intelligence include such things as the

ability to be aware of, communicate, and express emotions as well as the ability to skillfully help others to process their emotions. Not only can an emotional intuitive feel another's emotions, but they are also able to reduce another's emotional stress and worries through a kind of emotional psychic intervention. They often do this unknowingly by sending pure waves of unconditional healing love energy to those whom they intuit are in need.

Because an emotional intuitive is naturally attuned to others' emotional energy, they may find that they are continually in or getting out of intense emotional relationships. Those with a high degree of emotional intuition may also have a longing to experience perfect love through union with another or through experiencing an inner state of mystical divine love.

The raw openness through which those with a high degree of emotional intuition intuit can leave them feeling vulnerable and overly sensitive. Stressful environments, disagreements, witnessing another's suffering, or being in the midst of angry or unhappy people can leave them feeling exhausted and overwhelmed. Many emotional intuitives have no inner shield or protective boundary and unknowingly feel and intuit both positive and toxic emotional energy, often to their detriment.

Due to the magnitude and volume of emotions that an emotional intuitive absorbs and feels, many suffer from free-floating stress and anxiety. Because of this, some withdraw from social interactions or situations in an attempt to avoid emotional overload. However, because they are intuitively connected to emotional energy, this is rarely effective. Even when sitting alone in a room, they can still absorb the emotional energy of others or situations. Some emotional intuitives unconsciously harden their heart in an attempt to protect themselves or intuitively try to shut off their emotional receptivity. When the pain, grief, and stress of others and the world becomes too much to bear, they attempt to shield themselves by withdrawing and closing their heart. However, this is not an effective solution and often creates a sense of inner emptiness and unhealthy detachment. An emotional intuitive needs the vibrations of love almost as much as they need oxygen to survive. When they close their heart, they can no longer feel and benefit from the rich waves of pure love that flow through them.

While some emotional intuitives shut down, there are others who reside at the other end of the spectrum. They are almost addicted to the ups and downs of emotional energy and crave emotionally charged interactions. These emotional intuitives often have a fair amount of drama in their lives. Their relationships may be marked by the extremes of love, hate, jealousy, passion, and other intense emotional states.

Emotional energy can be seductive and powerful. For some it is almost like a drug that they feel they need in order to feel alive and full of energy. Without powerful emotional experiences they can become depressed, tired, and anxious. Yet the constant craving for emotional intensity can eventually lead to emotional burnout and even physical illness.

Intuition as a Feeling

Emotional intuition surfaces primarily through the heart. Listening to our heart is not the same as allowing our emotions, feelings, and desires to dictate our perceptions and behavior.

Underneath everyday feelings and emotions resides the wisdom of the intuitive heart. Beneficial guidance and insights that can help us through the everyday ups and downs of life flow from the heart, and when we listen to and trust our heart, we never regret it.

A good place to start developing and refining heart-centered intuitive awareness is to become aware of the emotions and feelings that you experience on a daily basis. Although our emotional energy is multilayered, we tend to be most conscious of our current and recent emotions and what we want to be feeling. We are usually aware of how we feel toward the people we regularly interact with, and we tend to be in touch with the emotions that we generate in our present condition. Our feelings guide us in developing our likes and dislikes and our preferences and assist us in making choices and decisions.

We are always feeling something. Our emotions are a part of us and are so important to our well-being that we can never not be feeling. We may be confused or not know how we feel, but emotional energy is still circulating and moving through us. When we experience emotions that are uncomfortable, such as anger, fear, and grief, we often repress and ignore them. Yet they are still a part of us and continue to have power in our lives. Awareness of our daily emotions and feelings increases our self-awareness and promotes positive feelings of well-being. A stronger connection to and appreciation of the wide range of our emotions can also help us to better identify and understand our intuited emotions.

To develop emotional intuition, it is essential to become aware of the differences between emotions that are self-generated from our ego and personality self and emotional energy that has been absorbed from others.

Emotions and feelings that come from the ego are usually reactive and protective and are connected to what is happening in our lives, our personal preferences, and our past experiences. They are intertwined with our thoughts and beliefs and what we encounter on a day-to-day basis and may be triggered by another or a particular situation. They vary in intensity and come and go.

When developing emotional intuition, it is important to be aware of our ego-centered feelings and emotions without trying to rid ourselves of them. This awareness aids us in identifying and separating our personal feelings from intuited emotions and feelings.

Emotions Intuitively Absorbed from Others

While it is important to feel and be aware of our self-generated emotions, it is also crucial to be aware of the feelings and emotions that we intuit from others. When we unknowingly absorb the emotional energy of others or of events, it can be confusing. Waking during the night feeling intense emotions that do not make any sense or suddenly feeling a wave of sadness or grief may leave us wondering. Feeling emotionally overwhelmed and not knowing why we feel this way or suddenly being worried or concerned about another for no known reason can be disconcerting and even have us questioning our sanity.

Day-to-day life for those with a primary and innate mode of intuiting through their emotions may at times feel like an emotional rollercoaster. If you have a high degree of

emotional intuition, you may not be aware of the degree to which you intuit another's emotional energy. Because you were born with this innate sensitivity, you may not always be able to distinguish between your own feelings and the feelings that you have absorbed from others. When young, many emotional intuitives become the emotional barometer for the family and unconsciously try to balance and harmonize the emotional energy within the home. They may be viewed as overly sensitive and moody and may express the bottled-up and repressed emotions of other family members.

While our self-generated emotions and feelings can help us increase our self-awareness and make good decisions and choices, emotions that have been absorbed from others are not as beneficial. We cannot process and gain personal insight from intuited emotions. While they can help us understand and develop our intuition, intuited emotions do not provide us with insight into personal preferences, issues, and needs.

For instance, I gave a reading to a woman named Sara, who suffers from depression. A heavy shroud seemed to weigh her down. She was physically tired and had no enthusiasm for the activities that had once brought her joy. Antidepressants were not effective, and therapy and other alternative treatments brought only minimal relief. When I first psychically tuned in to Sara's energy, it was almost as if I were reading two people. I could feel Sara's emotions, and intertwined with them was her mother's emotional energy.

When I shared this with Sara, she didn't argue or dismiss this unusual idea. Instead, she told me that her mother had experienced a difficult childhood, and as far back as she could remember her mother had seemed unhappy, tired, and sad. In an attempt to help her mother, Sara thought that maybe she was absorbing her depressive emotions and had been doing this for a long time. However, this intuitive strategy was not working. Her mother was still depressed, and Sara was burdened with these same feelings and emotions that she couldn't do anything about.

You cannot change emotions that are not yours, and you cannot take another's emotions from them. However well-meaning your intentions are, when you intuitively absorb another's emotions, you only feel what they feel.

The Power of Love

Once you become aware of your emotions and feelings and the emotional energy that you are absorbing from others and the environment, you can release and let go of those emotions that are creating stress or are toxic to your mind, body, and spirit. As you do this, it becomes easier to tune in to the intuitive heart and further develop and use the psychic abilities of emotional intuition in beneficial ways.

The heart is the psychic center for emotional intuition and is your connection to divine and unconditional love. Love in its highest form is positive vital life force energy. This kind of love elevates our consciousness and shields us from lower toxic energies. When your intuition is aligned with the pure vibration of love, you are protected from the harsh effects of negative and potentially damaging emotional energy. Guided by the wisdom of your heart, you cease

absorbing others' energy and instead become a force of positivity and healing. Psychic love is healing and compassionate awareness. It is a calming balm that allows us to be a source of healing for others.

If you have a high degree of emotional intuition, it is essential that you open and connect to the higher vibrations of love. We all need love. If you intuit primarily through emotional energy, the need is even greater. The higher vibration of unconditional and divine love restores and creates balance and harmony. It strengthens and protects you from the potentially debilitating effects of toxic and caustic emotional energy. It helps to soothe the effects of emotional sensitivity and enables you to intuit others' emotions without absorbing them. Love empowers you to embrace your intuitive gifts and use them in life-enhancing ways.

✿ Exercise: Receiving High-Vibration ✿ Love Energy

This exercise helps you to release toxic and negative emotions that you may have unknowingly intuitively absorbed from others and the environment. It also empowers you to release and heal any personal repressed emotional wounds and blocks. As you open your heart to the nurturing and enlightened energy of divine love, a cleansing flow of high-vibration energy releases toxic emotional energy and fuels psychic awareness.

To begin, get comfortable and breathe long, deep cleansing breaths. Imagine breathing white-light energy down through the top of your head. Send this energy through your body and exhale any stress or tension through the out-breath. Continue to breathe cleansing and clearing breath, releasing any stress or tension through the exhale. Imagine a protective white-light bubble of high-vibration energy completely surrounding you.

When you feel relaxed, imagine breathing white-light energy down through the top of your head, then send this breath into your heart. Feel your heart open as you continue to breathe in this way. If you have any difficult or repressed emotions that you are holding on to, allow them to surface. Continue to breathe into your heart and feel any emotions that emerge. As you acknowledge and feel your emotions, even the difficult and confusing ones, they release and dissipate. You do not need to know the origin of the feelings or why you are feeling them. If you find yourself beginning to overthink, go back to the breath. Inhale white light, sending the breath through the heart.

Feel your heart expand as the emotions surface. Breathe and let go of them. Allow your heart to become lighter and fully open. Ask for the energy of pure divine love to flow through you. Continue to breathe and imagine that you are connected to the highest form of love. Feel your heart expand.

Stay in the vibration of love as long as possible. Move this love energy through your entire body. As divine love moves through you, repressed, negative, or toxic emotions dissipate.

Breathe and feel the love that is within your heart. This love is timeless and connects you to higher benevolent forces. Listen to your intuitive heart. It has a message for you. Remain open and receptive.

When you feel complete, imagine that the white light of love is completely surrounding you. This love allows only positive and life-giving energy to enter your mind, body, and spirit.

Repeat this meditation as often as needed to release repressed or difficult emotional energy and the emotions and feelings that you may have absorbed from others or situations. You can also use this meditation before or after psychic development exercises to ensure that you are connecting to the highest vibrations of love and to release any energy that you may have unknowingly absorbed. Make it a daily practice to invoke and surround yourself with the white light of love and protection to protect yourself from harmful energy.

Clairempathy

Clairempathy is the ability to psychically feel and become aware of another's past, present, and future emotions and emotional energy. Through clairempathy, which empowers you to feel and express compassion, you can detect repressed and toxic emotions and heal emotional wounds.

Empathy is the sensitive awareness of another's feelings, pain, and suffering. A conscious act of sympathy and caring, empathy helps you to form positive connections and relationships with others. Most people are born with this innate ability and are socialized from a young age to express concern and support for others who are experiencing emotional difficulties and challenges. Clairempathy is the superpower of empathy. It allows you to be aware of another's emotional energy even when the person is hundreds of miles or more away and to be a channel of divine love and healing.

Like most psychic skills, clairempathy often occurs spontaneously. For instance, my friend Laura was driving home from work one evening when a wave of sadness came over her. However, there was nothing in particular in her life that she was sad about. As she continued the drive home, her friend Meg came to mind and she intuitively realized that these feelings were connected to her. Laura knew that Meg had recently interviewed for what she believed was the job of her dreams. In this moment of sadness, Laura intuitively felt that Meg had not gotten the job. Her heart filled with compassion and love for Meg, who was having a difficult time in other areas of her life as well.

Not all of the feelings that we absorb from others and the environment are painful, distressing, or toxic. Clairempathy also enables us to feel the positive and joyful feelings of others and can be an uplifting and energizing experience. For instance, some political and charismatic leaders and spiritual and religious teachers can have this effect on others. When we hear them speak, read their writings, and follow their teachings, we absorb the energy of their love and inspiration. We also intuitively absorb the positive energy of others. We often do this randomly and without our conscious awareness. When we open our heart to love and positivity, they find their way in.

Emotional Healing

With clair empathy comes the innate ability to help, comfort, and heal others. Quite often this gift goes unacknowledged and operates on an unconscious level. When we do not embrace our innate soul gifts, they can surface in confusing and unhealthy ways.

Those with a high degree of emotional intuition often unknowingly absorb others' difficult and painful emotions and feelings in an attempt to alleviate their suffering. Many loving and compassionate people do not recognize their innate intuitive gifts and unknowingly take on others' burdens and emotional stress and find that they continually feel overwhelmed and exhausted.

For instance, I recently did a reading for Claudia, a cosmetologist who has a busy hairstyling practice. Like many people who work in this industry, she is a natural healer. When I began our session, I could feel Claudia's exhaustion as an energetic heaviness in her body and energy field. As I intuitively looked for the cause, I became aware of her emotional intuitive nature and her desire to help others and alleviate their stress. As she washed, cut, and styled her clients' hair, she compassionately listened while they shared their difficulties and challenges. However, she did more than just listen. Because of her sensitivity and innate clair empathic ability, she was also absorbing their burdens. Her clients' emotional difficulties and stress clung to her energy field like a heavy shroud.

When I told Claudia that her exhaustion was in part due to her tendency to intuitively absorb others' problems and emotional difficulties, she agreed.

"I thought this might be happening but would then doubt myself. It seemed a bit far-fetched to believe that someone else's energy could affect me so much," she said. "But last week I had an experience that made me realize just how much others' emotions can drain me. I went in to work feeling well rested and full of energy. When my first client, a woman I have been working with for years, sat down in my chair, I could literally feel the energy draining out of me. Her daughter has leukemia and the whole family is suffering. My heart goes out to all of them. When she began to talk about her daughter's recent medical treatments, my heart opened and I wanted to help. I could almost feel their pain being absorbed into my body."

Becoming aware of the tendency to intuitively absorb others' energy and further developing the psychic ability of clair empathy acts as a protective energetic shield. Clair empathy is not simply feeling emotions and being aware of emotional energy; it is also the gateway for the healing higher vibrations of divine love to flow through you.

Helping Others Without Hurting Yourself

If you find yourself feeling physically and emotionally tired for no known reason or feeling confusing emotions that make no sense, you may be absorbing others' emotional energy. Feeling disoriented, exhausted, or ill during or after emotionally charged situations or when you are in the company of others who are experiencing emotional challenges is an indication that you have absorbed difficult or toxic energy from others or your environment.

✿ Exercise: Letting Go of ✿ Intuited Toxic Emotions

If you suspect that you have intuitively absorbed the difficult or stressful emotions or feelings of others and you are ready to release them, try this exercise.

Sit quietly and become aware of your feelings and emotions. As you allow your emotions to surface, name them. Being able to identify and name our emotions and feelings is not always easy, but it helps us to better understand them and increases our self-awareness.

As you focus on the most intense emotions and name them, ask if these emotions are yours or someone else's.

The answer will come as an intuitive feeling, insight, or awareness. Trust what you receive. Self-generated emotions feel intense, raw, powerful, and potent. You may want to stuff them down, and they may invoke memories or thoughts about a situation or another person. You feel them.

When you unknowingly intuit and absorb others' emotions, you may feel detached, numb, or confused. You are aware of the emotions, but they may feel heavy, muted, and confusing. Their origin is a mystery, and you may not be sure where the emotional force is coming from. There may not be anything you are currently experiencing that you can relate them to.

To process and transform self-generated feelings, fully feel them. Although it may be difficult and uncomfortable to allow their full intensity to surface, they will disperse and release as you feel them.

You do not need to understand or figure out why you are feeling what you are feeling. Simply accept your feelings and feel them. Be gentle and compassionate toward yourself. Allow the feelings to surface and at the same time become aware that love is present. Ask for the presence and power of the pure energy of love to soothe you as you feel and let go of the difficult emotions.

If the feelings or emotions that you are experiencing have been absorbed from others, ask them to return to their source—not in their present form, but transformed through the energy of love. Breathe into your heart and imagine it opening. Feel love flow through you. Send this love to the person, group, or situation that generated the feelings or emotions.

If you suspect that you may have absorbed the emotional energy of more than one person, you can repeat this process. Ask the feeling or emotion to return to its source, and send high-vibration love to the person or group that generated it. Feel the power of love flow through you, and trust that it is truly helping and healing others.

It is not necessary to know whose feelings you are feeling in order to help another. Just ask that this feeling go back to its source as positive energy.

Protecting Yourself

Once you embrace your emotional intuition and become aware that at times you may unknowingly absorb others' emotional energy, you can take steps to protect yourself and become a positive force of healing.

Make it a daily practice to become aware of your feelings and the emotional energy of your environment. If you are in an emotionally stressful situation or with others who may be experiencing emotional difficulties, take a moment to shield yourself. You can do this by simply imagining a white-light bubble of love energy completely surrounding you. Intend and imagine that this bubble of light allows you to absorb only positive energy that is in your highest good. Become aware of your desire to help alleviate others' suffering, and ask to be a channel through which divine love, healing, and compassion flow to them. If there is someone in particular whom you would like to help, imagine that divine healing energy uplifts and heals that person.

You can also ask for the angels or another divine presence to be with you and act as an intermediary. Years ago I began to become overwhelmed by the suffering and pain I felt with my clients and in the company of others. In a moment of emotional exhaustion, I looked up to the skies and asked for help. I suddenly felt the presence of Mother Mary. Even though I had not previously looked to her for support in this way, I felt uplifted and free of emotional burdens in her presence. I still feel her with me when I am with others who are in need. The suffering and difficult emotions of others bypass me and easily move into her vibration, where all is transformed into pure love energy.

How to Prevent Others from Absorbing Our Negative or Toxic Emotions

Do ever wonder if others may be intuitively absorbing your less-than-positive feelings and moods? In the same way that you intuit another's negative or toxic emotions, it is likely that others are intuitively affected by yours.

On a daily basis we all experience a range of emotions. We may wake up feeling excited about a new project at work. Then after sitting in traffic or spilling coffee on ourselves, we may show up at the office feeling grumpy and frustrated. Emotions and feelings come and go, the pleasant and uplifting as well as the angry and sad.

One of the best ways to ensure that others do not intuitively absorb your emotions and feelings is to acknowledge and own them. It is our unconscious and repressed emotions that have the most power to negatively impact others. When we take responsibility for our emotions, we can feel and process them.

Journaling, talking to a trusted friend or counselor, and meditating are other helpful tools that empower us to understand and let go of negative or toxic emotions. Accepting our feelings, feeling them, and having love and compassion for ourselves is usually all we need do to ensure that others do not intuitively soak in our less-than-pleasant emotions.

When we are suffering from a significant loss, grieving, struggling with depression, or working through past repressed emotions, the process of emotional healing may take longer.

However, you are not necessarily adversely affecting others just because you feel lousy. As long as you are not denying your emotions or wanting and expecting others to take care of you and take on your feelings, you can still be a positive influence. Your courage and strength in accepting your feelings and processing them can be a valuable example and light the way for others when they are struggling.

We cannot control the actions and intuitive receptivity of others. There will likely be times when we are emotionally struggling and another may choose to detach from us or avoid our company. This does not necessarily mean that we are not taking responsibility for our feelings or that we are a negative influence. The other person may be dealing with their own issues and feeling emotionally vulnerable or intuitively sensitive and overwhelmed, and just need alone time.

✿ Exercise: Meditation to ✿ Release Your Toxic Emotions

This meditation can help you release and let go of negative emotions. Even if you are not able to release all of the negative or difficult emotions that you feel in one session, you have still made progress. It may take concentrated effort over a few days or weeks to feel our difficult emotions and let them go. Eventually you will feel lighter and more positive. Clearing our emotional energy of toxic emotions also boosts and increases our intuitive receptivity.

Begin by taking a deep breath, then relax and exhale any stress or tension. Inhale white-light energy down through the top of the head and send the energy of the breath down through the body. Exhale any negativity or pent-up emotions. Continue to breathe in this way for a few minutes.

When you feel relaxed, move your awareness through the body, starting at the top of the head. Become aware of any confusing or negative feelings and emotions anywhere in your body. Breathe into these emotions. As difficult as it may be, allow yourself to feel them.

Imagine that the emotion has a voice and can speak to you. What would it be saying? Listen and continue to breathe, feel the emotion, and exhale it. As you allow your feelings to surface and acknowledge them, they release.

Continue this process until the emotion or feeling begins to dissipate. Once the emotional intensity subsides, imagine breathing white-light energy down through the top of the head. Continue to inhale and allow white light to collect in your heart and solar plexus. Imagine that with every breath, this energy becomes stronger and expands throughout your entire body. As your body fills with white light, imagine that it forms an orb that completely surrounds you.

This white-light orb allows you to intuitively absorb only what is in your highest good. At the same time, it continues to help you to release negative or toxic emotions.

Clairsentience is the ability to feel energy information and is another psychic skill of emotional intuition. On a daily basis we all have spontaneous episodes where we receive energy information in this way.

For instance, despite a lack of evidence, have you ever had a feeling that a plan or project would be a success and this feeling proved to be spot on? Are your feelings about how a future event will unfold generally spot on? Do you ever feel like you can trust someone, or are you ever wary of another without any factual evidence? Have you ever not listened to your feelings about something or someone and then later regretted it? These are common ways that clairsentience guides us and provides insights and information.

The two different types of clairsentience are physical and emotional. Physical clairsentience is an intuitive awareness that is felt in the body, usually in the solar plexus and gut or through a tingling up and down the spine or arms. Emotional clairsentience is heart-centered awareness. To be clairpathic is to intuit and feel the emotions and feelings of others without being in their presence and without conscious knowledge of their circumstances. To be clairsentient is to intuit energy information through pure heart awareness, unclouded by feelings and emotions.

The feeling energy of clairsentience is not the same as our self-generated emotions. The feelings associated with clairsentience are more neutral and may at times be in conflict with our personal emotions and desires. Instead of being reactive and ego-based, they emanate from within as a certainty or feeling of clear and sure awareness. Emanating from the heart, clairsentient feelings are intuitive signals that broadcast energy information and guidance.

For instance, from a young age, Glenda, a client of mine, had always felt an affinity for animals. In her youth she had a dog and cat, but after moving to the city she was pet-free. The condo where she lived did not allow them, and with her busy work schedule she knew it would not be fair to leave a dog or cat alone for long hours.

One morning on her way to work on the subway, she read an article about a woman who had started an animal rescue farm a couple hours north of the city where she lived. As she read of the pigs, sheep, horses, and other animals that now found shelter on this farm, her heart opened.

I would love to be doing this, she thought. However, her busy life went on as usual and she forgot about the article. Several months later the animal rescue farm that she had read about was featured on the local news. The owner was asking for donations and help as the need for her services grew. Again, Glenda felt a powerful feeling of connectedness stir her heart. However, this time she felt that she was meant to be involved with the farm. The feeling was so clear and strong that she could not dismiss or deny it.

The next morning Glenda called the owner of the animal rescue, and the following weekend she went up for a visit. After a couple of years of going back and forth and helping with the animals once a month, she decided to move north and become a partner with the owner. Her heart told her that this was the right decision, and she never questioned it or regretted listening to it.

Emotional Relationship Radar

The feelings of clairsentience often provide valuable information for and about others. One of the most common ways that we naturally use clairsentience is in our relationships. Intuitive feelings upon first meeting or being introduced to another are especially important to pay attention to. You most likely have experienced this yourself. For instance, have you ever met someone and felt instantly comfortable with them? Alternatively, have you ever felt uneasy and apprehensive when meeting another even though there was no known reason to be feeling this way? Do your feelings ever warn you about another or an event?

This happened to me several years ago while walking to a gazebo with my children in a secluded section of a park. My feelings of enjoying the day with my kids was interrupted by a strong feeling of danger and stress. As I got closer to the gazebo I noticed a lone man with his back to me. Although I tried to shake off my feeling of unease, the closer I got to him the more apprehensive I felt. With my two young children in tow, I realized that it was probably a good idea to listen to the feeling. I turned around and headed back to the playground. I will never know what might have happened if I had continued, but the feeling subsided as soon as I acted on it. We are all born with this natural intuitive insight and awareness. Unfortunately, we do not always truly listen to it and trust it.

Clairsentient feelings often let us know when we are meeting or about to meet a potential partner or romantic interest. For instance, have you ever first met someone and felt that you know them? Beyond physical chemistry, the feeling of being drawn to another and the intuitive awareness that someone has come into your life for a reason or purpose comes from the heart and soul.

However, it is important to recognize that when you listen to and act on these feelings, you may not always experience what you expect. People often tell me that they have felt an immediate soul-mate connection with another, but the relationship did not turn out to be the bliss they had hoped for. The feeling of connection that we instantly feel with another is a signal that there is something that this person has to share, teach, or experience with us, but it might not be a long-term or romantic relationship. If you have listened to and acted on the feeling that you were meant to be with another and the relationship did not turn out the way you wanted it to, it does not mean that you made a mistake. Continue to trust your feelings and know that there are important reasons that people are brought into our lives, even if we do not always know or understand what those reasons are.

Precognitive Clairsentience

Clairsentience often manifests as precognition, the psychic ability to intuit future events and manifestations. This may naturally occur as the feeling that you are meant to experience something in particular or the heartfelt awareness of your life purpose. It might also be a feeling that you need to make a life change, pursue a dream, or take action on something that seems contrary to the status quo.

For instance, my friend Sasha and I were born on the same day. With a master's degree in art history, Sasha's dream was to spend time in Italy going from gallery to gallery and soaking in the art and sculpture. When she was in her late twenties she landed a great job at a prestigious museum. It was a surprise to everyone when, after only a year of employment, she quit her job to go to Italy. Her vacation days did not allow much time off and she felt a strong desire to travel. We were all stunned, and more than one of her friends tried to talk her into waiting a few years for this epic trip. But Sasha was determined.

"I feel that I need to go now," she said and never wavered from this feeling.

Sasha spent two wonderful months in Italy seeing and doing all that she had wanted to do. Three months after her return, the car she was driving slid into a telephone pole on an icy road. She died instantly.

I think of Sasha often, and she gives me courage to follow my feelings, as crazy or inconvenient as they sometimes seem to be.

✿ Exercise: Tuning In to the Intuitive Heart ✿ Through Clairsentience

Clairsentience can help us to become aware of our deepest soul truth. Underneath our desires and ego-based emotions and feelings, the heart guides us to the people and experiences that are in our highest good.

In this exercise you can practice how to become more aware of heart-centered intuitive guidance.

To begin, think of an issue, condition, or concern that you would like to intuitively receive clarity and guidance on. Sit quietly and breathe. Imagine inhaling white-light cleansing breath and exhale any stress or tension.

Allow your feelings and emotions about this issue to surface.

For instance, you may feel anxious, hopeful, worried, or confused about your current job or relationship. Name the feelings as they surface.

Become aware of your desired outcome. What would you like to have happen? How would you like this concern or condition to be resolved? What would you like to be feeling in relation to this situation? Write down your feelings and responses.

Once you have written down your feelings and emotions surrounding your concern, sit quietly and breathe in cleansing and clearing energy and exhale any stress or tension. Feel the feelings and concerns that you have just written down. This helps to release them.

When you feel relaxed, take a deep breath and send the energy of this breath into your heart. As you exhale, imagine your heart opening. Visualize a high-vibration white-light orb of energy completely surrounding and protecting you from negative influences. Continue to breathe and open your heart and imagine the pure energy of love filling your heart. Feel this love and send it through your body.

Listen to your heart. Underneath the ego emotions and feelings that you have surrounding your issue or concern, the quiet presence of love is speaking to you.

Continue to breathe, open your heart, and listen. Take all the time you need. What is your heart saying to you? What do you feel?

Accept your heart's guidance, however it emerges. You may not intuit a specific outcome or a step-by-step plan of action. However, when you feel and allow the healing power of your heart to flow through you, its energy resolves and transforms your stress and fears. Conditions and difficulties begin to resolve and transform. Continue to listen, and when you are ready, open your eyes and write down your experience.

The Importance of Emotional Intuition

Emotional intuition is so common that we do not always recognize its psychic importance and potential. Emotions can be elusive and transitory. They are constantly changing, and their ability to provide solid insight and guidance may seem to be less effective than other forms of intuition. However, emotional energy is powerful. Our emotions and feelings guide our choices and decisions, dictate our behavior, impact our health, and create a life of happiness or misery. Our unconscious emotions are especially powerful. Emotions that we have stuffed away or are in denial of contribute significantly to what we create and experience on a day-to-day basis. Unhealed grief, anger, or stress impacts our well-being, and until we recognize our core emotions, they create havoc in all areas of our lives.

Intuitive emotional awareness can help you to tune in to unconscious and repressed emotions and feelings and provide you with insight into how they may be influencing what you are experiencing and creating in your life. It can also help you to release these emotions, heal, and create positive and fulfilling experiences.

For instance, Pauline, an attractive woman in her early thirties, came to me for her first reading. Soon into the session, I became aware that she had recently ended a relationship and was not sure if she had made the right decision. I talked about her ex-boyfriend and a few other issues. However, I knew that her biggest concern was if she would ever meet her soul mate and have the kind of loving relationship that she so longed for.

When I looked into the future, I saw a romantic partner whom I felt she would meet later that year. I shared this with her, and she asked questions such as *What kind of work does he do?* and *Where will we meet?* and I gave her my impressions.

There was, however, a bigger issue that had to be addressed. Just because I saw someone coming into her life did not mean that she would experience the love and joy that she hoped to experience with him. To be able to give her a more accurate reading, I needed to psychically tune in to Pauline's emotional readiness and ability to create and sustain a loving relationship. Even though she so much wanted such a relationship, if her unconscious emotional energy was not in alignment with this desire, the relationship would fail. She might also attract someone who would once again hurt or abandon her.

When I tuned in to Pauline's emotional energy, I felt feelings of unworthiness and unhealed childhood wounds. She felt abandoned by her father and was fearful of future disappointment. Pauline needed to become aware of these unconscious feelings and beliefs and heal them.

Otherwise they would sabotage her efforts and desire. As much as she wanted a loving, long-term relationship, she would likely continue to attract the same kind of disappointing relationships that she had been encountering for years. When I told her this, she seemed committed to doing whatever it would take to attract a loving partner.

In my early years of psychic work with others, I may have intuited that Pauline would soon meet someone, but I might have either missed or underestimated the effect that her emotional energy would have on the success of the relationship. Over the years I have learned to tune in to my client's emotional energy before I give a prediction about what may or may not happen.

Although we may be able to intuit the success, abundance, and healthy relationships coming our way, if we feel unworthy or too emotionally wounded or fearful to accept these positive opportunities, they will pass us by. Many psychic predictions do not manifest for this reason. To manifest and live our highest good, our heart must be open and ready to receive.

It is important to remember that psychic accuracy will only be as good as your ability to tune in to the emotional energy of any situation or condition. This is true both when you intuitively tune in to yourself and what is coming your way and when you intuit for another.

