

A Practical Guide to Develop Your Intuition,
Demystify the Spiritual World, and
Open Your Psychic Sense

Awakening *Your* Psychic Ability

Lisa Champion

author of *The Art of Psychic Reiki*

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“If you picked up this book, you have psychic gifts. We live in a culture that systematically trains us to ignore our inner wisdom, which means that most of us go through life feeling vaguely cut off from important parts of ourselves. Lisa Campion is your guide as you restore the connection to your natural powers. Want more flow, insight, and astounding experiences of what’s possible in your life? This book will show you how to recover and use your inherent psychic gifts.”

—**Jacob Nordby**, author of *The Creative