If you intuitively detect and feel that you are sabotaging or preventing good and positive experiences and opportunities from coming into your life, take some time to intuitively listen to your heart. Emotional intuition is an effective tool for self-healing and mending your emotional wounds. Listen within without judgment and stay with the emotions that surface. Be kind and loving to yourself and ask your angels to guide and assist you in healing. To further release and heal negative and self-sabotaging emotions, you can practice the Letting Go of Intuited Toxic Emotions exercise in this chapter.

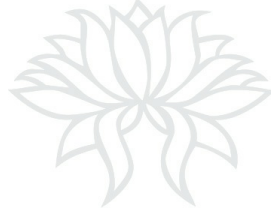


Fully developed emotional intuition is a powerful force through which you can create positivity and joy and receive all the good that life has to offer. The psychic skills of clairpathy and clairsentience empower you to receive heart-centered, soulful guidance and to heal and transform yourself and others.

[contents]

Chapter 5

The Body as a Psychic Antenna (Physical Intuitive Type)



Physical intuition is the ability to receive energy information through the physical body, the sense of touch, the natural world, and objects and photographs. The physical body of someone with a high degree of physical intuition is a psychic antenna. Psychic energy information may be experienced as gut feelings, sensations of energy moving up and down the spine, or a tingling in the scalp or along the hair on the arms. Those with a high degree of physical intuition are often powerful and natural healers. When holding the personal object of another or a photograph of someone, a physical intuitive may be able to intuit information about that person.

Intuition as Vibes

Someone with a high degree of physical intuition may refer to their intuitive awareness as *vibes*. Grounded in the physical world, their intuition is more closely connected to the five physical senses. For this reason, a physical intuitive is not as likely to intuit energy as streaks of light or color or feel the presence of spirits, like a spiritual intuitive often does. Receiving intuitive feelings and emotions, like an emotional intuitive, or thought energy, like a mental intuitive, may also be less common. For the physical intuitive, vibes are usually felt in the body, in the gut or solar plexus, or as sensations of energy moving through the body. Vibes might also be experienced as feeling positive, empowered, and lighter or heavier, stuck, and unable to move forward.

Going into a room full of people and feeling good, positive vibes helps a physical intuitive to relax and feel comfortable and connected to others. However, if the vibe doesn't feel right, they may turn around and leave, no questions asked. Physical intuitives feel vibes in all kinds of situations. For example, when first meeting someone they may experience a queasy sensation in their stomach. This may be a warning sign that tells them to be careful and cautious. When planning a trip and making a choice about the location, a physical intuitive might feel a positive, energizing vibe about one of the possible destinations and a heavier, uncomfortable sensation about another.

Being a Physical Psychic Sponge

Those with a high degree of physical intuition tend to unknowingly absorb others' energy into their psychical body. For instance, in a stressful situation or in the company of angry or argumentative people, a physical intuitive may suddenly have a headache or back pain or feel lethargic. Then as quickly as they felt the pain or discomfort, it may dissipate once the situation is resolved. A physical intuitive may absorb and feel the pain of a coworker who complains of a physical problem or of a family member who has an ailment of some kind. However, they are usually unaware that their sudden aches and pains may be coming from others.

The ability to intuitively communicate through the physical body is evident in a physical intuitive's sense of touch. Many physical therapists, bodyworkers of all kinds, hands-on healers, and physicians, especially homeopathic and alternative medical practitioners, have a high degree of physical intuition. The hands of a well-developed physical intuitive move with the grace and fluidity of a master craftsman. As health and wellness practitioners, their hands know where there is discomfort or pain and how to bring relief and balance to the physical body. Through their intuitive connection to plants and the natural world, a physical intuitive is also especially adept at helping and healing others with herbs and flower and plant essences and other natural remedies.

In addition to their strong connection to the physical body, physical intuitives are also attuned to the vibrations of the natural world in a more profound way than the other psychic types. Because they often unknowingly absorb the energy of the people and situations they come into contact with, a forest, seashore, mountains, lakes, and open deserts can be a haven of calm and tranquility. Many physical intuitives have the innate intuitive ability to communicate with animals, birds, plants, and other inhabitants of the natural world. Even when they are unaware of their innate intuitive abilities, they experience a sense of oneness and connectedness in nature.

Common Characteristics of a Physical Intuitive

Those with a high degree of physical intuition tend to be down-to-earth and practical. They accept their intuitive gifts in a matter-of-fact kind of way and do not overthink what they sense or experience. Although they often trust the vibes that they receive and have an intuitive connection to the physical body and the natural world, their innate intuition often goes unacknowledged. Those with a high degree of physical intuition rarely view themselves as psychic or believe that they possess extrasensory capabilities. Because they are centered in the physical body and connected to the earth, the natural flow of energy that moves through them is organic and grounded. It does not feel ethereal, mystical, or out of reach. A physical intuitive has a core trust in and acceptance of their gut feelings and instincts and may view their intuitive awareness as common sense.

Because physical intuition goes directly into the body, it often bypasses thought and emotion and conscious awareness. A highly sensitive physical intuitive may become overly

energized and excited or depleted and tired and experience tightness and tension for no known reason. In order to release and calm the parade of energy that moves through their body, they might become physically active and enjoy all kinds of exercise, such as running or biking, or discover a special passion for extreme sports. Some go in the opposite direction and may overeat and become physically lethargic in an attempt to quiet the physical sensations they continually experience. Many psychics and mediums in past generations were overweight, possibly for these reasons. Those with a high degree of physical intuition might also experience extremes with sleep, either having insomnia or needing a lot of sleep. A child with a high degree of physical intuition can experience challenges in school and with learning. They can become agitated and fidgety when expected to sit quietly all day at their desk, as they often need to touch things and be physically active to learn and thrive.

Once those with a high degree of physical intuition become aware of their innate intuitive tendencies, they can find healthy ways to become physically balanced and centered. With this awareness, they can use their intuition in positive ways and become physically healthier in the process.

Clairsentience

A natural way to begin developing physical intuition is by becoming aware of the vibes that you spontaneously experience. Even if you do not have a high degree of physical intuition, you most likely have experienced intuitive vibes. A form of clairsentience, vibes are physical sensations that may be subtle or more discernible.

Clairsentience is the ability to receive energy information through the sense of feeling. For the emotional intuitive, clairsentience is emotional and heart-centered. For the physical intuitive, clairsentience is a more tangible and concrete feeling and sensation. Common clairsentient signs include vibes, gut feelings, a tingling energy up and down the spine, the hair on the arms or the scalp standing up, and body aches and pains.

Pay attention to the intuitive cues that your body sends you, as these signals tend to surface in everyday situations. For example, when meeting someone for the first time, feel what is happening in your body. When entering a room full of people or at the beginning of a new activity, job, or relationship or when making plans, tune in to the intuitive information that your body is sending you.

Because clairsentient sensations are so common, we often unconsciously tune them out. Make it a habit to check in with yourself when you feel the slightest little nudge. Just focusing and putting more effort into feeling and becoming aware of when your body is sending you a message will increase and strengthen your intuitive receptivity. Sometimes intuitive sensations and vibes are subtle. You may feel a twinge in your solar plexus or a slight tingling wave of energy move up your spine or arms or in your head. The sensations can also be more dramatic, like a tightening in your throat, a pounding in your head, or an upset stomach.

Listen to and Communicate with the Vibes

Once you become aware that you are receiving a psychic message through clairsentience, you can then begin to develop the ability to communicate with the vibe or sensation and interpret its meaning.

When you experience a feeling or sensation in your body that you think may be an intuitive vibe or message, listen and fully experience it. If the sensation is uncomfortable, like a headache or a tightening in your chest, there is likely a negative or stressful situation that you need to pay attention to. If the vibe is positive and energizing, such as feeling a burst of energy or feeling powerful and lighthearted, this indicates a beneficial situation, circumstance, or connection with another.

If the vibe or sensation is subtle and not easily identified as either positive or negative, or if you want to receive more information, you can dialogue with it. Psychic energy information is responsive to our requests, and when you interact with it, more information will come forward. Although it may feel silly to ask questions of energy, give it a try. Simply ask something like *What is the message behind this feeling or sensation?* Keep the questions simple and ask them one at a time. Then pause in between each one and listen. You might not receive the answer as soon as you would like, especially when you first start to communicate in this way. So be patient. Talking with energy and asking questions prompts the body, mind, and spirit to begin to work together and send information to the conscious self in a way that you can understand.

For instance, I recently had three contractors give me estimates on work that needed to be done on my house. All three of the bids were close in price. There were no obvious reasons to pick one company over another. They all had good reviews and the work that I needed done was not highly technical. However, I received clairsentient messages about each contractor that helped me make the decision.

While talking to the representative of one company, I felt like I needed to sit down. Just being in his presence made my stomach do a few flip-flops. I asked myself why I felt this way, and the insight came to me that this company would likely have hidden costs. The physical stress I felt was a sign to steer clear of this option. With the representative of another one of the companies, I experienced a calming sensation. My stomach, which is where most of my physical intuitive signals occur, was surprisingly relaxed. When I asked myself if this sensation had to do with the bid I'd received, I sensed a yes response. While talking to the third contractor, I felt restless and spacey. I couldn't focus on what he was saying and I was anxious to end the conversation. I was not sure if these feelings were related to my low blood sugar or were intuitive signs. I sat quietly for a moment and asked what these sensations were connected to. I received the immediate intuitive awareness that the sensations were coming from the third company. Because these feelings made me uncomfortable, I went with the second company and this was the right choice. The work went quickly and there were no hidden costs.

If you experience a spontaneous clairsentient sensation and are not sure why it is surfacing and what it may be related to, become aware of any current or pressing issues or concerns.

Take a moment to ask yourself if the sensation or feeling you are experiencing has to do with your current situation. If there are several different areas where you are experiencing concerns or questions, go through them one at a time. Once you ask a question, take a few minutes to feel and listen for any physical sensations and gut feelings.

The answer may come as a quick awareness, or the clairsentient sensation may increase in intensity. If you feel a stronger surge of energy, this is usually a yes sign. You may want to listen further for any other intuitive information or guidance. If you ask a question and then feel no increase in energy or a dull or flat response, this is a no sign.

If you would like to receive further insight and you are feeling more confident in your ability to discern and tune in to clairsentient sensations, ask the following question: *If these bodily sensations or feelings had a voice, what would they be saying?*

Then be patient. You might not get an immediate answer, but you will get one. Sometimes the intuitive information surfaces when you are not focusing on it.

Even when you follow these suggestions, there will be times when you experience clairsentient sensations but cannot discern their message or meaning. This is normal. Try not to rush the process, and let go of your expectations. Develop an open-minded, casual attitude that fosters intuitive awareness. If we assume that our intuition will surface in a particular way, we might unknowingly miss and disregard important information and intuitive insights that do not fit our expectations.

It is important to remember that physical intuition does not always provide the kind of understandable messages and explanations that you might receive with mental and emotional intuition. While you may recognize a physical intuitive signal, you may not always know what it is trying to tell you. However, physical intuition in the form of vibes and physical sensations is always significant and should be listened to. Unlike mental, emotional, and at times spiritual intuition, physical intuition bypasses the conscious self.

It takes observation and practice to become more familiar with the meaning and message behind the specific physical intuitive signals that you receive. There is a consistency and a pattern to your vibes, so give yourself some time to notice and fully understand them. Keep a journal of the intuitive vibes, feelings, and sensations that you receive. Document your interpretation and the actions or choices or changes that occurred as a result of the message. This will help you to further trust and develop a reliable dialogue with physical intuitive messages.

Clairsentient Aches and Pains

Some of the more puzzling physical intuitive sensations that we may experience come in the form of physical symptoms that appear to be connected to our health.

While it may be energizing to take on the positive and healthy vibes of another, absorbing unhealthy and problematic physical energy is confusing and potentially unhealthy. Those with a high degree of physical intuition are susceptible to absorbing the physical energy of coworkers, family members, friends, and even those they encounter on a daily basis. Although

we are more likely to absorb the aches and pains of those we are emotionally and/or physically close to, it is possible to pick up the energy of another while riding the subway or during a meeting at work.

If you find yourself suddenly experiencing a headache, back pain, an upset stomach, unexplained pain, or some other form of physical discomfort, you may be experiencing another's physical issues. Not all unexplained and sudden aches and pains come from others. However, if your health suddenly changes after being with someone who is ill or in pain or if a physical symptom feels off, you may need to further investigate the source of these feelings.

✿ Exercise: Understanding ✿ Clairsentient Sensations

To intuitively tune in to the source of your physical pain or unexplained symptoms, sit quietly and listen within. Take a few relaxing breaths and draw your attention to the area where you are experiencing pain or discomfort. Dialogue with this area, then pause and listen.

Here are a couple questions you may want to ask:

Does this physical discomfort originate from within? Did I absorb it from another?

It is important to take time to listen and be patient. At times there will be a quick, direct intuitive response, and other times the message will take longer to understand. Keep in mind that your body may also communicate to you through your dreams or through synchronicities. Simply paying attention and listening to your physical intuitive sensations increases the free flow of intuitive communication with your body.

Communicating Further with Your Body

Pain that does not abate even when you are no longer in an environment where others may be ill or in pain or that does not seem to be related to another is likely coming from within yourself. Seek medical attention and continue to communicate intuitively with your body.

If you feel that the physical pain or symptoms you are experiencing are related to your personal health, talk to your body. Discomfort or pain is one of the ways that the body communicates with us and sends us messages. If you have physical symptoms or pain that you would like to better understand and begin to heal, here are a few questions to begin the dialogue:

What can I do to heal? What is this pain trying to tell me? What thought, belief, or emotion is connected to this pain or discomfort?

Ask one question at a time, then pause and listen within. Be patient and keep in mind that the answer or response may come at a later time. Sometimes when we are overly focused on receiving intuitive information, we block it from naturally surfacing. Try to stay in a relaxed, curious, and receptive mode.

Amie's story is a good example of intuitive listening. A few months after the first session of one of my year-long intuitive development classes, she began to experience headaches. At first she didn't think too much of them, but when they continued to persist off and on for several

weeks, she went to her doctor. After the exam and tests, her doctor was unable to find out what was causing her headaches. Over the course of the next few months, they continued to occur off and on with varying degrees of intensity. She went to another doctor and then another, and still she did not get a diagnosis or relief from the pain. Then during one of my classes she had the intuitive realization that the headaches were connected to her attempt to develop her intuition and psychic and clairvoyant abilities.

I encouraged her to communicate with and ask questions of the headache. As she did this, images of her father surfaced. He was a conservative religious man who believed that psychic awareness was connected to the devil and temptation. Brought up in a household and church that feared and discouraged anything that had to do with intuition and psychic energy, Amie found that her attempts to develop her innate abilities were being met with inner resistance. As she continued to dialogue with her pain, the tension began to dissipate. She listened to her unconscious resistance and sent compassion to her fearful inner self that wasn't sure that developing intuition was the right thing to do. By the end of the class, her headaches began to dissipate and she was soon pain-free.

Common Signs of Absorbed Energy

If you feel that the physical symptoms you are experiencing are coming from another or from a situation, you can take steps to free yourself and feel better. Here are some common intuitive signs that the physical sensations you are experiencing have been intuitively absorbed from an outer source:

- The pain, discomfort, and other symptoms mimic the symptoms of another whom you are close to or spend time with.
- The physical symptoms come and go and intensify when in the company of certain individuals or in a specific environment.
- You are unable to heal the condition.
- You receive intuitive insight, gut feelings, etc., that the symptoms come from an outer source.

Exercise: Releasing Intuitively Absorbed Physical Symptoms

If the pain and discomfort that you are experiencing has been absorbed from another or from a situation, you can intuitively communicate with the energy to release it and help the person in the process.

To communicate with and let go of energy that you have intuitively absorbed into your body from another, try this.

Find a comfortable and quiet place where you will not be disturbed. Take a deep, relaxing breath and let go of any stress or tension. Continue to breathe and relax.

Draw your attention to the physical discomfort or pain, and send compassion and love to this energy. Imagine the sensation, headache, pain, etc., surrounded by high-vibration white light.

Take a deep breath, then visualize a white-light ball of love energy and compassion and imagine sending it to the person or situation that generated this discomfort. You do not need to know precisely where or whom it came from. Just ask that this sensation go back to its source as positive energy.

Protecting Yourself from Absorbing Others' Energy into Your Body

If you are absorbing others' physical energy, it is important to recognize this vulnerability and take steps to protect yourself. Those who habitually take on others' aches and pains tend to be compassionate and caring people and innate healers. They may not recognize their gifts and unconsciously try to alleviate others' pain, and in the process end up absorbing it into their body.

If you have a high degree of physical intuition, it is a good practice to visualize and imagine that you are surrounded by divine white-light energy, especially when you are in public or in the company of individuals who are ill or physically challenged. Intend that only positive energy that is in your highest good be allowed to enter into this bubble of light. If you notice any uncomfortable sensations or begin to feel tired or heavy around someone or in a situation, imagine that there is a white-light bubble protecting you. You can also surround those who are ill or in pain with white light.

I recently gave a medical intuition reading to Amanda. Her story is a good example of what can happen when we absorb the physical energy of another. As I intuitively scanned her body, I was drawn to her liver. It was full of toxins, and I was initially perplexed by the cause. She ate well and was generally healthy, and the source of the toxins was not apparent. As I continued to intuit the source of this energy, I saw an image of a man whom I could feel was a long-time drinker. I suddenly realized that this was Amanda's husband and that she was absorbing this toxic energy from him.

For over twenty-five years, Amanda had been in a codependent relationship with her alcoholic husband. Throughout the marriage, she tried to do all she could to help and heal him. Unfortunately this included absorbing his toxic physical energy.

I shared my intuitive impressions with Amanda, and she was not surprised at my findings. Over the years, her stamina and health seemed to decline as her husband's drinking increased. Although she had visited many doctors and tried different diets and supplements, nothing seemed to help. We talked about ways that she could both protect herself from her husband's toxicity and send him healing. Amanda seemed relieved that she could protect herself this way and wanted to stay in the marriage while practicing these techniques.

As she continued to shield herself from absorbing her husband's toxic drinking, she began to take better care of herself. Slowly she came to the realization and acceptance that her husband's drinking was destroying their marriage. In a tearful conversation, she told him that she wanted a separation. Not knowing what to expect, Amanda was surprised by her husband's reply. He told her that he had recently started going to an afternoon AA meeting near his work and

knew that it was time for him to admit that he had a problem and get help. They are still together and working on improving their marriage.

Vibrational Sensitivity

Physical intuition surfaces from the mysterious divine mastery and intelligence of the physical self. It is no surprise that many bodyworkers, healers, and medical professionals possess a high degree of physical intuition. The body and particularly the hands of many physical intuitives are finely tuned intuitive sensors and transmitters. Many possess an innate sensitivity to the energy vibrations of the physical body.

Vibrational sensitivity can be used to sense and detect illness, disease, and discomfort in the physical body. A healthy physical body possesses a balanced and unrestricted flow of vital life force energy. The energy flow of someone suffering from an illness, disease, or pain is sluggish, heavy, and low-vibration and may feel dense and blocked. Through vibrational sensitivity, the hands can sense and tune in to the body's energy flow and intuit the areas of low vibration that are in need of healing and balancing.

You can practice this psychic sensitivity by tuning in to your own or someone else's body, or you can tune in to a pet or even something in nature.

Exercise: Detecting Energy Health in the Body

This exercise will enable you to begin to sense and experience energy vibes in a more physical way. It opens up the psychic channels in the body and helps you to become more aware of different vibrational frequencies. Every living being has a unique vibrational imprint. As you become more sensitive to and familiar with vibes, you will be able to better intuit the energy information contained within them.

Place your palms on a part of your body that is strong, healthy, and problem-free. Breathe and relax while keeping your hands on this part of your body. You may want to close your eyes to better focus.

Feel the energy flow and vibration. At first it may feel subtle or barely discernible. Be patient and allow your hands to sense the flow of energy.

When you get a feel for the energy vibration flowing through you, move your hands to a part of your body that may be sore or tight or where you have pain or discomfort. Breathe and relax. Focus your awareness on the palms of your hands, and get a feel for the energy flow in this area.

You can switch back and forth, from a healthy and strong area of the body to an area of discomfort or tension.

You can use the same process with a friend or family member or with a pet. If you try this technique with something in nature, place your palms first on a healthy tree, flower, or bush, and then on a different tree, flower, or bush that appears to be weak or dying.

When you begin to feel more confident in discerning a healthy flow of energy through the body, you can practice on another. Without first being told which areas of the person's body feel weak or painful and which ones feel strong and healthy, allow your hands to intuitively guide you.

Be aware that while your hands are receiving the energy vibration, you may recognize it through another intuitive modality. For instance, if you have a high degree of emotional intuition, you may become aware of the vibration through feeling it emotionally. If you have a high degree of mental intuition, you may just know the flow of the energy vibes. If your spiritual intuition is predominant, you may see an image of the flow of energy.

For more information on communicating intuitively with your health and well-being, check out my book *Discover Your Medical Intuition*.

The Healing Abilities of Physical Intuition

Those with a high degree of physical intuition are often naturally adept at hands-on healing. Just as it is possible to innately receive and absorb the energy vibrations of others, it is also possible to absorb the vibrations of divine healing energy. As a natural conduit of energy, a physical intuitive may unknowingly transmit healing energy to others. Many massage therapists, acupuncturists, and other bodyworkers heal their clients this way. As they go about the business of touching the sore spots and practicing their craft, stress, tension, and aches and pains fall away. Even though they may not advertise and know the full extent of their healing ability, you will know the healing capacity of a health care worker by how busy and popular they are.

Everyone to varying degrees can channel healing energy. The simple intent and request for divine healing energy to flow through you activates vital life force energy. This high-vibration energy of love and healing is everywhere and always available. If you would like to increase your ability to channel healing energy, sit quietly, open your heart, and ask for healing energy to flow through you and for the ability to assist others in their healing. Practice placing the palms of your hands on your pets, children, loved ones, and even trees and plants while asking for healing energy to flow through you.

Practices such as Reiki, Healing Touch, and other energy healing modalities are rooted in the same principle of transmitting high-vibration energy healing to others.

Exercise: Hands-On Healing

This healing exercise is a simple and effective method that incorporates physical intuition and hands-on healing. You can practice this form of hands-on healing on your own aches and pains or with a friend, family member, or pet.

Begin by breathing long, deep, cleansing breaths and exhale any stress or tension. Continue to breathe and relax. Imagine breathing white light down through the top of your head and sending this energy through your body. As you breathe white-light energy through your body, ask for a higher power, divine presence, or whatever higher source of

pure healing energy you believe in to move through you. Continue to take long, deep breaths, sending the healing energy through your entire body.

As you continue to breathe, imagine a white-light bubble of energy completely surrounding you. With each breath, this bubble becomes more vibrant and flows with white-light energy. Imagine a constant stream of divine white-light energy flowing into the bubble and then into you. Breathe this energy into your physical body. You may begin to feel tingling or a heightened vibration in your hands, heart, and solar plexus.

When you are ready, place your hands on a part of your body that feels sore or tense or is painful. Imagine that white light flows through your hands to any discomfort or imbalance.

If you are working with another, allow your hands to guide you to the part of their body that needs healing. Place your hands where they are led, and imagine divine white light moving from your hands to any place in the person's body where healing is needed.

You can also place your hands on the top of your head or on the top of the head of the person you are working with. Imagine that white-light healing energy flows through your hands and then down through their entire body.

At this point there is an additional intuitive step that you can add to better tune in to the physical body. Once you become comfortable with allowing your hands to guide you to specific areas in the body that may need healing, you can begin to receive intuitive energy information and guidance.

The body is wise and communicative and ready to work with you to heal and improve health. With your hands placed on an area of pain, tension, or imbalance, intuitively tune in, listen, and be patient. If you do not receive any impressions, feelings, thoughts, or images, move your hands to another part of the body.

If you do receive some intuitive information, take note of it and continue to send healing. When you have received all that you can, move your hands to another part of the body, tune in, and send energy healing.

When you feel the energy flow begin to dissipate, remove your hands and come back to normal consciousness. Imagine a white-light bubble completely surrounding you and separate from the person you are working with.

If you have received any intuitive impressions or images, share them with the person you have been working with or write them down to reflect on later if the messages are for you.

Psychometry

One of the more interesting psychic abilities is psychometry. An innate physical intuitive skill, it springs from the ability to intuit energy information through receiving vibes. Psychometry is the ability to hold a personal object of another or look at or hold another's photo and receive intuitive information about the person through it.

Items and objects such as watches, keys, jewelry, and clothing absorb our energy vibration. This is also true of photos. They are imprinted with our personal energy vibration. Through

psychometry, it is possible to receive a broad range of intuitive information about the person whose photo or personal item is being read.

For example, years ago during a psychometry exercise in a psychic development class, everyone put a personal item in a bowl. We then passed the bowl around the room and each student took an item. After holding the object and meditating on it, we went around the room to share the intuited information.

When we got to Kari, a woman in her late twenties, she was a little hesitant to share what she had experienced. After some encouragement, she told the group that when she held the ring that she had picked out, she saw gray clouds and felt confused and disoriented. There was no one in the class who seemed to fit the energy that she had intuitively received, so she questioned her psychic abilities and didn't want to appear foolish.

However, Jake, the man who had placed the ring in the bowl, assured Kari that her intuitive impressions were on target. Jake explained that he had been in possession of the ring for only a few weeks. The ring was his grandfather's, and he had worn it for over sixty years. When he died of Alzheimer's a few months earlier, Jake had inherited the ring.

Because the ring still held the grandfather's vibrational imprint, Kari had correctly intuited Jake's grandfather's energy.

Exercise: Using Psychometry to Read the Vibes

To develop psychometry skills, hold a personal item or a photo of someone you do not know very well. It is easier to trust the intuitive impressions you receive when you do not know much about the person whose item you are intuiting.

If you are having trouble finding another's items or photos to practice with, you can ask a friend to share something from one of their family members, or you can use a photo of someone unknown to you that you find on the internet or in a newspaper or magazine. If you use a public photo of another, make sure not to read anything about the person until you are finished with the exercise. You can also use items from a used clothing store or yard sale.

As an alternative psychometry exercise, you can also hold something from the natural world. Rocks, stones, crystals, and feathers work well, or you can place your hands on the trunk of a tree.

To begin, take a few deep cleansing breaths and exhale any stress or tension. As you breathe, imagine a white-light bubble completely surrounding you. This white-light bubble of protection allows only what is in your highest good to come close. When you are relaxed, hold an item or photo in your hands and continue to breathe and relax.

Be alert to any feelings, thoughts, or images that surface. They may be subtle, and what you receive may not always appear to be meaningful or significant. Do not dismiss anything that you feel, see, or sense or any impressions that surface. Write them down and continue to focus on the item or photo you are holding and breathe and relax.

When you feel that you have received all that you can, place the item or photo a few feet away from you. Continue to breathe and imagine a white-light cleansing shower of energy above your head. Imagine that this energy shower washes away and clears any energy that you may have absorbed from the object or photo.

If you used a public photo of someone from the internet or a publication, you may be able to read and discover more about the person. If the photo or item came from a friend, you can share what you received with them. Keep in mind that if you choose a public photo or an item of someone you do not know, you may not be able to verify your impressions. Remember to focus on the impressions, images, feelings, and other energy information that you receive, even if you're not able to obtain feedback and verification of accuracy.

If you are using a natural object like a rock or crystal, the energy information you receive may come in the form of surprising and unique physical sensations and awareness. Instead of intuiting another's characteristics or personality or some other identifying information, you may experience a sense of stillness or expansion. Feel how your body feels. For instance, when holding a rock, you may feel grounded, peaceful, and connected to all of life. Crystals can be particularly helpful with psychometry, as each one is an individual and usually has a story to tell and can express a wide range of information.

In generations past, it was common practice for a psychic to hold the hands of the person they were giving a reading to. This is a form of physical intuition that enables them to better tune in to and receive personal energy information. Some modern-day psychics still like to hold the hands of their clients, and many mediums ask for photos of loved ones who have passed over to better communicate with them. I am not a strong physical intuitive, so looking at a photo or holding a personal object is not as effective for me as it is for others.

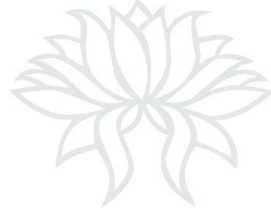


Even if you do not naturally possess a high degree of physical intuition, developing the psychic abilities of physical intuition will support and enhance your overall psychic ability. Because physical intuition tunes in to the energy information contained within the material and physical, it can bring balance to the other psychic types. For those with a high degree of spiritual intuition, physical intuition can help to stabilize their naturally elusive and at times intangible connection to energy information. Physical intuition can decrease the mind chatter that can plague a mental intuitive and help those with a high degree of emotional intuition to transform and let go of intuited toxic emotions.

Chapter 6

Psychic Sight

(Spiritual Intuitive Type)



Spiritual intuition is the ability to receive energy information through the energy field, or aura, and through direct communication with spirit. Although it may be a little more difficult for our reasoning brain to fully understand this kind of innate intuition, you likely have unknowingly received energy information in this way.

For instance, have you ever seen flashes or sparkles of light or orbs? Have you ever had the feeling that a loved one on the other side is close? Does it ever feel as if an angel is guiding you? Has a dream ever revealed helpful information or valuable insights? Do you ever daydream and see images of future possibilities? Spiritual intuition spontaneously emerges through these kinds of experiences.

Spiritual intuition tunes in to energy information in its most minute, unseen, and intangible form. It may be easier to relate to the feelings of emotional intuition or the thoughts of mental intuition. Intuiting through the spirit or energy field may seem like an abstract concept. However, all things and living beings are composed of energy. At the most basic level, you are thousands and thousands of minuscule atoms of vibrating energy. Although you may appear to be solid and finite, this is just an illusion. At the core of your being, you are waves of energy vibration.

Characteristics of a Spiritual Intuitive

People who intuit primarily through spiritual intuition are sensitive souls who can become overstimulated by noise and sounds and may have food and other allergies. They may feel overwhelmed in crowds and be adversely affected by electromagnetic energy fields. While they often sense the energy around people, places, older homes, and open spaces, putting into words what they experience may be more difficult. Those with a high degree of spiritual intuition often seek spiritual and out-of-body experiences. Anything that empowers them to experience a reality beyond the confines of physicality can be appealing.

When it comes to finding their purpose and a sense of connectedness to others and the world, spiritual intuitives can struggle more than other types. Because of their innate connection to energy and spirit, they can resist the mundane and everyday. With an inner drive to immerse themselves in spiritual essence and the nonphysical, some may feel out of place and unconnected to the physical here and now. Their refined sensitivities and tendency

to feel and sense the sublime and elusive can cause other types to view them as distant, lazy, or in their own world.

Mental intuitives derive a sense of self through their thoughts. Emotional intuitives' self-awareness comes by way of their feelings and emotions. Physical intuitives know themselves through their physical body and their presence in the world. Self-awareness can be a bit more confusing for spiritual intuitives. Their sense of self tends to be more ethereal and spiritual. Because of this, they can lack a cognitive understanding of who they are in relation to the material and physical world. In our culture, our awareness of spiritual presence and energy and nonphysical states of being is limited. For this reason a spiritual intuitive can feel out of the mainstream and innately different. Without an awareness of their intuitive and spiritual nature, they may continually put effort into knowing who they are yet feel that something essential is missing.

Dreams

Those with a high degree of spiritual intuition often have a rich dream life. Depending on outer influences, a spiritual intuitive may go in and out of cycles of dreaming and non-dreaming. Many dreams are derived from the unconscious and express our repressed or pent-up thoughts, feelings, and experiences. Dreams can give us insight into issues in our lives and parts of ourselves that we need to further process or consciously understand better.

Some dreams are more intuitive in nature. They tap into the collective unconscious, the spirit realm, and our soul awareness. When we sleep, the conscious mind recedes and we are better able to receive psychic energy information. Intuitive dreams can reveal personal insights and guidance. They can help us to make a decision or uncover aspects about ourselves that may be limiting us and need to be healed. Dreams can also offer important guidance and serve to warn us of upcoming obstacles, danger, or health-related issues.

For instance, I had a client, Cari, who dreamt that she was standing in front of what appeared to be an X-ray machine. She couldn't understand what she was looking at, yet she had a sense that it was important and that something needed more attention. The next day she felt led to look at her calendar and realized that she had not had a mammogram in over a year. She made an appointment that day and a few days later was told that a small lump had been discovered. Fortunately the tumor was small and at a very early stage. Now, many months after treatment, she is cancer-free.

Not all intuitive dreams are about ourselves. Many provide insights and information about others and worldly events.

For instance, Ron, a client of mine, recounted a recent dream where he was in the company of a former girlfriend who appeared to be ill. The next day he called a mutual friend who confirmed that she was indeed suffering from an illness. Although Ron had not seen her in over fifteen years, in the dream he felt close to her. A few weeks after the dream he called her and asked her to forgive him for his insensitivity over their breakup. From his own experiences he knew the healing potential of forgiveness and wanted only the best for her.

Those with a high degree of spiritual intuition often knowingly or unknowingly commune with the spirit realm through dreams. Have you ever woken up in the morning and felt as if you have been busy all night? Maybe you've had the sense that you have been communicating or visiting with someone or something. Have you ever felt as if you were being taught while you slept? Although the physical body needs rest and recuperation, the soul and spirit do not. While the conscious self is sleeping, your soul may be engaged in communicating, visiting, and learning with the spirit realm. The home of spirits, angels, guides, and divine beings, the spirit realm is active and likes to visit, help, guide, and interact with us. Many people communicate and connect with their loved ones who have passed over through their dreams. They may see and feel their presence and feel their warmth and love. Loved ones on the other side may communicate concerns and messages through our dreams, either directly or through dream symbols.

Angels and other divine beings are often present while we sleep, bringing us comfort and helping us to heal. When we go through challenges, experience loss, or have difficulties, the spirit realm is especially close. Although we seldom remember these encounters when we wake, we may feel a sense of comfort or renewed hope and inspiration. However, there are times when we clearly remember a dream encounter we had with a divine being or angel.

For instance, my friend Stacy remembers a dream she had many years ago in vivid detail. An angel came to her and showed her how to earn feathers for her wings. In the dream Stacy was surprised to realize that she had transparent wings that she had not known about. The angel told her that through being kind and helpful to others, she would earn her feathers and get closer to heaven. This dream left such a strong impression on her that Stacy thinks of it often and does all she can to earn her feathers.

Daydreams and Visions

Along with nighttime dreaming, daydreaming is a common spiritual intuitive pastime. Although much of our daydreaming is fantasy and ego-created imagination, energy information can also be received while daydreaming.

For instance, my client Jonas loves science fiction and often imagines himself in different fantasy scenarios. When he is bored or tense, he floats off into space and imagines himself conversing with distant beings and visiting other realms. This both relaxes him and helps him to unwind. One afternoon while landscaping his backyard, he stopped for a short break, and while leaning against his shed he gazed off into the distance and saw a vision of himself planting blueberry bushes. He thought this was odd, as he was only going to do a little weeding and finish repairing some stonework near the patio. He didn't even have any blueberry bushes.

Later that afternoon after completing the work, he heard his wife pull up in the driveway after a shopping trip and went out to help her unload the van. As you may have guessed, among the items that she had bought on the way home from work were six blueberry bushes.

Although there are some commonalities between daydreams and visions, they each have a few distinct characteristics. While both provide us with the opportunity to intuit energy information, we often engage in daydreams to escape what is going on around us. Because most daydreams are created from our imagination, it is not always easy to detect any intuitive insights that surface. When we do notice them, we may quickly discount them, as they may feel made-up and unreliable.

Intuitive visions usually occur spontaneously and feel like they are coming from an outer source. Unlike daydreaming, visions can interrupt and break through the conscious mind. Often unexpected, they may contain a visual image that we do not understand, people we do not know, and unfamiliar situations. They can unexpectedly emerge when we are driving or taking a walk or anytime the conscious thinking mind is passive.

Some of the differences between daydreams and an intuitive vision are subtle but still discernible. Similar to dreams, in a vision you are an observer. You are not making things happen. Visions draw you into their activity. You may feel absorbed into their energy and curious as to what they mean and represent. In a vision you are often surprised or perplexed and not initially sure of what you are seeing and why. Psychic visions do not necessarily portray us in ego-gratifying ways or fulfill our desires by showing us what we want to see or hear. They simply provide us with energy information that may or may not be personal.

Although the meaning or purpose of an intuitive vision is not always initially clear, in time its meaning unfolds and is revealed. Some visions offer us guidance and connection with the spirit realm. For instance, many spiritual scriptures, such as the Bible and the Bhagavad Gita, recount stories of visitations by angels and archangels where messages and guidance were provided through dreams and visions. Although they are often fearful of appearing grandiose or a little eccentric, many people have told me of visions of angels or archangels. At times, physical sensations accompany a vision, such as the hair on the arms standing up or shivers or tingling all through the body. Some people may experience a heart opening or a sense of awe and a profound awareness. Visual encounters with divine spirit beings usually have a lifelong impact and may even inspire a life change or new career.

Visions That Involve Others

At times, the message of an intuitive vision is not meant for us. We are simply the conduit.

This is what happened to Fran. On an unusually warm winter evening, Fran decided to sit out on her patio. It was a dark and quiet night, and as she gazed up at the stars, she felt herself begin to gently doze off. When she was awakened by the call of an owl, a space in front of her seemed to open up and she saw a vision of a woman extending her hand to a man who seemed confused and lost. When the man noticed the woman's hand reaching out to him, he smiled and rushed into her arms. The vision quickly evaporated, and Fran realized that she did not recognize the man or the woman.

The next morning on her way into work, Fran was met by Sharon, a coworker. Visibly shaken, Sharon shared that her brother had unexpectedly passed over the day before of a heart attack. She told Fran that she had just come in to get a few things and would be taking the rest

of the week off. When Fran offered her condolences, Sharon remarked that she hoped her brother was with their mother, who had passed over just a year earlier.

Fran was perplexed and thought it might be too much of a coincidence to think that this coworker's brother could be the man in her vision. Yet when she passed by Sharon's desk, she couldn't help but stop and look at her photos, one of which was of a family reunion from a few years earlier. Fran was stunned to see that one of the men in the photo was indeed the man she had seen the night before.

It took Fran several months to share this vision with Sharon, but when she did, Sharon started to cry and thanked her. Knowing that her brother was with their mother brought her peace and comfort.

The Third Eye

With mental intuition, energy information is received through the mind and consciousness. Those with a predominance of emotional intuition receive intuitive energy through the heart, while physical intuition is received through the body. The psychic center of spiritual intuition is the energy field and the third eye.

The third eye—or the divine eye, as it is sometimes called—is located in the midpoint between the eyes. Many esoteric and spiritual traditions, among them Mahayana Buddhism and Taoism, have practices devoted to opening and perceiving enlightenment through the third eye.

When the third eye is open and activated, it becomes possible to see with psychic vision. The psychic ability of clairvoyance emanates from the third eye. This is the ability to receive energy information through figurative, symbolic, and realistic images. An important psychic tool, clairvoyance empowers you to perceive the past, present, and future through images and visions.

Unlike physical eyesight, clairvoyant sight is not always three-dimensional or true to physical form. Images may be symbolic, metaphoric, cartoon-like, flat, or full of color and movement. Clairvoyant sight might also not be highly visual. Images can be intuitively sensed, known, and felt. This might not initially seem to make much sense. Through our physical senses the nose smells, the ears hear, and the eyes see. Psychic senses are more intertwined and often rely on one another to interpret energy information in a way that we can fully understand.

Be careful not to ignore and pass over clairvoyant images if they surface in unexpected ways. Many people become frustrated when they do not readily perceive clear visual images when beginning to develop clairvoyance. For some, the expectation is to clairvoyantly see in the same way that the physical eyes see. However, instead of initially seeing an image, some may intuitively know what an image looks like through claircognizance. Others may intuitively feel an image through clairsentience. It is even possible to become aware of an image through inwardly hearing what it looks like through clairaudience. If you experience these kinds of images, do not dismiss or disregard them. Pay attention to what you receive and allow your

psychic senses to converge and flow into one another. As you do this, they begin to work together and to provide accurate and understandable information.

Imagination

Along with intuitively feeling, knowing, and hearing images, your imagination plays an important role in developing clairvoyance. Not understanding the importance of imagination in the intuitive process can create stumbling blocks that inhibit the ability to receive and interpret psychic energy. At the beginning of developing psychic awareness, many people fear that their intuitive impressions are not valid because they used their imagination to help create them.

Psychic awareness is the ability to transform elusive psychic energy into a coherent form that the brain can decipher. With spiritual intuition this is accomplished by transmitting energy information through the third eye and energy field into the brain, which then goes to work to make sense of it. Calling on all of its resources, the brain employs imagination as an interpretation tool.

Consciously using our imagination to create a visual image is not making something up or intuitively cheating. It is a useful tool that integrates the functions of the brain and intuition and invites them to work together. Eventually they catch on and do this on their own. When you use your imagination, you are simply helping to introduce psychic energy to the brain and encouraging them to be friends and play nicely together.

In time it becomes more obvious when you are simply making something up and when your imagination is being employed to decipher and express energy information. Being psychic is a bit like exercising a muscle. You can feel it when it is working. When your mind is engaged in receiving and interpreting energy information, you may feel a bit tired or drained, like something is tugging on your energy. However, you are simultaneously also likely to feel energized and a slight buzzing sensation when you are connected to higher-vibration energy. When you are simply using your finite thinking mind to create images, you do not have that feeling of connection that comes with psychic energy, and you will continually need to keep thinking to produce images.

When you are beginning to develop clairvoyance, be patient with the process. It takes time to finely tune and synchronize your intuitive muscles to produce clear and accurate images. If you have ever tried to learn a new language, you know that it takes practice to understand and interpret words that initially do not make sense. When you develop psychic abilities, you are introducing a new way of receiving and interpreting information. Beyond the scope of the five senses and the normal way of thinking, this is a rich new world of energy that you are becoming familiar with.

Exercise: Using Clairvoyance to Open the Third Eye

To develop clairvoyance, it is essential to open and activate the third eye. This is a natural and healthy process. Along with developing clairvoyant ability, an open third eye

empowers us to increase our creative thinking ability and receive higher wisdom and knowing.

This activation exercise helps you to open the third eye and become familiar with how it feels to receive and transform energy information through clairvoyance. I recommend that you repeat this exercise often.

Get into a comfortable position where you will not be disturbed and close your eyes. (This exercise can also be done with eyes open, softly gazing at one spot on the floor or wall.)

Imagine a white-light bubble that completely surrounds you and allows only what is in your highest good to enter.

Place the tip of your tongue on the roof of your mouth and press slightly. As you do this, breathe in through the nose and out through the mouth.

Continue to breathe in this way, moving the inhale through the body and exhaling any stress or tension.

When you are relaxed, breathe down through the top of the head, drawing your awareness to the area between the eyes. This is the third eye area. Keeping the tip of your tongue on the roof of your mouth, inhale down through the top of the head and imagine exhaling through the third eye.

As you exhale, use your imagination to create an image of a rose or lotus bud in the third eye area.

Continue to inhale through the top of the head and then exhale through the third eye. As you exhale, imagine the petals of the rose or lotus flower softly opening one at a time.

Continue to breathe down through the top of the head, drawing your awareness to the space between the eyes, and exhale. Observe the petals of the rose or lotus flower softly opening. Once it is fully open, imagine high-vibration spiritual energy emanating from the center of the flower. Absorb this energy and move it down through the body to the soles of the feet.

Become aware of any other images or sensations that emerge. Take note of them and continue to breathe and exhale through the third eye.

When you feel complete, take a long, deep breath and move the energy of the breath through the body. Continue to breathe in this way. Feel energy move through the body and down to the soles of your feet.

Open your eyes when you are ready.

Signs of Third Eye Activation

It is possible for the third eye to open spontaneously without any effort. Some of the activities that can trigger spontaneous third eye opening include meditation, psychic development, studying spiritual scripture, dreamwork, chanting, music, creating art, altered states of consciousness, dance, and spending time outdoors. The opening of the third eye can be gradual or more intense and rapid.

One common sign that the third eye has been activated and is beginning to open is when you see dots or sparkles of light or purple or violet energy when your eyes are either open or closed. For some, these colors and sparkles of light may transform into spontaneous cartoonish figures or faces of people you do not recognize. You may see flashing images, symbols, streaks, or patterns or shapes of light and color.

As psychic energy increases and begins to flow through the third eye, fragments of energy that have been blocked or stored in this area may surface. Childhood or repressed memories and images of past lives may emerge. What you perceive may not make any sense, and it is not necessary to understand everything that surfaces.

Visions of light, divine beings, and angels may also appear. Another common sign of the third eye opening is seeing an eye. It may appear as a symbol or as one similar to a human eye.

You may also experience physical sensations and changes such as a slight headache or pressure in your forehead, or you may feel lightheaded and dizzy. Your body may tingle with energy, and you may feel unusually warm or cold. These are signs that you are taking in a lot of energy and expanding your psychic capacity.

Grounding the high-vibration psychic energy moving into the third eye will help your body adjust to it. Good grounding activities include such things as taking a walk, practicing yoga, going outside in the sunshine, and digging in the dirt. It is also a good practice to end your clairvoyant sessions by imagining a white-light cord running from the top of the head to the third eye area, then down through the spine and through the soles of the feet, anchoring you to the earth. As you do this, imagine that the white-light cord is dissolving any intuited energy held in the body or energy field.

Energy Receptacles

As you become more confident and familiar with receiving energy through the third eye, you can begin to use clairvoyant images to receive and understand energy information. Not only does an open third eye activate psychic seeing, but it also stimulates and triggers our innate and complex creative thinking ability. This is important because clairvoyant images are often symbolic in nature. With an open third eye, you will discover that your ability to intuitively understand symbols and other types of clairvoyant images is stronger.

One of the ways to encourage clairvoyance is to use and employ energy receptacles. Energy receptacles are images that provide a form through which psychic energy information can accumulate and be observed. They can assist you in deciphering and understanding intuited energy information. Once you use your imagination to create an image, it receives energy information and changes, shifts, and transforms the receptacle.

For example, in the dream state you are an observer. You may be watching yourself in the dream, but there is a part of you that is simply viewing what is happening. You are not consciously creating the dream or thinking about what is happening. You are in an aware state of observation. This is the optimum state to be in when using clairvoyance. You are not making something happen, you are simply watching it unfold. Patience and observation allow

psychic energy information to emerge and evolve. Once you use your imagination to create an energy receptacle, you become an observer and allow energy information to manifest through it.

✿ Exercise: Using Clairvoyant ✿ Energy Receptacles

Use this exercise to become more familiar with psychically tuning in to energy information through clairvoyant energy receptacles. It is important to remember that while clairvoyance is the ability to see energy information, you may initially feel, sense, or know what an image looks like and not see it in visual form. If this happens, don't resist. Go with the image however you receive it and continue to tune in to and receive energy information. Let go of your expectations and become the observer. Do not discount anything, even if it seems insignificant, and stay in an open and receptive state.

In this exercise, a tree is the energy receptacle. What happens with the tree is dependent on the intuitive energy.

Get comfortable and close your eyes. Begin to breathe long, deep, relaxing breaths, sending the energy of the breath through the body. Exhale any stress or tension. Continue to breathe in this way. Inhale deeply down through the top of your head and release any stress or tension through the exhale. Imagine a white-light bubble completely surrounding you, allowing only what is in your highest good to enter.

When you feel relaxed, breathe down through the top of the head and send the breath into the space between your eyes. Continue to inhale down through the top of the head, sending the breath to the third eye area. Exhale softly and imagine the third eye gently opening.

Using your imagination, create a blank screen in front of you. On this blank screen, imagine a healthy tree with its branches full of leaves. This can be any type of tree. Notice it in detail: its trunk, the color of its leaves, and its roots digging deep into the earth. Feel the strength and vibrancy of the tree. Take a few moments to observe the tree. This is your energy receptacle.

Now imagine an image of yourself leaning against the tree trunk or an image of a branch of the tree reaching out and touching you. Observe the tree and any changes that occur when it connects to your energy. Be patient, as the changes may be subtle.

Common changes that others have experienced in the tree include the leaves of the tree becoming more vibrant, changing color, or appearing to glow. More leaves may appear, they may fall, or they may multiply and grow. The tree itself may become a different type of tree or transform into an entirely different image or object. Just observe and notice any changes that occur when the tree responds to your energy. Be aware of any feelings or thoughts that surface.

To end the exercise, imagine the tree in a place in nature with the sun shining down on it, full and healthy.

It is not essential to interpret and understand the changes in the tree and all that occurs during this exercise. However, you may receive a spontaneous awareness, guidance, or insights about yourself or a concern.

As you continue to practice this exercise, you will strengthen your clairvoyant ability. You may find that each time you do the exercise you receive different images and energy information. This happens for a couple of reasons. Your ability to clairvoyantly see is strengthening, and each time you do the exercise the tree will express your changing moods, emotions, and other predominant experiences that you are presently involved with.

✿ Exercise: Using a Clairvoyant Energy ✿ Receptacle for Another

In this second exercise we continue to use a tree as an intuitive receptacle. However, instead of the tree expressing your energy, it receives the intuitive energy of another. This provides you with the opportunity to notice and observe the differences between intuiting another's energy and intuiting your own. Before you begin, think of someone you would like to tune in to. It is always a good idea to ask for permission before intuiting another's energy.

Begin by breathing long, deep, relaxing breaths, and send the energy of the breath through the body. Exhale any stress or tension. Continue to breathe in this way. Inhale deeply down through the top of your head and release any stress or tension through the exhale. Imagine a protective white-light bubble of high-vibration energy completely surrounding you.

When you feel relaxed, breathe down through the top of the head and send the breath into the space between your eyes. Continue to inhale and softly exhale, and imagine the third eye gently opening.

Focusing your attention on the third eye area, create an image of a healthy tree with its branches full of leaves. Notice it in detail: its trunk, the color of its leaves, and its roots digging deep into the earth. Feel the strength and vibrancy of the tree. Take a few moments to observe the tree.

Ask for the energy of the person you are tuning in to to enter this image. If you feel that this person does not want to be present or is resistant, choose someone else to do this exercise with. If this person is willing to be energetically present, imagine them leaning against the tree trunk. You can also imagine that the tree is reaching out and touching this person's essence or energy field. Observe the tree and any changes that occur when it connects to this person's energy. Be patient, as the changes may be subtle.

Similar to the first exercise, be aware of any changes in the color of the tree. Notice if the leaves change or fall away or if the tree itself transforms or becomes a different tree or some entirely different object or image when it connects with the person's energy. Also pay attention to any feelings or thoughts that surface while you are doing the exercise.

When you have received all that you can at this time, imagine the tree in the sunshine somewhere in nature, healthy and strong.

Compare the two exercises and take note of the differences and similarities between them. As you do this, become aware of any other intuitive information or interpretations of the energy that you received to surface.

Common Clairvoyant Experiences and Questions

Here are a few common experiences and concerns that others have had after working with clairvoyance and energy receptacles.

Seeing Only Black

If you do not see an image, not even the tree, relax and slow down. This is not uncommon. Be patient, focus on your breath, and breathe into the third eye area. Eventually you will begin to sense and feel energy activity.

Remember that the image may not look like a three-dimensional tree that you see with your physical eyes. It may seem made-up, or you may know or feel the image and not visually see it. In visualization exercises it is helpful to use your imagination to create the image, then patiently intuit and observe.

Nothing Much Happened

Perhaps you saw the tree, but nothing seemed to happen or change. Again, slow down, focus on the breath, and be patient. Sometimes expectations become a block to further activity or we have an unconscious resistance to opening up psychically. Be aware of any intuited thoughts or feelings and eventually the energy will loosen up and flow.

Too Much Happened

Instead of nothing happening, perhaps you were overwhelmed with images, thoughts, feelings, and sensations, and you found that you could not discern the intuited energy information from mind chatter and random feelings.

If this happens, make a list of everything you received, then do the exercise again. Breathe and relax, and begin when you are feeling calm. If you start to overthink and feel overwhelmed, go back to breathing long, deep, relaxing breaths. Come into a receptive state and observe the energy information that surfaces. If you begin to feel overwhelmed, go back to the breath and relax. Go back and forth in this way. Eventually your body-mind-spirit will align with the process and settle into a receptive mode.

The Feeling of Making It Up

You may feel like you made the whole thing up. In time you will be able to discern the difference between connecting to energy information and making up images from the

conscious self. Accept whatever you receive and continue to receive intuited energy information.

Not Knowing What Anything Means

You may have received, seen, and felt colors, changes in the tree, or other activity but have no idea what any of it means. In each meditation exercise in part 4, an image glossary is provided to help you better understand what you have intuited. For now, write down what you receive and pay attention to any thoughts or feelings that surface when you do this.

You may have a sense of what the different intuited images, thoughts, and feelings mean but have no verifiable evidence to support it, and so you may discount it. If this happens, trust your inner intuitive knowing and write down your interpretation. Notice evidence that supports what you received.

Fuzzy and Indefinable Images

When you begin to develop clairvoyant abilities, do not become overly concerned about the quality of the images and your ability to understand and interpret them.

When energy information emerges in a form that does not seem to make sense, don't discount it or give up. Instead, become aware of the subtle energy force behind what you are receiving. Even if you cannot put what you perceive into words or see clear images, continue to connect with the energy. Eventually your psychic senses will strengthen and improve and you will be better able to see and understand what you are receiving.

If the energy information that you are receiving feels flat or if you feel like you are trying too hard to make something happen, relax and get into the observing mode. Even though it may feel like the wrong thing to do, do nothing, wait, and be patient. Eventually you will begin to sense and feel energy. It may feel like a vibration, a buzzing sensation, or a pull on your third eye area. You may feel a bit tired and drained. It takes effort and energy to develop and use your psychic senses. Be alert to these types of feelings and sensations and stay connected to them, even if this initially does not yield any understandable images.

The Spirit Realm

Along with clairvoyance, another one of the psychic gifts of spiritual intuition is awareness of the spirit realm. Opening the third eye and practicing clairvoyance strengthens our intuitive ability to perceive and communicate with spirit beings. For some, this awareness may surface through seeing the presence of spirit as flashes of light, color, or orbs, while others may perceive an outline of a person or energy sparkles moving through a room. Alternating sensations of warm and cold air are another sign of an unseen presence. Because energy information is received through the energy field, or aura, sensing energy shifts and movement or tingling sensations of energy up and down the spine also lets you know a spirit being is close. Those who intuit primarily through spiritual intuition may sense and feel the presence of

a spirit being but not realize that this is what they are experiencing. They may discount the sensations, visual apparitions, and other phenomena as their own personal quirkiness.

When a spirit being is present, we may experience uplifting and positive feelings or hear an inner thought message. Quite often we carry on an inner conversation with a loved one on the other side or with an angel or spirit guide without realizing what is really happening. It may feel as if we are talking to ourselves or simply coming up with good ideas and solutions to issues and problems.

Although it may seem like connecting with the spirit realm is a rare gift, most people have had some form of communication with the other side. When we are young, we are more aware and able to naturally connect with the spirit realm. We may have an invisible friend or see or talk to our loved ones on the other side or other spirit beings. This is natural and normal, and we feel quite comfortable and at ease doing this. By the age of five or six, many lose touch with this ability.

For instance, my client Lea told me that her four-year-old daughter, Bridget, often talks about her friend Kate. At first Lea thought that Kate was a friend from preschool. However, when Bridget mentioned that Kate was waiting for her in her bedroom, Lea realized that she was speaking about a very different kind of friend.

One afternoon, Bridget asked her mother if she would help Kate find her mommy. She said that Kate had been looking for her for a long time and that she really missed her. Bridget was visibly upset, and Lea told her that she would look for Kate's mom. A few days later while folding laundry, Lea saw a flashing image of a blond-haired little girl with a red dress on running down the hallway. As quick as she had appeared, she disappeared. A few days later, Lea saw the same little girl sitting at the foot of her bed and looking up at her. Again, the image quickly disappeared. Not knowing what to think, Lea asked Bridget what Kate looked like. Bridget told her that she had long blond hair with ribbons and she was wearing a red dress and black shoes.

"You know, Mommy," she said, "I told Kate that you could help her find her mom."

Lea realized that this was more than an imaginary friend. This is when she came to see me to help the little lost soul rejoin her mother in the spirit realm.

Spirit High-Rise

Because spiritual intuition absorbs energy information through the aura, or energy field, it is naturally aligned with nonphysical vibration and frequency. This awareness aids us in tuning in to the spirit realm. Think of the spirit realm as a very large and tall multi-story building. Each floor is a different vibration of energy: the lower the floor, the more dense the vibration, and the higher the floor, the higher the vibration. The ground floor of this high-rise is the physical and material realm. As you ascend into the higher vibrations, you come closer to pure divine God energy.

Most loved ones on the other side are on the floors close to the ground level. They still look very much like they did when they were still on Earth, and they retain much of their

personality and memories of their life here. A few floors above, our loved ones are spirit guides. Above spirit guides are angels and then archangels and other divine beings.

Spiritual intuition is like an elevator that helps you to go from one floor to another. We cannot visit the spirit realm in our physical body, but our spirit can. Our aura, or energy field, is our travel suit and empowers us to connect and communicate with the different levels of vibration.

This spirit high-rise building is everywhere at all times. Your energy field has access to all these levels. Wherever you are, there are different levels of vibration, both within you and surrounding you.

✿ Exercise: Communicating ✿ with the Spirit Realm

In this exercise you can practice connecting to a spiritual being and receiving a message. When you begin to contact the spirit realm, it is best to be open to whoever comes forward. It is natural to want to ask for a specific loved one or an angel or guide. However, when you initially begin the process of spirit communication, it is better to be open to whoever is present. There may be a loved one on the other side who is particularly skilled at being able to communicate with those in the physical realm. Likely this will be who comes through first.

Before beginning this exercise, let go of your expectations. Like many people, you may want to know the name and other identifying characteristics of whoever you connect with. You might also want to receive a clear and understandable message. While it is realistic to want this type of information, it may take some time and practice to receive this kind of clarity. Be patient with the process. As you become more confident and accustomed to communicating with the spirit realm, more clearly defined information will surface.

To begin, get into a comfortable position. Close your eyes and take a long, deep breath and then exhale. Continue to breathe, sending the warm energy of the breath to any part of your body that is sore, tense, or tight. Then breathe out any tension or stress. Continue with this cleansing breath. Each time you breathe, draw in warm and relaxing white light and exhale any tension from the body.

Breathe in white-light energy down through the top of your head, then exhale it through your heart. Keeping breathing in white light and exhaling through the heart. As you do this, imagine a white-light bubble completely surrounding you. Continue to breathe as this bubble grows stronger and stronger. Imagine that you are completely protected in this bubble of light. Only what is in your highest good can enter. When you invoke the protection of white light, only loving and pure-vibration spirits come close.

As you continue to breathe in this way, you raise your vibration. Your body may begin to tingle, and you may feel lightheaded and sense a heightened vibration. Colors, sparkles of light, and images may surface.

Invite a loving being from spirit to come close. Continue to breathe and ask to become aware of the spirit's presence.

Pay attention to any feelings or sensations that surface. Notice any intuitive thoughts, words, or feelings of warmth or a shift in the energy around you. Become aware of any images, flashes of color or light, shimmering outlines, or energy vibration shifts.

Be calm and accept what you receive. Continue to breathe and relax. Stay in this receptive state for as long as possible.

When you feel the energy connection begin to fade, breathe and continue to open your heart and fill yourself with love.

Send gratitude to whoever has come close. Open your eyes. Record any intuitive impressions that you may have received.

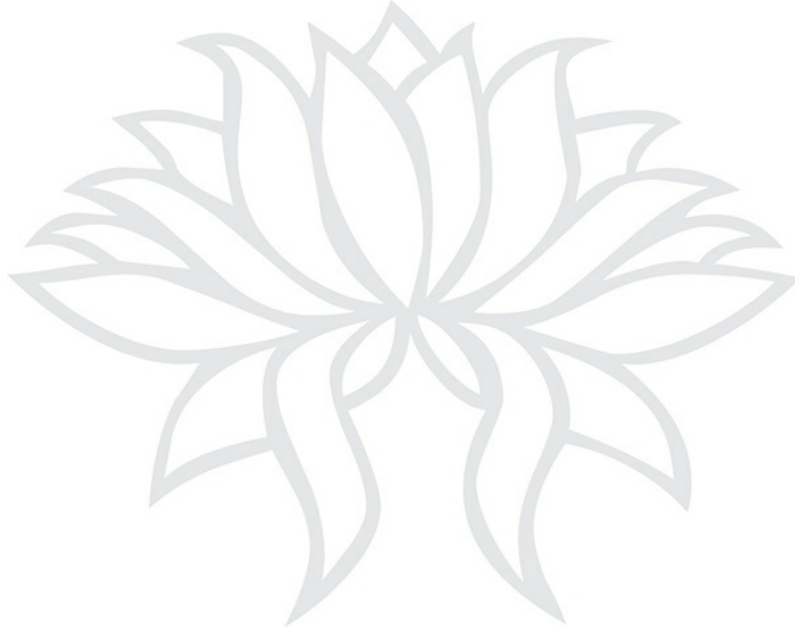
Continue to practice this exercise to strengthen your intuitive ability to become aware of the spirit realm. As you become more comfortable and able to discern and communicate with spirit energy, you can ask for names and other identifying information. In future sessions, you can invite a particular spirit into the session and further develop your intuitive ability by communicating with that spirit.



Spiritual intuition opens the door to spiritual adventures and possibilities. It governs both spirit communication and clairvoyance. These two areas amplify, refine, and boost your overall proficiency as a psychic. Even if you are not a natural spiritual intuitive, developing this area of intuition aids and enhances your ability to receive and interpret the energy information that you receive through the other psychic modalities.

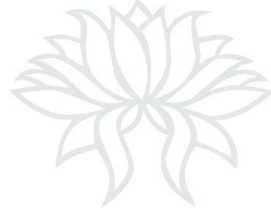
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Part 3
*Increasing and Refining
Psychic Power*



Chapter 7

Practices and Techniques to Enhance Psychic Awareness



Developing psychic abilities is more than learning a set of skills. We may be attracted to psychic awareness for the insight and answers that it can provide. However, this is just a drop in the bucket. Psychic awareness leads us out of our soul slumber and wakes us to our potential. Like a well-sharpened knife, it carves away the fleeting rewards of the personality and ego self and delicately reveals the core of the self, soul, and spirit.

Taming the Ego

Once we begin to experience spontaneous psychic insights and desire to further develop our natural intuition, we are at a tipping point. Our spirit and soul are emerging and integrating into our conscious self. Our spirit is naturally psychic. It is not contained or limited by time or space and physical death. It is eternal and connected to the vast source of all love and wisdom. As our spirit bubbles up into our conscious awareness, it further strengthens our psychic awareness.

The work of psychic development is to activate our innate psychic awareness and integrate it into our conscious self and daily life. All too often we attempt to control psychic energy and fit it into what our ego feels and thinks it should be, but this rarely proves to be a successful strategy. It can be difficult to give up the reins of control to the unseen inner force of psychic activity, as the ego continually wants to jump in and take over the process. However, the ego or personality self is not intuitive or psychic, and this aspect of our being is forever confined to the limitations of the five physical senses.

When we allow the ego to dictate and tell us what to expect when we intuit energy information and how to develop psychic abilities, we lose our way. When confronted with psychic energy, the ego reacts with apprehension, fear, and doubt. It has a preconceived idea of what it means to be psychic and what the intuitive information and guidance that we receive should look and feel like. Yet these assumptions and expectations are never correct and helpful. Too often people discount genuine psychic experiences and sabotage their progress because of unrealistic expectations.

Invite the ego to take a back seat. Allow your spirit, the eternal part of you that is trustworthy and always works in your best interest and highest good, to come forward. Intuitively listen to your spirit and observe, become aware of, and learn the unique ways that

psychic energy manifests in your life. Unlike the ego, which operates through judgment and expectations, your spirit is gentle and guiding and meets you right where you are. It works through your individual strengths and weaknesses and helps you to develop your unique psychic gifts.

Spiritual Power

Although it is possible to develop psychic abilities with little or no focus on our spiritual development, we will only get so far. To go beyond the limitations of the five senses, we have to build the inner power that is needed to reach higher levels of psychic awareness. This power comes from our spirit.

Our spirit is a free agent, not able to be contained or defined by any one specific religious belief or devotion to a particular spiritual practice or understanding. It does not matter if you believe in God, divine beings, Jesus, Muhammad, or the Goddess. Whatever you believe or do not believe is up to you. The kind of spiritual power that psychic ability requires is not dependent on a religious orientation. Instead, the spirituality of psychic awareness is the recognition and acceptance of your integral connection to an invisible network of love, wisdom, and goodness. Wherever you are and whatever you are doing, there is a divine presence within you, assisting and guiding you like a star in the night.

To strengthen and deepen your psychic awareness, listen within to your spirit and allow it to lead you and reveal new truths and insights. When you have the courage to go beyond conventional perspectives and preconceived assumptions and listen within, you build spiritual power. All too often we try to wrangle our spirit into a three-dimensional, finite perspective that our ego self feels comfortable with. If you want to advance in psychic awareness, it is necessary that you let go of control and walk the unknown path. It is only when you open your heart and mind and embrace the mystery that new truths are revealed.

Psychic awareness is a natural expression of our spirit. Just as we grow and develop physically, mentally, and emotionally, so too do we spiritually evolve and advance.

For instance, as we get older, our bodies naturally grow and develop. Through exercise and a healthy diet we can increase our physical stamina and contribute to good health. Learning how to accept our emotions and feelings, forgive ourselves and others, heal our emotional wounds, and love ourselves increases emotional maturity, while mental and intellectual growth occurs through questioning, exploring, learning, and problem solving.

Spiritual growth is just as important. Listening to the voice of our spirit allows our understanding of who we are and what life is to evolve and transform. As our spirituality deepens, our ability to develop and use our psychic senses expands and strengthens.

Psychic Protection

As we listen to our spirit and open ourselves to receive nonphysical energy information, we increase our interaction with the spirit realm. A source of loving, wise, and positive energy, the

spirit realm seeks to guide and help us. Through our intuition we connect and communicate with loved ones on the other side, spirit guides, angels, and other divine beings. At times we may recognize or receive the name or other identifying information about who we are communicating with. However, it is not always important and it can even become a distraction to focus too much on the identity of the spirit who is spiritually close. If the energy information that you receive is positive and affirming and if you feel comfortable and calm while intuiting, you can trust that you are connected to positive and beneficial spiritual forces.

However, even though the spirit realm is predominately positive and safe, there are lower-vibration nonphysical energies that can create confusion and provide inaccurate psychic energy information. Although they are rare, there are also nonphysical entities that can be disruptive and thrive on fear and negativity. However, in the spirit realm, the power is with the positive and the good. The light, or high-vibration divine and positive energy, is a stronger force, and once it is invoked, any dark forces scatter and diminish. Under normal circumstances, lower-vibration spirits cannot harm, hurt, invade, bother, or attach to us while engaged in psychic development.

With this said, there are a few things to be aware of and ways to further protect yourself during psychic activity.

Practice the following:

- Do not open yourself to psychic influences if you are under the influence of alcohol or drugs. This lowers your vibration and weakens your energy field, enabling harmful energies to draw close to you.
- If you are angry, fearful, anxious, or in a heightened emotional state, do not engage in psychic development work. First talk to someone who is understanding and compassionate and who can help you to discharge and release difficult emotions. Seek an inner state of tranquility through meditation and prayer. Engage in a physical activity like running, swimming, or a sport that will help you blow off steam. When you feel more of a sense of calmness, you can open your psychic channels.
- Never seek psychic energy information for revenge, to prove that you are better or more special than others, or to have power over another. This lowers your vibration and attracts negative energies that will offer you the information you want in order to create a bond with you. However, only the initial information you receive will be correct and helpful. Eventually you will become confused and disturbed by what you receive.
- Before you intuitively tune in to psychic energy information, it is always a good idea to say a prayer or invoke divine and positive, high-vibration light energy and presence. Before I begin a session I always say a short prayer. I ask to be surrounded by the white light of love and protection, and I ask to only receive information and guidance that is in my and my client's highest good. This activates protective high-vibration energy and repels negative or unhelpful spirit realm influences.

Raising your vibration, embodying the divine attributes of love and forgiveness, and being mindful of your spiritual growth activates a white-light bubble of protection that continually surrounds you.

✿ Exercise: Intuitive Meditation ✿

Meditation can help you to connect with your spirit and better receive clear and accurate intuitive guidance. During meditation, the active, conscious mind and emotions become less prominent. To varying degrees the inner chatter also becomes more subdued and quiet. Although the thinking mind never completely turns off, meditation allows you to differentiate between the voice of the thinking mind and conscious self and the deeper presence of your spirit, where psychic energy information emerges. A regular meditation practice can strengthen and accelerate psychic development.

Here is a simple meditation that will help you to increase your intuitive awareness.

To begin, find a quiet place where you will not be disturbed. It is best to have a dimly lit room. Turn off any electronics, and sit in a comfortable chair or on the floor with pillows. When beginning a meditation practice, you may want to set a timer for five to fifteen minutes.

Close your eyes and pay attention to your breath. Breathe long, deep inhales and exhale any stress or tension. Continue to breathe this cleansing breath, inhaling and then releasing any tightness or tension in the body through the exhale.

As you breathe, be relaxed yet attentive and notice random thoughts and emotions as they surface without overfocusing on them. Do not push away or ignore what surfaces. Simply take note of your thoughts, breathe, and let them go. Don't react and begin to overthink. Train your mind to notice a thought and then let it go. When an emotion surfaces, feel it and breathe and release it. Acknowledge whatever surfaces and continue to bring your awareness back to the breath.

When you feel relaxed, imagine your mind opening. Visualize, sense, or feel a white-light orb of energy above your head. Continue to breathe cleansing breaths, and slowly allow this light to fill and open your mind. Continue to imagine your mind merging with this light.

Breathe into your heart and imagine it opening. Allow the white light to expand from your mind into your heart. As your heart opens, imagine the light filling you with love. Move the energy of light and love through your body. Feel your body respond and soften and become receptive. Imagine this light and love extending from your body and filling your energy field.

As your mind, heart, body, and energy field merge with light and love, become aware of any psychic thoughts, feelings, images, and sensations that emerge. Accept whatever surfaces without overfocusing on it. Continue to breathe and invite and allow any psychic impressions to continue to emerge. Stay in a receptive mode, and take note of what you receive without trying to understand or overthink it.

When the energy begins to fade, gently open your eyes. Write down any psychic impressions, feelings, thoughts, images, and sensations that you experienced.

Intuitive Types and Spirituality

As we continue to open to and become more familiar with listening to and connecting with our spirit, new connections and aspects of our authentic self emerge. Psychic development sets in motion accelerated growth and change. It pushes aside the mundane and inconsequential and moves our soul and spirit to the forefront. Although developing psychic abilities can begin as nothing more than an interesting pastime, it creates a subtle but significant shift in our consciousness. We become part of a rich world of energy, spirit presence, and spiritual exploration.

Spirituality and psychic development are intertwined. Each of the four psychic types connect with and express spirituality in slightly different ways. We all embody and have the seed of each type's spiritual gift within us. While you have the potential to experience and express the spirituality of each type, you may find a stronger connection with the spiritual energy of your predominant psychic type or types.

Consciousness (Mental Intuitive Type)

If you have a high degree of mental intuition, you likely have a natural spiritual understanding of and connection to higher consciousness, wisdom, and mindful awareness. Unlike an emotional intuitive, you are less likely to be swayed by emotional states and heightened spiritual longing. You are more interested in what makes sense, not necessarily logical sense but intuitive inner sense.

Because you are a truth seeker, you may investigate and try out different religions and spiritual paths. Always attracted to new ideas and knowledge, you may enjoy studying spiritual texts and investigating less mainstream spiritual thought. Many mental intuitives are attracted to spiritual practices that explore the power of the mind, such as using the mind to heal the physical body, create abundance, and intuitively explore and communicate with other dimensions and spiritual beings.

A mental intuitive may also be attracted to the study and research of different religions and spiritual practices, such as Buddhism, Science of Mind, and mindfulness.

The Lovers (Emotional Intuitive Type)

If you have a high degree of emotional intuition, your heart is the doorway to spiritual presence. You are intuitively connected to the energy of unconditional love, compassion, and forgiveness. With your tendency to feel deep feelings and create intense emotional connections with others, your spirituality is likely heart-centered and passionate.

You may be devoted to a particular spiritual leader or spiritual being with whom you experience a close, personal, and loving connection. The desire to feel and experience

heightened states of longing and rapture and spiritually merge and become one with a soul mate or beloved partner may stir deep in your soul and motivate you.

For an emotional intuitive, feelings of love and the desire to heal the emotional wounds of others intensify psychic abilities. Through the combined forces of emotional intuition and spirituality, an emotional intuitive has the innate ability to connect and communicate with the angelic realm. Through this special connection to the angels, they are often able to lovingly heal and compassionately tend to those who suffer.

Earthwise (Physical Intuitive Type)

If you intuit primarily through physical intuition, you are naturally attuned to the divine presence within all of life. A bird in flight, the roar of sea waves, or a blooming flower may whisper to you of a greater divinity.

If you are a physical intuitive, you may feel a special spiritual connection with nature. The walls of your church may be the trees, the wind, and the sky. You may be attracted to Wiccan and pagan practices and intuitively feel the power of your spirit through earth-based rituals, or you might instead be drawn to the time-honored rites and practices of more traditional religions.

As a physical intuitive, your spirituality may be expressed through action and service. Not content to meditate, like a spiritual intuitive, or contemplate truth and reality, like those with a high degree of mental intuition, you may feel more comfortable expressing your spirituality in more tangible and hands-on kinds of way. You may give to those in need, quietly take on the less-sought-after tasks of keeping an organization or family on track, and contribute your time and energy as a way to love and divinely serve.

If you possess a high degree of physical intuition, you may be a natural healer who is able to work with divine forces through hands-on and other forms of healing. Your physical self, particularly your hands, can be a conduit of higher-vibration spiritual energy. In this way you have the potential to penetrate and go beyond the limitations of physicality to transform and heal.

Essence (Spiritual Intuitive Type)

If you have a high degree of spiritual intuition, you likely have a natural appreciation and affinity for the unseen and spirit realms. Because of your awareness of nonphysical beings, you have the natural ability to discern and trust the positive guidance and love of the unseen. Through communicating with spirit, you have the potential to bring messages of hope, understanding, and guidance to others. You are also likely to intuitively tune in to the spiritual purpose and soul path of others and activate and support their spiritual gifts.

With a rich inner life, you may seek solitude or spiritual practices that assist you in achieving higher states of awareness. You might also be drawn to spiritual practices where you can lose your sense of self and merge into a greater feeling of oneness, beyond the physical body. Those with a high degree of spiritual intuition are often attracted to less conventional spiritual practices. Unlike a physical intuitive, who often experiences spirituality through nature, or an

emotional intuitive, who enjoys heart-centered communication with others, you may experience your spirituality through an inner state of awareness. For a spiritual intuitive, spirituality may be a sense of connectedness to the unseen whole and a peaceful oneness with all of life. Although your ability to feel and be immersed in a wide range of spiritual states is highly refined, you may not necessarily be able to put your experiences into words.

Frequency

As our connection to spirituality increases and intensifies, so does our vibration. The process of attuning our mind, emotions, body, and spirit to the energy of pure, wise, and loving divine presence is often referred to as *raising our vibration*. The higher your vibration, the easier it is to psychically receive accurate and helpful guidance. Fear, negativity, and similar emotions and states of mind vibrate at a lower density. When we receive psychic energy information through lower vibrations, it is more likely to invoke fear and confusion and be inaccurate. As we connect and align our consciousness with high-vibration energy, we are naturally protected from lower energies and psychic interference.

We can only psychically receive energy information at our level of consciousness. Higher consciousness awareness embodies the divine attributes of love, compassion, and wisdom. As our consciousness ascends to these higher levels, it becomes easier to receive accurate and crystal-clear psychic information.

It is important to raise your vibration before engaging in psychic work. However, this practice can also be done on a daily basis, as integrating higher levels of intuitive awareness into your everyday life is the ideal. Not only will your psychic abilities increase in strength and accuracy, but you will be happier and experience more inner peace. Some of the benefits of raising your vibration include improved mental clarity, an increase in personal power, improved physical health, and rapid healing of illness and other physical, emotional, and mental ailments.

There are many ways to raise your vibration. Here are a few:

- Practice meditation on a daily basis. Even if you have only five or ten minutes, tuning inward, focusing on the breath, and listening to your spirit can raise your vibration and increase intuitive receptivity.
- Spend time in nature. If you live in the city or are not able to be in a natural setting, look out the window at the sky, stars, and clouds. Sit on a porch or deck, watch the birds and squirrels, or tune in the energy of the trees.
- Be grateful. It can be helpful either in the morning or evening to have a daily practice of recognizing and having gratitude for three things that you experienced in the past twenty-four hours.
- Notice beauty. Beauty is an attribute of the divine. Spiritual beauty is not necessarily the same as what society deems attractive. The smile of a child, a cat sitting in the sun, a home-cooked meal, and other simple occurrences all radiate beauty.

- Be kind. Smile, forgive, do not react to provocation, let go of defensiveness, and give others the benefit of the doubt. These are all acts of kindness.
- Go on an electronic fast. Turn off your phone, television, computer, or music for a specific amount of time.
- Eat fresh, raw foods and drink water.
- Do more of what brings you joy. If you are not sure how to generate feelings of happiness, try different things. Gravitate toward what feels good.
- Help others. Be of service and give, and let others be there for you.
- Trust your intuition and act on your innermost truth.
- Releasing negative emotions and replacing them with positive ones quickly raises our vibration. Instead of ignoring and suppressing uncomfortable emotions, let yourself feel them. As you do this, they dissipate. However difficult it may be to let your feelings surface, it causes more harm to stuff them down and ignore them. Your emotions do not define you; they are simply feelings. They come and go. You are not your anger, fear, frustration, or grief. As you feel your negative emotions and let them go, you make room for the higher vibrations of love and compassion to fill you.
- One of the most effective ways to raise your vibration and accelerate your psychic development is to pay attention to your thoughts. Interrupt the cycle of mind chatter and negative self-talk. When you encounter fear-based, negative, critical, or judgmental thoughts, let them go. Acknowledge them and then choose to think a different thought. Replace negative or fear-based thoughts with a positive, reinforcing statement.

For instance, imagine that you find yourself thinking thoughts such as these:

I don't know what is wrong with me.

I know I am going to be disappointed.

Last time I tried that I failed miserably. I am not going to take that chance again.

You can choose to counteract these negative thoughts with more positive ones. For instance:

I value my individuality and like doing things my way.

I know everything will work out for my highest good.

I learn a lot by trying new things. I am grateful that life is always providing me with new opportunities.

The first statements lower your vibration and drag you down. The second statements are more motivating and focus on good feelings. They raise your vibration and open you to positive energy.

❁ Exercise: Meditation to ❁ Raise Your Vibration

Raising your vibration prior to engaging in psychic activity will protect you from lower, negative energies and help you to receive higher guidance and insight. This is especially important if you are stressed or fearful or have been in a negative environment.

This meditation can be used to clear your mind, heart, and physical body in preparation for psychic development work, exploration, and practice.

To begin, find a quiet place where you will not be disturbed and sit in a comfortable position. Close your eyes and breathe a long inhale and exhale any stress or tension. Continue to breathe cleansing breaths, releasing any tightness or tension in the body. Focus on the breath and become aware of any random thoughts or emotions that begin to surface. Accept whatever thoughts or feelings surface without pushing them away or ignoring them. Simply take note of them and let them go. Anytime a thought or emotion surfaces, acknowledge it and continue to bring your awareness back to the breath.

Continue to breathe and imagine a beam of pure, high-vibration white-light energy above your head. This divine light is soothing and relaxing and at the same time energizing and nurturing.

Take a deep breath and allow this light to move down through the top of your head and into your third eye area. Breathe and imagine this light expanding and filling your head and neck with calm, soothing energy. Take a moment and continue to breathe in this energy. Move the beam of light down into your shoulders. Feel yourself relax. With the energy of this light, imagine that any burdens and stress in your jaw, neck, and shoulders release and dissipate.

Move this beam of light into your heart. Imagine your heart opening. Stuffed-away and suppressed feelings surface and easily dissolve as you breathe this light into your heart. Feel your heart expand and open like the blossom of a flower. Your heart grows larger and larger, filling with high-vibration love energy.

Allow this light to move down into your solar plexus. Feel this light filling you with strength and power. This high-vibration spiritual power enhances and supports your intuition. This light expands, and you feel spiritually grounded in the physical body.

Move this light into your organs. Feel this high-vibration energy releasing any toxins in the body as you fill with light. Feel this light nurturing and strengthening you.

Continue to breathe and feel the energy move down into your hips, legs, and feet. Feel your whole body energized and relaxed. In this high-vibration energy you feel lighter and at the same time grounded as the light reaches down into the earth and anchors you.

Continue to breathe and feel your body, mind, and spirit vibrating and expanding. Feel yourself move beyond and outside of the physical confines of your body. Imagine this light surrounding and protecting you.

Stay in this high vibration as long as possible. When you feel ready, breathe and come fully and completely into your physical body. Allow the white-light bubble to continue to surround and protect you.

Altered States of Consciousness

Raising your vibrational frequency empowers you to reach the kind of altered state of awareness that supports and encourages psychic awareness. In an altered state of awareness, the

personality and ego self recedes into the background as your intuitive soul self comes forward. To the overtaxed brain, altered states of awareness can feel soothing and relaxing. They are often experienced as expansive, loving, and tension-free.

Being in an altered state can be so pleasant that many people attempt to achieve it in false and potentially damaging ways. Alcohol and drug use weakens the energy field and makes us more vulnerable to negative spiritual influences. Although they can bring relief by numbing and quieting the personality and ego self, they give only temporary relief that cannot be sustained.

The best way to achieve an altered state is through training the mind to detach from ego-driven states of consciousness and reside in higher-frequency awareness. This can be accomplished by detaching from mind chatter and raising your vibration. The more adept and familiar you become with altered states of consciousness, the easier it is to access psychic energy information. Here are a few ways that you can achieve an altered state through raising your vibration.

Walking Meditation

Walk someplace where you do not need to be overly concerned about traffic and noise. A quiet street or path through nature is preferred. As you walk, pay attention to your breath and scan your environment. Continue to breathe, and if you find yourself overthinking or carrying on an inner conversation, go back to the breath. As you breathe, open your heart and become intuitively receptive. As you receive energy information, don't try to figure it out or overthink. Allow energy and awareness to flow in and out as you scan your environment, relax, and breathe.

Prayer

Prayer induces an altered state of awareness and connectedness to a higher presence and power. Invoking and talking to God, Goddess, Divine Spirit or Presence, or whatever higher energy you feel most aligned with is a powerful way to raise your consciousness and nurture your intuitive receptivity. Prayer puts things into perspective. It allows you to let go of control and accept grace and intervention. When your psychic awareness is aligned with higher forces, you become a messenger and intermediary for the divine.

Chanting

Chanting is an excellent way to raise your vibration. While speaking and singing are a projection of the voice in the external environment, chanting focuses the energy of the voice inward. This sound energy reverberates throughout the body and energy field and shifts your consciousness into higher states of awareness. Various spiritual practices and disciplines use chanting as an effective way to draw closer to the divine.

Here is a simple but effective chant. Sit with your back erect and close your eyes. Breathe in through your nose and exhale the *Om* sound. When you run out of breath, repeat. Breathe in through the nose and exhale the *Om* sound. Continue this breath and the repetition of *Om*.

Music

Listening to music relaxes the thinking mind, soothes the nervous system, and releases stress. Allowing the conscious self to recede and the intuitive self to come forward is the hallmark of an altered state of awareness. The best kinds of music to induce an altered state are polyrhythmic, monotonous drumming, chants, and New Age music. However, you may have a particular type of music you enjoy that induces an altered state.

Music can positively impact our brain waves and stimulate psychic receptivity and awareness. It may be helpful to listen to instrumental music and to close your eyes and relax. As you do this, allow images, feelings, thoughts, and sensations to emerge. Don't overfocus on what surfaces; just keep relaxing and listening.

Incorporating these kinds of activities into your daily life will help you to become more familiar and comfortable with shifting into an altered state. This in turn will make it easier to attain this state when you want to use your psychic abilities. If you are constantly rushing, overthinking, stressed, and anxious, it is difficult to quickly shift into the receptive and open awareness that is necessary to receive psychic energy information. Psychic awareness is a way of life, and the more you nurture and encourage altered states of awareness on a daily basis, the stronger your psychic muscle becomes.

Being Present

Along with raising your vibration and attaining an altered state of consciousness, being grounded in the here and now is essential for successful psychic development. Grounding is being fully centered, mind, body and spirit, and it encourages and supports you in receiving psychic energy and translating it into understandable and usable information. When you are not grounded, receiving psychic energy can create mental confusion and leave you feeling off balance and overwhelmed with sensations and foggy impressions.

At times, raising your vibration and engaging in psychic development can tip the scales and knock you off balance. Here are a few telltale signs of being ungrounded:

- Feeling spacey
- Physical awkwardness, bumping into things, tripping
- Forgetfulness
- Headaches
- Grogginess and laziness
- Staring into space for an extended period of time
- Feeling fearful, anxious, or stressed
- Inability to communicate your psychic impressions
- Feeling a constant stream of psychic information moving through you (even when you do not want to receive psychic energy)
- Experiencing emotional ups and downs for no known reason

- Constantly hearing words, phrases, and inner talk that do not make sense
- Constantly seeing orbs, colors, images, people, faces, and other images that others do not perceive (when not engaged in psychic work)
- Not eating or sleeping well
- Pounding in your head or dizziness
- A constant buzzing feeling of vibration moving through your body
- Being unable to focus
- Craving sweets or carbohydrates

When developing and engaging in psychic development work, it is helpful to include grounding as a part of your daily practice. Here are a few grounding activities:

- Practice mindful awareness. Notice your surroundings and the activity that is going on around you. Smells and sounds can bring us into the here and now. What subtle noises, fragrances, and colors do you notice in your environment? Move your awareness into your body and become aware of any tension or stress in the muscles and joints. Stretch and release any tightness or discomfort. Breathe and center your awareness in your solar plexus. Feeling your inner core of power centers your consciousness in the body.

- Being in nature, feeling the sun on your face, dipping your toes in a cool stream, or digging in the garden all help to ground your energy. Feeling a connection with nature is a good way to clear your head, open your heart, and feel your connection with the earth. All of these also help you to increase and build up your inner psychic reserves.

- Lifting weights, running, doing yoga, and most types of physical activity are good ways to ground. Psychic development work tends to increase our spiritual energy and expand our consciousness outside of the physical body. Physical activity helps this energy to move back into the body and nurtures the spirit as well.

- Eating protein such as beans and meat (if you are not a vegetarian) and red, orange, or yellow fruits and vegetables energizes the lower chakras.

- Take a bath or shower, sit in a hot tub or steam room, or go swimming. Water neutralizes energetic static and helps to connect and integrate the mind, body, and spirit.

- Practicing visualizations can help us connect our spiritual and physical energy centers with the earth and the elements. Here is an easy grounding visualization. Imagine a red cord of energy that extends from your lower spine down into the earth. White-light high-vibration energy moves down through the top of your head, through the spinal column, and into this cord. This cord extends into the ground and anchors itself deep in the earth, and moves the energy of the earth up through the cord and into the physical body.

The Clearing-Out Process

One of the most reliable ways to raise your vibrational frequency, ground yourself, and refine and sharpen your psychic abilities is through personal inner growth. As high-vibration energy

enters your consciousness, whatever resides within you that is not in harmony with your highest good surfaces. Simply put, your stuff will rear its ugly head. Old emotions and emotional wounds will make their way to the surface, and beliefs, feelings, and thoughts that prevent you from growing psychically and embracing a new understanding of yourself may seem to become stronger. While you may feel and become more aware of your fears, stress, low self-esteem, vulnerabilities, and sense of worthiness, you may be at a loss as to how to heal and transform these feelings and issues. Psychic development does not happen in a vacuum. The shift to a higher psychic consciousness stirs up our fears, thoughts, and emotions and prods and pushes to the surface all that is preventing us from being clear channels of positive, high-vibration energy.

If you resist this growth and try to hold back the tide that wants to wash away all that is obstructing and preventing you from clear and accurate intuitive receptivity, you will hit a wall. Intuition will become fuzzy and unclear and you may feel blocked and unable to form a clear psychic connection to energy. If you continue to try to push through and work with psychic energy without addressing personal issues and releasing past emotional wounds and limiting beliefs, you may feel a heightened degree of anxiety, which for some people often becomes a feeling of panic.

The only way to continue on the psychic journey is to participate in the work of personal and inner growth. This is not the exciting work of psychic exploration and paranormal intrigue, but the tedious and often difficult work of purging and letting go of painful emotions, beliefs, prejudices, fears, suppressed anger, and all the other stuff that we try to avoid.

The good news is that your psychic awareness can assist you in this process. It acts almost like an intense cleansing agent. As high-vibration energy pours in, it stimulates and helps to flush out what needs to be let go of. The pace of this work can vary; sometimes it is slow and other times it happens more quickly. Trust the timing and rhythm of this detoxification process. Your soul and spirit working through your intuition are guiding you.

Subtle Clearing

The clearing process can happen at any time and any place, but it is more likely to occur when you are relaxing, meditating, or doing an intuitive exercise. During a gentle psychic clearing you may begin to experience subtle feelings of sadness or anxiety. You may become frustrated with your intuitive progress and want to give up, or you may wonder why you are even trying to become more psychic. You may feel blocked and unable to access your intuition. Although the feelings are not overwhelming, you may lose interest in developing your abilities or become restless, and your attention may become focused on something else. However, if you are able to sit with these feelings and probe deeper, you will discover that what you are experiencing is motivated by an inner resistance. There may be an unconscious belief about psychic development, or you may be fearful that you are changing and entering uncharted inner territory. There may be suppressed pain or fear from the past that has nothing to do with psychic awareness and that you need to let go of.

As you become a clear psychic channel, the low-vibration energy of negativity and toxic emotions surfaces to be released. Instead of denying the uncomfortable feelings and thoughts, embrace them. Feel the emotions and allow the thoughts to surface, breathe, and then let them go. This is all that you need to do. You do not have to relive past events or be consciously aware of the origin of what surfaces. Just accept and feel and the energy will dissipate. As you do this, you heal and transform. High-vibration energy flows through you, and you experience better spiritual, mental, emotional, and physical health and well-being. Your psychic power increases.

When we move forward in our psychic development, it is inevitable that at some point we will take a step backward. Don't let setbacks alarm you, and don't give them more attention and meaning than they deserve. Take a deep breath, do what needs to be done, and keep moving forward.

Continually Purge the Psychic Channels

Clearing your energy is not a one-time event. It is important to continually acknowledge and become aware of the emotions, feelings, resistance, memories, and beliefs that get stirred up and brought to the surface during psychic development. To continue to receive clear and accurate psychic energy information, feel your feelings, let go of negative thoughts, and release any built-up stress or tension in the body.

Sometimes the process of clearing is obvious and other times it occurs in unexpected and more challenging ways.

For instance, you may be at home reading about intuition or spirituality or doing an intuitive exercise when a wave of sadness or other unexplained feelings comes over you. You may want to cry without knowing why. Or you might become anxious and it may feel like your skin is crawling, or you might all of a sudden feel a sense of fear or impending doom or that something is not right. Although these episodes are confusing and likely do not make sense, they are signs that something is surfacing from within and needs to be released or healed. If this or something similar to these experiences occurs, don't run from what is happening but instead stay with it.

For some people, confusing memories may surface. Events that you don't remember and that have been repressed and don't make sense may come into your awareness. You might recall past-life memories and feel the trauma or fear that you felt long, long ago. Feelings of anger or even rage may spontaneously come over you. You might find yourself mad at something that doesn't seem like a big deal. None of what is happening makes sense and you don't know what to do. You may dream of places and events that you do not recall but that invoke strong emotions, or you may awaken feeling an emotional intensity that you cannot identify.

While developing and increasing your psychic capacity, the clearing-out process is sure to happen to some degree. When it does, stay with the process, despite the feeling of wanting to shut down and avoid all that is surfacing. Becoming conscious is a big step in psychic and spiritual growth and awareness. If you resist this process, you will feel lost and ungrounded.

Despite the intensity of the experience, allowing and not resisting it is healthy and positive. Not only will your intuitive abilities increase and become stronger, but your health and overall feeling of wellness will improve as well.

When confusing feelings or memories surface, stay mindful of the process. Allow a part of your awareness to experience the feelings and tune in to the memories and other sensations that need to surface while another aspect of you allows and invites positive, loving, and high-vibration energy in. Breathe and receive this energy, open your heart, and have compassion for yourself as you clear out and let go of what is not in your highest good. Stay with this process for as long as possible. Eventually the painful feelings, stress, and anxiety will begin to calm down and dissipate. Feelings of peace and love will flow in, and you may become aware of and feel a warm and loving angelic presence helping you.

Once you have let go of whatever may have been getting in the way of you receiving high-vibration, clear, and accurate psychic insights and guidance, other changes may occur. For instance, you may feel motivated to let go of people and activities in your life that are not supporting your highest good. Certain friendships may go by the wayside, and you may no longer find interest in past activities and pursuits. You may find that you are more sensitive to certain foods, like those high in sugar and carbs, and that crowds and loud noises are uncomfortable. As your vibration heightens, you may experience an increased interest in spending time outdoors, being with others who are on a spiritual path, and taking better care of yourself. Once activated and developed, your psychic awareness acts as an invisible radar leading you to the people, food, activities, and environments that support and nurture the best possible you. Being psychic is a way of life, and it leads to a good life of abundance, positive connections with others, inner peace, and joy.

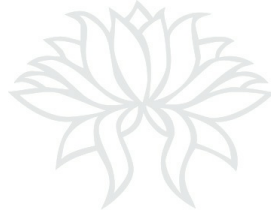


The more you incorporate the practices from this chapter into your daily life, the easier it will be to develop your psychic abilities and use them when you need them. Successful psychic development is a way of life. As you actively participate in raising your vibration, shifting into altered states of consciousness, and grounding, you not only will be able to receive psychic energy information but will also enjoy the benefits of high-vibration living, such as feelings of connection to a higher presence and power, inner peace, elimination of stress and anxiety, and a sense of well-being.

[contents]

Chapter 8

Reading Yourself



The path of psychic development leads to increased self-awareness. Our thoughts, feelings, expectations, desires, and personal biases all come to the forefront. Don't resist this process, as self-awareness creates intuitive clarity and trust. When we know ourselves, we are less likely to confuse intuitive receptivity with our personal biases, thoughts, and judgments. One of the most common concerns that surfaces with psychic development is the inability to trust where the energy information is coming from. Many people fear that what they believe to be intuitive feelings, thoughts, and sensations are coming from their non-intuitive personal thoughts, desires, expectations, and hopes. To be able to trust what you intuitively receive, it is essential to know yourself. This is true both when we seek intuitive information for our own personal needs and desires and when we intuit for someone else.

There is a difference between psychically tuning in to ourselves and our personal issues and psychically tuning in to another. The basic dynamics of receiving and interpreting psychic energy information are similar. However, there are specific factors and influences in each of these approaches that determine psychic accuracy.

Guidelines for Success

The motivation to develop psychic ability often comes from our desire to intuitively tune in to our personal issues, conditions, and concerns. When we need to make a decision or choice or when we have concerns or questions about our career, a relationship, or another area of life, many of us turn to our intuition for guidance and direction.

However, if you have been frustrated by your attempts to receive energy information or don't trust the intuitive guidance that you have received, you are not alone. Many people initially have the same experience and doubt their psychic ability. Before you become discouraged and give up, know that it is likely not your level of psychic awareness that is hindering you. Instead, it may be your approach and your personal baggage that are interfering.

Neutrality

Accurately intuiting energy information and guidance about our personal issues can be challenging. Our desire for certain outcomes and our biases can interfere with intuitive clarity. This is natural and normal. We are human after all, and we have desires, wants, and needs. Being able to detach from what we hope our intuition will tell us is not always easy to do. Yet

psychic receptivity requires a state of neutrality. This is the ability to accept the energy information that you receive, whatever it may be. It may take some time to reach this level of acceptance. Achieving a state of neutrality may be easier to do for some issues than others.

When beginning to develop intuition, it can be helpful to stick to personal issues and questions whose outcomes you are not attached to. This allows you to develop psychic abilities without the pressure of your desires lurking in the back of your mind. Once you are more secure in your abilities, you can approach areas of more personal importance. It is also a good practice to write down your expectations, fears, and desires before intuitively tuning in to your concerns and the area in question.

Emotions

When it comes to accurately intuiting personal concerns and issues, our feelings and emotions influence receptivity. Strong emotions and potent unconscious emotions often generate energetic static and muffle intuitive impressions. They can also interfere with intuited information and sway how we interpret what we receive.

It is best not to try to receive intuitive information and guidance when feeling emotionally overwhelmed or triggered. Being fearful or anxious about the information that you might receive blocks intuitive receptivity. In a similar way, intuiting energy information about a current emotionally charged situation or problem can be difficult. Unfortunately, it is usually when we are confused, distraught, worried, or stressed that we most want to receive psychic energy information. However, this is when it is most difficult to access it.

If your emotions are getting in the way of receiving accurate energy information, take a step back. Focus on your feelings, allow them to surface, and feel them and then they will begin to dissipate. This may take some time, and you cannot necessarily rush the process. It may be helpful to meditate, write down your feelings, or process your feelings with someone you trust. Discharging your emotions will help you to achieve a more intuitively receptive state.

Thoughts

Another factor that affects intuitive receptivity is our beliefs and thoughts and what we think will happen. Our predictable ways and patterns of thinking often have an effect on what we intuitively receive and how we interpret it. What we believe is possible and likely to happen can be a self-fulfilling prophecy. If you are by nature more optimistic, the energy information you receive will be more positive. If you are more pessimistic, then you will likely intuit and interpret energy information through this lens.

Be aware of this unconscious bias. Trust energy information that surprises you and goes counter to your patterned way of thinking. This is a sign that what you are receiving is not coming from your personal biases. If something psychically surfaces that you did not expect, do not try to talk yourself out of it. It can take self-discipline to avoid trying to fit psychic information into what we think it should be. Trust your intuitive senses more and your analytical, rational thinking less.

The optimum state for psychic receptivity is to be free of personal influences and unbiased and receptive to what is. Not only is this state psychically beneficial, but this detached and open awareness releases stress and tension. It aligns us with our highest good and activates high-vibration energy.

Confidence

In order to successfully tune in to our personal issues and questions and receive accurate energy information, we must have confidence. Many people get hooked into the belief that they must first prove their abilities before they can trust them. While this may seem like a reasonable argument, it is trust and confidence that breed success. It is similar to the timeless question *What came first, the chicken or the egg?* Without confidence in yourself, it is difficult to psychically receive energy information, and if you do not receive accurate energy information, it is difficult to have confidence.

When I notice a lack of confidence in my students, I ask them to suspend their doubts and act as if they are receiving psychic energy information and then to take their time interpreting it. Although they may still be a little timid, this approach allows for increased psychic receptivity and accuracy.

Using the Ego

The ego constantly wants to influence and interfere with your psychic senses. Your personality and ego self will never truly allow you to be all of who you are. As long as you listen to and accept its perspective about who you are and what your life is, your psychic abilities will flounder. The ego wants to be in charge. However, the ego is a product of the human self and not the spiritual, soulful self. It does not have a broad range of awareness and access to psychic energy information. The ego is connected to the physical and material world. It relies on the five senses and defines what you experience through the mind and reasoning.

However, having a healthy and strong ego can be helpful to psychic ability. Your ego can help you to stay balanced in the physical world by protecting your vulnerabilities and shielding you from the judgments and opinions of others. Although psychic ability is becoming more mainstream and accepted, there are still some who are critical or judgmental of it. A healthy ego helps you to defend your right to be who you are and pursue your gifts and interests. In this kind of subordinate role, your ego can support your intuition and empower your psychic senses.

The ego can also support the intuitive process by encouraging and supporting your efforts. Its divine purpose is to help us function in this world and provide us with a base of support. When we want to give up, the ego can encourage us to keep going and try again. The ego's grounded approach can also help us by taking care of what needs to get done in the business of day-to-day life.

Self-Honesty

Being honest with ourselves is not always easy. We have a psychological tendency to shield ourselves from information that may challenge our desires and beliefs. To psychically tune in to our own issues and questions, we have to be able to accept the truth.

Before you ask for psychic energy information, ask yourself if you are ready and willing to be completely honest with yourself. If you are not, that is okay. Give yourself some time to explore your fears and desires.

When you are ready to be honest with yourself, don't settle for trite or shallow answers. Go deeper into the truth and be willing to explore what you may need to do or change that will empower you to be happier and create more of what you want.

For instance, I worked with a woman recently who wanted to know if she would ever meet her soul mate and long-term partner. She wanted a yes or no answer and she wanted to know when she would meet him and what he would look like. This is a fairly typical type of request. However, the answer is rarely as straightforward as what we would like it to be.

The truth is that there is a constant flow of abundance, love, joy, and fulfillment moving through the universe and into our lives. It is not simply what or who is coming our way but more importantly our readiness to receive it that determines what we experience.

Over the many years of giving readings and intuiting the future, I have learned that to give an accurate prediction, it is necessary to intuit personal readiness. As much as we may want psychic information to give us answers to questions about relationships, career, finances, and other issues with specific times, places, and descriptions, this may not come to pass if there is an unconscious factor preventing us from receiving information. Sometimes we are ready for the abundance and love of the universe to come our way, but not always. If there is a personal fear, unhealed wound, belief, or other hindrance getting in the way, it is important to become aware of this. In this way we can heal what needs to be healed and change what needs to be changed, and then we can receive and experience what we desire.

When intuiting personal information, be honest with yourself and be willing to receive the kind of helpful psychic information that will empower you to experience and create more joy and satisfaction. Explore your core truths and allow yourself to receive guidance about what you may need to confront and what may be inhibiting you. This is the kind of self-honesty that leads to clear intuitive receptivity, inner growth, and joy.

✿ Psychic Exercises ✿

You Can Use Throughout the Day

Make psychic awareness a way of life. Throughout your day, listen to and trust your intuition. Even if you are not sure if you are receiving a psychic message, pay attention to the intuitive impressions as they surface. Seize opportunities to strengthen and refine your psychic muscle. To be able to use your psychic awareness when and how you want to, it is necessary to develop an intimate relationship with it. You can do this by keeping a part of your conscious awareness alert to psychic insights and messages as they present themselves.

We are accustomed to focusing on the outer world and on our thinking mind. We habitually and overwhelmingly stay limited to being absorbed in our thoughts and our

chattering mind. We also tend to continually scan the outer world and our environment through our physical senses. However, as you strengthen your connection to your spirit and become more familiar with listening within through meditation, you find a valuable inner resource that you can draw from.

As you tune in to your psychic awareness throughout the day, remember to pay attention to the signs and signals that accompany energy information. Psychic insights are even-toned, understated, and repetitious and may sound like a still, small voice. They may emerge through spontaneous images or unexpected knowing. Physical sensations like tingling up and down your spine or arms or a feeling of your heart opening may accompany them. Receiving psychic energy information is not stressful or anxiety-producing. It feels calm and eases tension and stress. Psychic insights can feel like an aha awareness. They do not come through linear thinking, and there will be no known evidence or reasons to back them up.

You can use your psychic abilities all day, every day. While you are driving to work, dropping off the kids at school, working, sitting in class, or even having dinner with friends, be aware of psychic feelings, thoughts, sensations, insights, and guidance. At first it might seem a little distracting to keep a part of your awareness alert to inner messages and guidance, but with a little practice and discipline it will begin to feel more natural and normal.

Here are a few ways that you can use your psychic muscle on a daily basis.

Finding a Parking Space

When driving to a location where crowded parking may be an issue, ask your inner psychic senses to guide you. It is best not to wait until you are stressed and searching for a parking space. Instead, ask for guidance when you are relaxed and have enough driving time to connect with your intuition. You may see an image of an open spot or hear the name of a street or landmark, or you may feel as if you are being directed to a particular location as you get close to your destination.

What Route to Take

Along with finding a parking space, your psychic awareness can also let you know the best route to take when driving or when taking a bus or public transportation. Again, it is best to ask inwardly for guidance when you begin your trip and not wait until you are anxious or run into a problem. Become aware of feelings, sensations, images, and other ways that you feel you are being led.

Stress and Anxiety

When we confront a challenge or problem, we tend to overthink, react emotionally, become stressed, or ignore or push through it. Whatever our unconscious strategy may be, we generally do the best we can at any given time. However, next time you feel stressed or anxious, ask your intuition for help and then go about your day.

It is not always easy to receive clear intuitive information when we are stressed or anxious. However, make the intention to be intuitively guided and trust that you will receive what you need, when you need it. Instead of focusing on receiving psychic insights, trust that the inner wise and loving intuitive you has this covered.

When I find myself becoming stressed or anxious or overthinking, I do my best to remember to ask within for guidance and insight. If there is some action I need to take, I ask to know and become aware of what I can do. I imagine high-vibration divine energy moving through me and releasing my anxiety and stress, and then I let it go. If I start to overthink the issue or become stressed, I focus my thinking mind on something else. I then inwardly listen and wait, knowing and trusting that I will intuitively receive what I need and I can rest in the assurance that there is a loving higher power at work.

Getting Things Done

If you are multitasking and feeling overwhelmed, ask your psychic awareness to tune in and guide you to what is most important. You do not need to specifically list all that you are doing; just ask for guidance on what is the best use of your time and energy. If you have a predetermined agenda of what you think is important and necessary, this may be difficult. You may feel pressured to accomplish certain tasks and projects and not want to leave it up to your intuition. However, the energy information that you receive may surprise you. If it conflicts with what you think is important, take a chance. Trust your intuition, act on what you receive, and see what happens.

What to Eat

Before you grab a snack or plan your meals for the day, take a moment to listen within as to what your body needs to be healthy and full of energy. If you suspect that you may have a food allergy or that a specific food may be interfering with your metabolism or digestion, hold the food in your hand or create an image of it and listen within. Your intuition may speak to you through feelings, thoughts, or sensations of physical depletion or positive waves of energy.

Meetings, Events, and Socializing

If you have an upcoming business or work meeting, take a moment to check in with your intuition. Create an image in your mind's eye of the room or the people attending the meeting, or if it is a remote meeting, imagine yourself during the meeting. Take a deep breath, relax, ask if there is anything you need to know or be aware of, and feel the emotional energy of the meeting.

You can also do this to intuit energy information about an upcoming event or social situation.

Once you have intuited information, be sure to send positive energy to the space and those who will be attending.

Self-Care

Before you start your day or if you are in a challenging situation, ask your intuition for help in self-care. All too often we forget about our own needs and struggle to come into balance when we are confronted with others' wants and desires or when we are busy. Even when we are alone and not necessarily overwhelmed or stressed, we are not always aware of what supports our highest good. Make it a practice to ask your intuition how to best care for yourself, emotionally, mentally, physically, and spiritually. Take a few moments and listen within, then act on what you receive. Even if it seems unfeasible or indulgent, trust your intuition to be your best and most supportive friend.

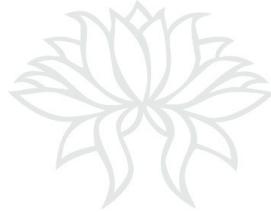


Psychically tuning in to yourself promotes self-awareness and a deeper communion with your authentic and higher self. Within you there is a wise and loving presence that seeks to draw close and empower you to live a life of abundance and love. Trust this presence and continue to listen within.

[contents]

Chapter 9

Reading Another



Although we are often intimidated by the prospect of psychically tuning in to others' issues and concerns, in some ways it can be easier than intuiting for ourselves. When we know little about the person, we are more inclined to trust our psychic impressions. With little information to go on, the conscious thinking mind cannot interfere. Unless we have a close relationship with the person whom we are psychically reading, we are not emotionally invested in the energy information that we receive. We are less biased and will not be tempted by our hopes and desires or be inclined to want to interpret what we receive in any particular way. However, there are a few challenges to reading others successfully.

Expectations

When you read another, it is necessary to manage your expectations and the expectations of the person you are reading. Don't expect to receive energy information in the manner that you desire. Every person you read is different, and you will likely receive energy information in a variety of ways. For instance, if you are primarily a mental intuitive, you might want to receive intuitive impressions through thoughts and knowing. However, if the person you are reading is more of an emotional intuitive, they may be broadcasting energy information through their feelings and emotions. This doesn't always happen, but it is common. Be prepared to receive energy information through all the modalities, even those that you may not have as much confidence in. If the person you are reading has a strong tendency to express energy through a certain modality, the energy information you receive from them will likely come through in this form.

The person you are reading will also have their own expectations. They may want to receive specific information, and they likely have a desired outcome. As much as you may want to provide the kind of information and guidance that the person wants, detach from their expectations as much as possible. Limit the amount of personal information that they give you. Although it may seem helpful, knowing too much about the person can be confusing and interfere with your intuition. Even though you are reading another, it is necessary to stay focused on your own psychic process. Make it your intent to provide clear, accurate, and helpful energy information. Be kind and compassionate toward the person, but do not let their expectations sway you from interpreting the energy information accurately or from trusting the energy information that you receive.

Emotional Stress

The emotional energy that most often interferes when psychically reading another differs from the types of emotions we may experience when reading ourselves. When we first begin to psychically read others, we may feel nervous, stressed, and anxious. We may be nervous about our performance and worried that our psychic awareness will fail. It is also common to doubt our ability and feel pressured to be correct and accurate about what we receive. This is normal, and as we build more confidence in our abilities, these kinds of stresses will begin to dissipate.

If you feel yourself becoming overly anxious when tuning in to another, take a few moments to breathe and relax. Keep it simple. Do not overemphasize your role in the person's life. Provide the energy information that you receive as best you can. Don't tell the person what to do or what not to do. This is not your responsibility. Whatever decisions or choices another makes is up to them. Be careful not to guarantee outcomes. We all have free will, and it is our individual responsibility to make personal choices.

Another common reason for experiencing emotional stress when psychically reading another is the tendency to intuit others' emotional energy. When you psychically tune in to another's issues, questions, and energy, you may unknowingly absorb and feel their feelings. Most people feel varying degrees of nervousness, anxiety, and vulnerability when receiving a psychic reading. Besides feeling nervous about having another person delve into their private issues and questions, they may be in the midst of a crisis or worried, anxious, or grieving. When you tune in to another, you may absorb this emotional energy and become stressed yourself. If you feel that this might be happening, take a few long, deep breaths and exhale any tension or stress. You may want to lighten the mood and make small talk with the person you are reading. When I sense that a client may be nervous, I try to lighten the mood and say something like "Don't be nervous. I'm doing all the work!"

Interpretation

When beginning to psychically tune in to others, it is always best not to overinterpret or overanalyze what you receive. Share information the way that you receive it. If you are not sure of your accuracy, say so. Let the other person interpret the energy information if you are having a hard time understanding it. If you see images, share them the way you perceived them. Share the feelings, thoughts, words, impressions, and insights that come to you without any personal bias.

Most of the time, incorrect psychic information stems from misinterpretation of what we receive and not from a lack of psychic receptivity. It is often better to allow the person you are reading to interpret what you have intuited. You can give your impressions, but allow others to use it in the way that works for them. As you continue to psychically tune in to others, your ability and confidence in interpreting what you receive will strengthen.

Right and Wrong

A common stumbling block when reading another is the fear of being wrong. Saying something that is not true or does not make sense to the person you are reading is every psychic's nightmare. But it doesn't have to be. Every psychic makes mistakes. When you are met with a blank stare or the person you are reading tells you that they cannot relate to what you have said, don't panic. Stay calm and admit that you may have misinterpreted what you received. It may be helpful to describe what you experienced without interpreting it. You may also want to take a deep breath and further tune in to the energy and become aware of any new energy information. If you cannot understand or make sense of what you are receiving, you can simply say that you are going to move on and let it go for now. If there is something important that the person you are reading needs to know, it will come back to you, usually in another more straightforward way.

It is also possible that you are entirely correct about what you have received, but the person you are reading is too nervous to connect with what you have said or simply doesn't want to. This happens quite often.

For instance, I was giving a health reading to a client, and I told her that eating dairy, especially dairy combined with sugar, was creating unhealthy bacteria and she might want to eliminate this from her diet. She looked at me with a heavy stare and told me that she did not eat dairy. I was confused. I kept seeing her eating dairy, and I told her so. She maintained her opposition. I then asked her if she ate chocolate ice cream while watching television in the evening. After a short pause and with a look like she had just been caught with her hand in the cookie jar, she said, "Well, I do eat some chocolate ice cream at night."

It is helpful to pay attention to how it feels when you are correct and how it feels when you are incorrect. There is a certain tingling energy that you will likely feel when you are connecting with energy information and correctly interpreting it. In the same way, you will find that when your psychic connection is faulty, it is likely to feel flat and empty.

Ego

The ego can also interfere with your ability to psychically tune in to others. When others look to you for guidance and answers, it is tempting to feel more insightful, spiritual, or powerful. It is important to remind yourself that this does not necessarily mean that you are more special or infallible. These feelings come from the ego, as it longs to feel powerful, in charge, and in control. If you feel that your psychic insights are always right and that it is up to you to manage another's affairs and life, your ego has taken over.

For women, the ego often surfaces as a desire to help and heal everyone. Some women will experience feelings of guilt and stress if they are not able to fully help everyone and make others feel better and solve their problems. For men, the ego tends to surface more as feelings of power and control and the desire for recognition.

When you are centered in your spirit, you recognize that being psychic is a gift that empowers you to serve and help others. When you use your psychic abilities in service to others, you help yourself. You learn from the insights and increased awareness that psychic

abilities provide. Working with high-vibration, loving energy is enjoyable and energizing. Your psychic abilities increase and provide unexpected feelings of well-being and connection to a higher power. When your ego attempts to hijack your psychic awareness, your abilities will diminish and suffer. The energy information that you receive will be focused on lower vibrations. While you still may be psychically accurate, what you receive may not necessarily be helpful and in the highest good.

Maintain Integrity

Intuiting energy information for others is a sacred responsibility that requires integrity, confidentiality, compassion, and wisdom. Never gossip or share intuitive information that you have received for another with others. Let go of how others accept what you receive. Do your best and accept constructive criticism if it is helpful, but be careful not to allow others to confuse the messenger with the message.

When you intuitively tune in to another's energy, they may feel exposed and vulnerable. Be kind, and at the same time maintain your focus. Be mindful of the feelings and expectations of the person you are working with, and remain intuitively neutral and receptive toward the energy information that presents itself. While you can be personally supportive and understanding of the person you are working with, the job of a psychic is to receive and interpret the energy information as objectively and accurately as possible.

✿ Exercises for Intuiting Another ✿

The following intuitive exercises can be done throughout the day. They will help you to become more familiar with intuiting others' energy. We often become overly serious and tighten up when we read another. It is important to stay loose, receptive, and open.

Meeting with Another

Next time you have a meeting, a lunch date, or an appointment scheduled with someone, take a few minutes to intuit something about that person's appearance beforehand. This can be anything from the color of the clothing they are wearing to their hair style or any jewelry or other accessories they may have. If you are meeting with someone you have never met and do not know what the person looks like, you can intuit their height, hair color, or anything else about their appearance.

You can use variations of this exercise. Before you leave for work, intuit the color of the clothing of the person you will first encounter at work. If meeting someone for a meeting or coffee, intuit the exact time they will arrive. You can also intuit what the person will want to talk about or discuss or any other random information that will surface during the meeting.

Intuiting Social Media

Before you check your Facebook, Instagram, or other social media site, take a moment to intuit an image or any other descriptive qualities of the first post or photo that you will

encounter. Psychic insight might come in the form of colors, shapes, faces, or other fragments of images. You can also intuit the mood or emotional content of a post or photo, or the emotion that it is intended to invoke. Through a sense of knowing, you may receive energy information about the content of a post, such as if it is humorous, political, sentimental, or inspiring. Don't overreach as you intuit. Be content with the thoughts, feelings, images, and sensations that emerge. Pay attention to them, and when you are ready to look at the post or image, focus on the similarities, associations, and connections with your intuited information.

Be careful not to focus on what you did not correctly intuit. Instead, it is more helpful to notice the connections and associations that you intuitively received. In this way you will learn more about how your intuition naturally surfaces.

Insights about an Issue

Throughout the day, if you encounter a problem or challenge, think it through and then ask your intuition for input. Breathe and take a moment to relax. Then listen and pay attention to any intuitive messages or insights that surface. If your mind starts to race, continue to breathe and listen. If you are feeling stressed or anxious, this might be more challenging. If you do not receive any intuitive information and you become frustrated, let it go and do something else. Sometimes the intuitive guidance and insight that we are asking for does not surface until we are in a calm state or doing something entirely different. Be aware that you may receive an intuitive response later, perhaps while driving home or having lunch.

Insights about Another

Along with asking for guidance on a current challenge or problem, you can also ask for psychic insight about another or how to improve a relationship. Maybe you are perplexed by something your boyfriend, girlfriend, spouse, boss, coworker, or friend has said or done. Your mind is overthinking and your emotions have been triggered.

Do your best to relax, breathe, and let go. You do not need to know what kind of guidance you need or to ask a specific question. Simply ask within for insight and clarity and let go. Do something that will help you to release the emotions and feelings that have been triggered, and try not to overfocus on receiving psychic guidance. Keep part of your awareness open and receptive. In situations where you are feeling strong feelings, it may take a little longer to receive psychic insight.

Intuitive Communication with Another

Next time you get an email or message from a friend or coworker, or even when someone pops into your mind, intuitively ask that person what they want to communicate to you.

Take a moment to visualize this person or inwardly repeat their name. Send a thought message asking the person to communicate to you what they would like to say. Then listen, feel, sense, and see what comes to you. You may see fragments of images, have a sense of knowing, feel what is on their mind, or hear a phrase or words. However the

information comes to you, receive it and continue to ask their energy for information and be aware of what you receive.

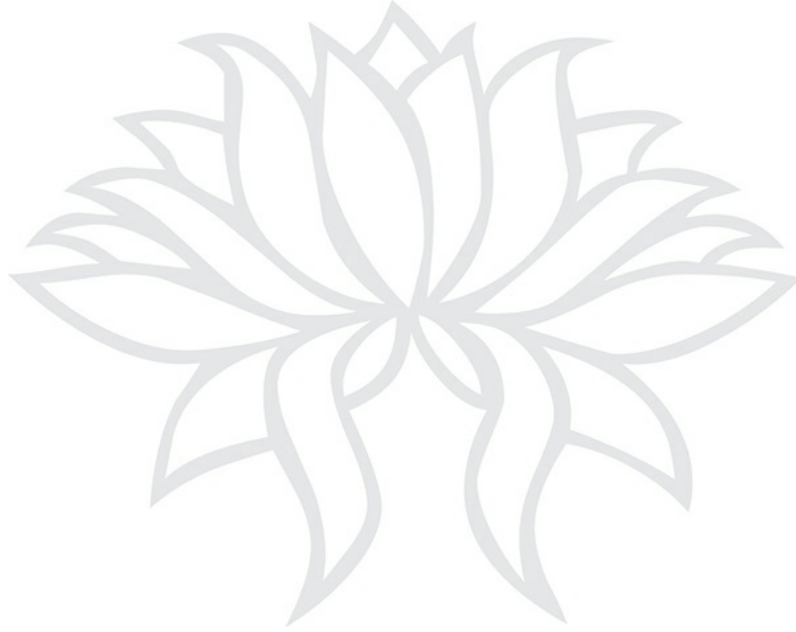
A variation of this exercise is to intuitively ask for insight into another's feelings and emotions. Then become aware of any emotions or feelings that you begin to feel. They may be subtle and feel as if they are your emotions. If this happens, ask within if these are your feelings or another's. Trust what you receive. If you feel emotions such as sadness, grief, anger, or anxiety, imagine high-vibration divine energy moving through you. Release and let go of these feelings and absorb this positive and soothing energy.



Invite psychic awareness to be an integral part of your day-to-day life. As you do this, it becomes a more natural and normal aspect of who you are. We like to dramatize psychic abilities as being surreal and outside the status quo. However, everyone has psychic ability. Claiming and developing your natural intuition empowers you to create a more fulfilling and abundant life. It is also a much more enjoyable and interesting way to go through the day.

[contents]

Part 4
Your Practice:
Psychic Meditation Exercises



Chapter 10

Preparation for the Psychic Meditation Exercises and What to Expect



The psychic meditation exercises in the following chapters empower you to use your intuition to receive insight and guidance about the everyday issues of life. Now that you are aware of the four ways that intuition naturally surfaces and have had some practice with developing these different modalities, let's bring them together.

Although you may be more naturally proficient in one or more types of intuition and weaker in others, the ideal is to be balanced in all four psychic types. The meditation exercises help you to become more comfortable with and skilled at directing psychic energy through the four psychic modalities and receiving and interpreting guidance. When used together, mental, emotional, physical, and spiritual intuition strengthen one another and add depth and refinement to psychic awareness. Like a finely tuned musical quartet or your favorite recipe, the psychic types blend together harmoniously to form a cohesive whole.

Imagination and Integrating Psychic Abilities

The meditation exercises in the following chapters begin with clairvoyant imagery. If you do not readily see or become aware of spontaneous images, use your imagination to create them. As the meditation continues, remember that you might not always see clairvoyant images. Instead, you may feel them, know how they appear, have a sense of them, or even hear a description of the images. Psychic senses do not have rigid boundaries and are not as black and white and clearly defined as the physical senses. They can easily blend into one another, and one or more psychic abilities may occur simultaneously.

While you are engaged in the meditations, the symbols and images will evolve and change. As they do, be attentive to receiving energy information through claircognizance, the psychic sense of knowing and awareness through thoughts. In addition, psychic information will likely surface through clairaudience, which is inner hearing energy and tuning in to your inner voice. Also be aware of clairsentience, which is receiving psychic information through emotions and heart-centered awareness, and of receiving information through somatic sensations and awareness in your physical body.

Find a Balance Between Engaging In the Meditation Exercise and Remaining Neutral

While it is important to be neutral during the meditation exercises, psychic awareness is not a spectator sport. There is a fine line between observing intuitive impressions and projecting your desires and trying to make something happen. Be aware of your approach and continually practice receptivity, patience, and openness if you find your ego self becoming overly involved. The only way to find your optimum intuitive vantage point is through trial and error.

I encourage you to be an active participant and at the same time an observer. When you are asked to imagine an image of yourself in a specific scene, don't be overly tentative. Project your energy into the scene. Feel yourself there and be fully present to the experience. Open your intuitive senses and be present to the subtlety of energy and meet it halfway. Become aware of the sounds, smells, feelings, and sensations of the environment that each exercise creates. Use your energy. This may not make complete sense to you, but as you work with the meditations it will become clearer. Being psychic requires the active participation of your spirit and core energy self. Don't allow your logical thinking mind to take over. It will be there, critiquing and providing input every step of the way. Please don't listen to it. Let your psychic awareness handle this.

What May Happen During a Meditation Exercise and How to Deal With It

There is a vast array of psychic information that you will receive and experience while engaged in these meditation exercises. Every time you do an exercise, even the same one, different intuitive information will surface in a variety of ways. Sometimes your primary intuiting mode may be visual, and other times you may feel or hear energy information. There may be times when your psychic connection is strong and information glides into your consciousness with little effort. You intuitively receive and interpret your impressions with clarity and confidence. A moment later in another exercise, your intuition may seem to have diminished. Doubt replaces confidence and you wonder what you did wrong.

There are many moods of intuition. Don't become overly concerned and freeze up or become discouraged if the intuitive process is not going the way you expected it would. Learn how to dance with the flow of your psychic rhythms and not resist or try to control it. Go where your intuition leads you, follow it without restraint, and give it all you can.

However well prepared you are to receive energy information, you won't really know what it is like and what to expect until you jump in. While intuiting, you may feel overwhelmed and not understand what you receive and how to interpret it. This is normal, and the more you intuit, the more familiar and confident you will become in the often strange and uncharted territory of psychic impressions. Here is a rundown of what you may experience as you move through the meditation exercises.

No Information, Nothing Happens

You are ready to begin and have either read through the meditation exercise or recorded it. You settle in, breathe, and relax, but nothing happens. There are no images, sensations, feelings, or other intuitive insights. If this happens while doing the exercises, it may be an indication that you are not energetically engaged or lack trust in the process, or it may be that you just need to be patient.

If you are too much in your head, thinking about what you are doing, you are not engaged in the psychic process. To strengthen your intuitive connection, breathe and move the breath through your body. Then breathe and move energy through your heart and solar plexus. Wake up your energy with the breath.

If you do this and still nothing is happening, be patient. Sometimes we just need to wait for our brain to integrate energy information and express it to us in an understandable way. Similar to when we are learning a new language or other skill, it takes time for everything to come together. Keep applying focus and energy to the exercise and eventually the energy will begin to move and flow. Intuitive information may not come in the form that you would like it to or in a way that makes sense, but don't disregard it. At the beginning it is enough to identify intuitive energy information and accept it. The more often you do the meditation exercises, the faster, clearer, and more accurate your intuitive abilities will become.

If you continue to have difficulties receiving psychic energy information, scale back the meditation exercise. Begin by breathing and relaxing and then do the first step. Imagine whatever image the exercise begins with, become aware of any psychic information that surfaces, and then end the session. Next time you come back to the exercise, do one step at a time until the energy begins to flow freely and you feel more confident.

Disruptive Sensations

Imagine that after getting comfortable, breathing, relaxing, and beginning the meditation exercise, you become restless and unfocused. Your leg or arm begins to itch, you notice that your back is sore, you have a dull ache in one of your calves, or you just can't sit still. The more you try, the more restless you become.

If this happens, stop, breathe, stand up, and stretch. Shake your arms and legs, take long, deep breaths, and move energy through your body. If you have a high degree of physical intuition, it is likely that your body is reacting to the increase in psychic energy. Becoming physically overactive or overstimulated means that there is a lot of available energy that you can channel into psychic receptivity.

Once you have released energy through stretching, try again. Sit down, become comfortable, and breathe. However, instead of moving the breath through the body, imagine moving the energy of the breath to your heart, mind, and spirit. Breathe and send the energy through the heart and the third eye area and then exhale. Send the breath outside of the physical body to your energy field, and imagine your aura becoming larger and more luminous. This channels the energy to activate your psychic senses and prevents your body from becoming overstimulated. Continue to breathe in this way and continue with the exercise.

Emotional Avalanche

If your primary intuitive type is emotional, you may feel and receive an abundance of emotional energy. If this happens, accept all the emotions that you feel. Don't try to rush through the meditation exercise. Instead, slow down and feel. Name the feelings that surface, and discern if they are your personal feelings or if they are intuited feelings.

Sometimes, relaxing, breathing, and coming into an intuitive listening state opens the heart and repressed feelings surface. This is natural and beneficial. In order to receive intuitive guidance from the heart, it is necessary to let go of suppressed emotions and feelings. Simply allowing the feelings to surface is healing and makes way for intuitive energy information to surface. Take all the time you need to feel your feelings, as this allows them to dissipate.

Intuited emotions emanate from a quiet heart. They are repetitive and wise. Listen to them. When you identify an intuitive emotion or feeling, be patient and listen for further information. The initial intuited emotion opens the door for more psychic impressions to surface. You do not need to understand the origin of the emotion or feeling and what it may mean. Just take note of it and remain receptive to other energy information that surfaces.

Mind Chatter

Lets face it: the mind is going to talk and talk. It is not going to be quiet because you want it to. During the meditation exercises, don't try to shut down the mind. It will resist and become stronger. Don't give the mind chatter too much attention. Instead, listen for the intuitive messages that lie under the chattering mind. They are there. As you focus on intuitive energy, it becomes stronger. Be patient with the process. If you notice yourself engaging in thinking and listening to your mind ramble on, go back to the breath and a receptive mode.

Remember, intuitive thoughts are repetitive, nonlinear, and consistent and do not provoke emotion or engage the thinking process. They provide energy information in a somewhat flat and matter-of-fact way.

Personal thoughts are engaging. They pull you in, and one thought leads to another and another. They can be difficult to detach from because they can be enticing and feel productive.

Intuitive thoughts simply make a statement. Listen to these, even though they may feel less compelling and not as prominent as personal thoughts. The more you focus on intuitive thoughts, the easier they become to identify and understand. When you receive or hear an intuitive thought, take note of it and return to a receptive and open state.

Confusing Images

In addition to dealing with confusing emotions and thoughts, you may find yourself perplexed by the images you receive. You may feel that you are making them up, they are unreliable, or you are simply not seeing them in the way that you want to.

If you feel that you are making up the images or that you continually need to use your imagination to create them, slow down and be patient. It may be that your brain needs more time to interpret the energy information that you are receiving and express it in an image. Remember that your imagination is a tool that can help you to better understand and

intuitively perceive what you are receiving. Find that balance between observing and projecting your energy into the meditation exercise and being patient and allowing an image to emerge in its own time. Eventually everything will line up and you will better understand how your clairvoyance operates.

If the images are unclear or fuzzy, don't panic or ignore them. This is common and normal. It may be that more energy information can be supplied by your other psychic senses. Don't rely too much on your clairvoyance. Tune in to how the images feel, what they are saying to you, or what you intuitively know in connection to them.

While many people feel that they experience difficulty receiving energy information through images, there may be times when you are overwhelmed with visual images and don't know what they mean. If this happens, go back to the breath, slow down, and imagine a blank screen. Instead of allowing the images to randomly float in and out, be more directive with them. Ask for an image to emerge that represents a specific aspect of the exercise or a question or concern. Keep asking for specific images one at a time. Then go back to the breath and a blank screen if you become overwhelmed with too many images.

The images are also likely to change and transform as you work with them. If this happens, simply observe. This might feel almost like a dream. You are engaged in the meditation exercise, but it seems to take on a life of its own. This is generally a good sign. It means that your intuition is flowing without restraint. However, it might also indicate that you are too personally involved. For instance, your mind may be overthinking, the images may be stimulating an emotional response, or you may be perceiving a visual scene that reflects your desires and preferred outcome. It may be that your imagination is not connected to your intuition but rather to your ego. If you believe that this is happening, slow down, go back to the breath, and imagine a blank screen. Ask for an image to emerge that represents something in the exercise that you would like to intuit. Keep going back to the breath and the blank screen if the images become too confusing or change or alter too quickly. Eventually you will find the right balance.

The Meditation Exercise Seems to Veer Off Course

As you proceed through a meditation exercise, everything seems to be moving along. Then instead of following the format, your intuition seems to steer you in an unexpected direction. You see, feel, or know things that don't seem connected to the question or issue, or you receive energy information in an unexpected way. Although this can feel disruptive and confusing, it can be a good sign.

Similar to what happens in your dreams, at some point your intuition will begin to lead you. When we are dreaming and are aware that we are dreaming, we are observing a scene unfold. We are not making anything happen and we do not know what is going to happen next. Eventually your intuition will begin to unfold in this same way. You simply observe, receive, and take note of what is happening. It is important to stay focused and aware when this happens. If you start to overthink or control the process, you will lose the energy and it will slip away.

Meditation Exercise Format

Like most people, you may be motivated to develop your psychic abilities to receive helpful guidance and insight into everyday questions and concerns and to be happier and more successful. The meditation exercises in the following chapters empower you to receive guidance and insight about relationships, career, finances, abundance, spiritual purpose, and manifestation.

Included with each meditation exercise is an image glossary to assist you in interpreting the energy information that you receive. Each glossary section includes signs and symbols and their meanings and guides you in interpreting intuited feelings, sensations, and thoughts.

Psychic Protection

It is always a good idea to set an intent before you psychically open to receive energy information that is in your highest good. Before you begin a psychic meditation, take a moment to imagine yourself surrounded with protective white-light energy. This will ensure that you receive only high-vibration, positive energy and that no negative spirit influences can affect you. If you like to work with a particular divine spirit being, such as Mother Mary or Archangel Michael, or you wish to ask for God's protection, you can say a short prayer.

Read or Record the Meditation Exercise

Some people find it challenging to read the meditation exercise text and practice it at the same time. If this is true for you, you may want to read through the meditation and then record it before you begin. Pre-recording the meditation may also assist you in getting into a deeper intuitive state. However, the meditations are not difficult or complex. They can be practiced by first reading them over and then getting into a relaxed state and going through the steps.

Intuiting for Another

Although these meditation exercises are designed for personal use, you can use them to practice receiving energy information for another. If you wish to intuit for someone else, become aware of your expectations, emotions, feelings, and beliefs about your intuitive abilities before you begin. If you are feeling nervous and unsure of your ability to receive and interpret useful information, take a few deep, relaxing breaths and have compassion for yourself. Know that this is not a test and you do not need to judge or criticize your performance. Being psychic is a learning process, so do the best you can and learn from the experience.

Begin each meditation exercise by setting an intention or saying a short prayer and asking to receive positive and helpful energy information for the person you are intuiting for. You can also inwardly repeat the person's name before beginning or use another personal identifying symbol to better connect to and receive their energy vibration. Before I intuit for a client, I ask them for their date of birth. This aligns me with their energy and allows me to more clearly and accurately intuit their soul vibration.

Once you start the meditation exercise, imagine the person you are intuiting for instead of yourself. The intuited feelings and thoughts that you experience during the exercises are

connected to and express the energy of the person for whom you are intuiting.

Increasing Intuitive Receptivity

Before you begin the meditation exercises in the following chapters, please read through the clearing preparation exercise in the next section and answer the questions that it asks of you. This may seem tedious, and you may not feel that it is necessary. However, to successfully intuit, it is necessary to be as neutral as possible. When it comes to issues and questions that affect us personally, it can be easy to allow our expectations, emotions, beliefs, and desires to interfere and create doubt when intuiting.

To be successful with the meditation exercises, it is essential that you be able to discern intuited information from your own desires, feelings, thoughts, and expectations. As you answer the questions in the clearing preparation exercise, keep in mind that becoming fully aware of your thoughts, feelings, and desired outcome will enable you to more confidently recognize and discern intuited energy from your personal expectations and desires.

Clearing Preparation Exercise

In each of the meditation exercises you will be asked to formulate a question or focus on a specific question, concern, or issue. Once you have done this, take a deep breath and feel any emotions or feelings you have about this issue or concern. Write down the feelings and emotions that surface.

What are your thoughts surrounding your question and this area of your life? What are the factors affecting it, the facts as you know them, and your expectations? Write all of this down.

What is your desire in relation to your question or issue? What do you want to happen?

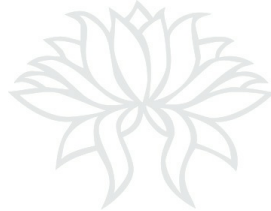
What do you fear may happen? How are you controlling the situation and any others involved? What do you want the outcome to be and why? Write all of this down.



Our personal biases can hamper our intuitive efforts. It is not possible to always be completely neutral about issues that personally affect us. However, by becoming conscious of our expectations, feelings, and desires, it is easier to recognize and trust what we intuitively receive. Awareness supports us in being a more open and clear channel for unbiased and pure energy information. If you feel that you are not ready or are too attached to the outcome to receive guidance that might be contrary to your wishes, it is best to wait until you are in a more neutral state to do the exercise.

Chapter 11

Rainbow Meditation Exercise to Intuit Abundance and Finances



The first intuitive meditation exercise is the rainbow meditation. It begins with activating your clairvoyance by imagining the different colors of the chakras. However, it is not essential that you see these colors like you see with your physical eyes. You may instead feel the colors, know how they appear, have a sense of them, or see flashes of them that fade and then become clearer. Accept whatever way they appear for you. The goal is not to judge your clairvoyant ability, but instead to become comfortable with combining your imagination and intuition and better discover how your clairvoyant ability surfaces. As you invoke the different colors of the chakras, you activate and strengthen your overall psychic energy and awareness.

If you would like to gain intuitive insight into your finances or abundance or how a particular project or opportunity might impact you financially, the rainbow meditation exercise may help. In this exercise you can ask a question about your finances or state of abundance in a specific area, such as the future outlook, an investment, or a career opportunity.

Pick one area of your life where you would like to gauge financial increase or decrease. Formulate a question, then do the clearing preparation exercise at the end of chapter 10 before beginning the meditation.

Before You Begin

Here is a review of the clearing preparation exercise from chapter 10 to do before you begin:

Take a deep breath and feel any emotions or feelings that you have about this issue or condition. Write down the feelings and emotions that surface.

What are your thoughts surrounding your question and this area of your life? What are the factors affecting it, the facts as you know them, and your expectations? Write all of this down.

What is your desire in relation to your question or issue? What do you want to happen?

What do you fear may happen? How are you controlling the situation and any others involved? What do you want the outcome to be and why? Write all of this down.

✿ Rainbow Meditation Exercise ✿

Once you have answered the questions in the clearing preparation exercise, get into a comfortable position and close your eyes. Begin to breathe long, deep breaths. Move the

energy of the breath through the body and exhale any stress or tension. Continue to breathe in this way.

As you continue to breathe, imagine the colors of the rainbow swirling around you. Take some time to imagine the different colors and energy completely surrounding you. Let yourself feel this energy and become part of it.

Imagine a red ray of light emanating from the base of your spine and swirling around you. Then imagine that below your belly button there is a ray of vibrating orange light moving in unison with the red ray of light. From your solar plexus imagine a ray of yellow vibrating energy flowing with the red and orange energies. Then moving up the body, imagine a ray of green energy pulsating through your heart and allow it to flow with the other energy colors. Now imagine that from your throat area a vibrant blue energy joins them, while indigo swirls of energy flow from your head and surround you. Above your head imagine violet and white light flowing around your body in unison with the other colors.

Imagine all these colors of light—red, orange, yellow, green, blue, indigo, violet, and white—flowing as one energy and completely surrounding you. This is your rainbow energy self. Take a few moments to imagine and feel the high-vibration energy of your rainbow. You may hear a slight sound emanating from the rainbow or feel it as a buzzing or a vibration.

Continue to breathe and imagine the energy of the rainbow intensifying and increasing your vibration and frequency. Breathe and focus on your question or area of interest. If your thoughts begin to scatter, go back to the breath and stay centered in your question.

As the energy of the rainbow continues to surround you, imagine a blank screen. Using your imagination encourages clairvoyance. Remember, you may not see a three-dimensional blank screen. Instead, you might have a sense of it or know or feel it. It may appear cartoonish or made-up. All of this is fine.

Imagine on this screen a gold pot. Remember that you may not see a clear, three-dimensional image. Instead, you may have an awareness of the pot, a feeling of it, or a sense of knowing, or you may hear a message about it.

Stay with the image of the gold pot and notice it in detail. Is it old, new, worn, or broken? Notice anything that you can about it.

Imagine that the rainbow energy surrounding you moves in and out of the pot and back to you. As the rainbow connects with the pot, it absorbs your abundance and financial energy. Continue to breathe and relax.

Once you feel that the pot has absorbed the energy of the rainbow, notice and become aware of anything in the pot or any changes to it. Remember, intuitive information may come to you as an image, or you may intuitively know, sense, or feel what is inside of the pot. For instance:

- Is there an object inside the pot, such as money or gold or something else?
- Is the pot empty, upside down, or barely full? Is the pot filling or emptying?
- Does the gold pot change color or morph into another image?

Be aware of any intuitive energy information that you receive through a sense of knowing or your thoughts. What are your inner voice and heart saying to you? What emotions and feelings surface? Tune in to any sensations in the body and listen to them. Do you perceive any other images and symbols? Become aware of intuited energy information as you receive it. Do not try to understand or interpret it. Instead, stay in a receptive mode.

When you feel that you have received all that you can at this time, imagine a ray of light dissolving the images and the colors of the rainbow fading into your energy field. Slowly come back to normal consciousness and write down what you have intuited.

What to Do if Nothing Happened

If you did not intuit any thoughts, feelings, images, or sensations during the meditation exercise, relax and take your time. This doesn't mean that you are not intuitive.

Try again and alter the exercise by using your imagination to create an image of the pot. Notice anything about it and receive any other intuitive information. Once the image begins to fade, you have completed the exercise. Repeat this step at another time. Simply imagine an image of the pot and become receptive, and keep repeating this until the scene begins to come alive and you are able to intuit more energy information. When you begin to receive more intuitive information, start at the beginning and imagine the colors of the rainbow and go through the entire exercise.

Interpretation

Intuited positive feelings and emotions such as happiness, joy, serenity, and peace indicate a positive outcome and increase.

Intuited negative feelings and emotions such as confusion, stress, and negativity can indicate possible financial loss, lack, or an undesired outcome.

Intuited physical sensations such as an increase in physical energy or feeling light, energized, and tingling can indicate a positive outcome and increase.

Intuited sensations of heaviness, low energy, or feeling blocked or tired can indicate an undesired outcome and can be a message to change or review your plans and expectations.

Intuited thoughts that surface in the form of a word, phrase, or song lyric may not initially make sense. However, don't ignore these or discount their significance, as they may contain insight and information. Thought messages can be auditory and sound like your own voice, or they can come in the form of an idea or insight.

Intuited thoughts and energy information that you receive through inner hearing are often straightforward and do not need any further interpretation. If thoughts surface that you do not understand, resist overthinking and do not discard them. Give them time to unfold. When you least expect it, the meaning will surface.

Image Glossary

You may receive intuited images visually, through a sense of knowing, or through feeling them. They may or may not be clear and detailed.

Colors of the Rainbow (as Related to Abundance and Finances)

Red is the energy color of your first chakra. It represents grounded energy, power, action, and security.

Orange is connected to the second chakra and represents the ability to manifest wealth and abundance. Orange can indicate an increase in finances through a grounded approach.

Yellow is the color of the third chakra. It corresponds to the power to listen to your gut intuition about finances. It can also represent the kind of confidence and healthy self-esteem that empowers us to manifest and create abundance.

Green is connected to your fourth chakra. It vibrates to the healing of money and abundance issues and can also represent money and wealth.

Blue is connected to the fifth chakra and vibrates to expression and use of the will. In the energy of abundance this may indicate the need or ability to express and communicate your ideas, desires, and truth. It can also represent the use of personal will to move forward and manifest abundance.

Indigo emanates from the sixth chakra. It represents the third eye, truth, and higher consciousness. It may indicate creative and inspired ideas and insight and the ability to trust your higher vision of manifesting abundance.

Violet is connected to the seventh chakra and flows with the energy of the higher self, our purpose, and our soul plan. It may indicate that you are being divinely guided or that you have positive karmic manifestation abilities.

Gold and white vibrate to divine spirit, abundance, wisdom, and compassion. They can indicate a financial gift from spirit coming your way.

Rainbow

The rainbow is your energy self and encompasses the vibrations of all the colors. When activated, the rainbow energy self is intuitively wise and receives psychic energy information. It is also able to heal and bring balance to the mind, body, and spirit. Related to finances and abundance, the rainbow represents wholeness and attainment.

Gold Pot

The gold pot is the energy receptacle that holds and expresses psychic information in this meditation exercise.

Coins or gold filling the pot: Coins or gold filling the pot is a positive sign of financial increase and abundance that may occur over a period of time.

Coins or gold spilling out: This indicates losing money on an idea or project. It may also indicate a need to pay attention to spending and avoid taking chances.

Cracked or broken pot: This symbolizes a flaw in your plan or expectations and is a sign to review and make changes to your current financial plan.

Empty pot: An empty pot indicates that future or present finances and abundance may not manifest in the way you want them to or at the desired time.

Empty scene; no pot or gold: This is an indication to be patient and use your imagination. It might take a little longer to receive psychic energy information. If you continue to be blocked, this may indicate that fear, doubt, or stress is getting in your way. If no images or psychic energy information surface, it may not be in your best interest to know the outcome or you may not be ready for it.

New pot: A new pot may be a suggestion to pay attention to a new idea, plan, or opportunity that will bring increase and abundance. It might also be a message to let go of the old and begin anew.

Pot full of gold: A full pot of gold symbolizes abundance, coming good fortune, and an increase in finances.

Pot half-full of gold: This symbolizes a measured increase in wealth and abundance. It may not be as much as you want, but it is a comfortable amount.

Something other than a pot of gold: If another symbol or image appears instead of a pot of gold, do not dismiss it. This is what you are meant to see and know. Focus on the image and intuitively receive more energy information and guidance.

Worn or old pot: A worn or old pot can indicate abundance coming from a past idea, investment, or project. It might also be a message to stick to the traditional way you have been doing things. It can also indicate a debt being paid.

Kate's Experience

The meditation exercises in this book engage your visualization abilities and help you to develop and trust the psychic skills of clairvoyance. If you are not comfortable intuiting in this way, you are not alone. When first beginning to use clairvoyance, it may feel as if you are making up what you receive, or the images may not be what you think they should be like. To help you to better understand and value your clairvoyant ability, I am including an example here of one of my students who had difficulty intuiting in this way. You can still receive valuable guidance even if you do not receive clearly seen visual images and even if the exercise takes an unexpected turn.

Kate, a project manager in a pharmaceutical company, was ready to leave the corporate world behind. After many years in the profession, she was ready to pursue her dream of opening an antique shop in the mountains with her husband. However, they were both nervous. After several years of planning and preparation, Kate and her husband were hesitating before taking the leap. Concerned about how this new venture would affect their current and

long-term finances, they were exploring every option. Kate took my class to help her trust in and use her intuition to make good decisions and was ready to jump into the meditation exercises and learn more.

When Kate began to breathe and relax at the beginning of the exercise, she initially felt comfortable visualizing white light surrounding her. When I asked the class to see or feel the colors of the rainbow, she began to run into trouble. Wanting to develop clairvoyance and do the exercise correctly, she was disappointed when she couldn't clearly see visual images. Kate recalled me telling the class that they might see the clairvoyant images more through a sense of knowing, and that helped her. She knew that the colors of the rainbow were present, and even though she couldn't see them clearly, she continued with the meditation. When her body began to tingle with energy and she felt a slight vibration in her head, she took this as a good sign and trusted that she was still on track.

It was easier for Kate to visualize the blank screen than to see the colors. Excited when she saw an image of the pot of gold, she was disappointed when it faded and then disappeared. Thinking that she might have gotten too excited, she remembered to go back to breathing and relaxing and focusing on her breath. Eventually the image of the pot of gold returned. This time she noticed that there was something in it, but she wasn't sure what it was. As she tried to focus on the pot, it disappeared again. For a moment she thought she was doing something wrong, but fortunately she remembered to rely on her other psychic senses and went back to tuning in to her intuitive thoughts and listening.

This is where it got interesting. All of a sudden she felt as if her father were present. She could feel him. He had passed over many years earlier and she had not previously felt him close. Surprised that this was happening, she continued to feel her father's warmth and felt comforted by his presence. She heard the inner message that everything was going to work out with the antique store, and tears came to her eyes when she intuitively felt in her heart that this was true.

Then everything went blank again and she went back to breathing. This time as Kate was breathing and relaxing, she suddenly saw an image of the porch of the store that she was considering buying. At the front door there was the pot filled with gold.

Overall Kate was pleased and felt positive about the meditation exercise. It left her with the intuitive awareness and assurance that her father was close and was looking out for her. His presence was so unexpected that she felt it had to be her intuition at work.

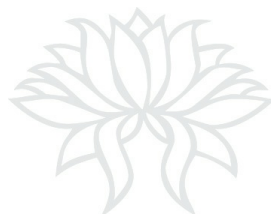


Although the meditation exercises in this book take you through a series of steps and actions, be flexible with what happens and where you are led. If you veer from the format, that is fine. The exercises stimulate and encourage your psychic energy to focus on a specific question, issue, or concern. However, it is not fundamentally important for you to stick to the steps one by one. As long as you are receiving intuitive energy information, continue with your personal process as it unfolds. Do what works and go back to the exercise format if you begin to feel lost or unconnected to your intuition or the energy information that you are intuiting.

[contents]

Chapter 12

Path Meditation Exercise to Intuit Career and Life Path



This meditation exercise provides a format to intuitively receive energy information and insight into what may be unfolding and coming your way in your career or on your life path. Before you begin, determine if you would like to receive energy information about what is currently happening in your career or on your life path or if you would like to explore what may be coming your way with a new idea or plan that you are considering.

Before You Begin

Here is a review of the clearing preparation exercise from chapter 10 to do before you begin the exercise:

Take a deep breath and feel any emotions or feelings that you have about this issue or condition. Write down the feelings and emotions that surface.

What are your thoughts surrounding your question and this area of your life? What are the factors affecting it, the facts as you know them, and your expectations? Write all of this down.

What is your desire in relation to your question or issue? What do you want to happen?

What do you fear may happen? How are you controlling the situation and any others involved? What do you want the outcome to be and why? Write all of this down.

✿ Path Meditation Exercise ✿

Get into a comfortable position and begin to breathe long, deep, cleansing breaths. Move the energy of the breath through the body and exhale any stress or tension. Continue to breathe in this way. This relaxes and increases your vibration.

When you are ready, imagine a blank screen in front of you. Using your imagination encourages clairvoyance. Remember, you may not see a three-dimensional blank screen. Instead, you might have a sense of it or know or feel it. It may appear cartoonish or made-up. All of this is fine.

On this screen imagine an image of yourself standing in front of a path. Relax and imagine yourself in the scene, feel it, and allow it to become vibrant and alive. Notice as much detail about yourself as you can: the clothes you are wearing, the expression on your face, etc.

Then focus on the path. How does it appear to you? Notice all that you can about it. What is it made of? Are there stones or boulders on it, or is it paved or made of lush vegetation? Feel the energy and activate your imagination to experience being in the scene. Let the sounds, colors, and sensual energy of this path unfold.

Imagine that you are walking down the path. Is the walking easy or difficult? Does the path change? Does it wind or is it straightforward? Does it split or fork? Do you know which way to go? Does the path end abruptly?

Notice what is on both sides of the path. Do the surroundings feel empty and like a spacious void? Are they dark or light? Are you surrounded by vegetation, or does the terrain seem to be empty and desert-like? If there is any water, is it clear or murky?

Continue to walk along the path, noticing and taking note of any changes that occur as you proceed. Are there any obstacles? Does it become harder to walk, perhaps as you head uphill, or is there a sense of making progress with ease?

Does anything or anyone show up to help you, such as an animal, a group of people, or one person? Does anything appear that seems to hinder you? Can you communicate with whatever or whoever shows up on your path? Do you feel like you are being guided?

What is the weather like? Does it change? Is it sunny or cloudy, windy or calm? Is it hot or cool? Is it daytime or night?

Continue to walk along the path, noticing everything that you can about it and anything on either side of the path.

Eventually the energy will begin to fade. This is a sign that you have received all that you can at this time. Before you end the session, ask if there is anything else that you need to know, feel, or become aware of. Pause and take a few moments to listen. Receive anything else that surfaces. Allow the energy to fade and imagine a ray of light dissolving the images.

Before you do anything else, write down any symbols and all that you experienced. More psychic information may come to you as you write.

What to Do if Nothing Happened

If you did not intuit any thoughts, feelings, images, or sensations during the meditation exercise, relax and take your time. This doesn't mean that you are not intuitive.

Try again and alter the exercise by using your imagination to create an image of a path. Notice anything about this path. Once the image begins to fade, you have completed the exercise. Repeat this step at another time. Simply imagine an image of a path and keep repeating this until the scene begins to come alive and are you able to intuit more energy information. As you continue to practice this exercise, imagine yourself moving forward on the path little by little.

Interpretation

Intuited positive feelings and emotions such as joy, enthusiasm, positivity, and contentment indicate that you are going with the flow and are on track with your career or life path.

Intuited negative feelings such as confusion or stress or the feeling that something is not right may indicate that your desires or plans or the outcome of your current path are not in keeping with your highest good.

Your feelings and emotions are likely to change during the meditation exercise, so pay attention to the predominant feelings and any images or other intuited information that surface simultaneously.

Intuited physical sensations such as feeling unable to move forward or feeling heavy, stuck, or lacking energy may indicate resistance, challenges, and a possible undesired outcome to your plans or on your current path.

Intuited physical sensations such as tingling, a feeling of ease, or feeling energized, powerful, or light are indications that you are on the right path or your plans are in keeping with your highest good.

Intuited sensations of flying or floating may indicate that you are being spiritually guided. Pay attention to any other intuited information, as flying may also indicate that you are not grounded and you might need to focus on what is possible to make your dreams a reality.

Intuited thoughts that surface in the form of a word, phrase, or song lyric may not initially make sense. However, such thoughts likely contain insight and information that will eventually become clearer. Thought messages can be auditory and sound like your own voice, or they can come in the form of an idea or insight.

Intuited thoughts and energy information that you intuit through inner hearing are often straightforward and do not need any further interpretation. If thoughts surface that you do not understand, resist overthinking and do not discard them. Give them time to unfold. When you least expect it, the meaning will likely surface. Trust the thoughts that come to you during the exercise. Take note of them, and when the exercise is complete, they may make better sense.

Image Glossary

You may receive intuited images visually, through a sense of knowing, or through feeling them. They may or may not be clear and detailed, but either way they are significant.

Animals

An animal may appear on your path as a spirit guide. Try to communicate with it and listen within for any guidance or direction that it may be transmitting to you. The kind of animal may also be important. You may want to research the symbolic meaning of the animal that comes to you.

Path

The path is the energy receptacle in this meditation exercise. It symbolizes what is coming into being in your career or in the area of concern you are inquiring about.

Blocked path: If the path is blocked, it is likely that obstacles are in your way. These may be emotional, psychological, or spiritual obstacles or an unknown outer or external issue or event. Notice if you can get around the obstacle and how much effort this requires. If you are able to get through the block, notice what is on the other side. If you cannot get through it, you may need to rethink your current career or life path.

Detour: A detour on your path indicates change is coming. This may be unexpected. Notice what the path is like after you make the detour. This will give insight into upcoming ease or challenges.

Fork in the path: A fork in the path represents a choice or decision coming your way. Explore both paths of the split and get a sense of which feels more comfortable and affirming. It may be possible to receive energy information related to the decision or choice that may soon present itself.

Rocks on the path: Large rocks and boulders indicate potential problems and issues in your career or in the area of concern. Depending on the other intuitive information you receive, rocks may also indicate a grounded, secure path or the need to be realistic in your expectations.

Stones on the path: Smooth rounded stones indicate small issues that you can overcome. Gems or colorful smooth stones can be a sign of spiritual help and the manifestation of spiritual gifts.

Sharp or jagged stones are a message to be careful, as there may be annoyances coming your way. Don't underestimate small issues. Notice how much of the path is covered with sharp, jagged stones. If they extend a long way, you may want to change your current plans.

Stop or dead end: If the path ends abruptly, this may indicate that your current plans are not viable or there may be an unexpected change. Alternatively, this can be a positive sign of fruition and completion. What is at the end of the path can supply more information.

Straightforward path: This is a positive sign that you are on the right track and may be a suggestion to stay focused.

Winding path: A path that winds is a sign that it may take longer to achieve and manifest what you would like to experience. Conditions may unfold slowly and there may be a delay in manifestation.

Vegetation

Barren, desert-like: These conditions can signal new beginnings or possibilities but can also indicate a lack of support and empty promises.

Flowers, flowering bushes: These are signs of happiness and can be indications of reaching a goal, fulfillment, or completion.

Fruit, fruit trees: Fruit or fruit trees are symbolic of attainment, abundance, and fruition. If there are fruit trees with no fruit on them, it can suggest that you may have to be patient and wait.

Grass: Healthy, lush green grass is symbolic of growth and abundance.

Overgrown vegetation: This can indicate that you may be trying to do too much. You may need to scale back your expectations and focus on one step or idea at a time. It can also indicate confusion.

Trees: Healthy trees full of leaves can be a sign of positive growth and long-term success. Frail-looking trees or trees with no leaves can symbolize loss and indicate that what once may have been a good idea is no longer viable.

Weeds: Weeds indicate a need to become focused and eliminate negative thoughts and fears.

Walking

Walking is symbolic of progress in your career or on your life path. If the walking is easy, this can indicate unencumbered advancement. If the walking is difficult or you are going slowly, this can indicate that things may take more time to manifest than you would like.

Water

Clear water: Translucent, clear water indicates spiritual clarity and is a sign of emotional peace and ease.

Flowing water: Flowing water represents progress and going with the flow of life and your highest good.

Murky water: Dark, cloudy, or murky water may indicate the lack of a clear vision, spiritual or emotional confusion, or the need to let go and free yourself from a burden or limitation.

Puddles: Symbolic of emotions that need to be let go of, puddles may be a sign to be patient, as events and conditions are in the formative stage.

Sea or ocean: A positive sign of spirituality, the divine, and love, the sea or ocean can symbolize that you are being divinely guided on your life path and purpose.

Stream: A stream symbolizes the beginning of a project or plan or going it alone.

Weather

The weather symbolizes feelings, emotions, and moods.

Clouds: These can indicate muddled thinking, confusion, and a lack of clarity.

Cold: Very cold weather indicates being frozen and unable to move forward and can symbolize fear. Mildly cold weather can indicate feeling alone and a lack of passion on your path.

Heat: Hot weather can indicate feeling overwhelmed and the need to slow down and not push yourself. Mildly warm weather is a positive sign of heart-centered warmth on your path.

Night sky with stars: This indicates that even though you may not be sure of where you are going, you are being led and guided.

Rainbow: A rainbow is symbolic of happiness and attainment in your career or on your life path.

Sunny blue sky: Sunny blue skies are a sign of adventure, positivity, and success.

Storms or dark sky: Stormy weather indicates potential difficulties or emotional stress.

Wind: A strong breeze or wind can indicate sudden changes or new ideas and may be a suggestion not to push yourself.

Kevin and Clara's Partner Experience

In this example, Kevin, a student in one of my psychic development classes, shares his experience with the career and life path exercise. In this partner exercise, he is intuiting for Clara, another student whom he had not met prior to the class. When we completed the path meditation exercise, Kevin was the first to volunteer to share his experience.

When Kevin and Clara began the exercise, Kevin was a little nervous and didn't know what to expect. He shared that he wanted to help his partner and felt a little pressure, but Clara seemed kind, which put his fears to rest.

As soon as he began to breathe and relax, Kevin started to see different images. Not knowing if he was too anxious or was trying too hard, he felt himself wanting to think about what he saw and try to understand the images. He said that it took a lot of discipline not to give in to this. However, when he remembered to go back to breathing and relaxing, he felt more centered.

As he further relaxed, he saw the path and imagined Clara on it, but he didn't see much else. What he could visually see and feel seemed peaceful and gentle. It was sunny and he saw flowers and birds, and there was one bird, a blue jay, that seemed to be following Clara as she walked down the path.

As he was wondering if anything else was going to happen, Kevin became concerned that he was making up what he was experiencing. He said that the scene seemed like something you might see on a greeting card or poster. Realizing that he was again overthinking the process, he went back to breathing and relaxing.

Then everything changed and he became aware of a big boulder on the path. He visually saw it but mostly felt it and knew that it was there. Surprised when the bird, the blue jay, got closer, Kevin said that it felt as if the bird could communicate with him and he could hear it and knew what it was thinking. As he listened to the blue jay, he became aware that Clara could easily get around the boulder. She seemed to know this, because he then felt that she was on the other side and the scene felt open and positive again. Then it all seemed to fade.

When the exercise was over, he told Clara that overall her career path felt positive, and he described the flowers and the blue sky. Kevin then told her about the boulder and that it felt as if there was an upcoming obstacle that she might need to maneuver around. Trying to push through it didn't feel like it was going to work. He also shared his awareness of the intuitive blue jay and let her know that it felt like an animal spirit helper to him.

The feedback that Clara then gave Kevin was helpful to him. He didn't know if he was making up his impressions and felt a little silly telling her what he had received. However, Clara let him know that she likes her job, it is positive, and she feels fortunate. In this way, she said, the blue sky and flowers made sense. She thought that maybe the obstacle that he had felt coming her way had to do with a proposition that she was planning on presenting to the board of the organization where she worked: a request for an increase in funding for a special project. She knew that there would be some opposition to it. Clara also told Kevin that she feels a special connection to blue jays and loved that the bird seemed to help her get around the boulder.

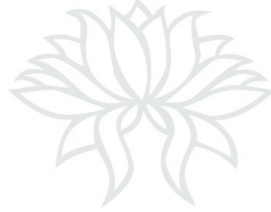


Intuiting for another can sometimes feel like jumping off a cliff. If it is someone you do not know, all you have is the energy and your intuition to rely on. While this is ultimately the best way to further develop and better understand the power of your intuition, it can also be a bit intimidating. I encourage you to jump in. Be willing to be incorrect and downright wrong about what you receive and your interpretation. It will get better, and there is every reason to believe and trust that your intuition knows what it is doing.

[contents]

Chapter 13

Rose Meditation Exercise to Intuit Relationship Insights



The focus of this meditation exercise is relationships. Similar to the other meditation exercises, it utilizes imagery as a psychic energy receptacle. However, in this one you invite another person to join you. Roses are used to symbolize you and the other person. Intuitive guidance and insight surface through obvious and often subtle changes and movement in the roses.

In this exercise pay particular attention to emotional energy and listen to your heart. Because this exercise is centered in relationship energy, intuited feelings and heart-centered awareness are key to becoming aware of insights and new understanding. If you begin to overthink, go back to the breath and open your heart.

Think of someone you have a relationship with, whether a romantic one or otherwise. If there is a question or concern or something that you would like to better understand about the relationship, write this down. You can also simply observe how the meditation unfolds.

It is possible that the person you want to invite into this exercise will not show up. There is nothing you can do about this. It is their free will choice. If this happens, ask for someone else to enter the imagery.

Before You Begin

Here is a review of the clearing preparation exercise from chapter 10 to do before you begin:

Take a deep breath and feel any emotions or feelings that you have about this issue or condition. Write down the feelings and emotions that surface.

What are your thoughts surrounding your question and this area of your life? What are the factors affecting it, the facts as you know them, and your expectations? Write all of this down.

What is your desire in relation to your question or issue? What do you want to happen?

What do you fear may happen? How are you controlling the situation and any others involved? What do you want the outcome to be and why? Write all of this down.

❁ Rose Meditation Exercise ❁

Get comfortable and breathe long, deep, cleansing breaths. Move the energy of the breath through the body and exhale any stress or tension. Continue to breathe in this way.

When you are ready, imagine a blank screen in front of you. Using your imagination encourages clairvoyance. Remember, you may not see a three-dimensional blank screen.

Instead, you may have a sense of it, know it, or feel it. It may appear cartoonish or made-up.

On this screen imagine a rose. This rose represents you. Notice its stem and leaves, the bud or blossom, the color of the rose, and any other details.

Ask for the higher-self energy of the person you would like to be part of this meditation exercise to be present. Imagine another rose. This one represents the other person you are inquiring about. Notice everything you can about this rose: its color, stem, leaves, and bud or blossom.

Imagine the two roses side by side.

Observe how the roses interact and become aware of any changes that occur. For instance, do either of them wilt, open into a full blossom, turn the other way, come closer, or shed their petals? Does either rose change color, fade away, or transform into something other than a rose?

Continue to observe and feel the connection between the roses. If you have a question, project it as a thought message onto the screen.

After you have asked your question or projected your thoughts and feelings onto the roses, notice any changes that occur with the roses.

In addition to observing the roses, pay attention to energy information that you intuit through your thoughts, emotions, feelings in your body, a sense of knowing, or your inner voice. With this meditation it is especially helpful to pay attention to intuitive feelings and emotions.

Continue to intuitively receive energy information through the different psychic modalities. Do not try to interpret or understand what you receive. Stay in this receptive mode until the energy begins to fade.

Before you complete the meditation, send a beam of white-light love energy from your heart to the person you are inquiring about. This will help to heal any disharmony between the two of you and infuse the connection with love. Then imagine a ball of light shattering the image.

What to Do if Nothing Happened

If you did not intuit any thoughts, feelings, images, or sensations during the meditation exercise, relax and take your time. This doesn't mean that you are not intuitive.

Try again and alter the exercise by using your imagination to create an image of a rose. This rose represents you. Notice details about the rose (the color, the bud, etc.) and become aware of any changes to it and receive any other intuitive information. Once the image of the rose begins to fade, you have completed the exercise. Repeat this step at another time. Simply imagine an image of a rose and keep repeating this until the scene begins to come alive and are you able to intuit more energy information. As you continue to practice this exercise, imagine another rose and keep moving forward with the exercise little by little.

Interpretation

Intuited feelings and emotions are common in this exercise. At times you may feel overwhelmed or confused by the amount of emotional energy that surfaces. If this happens, take your time, slow down, and feel the emotions as they surface.

Some emotions will be expressive of your ego and others will be heart-centered intuitive messages; quietly listen for them. Remember that intuitive feelings and emotions are consistent and reside underneath more intense and dramatic ego-based emotions.

Intuited positive feelings equal positive outcomes and shared positive feelings between you and another.

Intuited feelings of sadness, anxiousness, or grief can describe the emotional energy of the past, present, or future between you and another.

Intuited feelings of disappointment or confusion may also indicate an unhappy outcome to or disharmony in the relationship.

Personal emotions and desires related to the relationship may surface and interfere with receiving energy information. If this happens, take it as a sign that you are not ready to proceed with the exercise. Let yourself feel these feelings. Don't push them down or ignore them. Give them all the space they need. When you are feeling more neutral, try again. If confusion and doubt persist, this may be an intuitive sign that this is the energy of the relationship.

Intuited sensations such as your heart opening or feeling energized can indicate a positive connection or a loving soul-mate relationship with another.

Intuited sensations of heaviness or stress or feelings of disconnection can be a message that the relationship may not be in your highest good.

Intuited thoughts that surface in the form of a word, phrase, or song lyric may provide insight and information. Thought messages can be auditory and sound like your own voice, or they can come in the form of an idea or insight.

Thoughts and energy information that you intuit through inner hearing are often straightforward and do not need any further interpretation. If thoughts surface that you do not understand, resist overthinking and do not discard them. Give them time to unfold. When you least expect it, the meaning will surface.

Image Glossary

You may receive intuited images visually, through a sense of knowing, or through feeling or sensing them. They may or may not be clear and detailed.

Rose

The rose is the psychic receptacle for love, compassion, and relationships, and through it you can receive energy information about your relationship with another.

Blossom: A fully open rose blossom is a positive sign of intimacy, an open heart, and a fulfilling relationship.

Bud: A closed rose blossom indicates a closed heart. A slow-opening bud indicates patience, a slow-moving relationship, or uncertainty about the relationship.

Changing color: If one or both roses change color, this indicates change and transformation in the relationship. Pay attention to the color that the rose changes into, as this will provide more information. If the rose continues to change color, it can also indicate chaos and uncertainty in the relationship.

Dying: If one or both roses die, this can indicate the end of the relationship or the waning of love and feelings of intimacy and affection toward another.

Shedding petals: This may indicate loss in the relationship or be a sign to let go of expectations. It might also indicate that you or the relationship needs to change and you need to let go of something or someone.

Turning away: If one or both of the roses turn in another direction, this may indicate emotional distance or a lack of intimacy or communication in the relationship. It may also indicate a lack of honesty or trust.

Wilting: If one or both roses begin to wilt, it may be an indication of a lack of interest and commitment or a sign that the relationship needs positive energy and healing to come back to life and be fulfilling.

Rose Colors

Blue: Blue indicates tranquility and emotional depth. Dark blue can symbolize depression or sad feelings. Blue might also indicate an increase in communication or the need to communicate in the relationship.

Green: Green indicates healing and growth as well as renewed feelings and the rejuvenation of a relationship. Fluorescent green can indicate jealousy.

Orange: Orange symbolizes positive feelings of enthusiasm, fun, and passion.

Pink: Pink can indicate new love, healing, and appreciation as well as angelic help and guidance.

Purple: Purple indicates a soul connection with another or that the two of you have been brought together for a purpose.

Red: Red symbolizes intense love, romance, and passionate feelings.

White: White symbolizes spirituality, pureness, and new beginnings and can also be a sign of divine connection and blessings.

Yellow: Yellow symbolizes friendship (but not romantic love) and joy and can be a sign of hope.

Tammy's Meditation Exercise Experience

About to graduate with a master's degree in social work, my client Tammy always thought she would meet the love of her life at college. She assumed that she would marry young and have children, but this plan was not unfolding the way she had envisioned. Although she had been on plenty of dates during her college years, she had not been in a committed relationship. When she met Justin, she was hopeful. He was easy to be with and they had common interests and backgrounds. Tammy thought he might be the one, but he seemed to have some issues with intimacy. The closer they got, the more he would later pull away and become distant. Wanting to better understand and work through this issue, Tammy tried to talk to him several times about her feelings. However, whenever she brought it up, Justin would look at her with a blank expression, saying that he did not know what she was talking about.

Tammy attended an intuitive workshop in the hope that her intuition could help her to better understand herself, others, and relationships. She was excited to do the rose meditation exercise.

Before Tammy began the exercise, she wrote down her feelings, concerns, and desires about Justin and about relationships in general. Surprised by what it revealed, she realized that she was more anxious and stressed about her ability to be in a good, long-term relationship than she had thought. More feelings about Justin surfaced, such as confusion, sadness, and hopefulness, and she wrote them all down.

When she began to relax and breathe cleansing breaths, more feelings came up, but she continued to breathe through them. Eventually she felt calm and began to visualize the blank screen, which she could feel more than see. Because I had told her that this might happen, she knew that it was okay not to see a clear image of the screen and she kept going. On the screen she imagined a rose that represented her. It was initially red, but then the color began to fade and it became more yellow. Her rose seemed healthy and was fully open.

She then imagined a rose that represented Justin's energy on the screen. She also sent his higher self a thought message to make sure that it was okay with him to take part in this exercise. The rose stayed and didn't fade, so she took that as a yes answer. His rose was also red to begin with, but then it seemed to become more dull. It looked healthy and was bigger than hers, and that struck her as interesting. As she was thinking about this, an inner voice told her that his rose was bigger because he had more power in the relationship. She was not too surprised by this insight, as she knew in her heart that she was giving him her power.

Tammy told me that there seemed to be a barrier between the two roses on the screen. When her rose tried to face his and get closer, his rose turned and moved away. That made sense to her, as this is what kept happening in real life in their relationship. She wanted to know why his rose turned away and what the barrier was that she often felt with him. Tammy sent a prayer to her angels and asked this question and also projected it onto the screen. She waited for something to happen, but not much did. Then she heard the inner voice again, which said that Justin's inability to be close was not her fault. As she felt and became aware of how much she wanted the relationship to work, she cried a few tears. The intuitive feeling and awareness that there was nothing she could do to change what was happening became stronger, and she knew she had to let go of him.

Feeling sad, she suddenly saw her rose again, but Justin's rose was no longer on the screen, and she didn't want it to be. As she was about to end the exercise, she felt a feeling of comfort and the intuitive awareness that there was a soul mate that she was meant to be with in this life. In her heart she felt and knew that when the timing was right, she would meet him. When she ended the exercise, she was still sad about Justin, but she also felt more hopeful and ready to move on.

Tammy's story is another example of diverging from the meditation exercise format and receiving valuable energy information and guidance. Let the format of the exercises be a jumping-off point and trust where your intuition takes you. Intuition is fluid, and it is best to trust it, remain open, and follow where it leads.



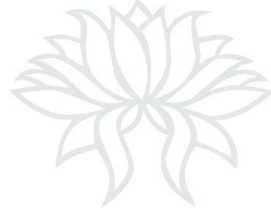
Intuiting guidance and information about a personal relationship can be challenging. Our feelings and desires can interfere, and we may not want to accept or even become aware of intuitive information that opposes our desires. Unlike when we are intuiting for another person, when we bring another's energy into an intuitive exercise in order to better understand our connection with them, the energy information we receive will likely invoke a personal reaction.

When you want to intuit information about a relationship, make sure you are ready and willing to accept whatever surfaces, and allow it to be a lesson in learning more about yourself, another, and what you may need to do to evolve and grow.

[contents]

Chapter 14

Elevator Meditation Exercise to Intuit Spiritual Guidance



Although much of the energy information that we intuit is sent to us through angels, spirit guides, loved ones on the other side, or a divine presence, we are not always sure who is guiding us. In our haste to receive answers and guidance, we do not necessarily focus on the deeper spiritual meaning and importance of what we receive. This is understandable and not uncommon. However, there will be times when we feel ready to receive more spiritually based messages that help us to better understand our spiritual path.

Spiritual guidance is not always easy to understand, as it tends to be directed to our soul awareness and not the conscious ego part of us. For this reason it may seem that it is coded in mystery and wonder. Even when we receive and correctly interpret intuited energy information, it can be a puzzle and it may take us a while to truly take in the message in a logical way. Once our spirit and soul have had a chance to simmer and absorb spiritual guidance, the information tends to become clearer. However, be patient, as it usually takes time and patience for the meaning to be revealed. In the meantime, the intuited symbols, messages, feelings, or insights that we receive seep deep into the recesses of our soul and spirit and create inward change that is not always easy to recognize and understand.

This meditation exercise assists you in raising your vibration and receiving intuitive spiritual guidance from angels, a divine presence, and spiritual beings. With this exercise you can receive general guidance or insight about a question or area of interest.

Before You Begin

Here is a review of the clearing preparation exercise from chapter 10 to do before you begin:

Take a deep breath and feel any emotions or feelings that you have about this issue or condition. Write down the feelings and emotions that surface.

What are your thoughts surrounding your question and this area of your life? What are the factors affecting it, the facts as you know them, and your expectations? Write all of this down.

What is your desire in relation to your question or issue? What do you want to happen?

What do you fear may happen? How are you controlling the situation and any others involved? What do you want the outcome to be and why? Write all of this down.

Breath work can be helpful in reaching a higher vibration. It gives you the energetic boost you need to ascend to higher realms. Get into a comfortable position and close your eyes. Begin to breathe long, deep breaths. Move the energy of the breath through the body and exhale any stress or tension. Continue to breathe in this way.

When you feel relaxed, raise your vibration to a higher state of consciousness by breathing white light down through the top of the head and exhaling it through the heart. Continue to breathe in this way. Inhale white-light energy and, as you exhale, imagine your heart opening. You may begin to feel the signs of a higher vibrational state, such as tingling in the body, a buzzing feeling, a feeling of expansion and lightness, or feeling lightheaded. Breathe in this manner until you sense an increase in vibration.

When you are ready, imagine a blank screen in front of you. Using your imagination encourages clairvoyance. Remember, you may not see a three-dimensional blank screen. Instead, you may have a sense of it, know it, or feel it. It may appear cartoonish or made-up. All of this is fine.

Imagine an elevator on the blank screen. Notice as much detail about it as you can, such as its color, structure, size, and anything else.

As you pay attention to the elevator, imagine that the door opens and you step into the elevator. Within it there is a feeling of openness and space. It feels soothing and comfortable. Breathe and imagine your consciousness rising as you move energy through your body.

Once you are in the elevator, the door gently closes and you begin to ascend higher and higher. As you are lifted higher, continue to breathe and relax. Breathe and imagine your consciousness rising. Move the energy through you and allow it to lift you.

You may feel the sensation of the elevator rapidly ascending, or it may be a slower and more gradual lifting. Eventually the elevator comes to a stop.

When the door opens there is a message waiting for you. Become aware of any intuitive thoughts, feelings, messages, or insights. In addition, you may intuitively see or sense a spirit being or messenger or an object or symbol. Be patient and stay in a receptive mode. It may take some time to become intuitively aware of and receive guidance and energy information.

When you have received all that you can at this time or if the image begins to dissipate, imagine a beam of light dissolving the image.

What to Do if Nothing Happened

If you did not intuit any thoughts, feelings, images, or sensations during the meditation exercise, relax and take your time. This doesn't mean that you are not intuitive.

Try again and alter the exercise by using your imagination to create an image of the elevator. Notice any changes in this image and receive any intuitive information. Once the elevator begins to fade, you have completed the exercise. Repeat this step at another time. Simply imagine the elevator and keep repeating this until the scene begins to come alive and you are able to intuit more energy information. As you continue to practice this exercise, imagine yourself moving upward little by little.

It is also possible that you may receive a spiritual message through a dream.

Interpretation

Intuited emotions such as love and compassion usually accompany spiritual guidance. The message may come as an emotional healing or a feeling of comfort or deep peace, and you may feel a heart-centered opening and new awareness.

Intuited physical sensations of higher-vibration energy such as a buzzing sensation or an increase in energy in your body, particularly in your head, are a positive sign. This indicates that you are increasing your frequency and raising your vibration.

Intuited thoughts may come in the form of a word, a phrase, or a complete understanding. You may have a sense of knowing and become aware of spiritual insights. Some of what you receive may be difficult to put into words and fully grasp. If you do not understand a message, give it time to unfold.

Spiritual messages often speak to our soul and can be difficult to comprehend cognitively. However, their deeper meaning eventually makes sense. Keep in mind that the message and the deeper connection with spirit forces has a positive and healing influence on us even when we cannot mentally decipher the message.

Image Glossary

You may receive intuited images visually, through a sense of knowing, or through feeling them. They may or may not be clear and detailed.

Elevator

In this meditation exercise, the elevator is the psychic energy receptacle that assists you in reaching a higher state of consciousness in order to receive spiritual guidance.

Intuited Images

You may see or sense an image that embodies the message. Be aware of other energy information that surfaces along with an image. The images that you receive may be unique and may reveal more insight and meaning over time.

Intuited Symbols

The message may come as a symbol that you see, feel, sense, or know. You may want to write down or draw the symbol and search for its meaning in a dream dictionary. Some symbols are unique and are meant to speak to and invoke the energy of our soul. They bypass our conscious understanding and work on deeper levels.

Some spiritual symbols may be more universally understood. For example, common positive spiritual symbols include a dove, a ring, gems, being pregnant, a house with a new room that you didn't know about, the sea, pure flowing water, a fountain with water gushing, a sunrise,

flowers, clouds parting and the sun shining through, hearing music, and anything white or gold. These indicate the presence of spirit, so pay attention to the feelings and thoughts that may emerge along with them.

Spirit Messenger or Being

You may see or sense a spirit being or divine presence. This may be a loved one in spirit, an angel, or a spirit guide. Although you will likely want to know more about the being that is present, try to focus on the message and the feelings that emanate from the spirit presence.

My Dream

This meditation exercise is based on a dream I had a few years ago. In the dream I was in an elevator that was shooting straight up into the air at lightning speed. As I went higher and higher, I felt a tingling of vibration and movement all through my body. The elevator eventually came to a stop on its own, and the door opened. Standing before me was an Asian man dressed in the kind of clothing that you would see in Tibet. He bowed and handed me a yellow hat that had faint embroidered designs on it. He said nothing. Then the elevator door closed and I woke up.

This was one of those dreams that felt significant, but I didn't know why. The next day I felt an intuitive nudge to research Buddhist yellow hats. It seemed silly and I didn't expect to find much. However, I was surprised to discover that the dominant tradition of Tibetan Buddhism today is the *Gelugpa*, or the Yellow Hat school. The Dalai Lama is the head of this sect. I am not sure why I was given this gift in my dream, but I felt honored. This may be an example of a spiritual message that bypassed my conscious thinking mind and instead spoke to a deeper part of me, my soul and spirit. The dream left me with a sense of peace that I still feel whenever I think of it.



Spirit guides, angels, and loved ones on the other side have their own way of doing things. While we may desire a specific answer or guidance in a form that makes sense to us, their agenda may be quite different. When working with higher energy, remember that you are the student. It will not work to try to control the process or the spirit realm. Let yourself be led and humble yourself in the process. There is much greater goodness and love waiting for you than you can imagine. Spirit plays big.

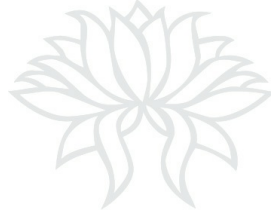
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Chapter 15

Going Backward Toward a Goal

Meditation Exercise to Intuit

Steps to Attain a Goal



Do you ever want to achieve a goal but you don't know where to begin? Maybe you have a sense of where to start, but you are not sure what is necessary and required to manifest your desire. One of the gifts of intuition is that it can provide us with a complete big-picture awareness. We can perceive past, present, and future events through a bird's-eye view and feel and experience a sense of completion that carries us through a project. When we know and feel that something will succeed, we are more likely to go forward with enthusiasm.

In this meditation exercise you employ your psychic awareness to intuit the necessary steps to achieve a goal or something that you would like to manifest or experience. Like all of the exercises in this book, it makes use of clairvoyance (see), claircognizance (know), clairaudience (hear), and clairsentience (feel and sense). There are four steps to this process, and we will be working our way backward through the steps. Although initially this may seem confusing, reversing perception diminishes the power of the thinking mind and aids in psychic receptivity.

Become aware of something you would like to experience, a goal you would like to attain, or something you would like to manifest.

Before You Begin

Here is a review of the clearing preparation exercise from chapter 10 to do before you begin:

Take a deep breath and feel any emotions or feelings that you have about this issue or condition. Write down the feelings and emotions that surface.

What are your thoughts surrounding your question and this area of your life? What are the factors affecting it, the facts as you know them, and your expectations? Write all of this down.

What is your desire in relation to your question or issue? What do you want to happen?

What do you fear may happen? How are you controlling the situation and any others involved? What do you want the outcome to be and why? Write all of this down.

Get into a comfortable position. Begin to breathe long, deep breaths. Move the energy of the breath through the body and exhale any stress or tension. Continue to breathe in this way. This will both relax you and increase your vibration.

In as much detail as possible, imagine what you want to experience or the goal or achievement that you want to manifest. Notice what you are doing and how you feel. Imagine an image of yourself doing and experiencing this in as much detail as possible. What do you see, sense, or know about your desired outcome? How does it feel to be successful? Focus on the positive feelings that come with achieving what you desire.

Finding Step 4

Once you see, feel, or sense yourself having achieved the desired outcome, ask your intuition what step you took right before you manifested this outcome. This is step 4 in the process of achieving your goal. What action, thought, feeling, awareness, or perception leads to this success? See and feel this, and imagine it in as much detail as possible. Use your imagination to create an image of what is happening and what you are experiencing.

Finding Step 3

Once you see, feel, or sense the step that led to your achievement, intuitively tune in to the step that came before it. This is step 3. See and feel step 3 in as much detail as possible. What is the action, thought, awareness, or perception that you are experiencing in this step?

Finding Step 2

Take a deep breath, then release the breath, and now intuitively tune in to the step that led to step 3. This is step 2. What are you doing, feeling, and experiencing in this step? Use your imagination to create an image of yourself engaging in this step's activity. See and feel it in as much detail as possible.

Finding Step 1

Continue to breathe and relax. Ask yourself what step you can now take that will set in motion the steps to success. This is step 1. What awareness, action, perception, feeling, or decision can you presently take to initiate the process of manifesting what you desire? Ask yourself what you need to know or feel or any action you need to take now. Feel this energy flow through you. What do you feel? What do you know? What awareness inspires and empowers you to move forward?

Stay in this energy for as long as possible. Then write down the intuited steps toward manifestation of your goal in as much detail as possible.

What to Do if Nothing Happened

If you did not intuit any thoughts, feelings, images, or sensations during the meditation exercise, relax and take your time. This doesn't mean that you are not intuitive.

Try again and alter the exercise by using your imagination to create an image of what you want to manifest. Notice any changes and intuit any information about this goal. When the image begins to fade, you have completed the exercise. Repeat imagining your goal at another time. Simply imagine the goal and keep repeating this until the scene begins to come alive and are you able to intuit more energy information. As you continue to practice this exercise, imagine yourself moving forward step by step.

Interpretation

Intuited positive emotions, especially heart-centered emotions, may reveal insight into what will bring you joy, inner peace, and feelings of deep satisfaction.

Intuited negative emotions such as fear or frustration may indicate that unconscious or stuffed-away emotions may be hindering you from moving forward. They may also indicate that you may experience these feelings as you move forward but you should keep going. Sometimes we have to move through resistance and difficulties to manifest what we desire.

Intuited thoughts that emerge through a word, phrase, insight, idea, or a complete understanding can provide valuable information. Insights and information about the steps to take or what is required for you to move forward may surface through an inner knowing, or you might also hear a quiet inner voice guiding you.

Intuited images may spontaneously emerge that provide information about the step. They may describe places, people, objects, and other realistic and identifiable information. Instead of visually seeing images, you might feel or sense them or have a feeling of what you may need to do or experience to manifest your goal.

It is not essential to see and work with images in this meditation. If you see an image that you do not understand, don't rush to try to interpret it, but don't discard it either. In time its meaning may become clearer.

Physical sensations such as feeling light, tingly, and full of energy may indicate unencumbered progress and positive results.

Intuited sensations such as feeling heavy, blocked, or tired may indicate some inner resistance about the steps or the goal. You may need to review your goal and make sure that it is in keeping with your heart's desire and highest good.

Intuited symbols may also surface that may or may not make sense. Most likely they will be personal to you or point you in the right direction to attain your goals. If you receive a symbol that you do not understand, write it down or draw it, and its message and meaning will either gently or spontaneously unfold.

To achieve your goal, it is important to act on the information that you receive as best you can. Do not wait until you fully understand everything that you received. This can lead to procrastination. As you act on the steps, continue to listen to your intuition for more guidance and direction. As you move forward and take action on the energy information that you received, the steps will begin to fall in place and make more sense.

Restaurateur Josh

My friend Josh went to culinary school, and he loves to cook and create new ways to prepare and combine spices in traditional food dishes. After working in a few different restaurants, he was ready to branch out on his own, either with a catering business, a food truck, or a small restaurant. Although he was willing to pursue any of these options, he wasn't sure which was best for him. After several months of indecision and time spent researching, he had a lot of information but was no closer to knowing where to begin.

When he told me that he was having trouble making up his mind, we did the Going Backward Toward a Goal meditation exercise.

Almost as soon as we started the meditation exercise, Josh began to see images and feel and hear information. Intuitive insights flowed in so easily that he wondered if he was making it all up.

In the image that represented his goal, he saw himself happily at work in a kitchen. It smelled great, with an aroma of spices, fresh cilantro, and nutmeg filling the air. This was his restaurant and it felt good to be there. There were others with him cooking, serving food, washing dishes, and taking care of the many things that needed to be done. It was a small place but attractive, with lots of color and a bistro look. There were lots of people who seemed to be enjoying themselves, and he could hear laughter and conversation.

When he intuitively tuned in to the step before his goal came to fruition, he saw himself getting ready to open the restaurant. He was painting the walls and putting together tables and seating. There were others in the kitchen installing restaurant equipment and stocking the shelves. He didn't feel stressed or worried, just excited. It all felt like it was coming together. Josh realized that opening the restaurant was a team effort. Although he had always known that he could not do this alone, he now better understood that even before the restaurant opened he would need to enlist the help of others.

In the step before this awareness, step 2, he saw an image of himself looking for a location. Someone was helping him and pointing out possible spots. It intuitively felt as if he had a strict budget, and he saw himself having to pass on a few potential locations for financial reasons. He then became aware of a smaller space in the downtown area that fit within his financial limits. Wondering how he got the money to lease anything, he projected this question to the image and quickly had the sense that he had a partner and there were others who were involved with the financing.

In the first step, what he could do in present time, Josh saw himself talking to the owner of a restaurant that he used to work for. His previous boss was giving him the name of someone else to talk to. He didn't know if it was a business associate of his or a financial advisor, but he knew it was a helpful contact.

As Josh continued to wonder how he would be able to afford to open the restaurant, he felt an odd physical sensation, almost as if someone or something was giving him a strong energetic nudge. With this feeling came the awareness that he needed to get to work on this now. With an intuitive sense of knowing, he became aware that it was time to seek out and

talk to some of the people who had been supportive and had offered to help in the past. He didn't need to figure everything out on his own. Although it now seemed obvious, he became aware that he had not been accepting the offers of advice and support that others had been extending to him. The intuitive images, thoughts, and feelings all made it clear how important it was to network and follow up with others when they offered help, advice, or helpful contacts. Feeling more confident and enthusiastic, Josh had a better sense of where to begin.

This meditation exercise can reveal important and essential information to empower you to achieve your goal that you may have overlooked or not been aware of. More than in the other exercises, in this one you may find yourself lapsing into overthinking and trying to figure things out. If this happens, gently guide yourself back to the breath and relax, clear the mind, and continue to receive energy information. If you receive images, thoughts, sensations, or feelings that seem counter to what you believe is possible or seem beyond your ability to carry out, continue to intuit without judgment or overthinking. This exercise can expand and move us beyond our finite sense of what we can achieve and open us to new possibilities and ways of proceeding that may be out of our comfort zone. Spirit knows us as unlimited beings and may be attempting to encourage us to perceive ourselves this way.

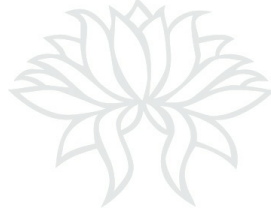


Each time you use these meditation exercises, the depth and quality of the intuitive insights and guidance you receive will strengthen and increase. The ability to combine the different psychic modalities and form a more complete and cohesive psychic understanding will become more natural, and interpreting intuited information will be easier and more intuitive. Continue to practice the exercises, open your heart and mind, become receptive, and be willing to be surprised.

[contents]

Chapter 16

How to Receive and Interpret Psychic Information



It is no small feat to channel the wispy, elusive psychic energy that surrounds us and manipulate it into a neat, comprehensible, and accurate package of information. To be a psychic is to be an energy engineer, scientist, translator, and developer. In addition, psychic awareness requires the sensitivity and wisdom of a seer, shaman, spiritual guide, and diviner.

As we come to the end of the book, I wonder, how are you doing? Are you a bit overwhelmed, or are you more excited and motivated to continue learning, practicing, and developing your psychic abilities? Perhaps you feel a mix of emotions: optimistic and inspired by the increased awareness of your innate psychic potential and energized by the possibilities yet not quite sure where to go from here. All of this is understandable. If you feel a bit wobbly after reading and trying out the information contained in this book, it might be helpful to go back to the basics.

Here is a summary of the psychic development process for easy reference.

Awareness

On a daily basis, notice and identify spontaneous intuitive impressions, hunches, and insights as they surface. Tune in to your intuitive feelings, thoughts, dreams, daydreams, spontaneous images, and physical sensations. Notice the difference between psychic energy information and your day-to-day personal thoughts, feelings, and other non-intuitive processing. Hone in on the different intuitive modalities as they naturally surface.

Practice

We improve and get better at anything we do often and consistently. Establish a time and place to tune in to and pay attention to your intuition on a consistent basis. Life goes on; we all have a lot to do and we get busy and distracted with many things. However, committing to a daily, weekly, or monthly psychic practice pays off in many ways. Psychic awareness is centering and connects us to our wise and loving soulful self. The insight, guidance, and information that we intuitively receive enables us to make positive choices and act from a place of inner power and awareness. The calm inner peace that comes with psychic awareness is a

balm to our soul in this overstimulated, busy, and sometimes lonely world. We all need this inner light to warm, shelter, and guide us.

A regular practice of tuning in and listening to your intuition makes psychic awareness an integral part of your life. When you need psychic guidance and direction, it becomes more readily available and you become better able to identify, trust, and utilize it. Consistent practice empowers you to become a more proficient and accurate psychic.

Neutrality

All too often we jump into attempting to receive psychic information before we are fully ready. Although becoming aware of our state of mind and emotions prior to tuning in to our intuition may seem like a waste of time or unnecessary, it actually speeds up the process by eliminating doubt and confusion.

Before you intuitively tune in to your own or another's energy, take some time to become aware of anything that might interfere with or influence your ability to be neutral. If you are receiving energy information for yourself, examine your thoughts, feelings, desires, and beliefs about the area of interest or question. Once you are consciously aware of these, it becomes easier to discern intuitive information from self-generated hopes and desires. Becoming clear of personal influences prior to receiving energy information is the best way to trust what you intuitively receive.

If you are receiving energy information for another, become aware of your expectations. Do not put undue pressure on yourself to be "right." Even if you feel that someone is depending on you to be accurate and helpful, being psychic is a learning process. Do your best and try not to let another's expectations weigh on you. Accept what you intuitively receive, even if you are having a difficult time interpreting it. Share the feelings, images, sensations, and other psychic energy information as you have experienced it.

Protection

Before you intuitively open to and receive energy information, surround yourself with white-light energy. Simply make the intent to receive only positive and helpful energy information and imagine white light surrounding you. Depending on your spiritual or religious beliefs and practices, you can call on divine energy, positive energy, God, the Goddess, or a divine being for protection. Although under normal conditions it is rare to encounter negative or harmful energy influences, it is always a good practice to ensure that you are receiving only what is in your and others' highest good.

Receptivity

To receive energy information, breathe, relax, open your mind and heart, and simply listen and notice. Let go of what you think energy information will be like, and accept the feelings,

impressions, thoughts, images, and physical sensations that surface. If you begin to overthink or judge what you receive, go back to the breath and relax. If you find yourself trying to understand and interpret your impressions, go back to the breath. Once you receive intuitive information, take note of it and move on; do not try to understand or evaluate it. Above all else, stay in an open and receptive mode. Be a sponge and a collector of energy information. If the energy information feels subtle or if you can barely detect it, raise your vibration by imagining the breath coming in down through the top of your head and then exhale through your heart.

Once the energy begins to fade and you feel like you have received all that you can, write down the feelings, thoughts, impressions, images, physical sensations, and anything else that you have experienced. Writing down your intuitive impressions allows more energy information to surface and helps clarify what you received.

Why Did I Intuit This?

You may find yourself wondering why you intuitively received certain information, especially if it does not seem to address your concerns or reflect the kind of guidance you were hoping to tune in to. We tend to intuitively pick up on energy information that has the strongest vibration. Sometimes there is no specific reason for this happening. The information is simply present and we intuit it. Other times there may be unconscious or higher consciousness information that is in our best interest to receive, or there may be someone on the other side who is trying to give us a message. Go through the process of interpreting what you intuit even if it does not make sense. This is the best way to clear your psychic channels and eventually receive intuitive information and guidance that is easier to understand and relate to.

Interpretation

You will likely receive all kinds of impressions and psychic energy information. Sometimes you will receive more energy information than at other times. You likely will also quickly understand some information that you receive, while other intuitive impressions may be more perplexing. However, the accuracy of a reading is not dependent on the amount of energy information that you intuit or the specific modality through which it surfaces. It is more important to be a clear channel and not personally influence or project your opinions onto your intuitive impressions.

Take your time with your interpretation. If you are intuiting personal information for yourself, you can allow the interpretation to unfold over time. There is no need to rush. Putting pressure on yourself to figure everything out right away is not helpful in the long run.

If you are giving another person a reading, you may need to interpret energy information more quickly. If you feel confident in your interpretation, share it. If you are not sure, share what you received exactly how you received it, and allow the other person to help you interpret it.

Interpretation Tips

Intuited emotions and feelings reflect and describe the emotions and feelings connected to a question or concern, a future event, or another's emotions. They are often precognitive and foretell the emotional outcome of your concern, or how you or another is likely to feel in the future. They might also indicate emotions that are repressed and are negatively impacting the desired outcome.

Positive feelings such as love, happiness, and peace equal a positive future outcome. Negative feelings such as stress, anxiety, and sadness equal a negative or unfavorable outcome. Interpret whatever emotion surfaces, such as confusion, excitement, fear, joy, etc., as a straightforward indicator of the emotional energy that is influencing your question or concern or that you will be experiencing in relation to your question or concern.

You may also receive psychic guidance, insights, and messages through feeling them. For example, you may have a feeling of what, why, and when something is going to happen or experience a more heart-centered feeling of what is in your or another's highest good.

Interpret intuited physical sensations and feelings as indicators that describe the future outcome of the question or concern or what is influencing the outcome. Sensations that feel soothing, energizing, and stimulating indicate positive outcomes. Feelings of heaviness or fatigue, a lack of energy, or feeling blocked indicate negative or unfavorable outcomes. Experiencing a stomachache, pounding in the head, random pain, or other psychic physical sensations only while intuiting are indicators of blocked energy, or they may be reflective of your or another's physical health. If they are not health-related, they usually foretell problematic outcomes and can be a psychic warning in relation to the question or area of concern. However, pressure in the head and feeling stimulated, light, and open can also indicate the presence of high-vibration, positive energy.

Most intuited thoughts and messages are straightforward and need no further interpretation. If you receive a word that you do not understand, research it or look it up in a dictionary. If intuited thought information does not initially make sense, this does not mean that it is not accurate. Resist overthinking it and trying to figure it out. Give it some time to unfold. Most of the confusing intuitive mental thoughts that we receive, such as initials, phrases, or other random mental messages, become clearer in time.

Psychic images can surface in a variety of ways. In addition to seeing them, we can think them, feel them, know what they look like, or sense them. They can be cartoonish, colorful, black and white, realistic, or symbolic. If an image is symbolic and you do not understand the symbolism, take your time and consider different meanings and interpretations. Use your intuition to get a sense of what feels right or correct. You may want to consult a dream interpretation book to better understand the possible interpretations and meanings of symbols. Some images may be straightforward, realistic descriptions, and you can interpret them in this way. Most of the images that I receive are true-to-life images of people, places, and what is to come.

Journal

Keep a journal of your psychic experiences and look for patterns in the way you receive energy information and how you interpret it. Become aware of your intuitive strengths and weaknesses and the personal issues that may repeatedly get in your way. As good as it feels to interpret energy information correctly, we can learn as much from our mistakes as from our successes. Journaling is a tool that can help you keep track of your development. Don't use it to rate your performance or judge if you are psychic or not, because you are. Accept this and move on.

The Moods of Intuition

There will be times when your intuition is spot on and gently surfaces without effort or constraint. There will also be times when it seems to fail you. Just as we go through emotional ups and downs for no apparent reason, so do we experience intuitive moods and changes. Our intuition may be easy to access, clear, and accurate, then despite our best efforts it may become distant, confusing, or even blocked. This can happen for several reasons, some of which we have no control over.

Changes in the Skies

Energetic and planetary shifts and changes can enhance or interfere with intuitive receptivity. During a full moon, your intuition is likely to be stronger and easier to access. Being in nature, particularly near water, can also enhance intuitive receptivity. Thunderstorms can interfere with, confuse, and stifle psychic energy. I once had to cancel a reading during a thunderstorm because it felt as if the electricity in the air was absorbing my psychic energy and channeling it into the lightning and the skies. Changes in barometric pressure can also lead to issues with psychic receptivity. As the air becomes denser, it can take more energy to intuitively receive. I tend to get headaches if I do several readings on days when the barometric pressure is in flux.

Discover Your Optimum Time to Intuit

There is likely a time of day when your psychic awareness is stronger. Mine is in the morning, the earlier the better. Because I live on the East Coast, this can be tricky with my West Coast clients and with those who want me to work with them later in the evening. I can give readings at all times of the day, but the quality may not be as good as that of a morning session. As much as I would like to change myself to suit others' schedules, this is beyond my control. Find what works for you. Like the seasons and the natural shifts that all of life flows with, there is a rhythm and pattern to psychic receptivity. Find out what yours is and work with it.

Others' Opinions

We can change and influence some of the factors that affect psychic awareness. In previous chapters we discussed how emotions, thoughts, beliefs, and desires can hinder clear intuitive

receptivity and what we can do to minimize their interference. Along with our personal state of mind and emotions, others' thoughts and emotional energy can also affect our intuitive clarity.

It is likely that you have family members or friends who support and share your interest in psychic phenomena. It is equally likely that there are people in your life who do not understand and may be fearful or apprehensive of the psychic world and your connection to it. If those closest to you—a partner, spouse, parent, or best friend—oppose your psychic development, it can affect you more than you may be aware of. While you may not be concerned about what another thinks or feels, you may be energetically affected by their thoughts and feelings. Interestingly, when it comes to psychic awareness, the unspoken fear and resistance of others can affect us more than what they say. Unexpressed feelings and thoughts are more easily absorbed when we are not consciously aware of them. It is similar to what happens when a friend or family member is keeping something from us. We likely feel that something is off or not quite right, but we do not know what it is. This secret can block intimacy or feelings of closeness.

If you feel that another's fear or opposition is weakening or creating static with your intuitive receptivity, acknowledge this as a possibility and protect yourself. Create the intent and imagine that there is a web of white-light energy surrounding you that allows you to absorb only positive energy. There is no need to confront others or try to get them to change their mind or be supportive. Once we become conscious of another's thoughts and feelings, we can quickly minimize the effect that they have on us. Not everyone has to support our interests. However, it is our responsibility to take care of ourselves and create an energetic boundary that protects us from absorbing others' fear and stress.

Physical Space

The energetic quality of our physical conditions can also impact the quality and ease of our intuitive receptivity. It can be difficult to intuit in a negative, chaotic, or cluttered environment. Emotions are powerful energy, and feelings such as anger, negativity, and fear create intuitive confusion and blocks. These kinds of emotions can also attract low-vibrational interference. They bring the energy down and increase the risk of intuitively receiving confusing and negative energy information. An environment that is cluttered with electronic equipment or television or electronic game noise can interrupt the psychic flow of information. Chaos of any kind, clutter, disruptions, loud noises, or a crowded space all impact clear psychic receptivity. Keep in mind that objects and things absorb and collect energy. Antiques in particular can emit confusing and possibly negative vibes. If you collect antiques or enjoy objects from secondhand stores or yard sales, you may want to smudge them or put them outdoors in the sunlight to purify them before placing them in your home or office.

The optimum environment for intuiting information is a quiet, clean, and organized space where you will not be interrupted. However, while this is preferred, it is not always possible. I have given readings in stressful and chaotic conditions. I once worked on a murder investigation while in the back of a police detective's car, where one of the two detectives believed that I was a complete sham. Another time I gave a long-distance reading to a man in

India who was standing on a crowded bridge with cars, buses, and other vehicles whizzing by him. While it is possible to intuit anywhere and at any time, it takes a fair amount of psychic power to move through the energetic crosswinds.

Your Psychic Companion

Psychic awareness can be an invaluable companion. Through the ups and downs of everyday challenges and in quiet times of loneliness, questioning, and doubt, listen and draw close to your intuition. Allow its quiet whisper to guide you through day-to-day minor areas of concern and through more significant upheavals and life changes. Let your intuition surprise and astound you with information about things that you may not have ever considered or thought were possible.

Your intuition is as unique as you are. Allow its expression to unfold unhindered by your expectations or what you want it to be. Intricately connected to your soul, your psychic awareness knows your life purpose and is always steering you in the direction of what your heart desires and what brings you joy. Even when you may not believe this to be true, lean into and trust your innate and authentic wisdom. Your intuition is your soulful support system and is intertwined with every aspect of your life. You can trust it to be a positive presence in all that you experience.

As you continue to develop your psychic abilities, you may feel led to become a professional psychic and help others. If this is not presently a part of your soul purpose, you may instead want to use your intuition to better understand yourself and navigate through more personal issues. You might also use your psychic skills with friends and family and continue to grow and learn all that you can about intuition, spirituality, and related areas. Pursue what is right for you. The key is to allow your intuition to guide you and to trust where you are led. If you are not sure whether to share your psychic abilities with others, know that this will become clearer when the timing is right. The best way to prepare to intuitively work with others is to use your intuition to become more self-aware, heal old wounds, and receive daily guidance. If you have the desire to psychically work with others and you feel called by spirit to take this step, trust your intuition to guide you and be there for you every step of the way. Obstacles will fall away and all that you need to fulfill this mission will come to you naturally and without strenuous effort.

Remember, there is more to developing our psychic awareness than simply sharpening our intuition and becoming psychic. Inner changes occur as we allow our psychic senses to reshape our view of reality, our self-perception, and our sense of what is possible. To live the best life possible, it is necessary to evolve and change the habits and patterns of thinking and acting that sabotage our happiness and keep us from achieving all that we are capable of. Intuition provides us with the awareness and power to do this.

Not only does intuition help us to know, feel, and become aware of useful energy information, but it also connects us to a greater force of love, wisdom, and care. As we allow our intuition to be an ever-present and active participant in our life, its wise and loving

influence infuses us with new perceptions and the awareness to make positive choices and experience our best self. This awareness arises from the soul and is unstoppable.

Release yourself into the universal life force current and flow with it. Intuition is the language of the cosmos, and the journey has no end. All of life is engaged in intuitive conversation, so join the party!

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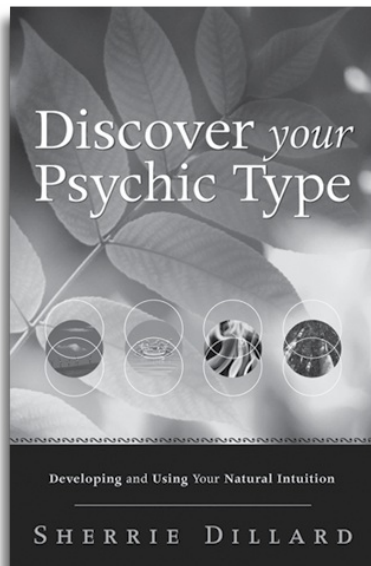
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[contents]



Discover Your Psychic Type

Developing and Using Your Natural Intuition

SHERRIE DILLARD

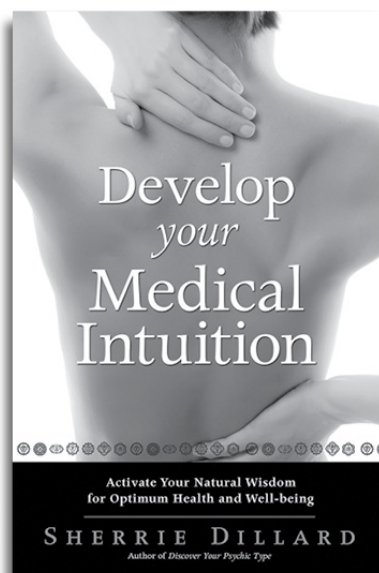
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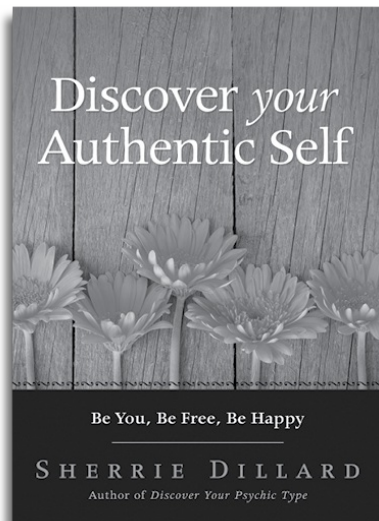
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Discover Your Authentic Self

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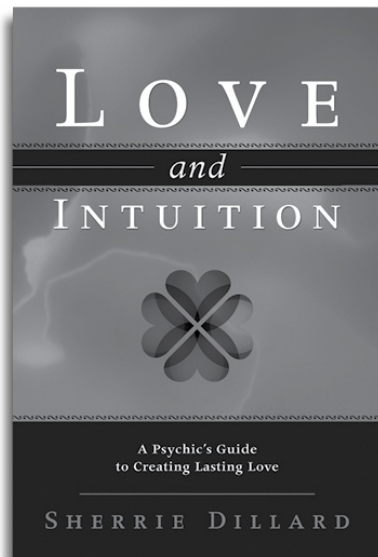
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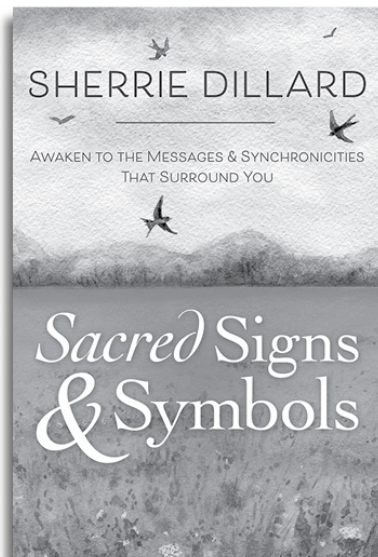
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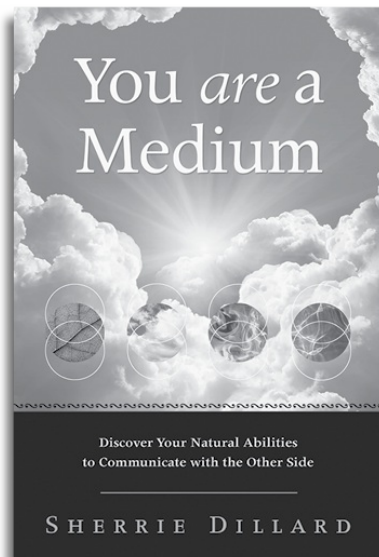
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You Are a Medium

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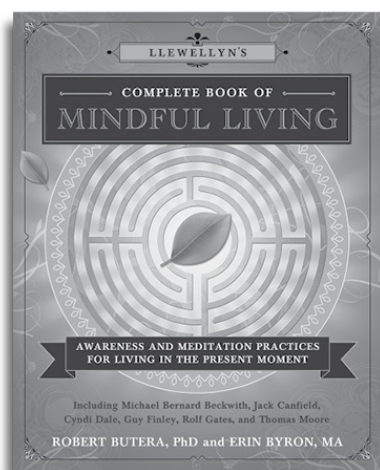
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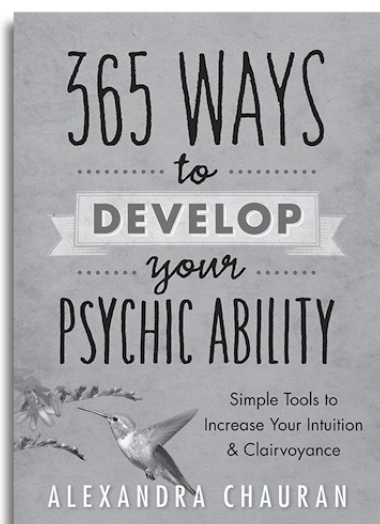
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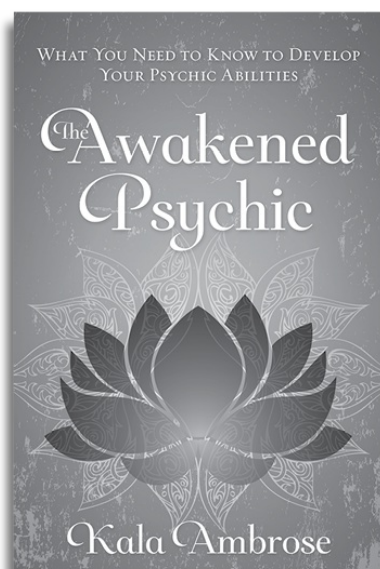
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The Awakened Psychic

What You Need to Know to Develop Your Psychic Abilities

KALA AMBROSE

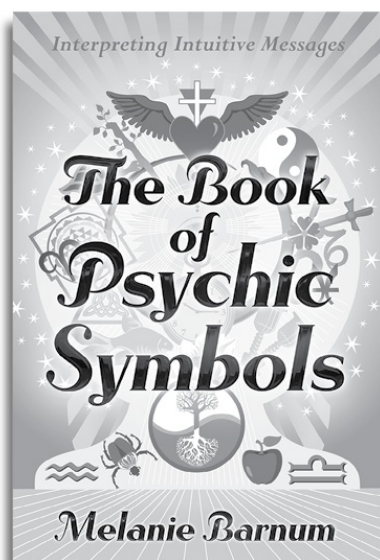
The Awakened Psychic is a guide to developing your inner psychic and tuning in to your intuitive wisdom. With hands-on exercises and stories from the author's practice, this book is all about lifting the veil between the worlds, seeing into the future, and connecting with spirits and loved ones on the other side. Join Kala Ambrose as she explores ideas and techniques for enhancing your psychic abilities and making the most of your intuitive talents, including:

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- The difference between being psychic and being a medium
- Techniques to heighten your psychic abilities
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- Techniques to connect with spirit guides and your higher self

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The Book of Psychic Symbols

Interpreting Intuitive Messages

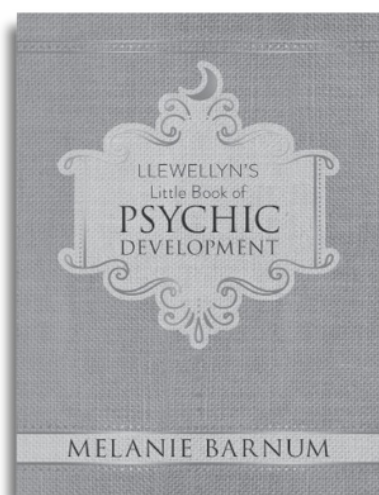
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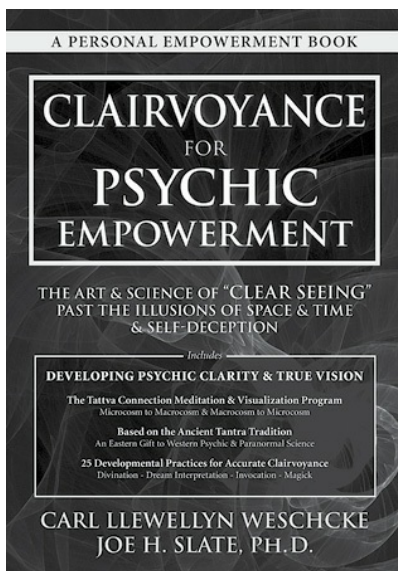
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Sherrie Dillard is the bestselling author of *Discover Your Psychic Type*. She has been a professional psychic, medium, and medical intuitive for over thirty years. Sherrie taught intuition development for Duke University Continuing Studies and leads workshops and classes on spiritual development and spiritual healing nationally and internationally. She lives in Raleigh, North Carolina, and can be found online at www.SherrieDillard.com.

“Throughout *You Are Psychic* there is a deep sense of the importance of becoming one with your intuitive energy and psychic type so that you can become the most complete, aware, and evolved spiritual being possible.”

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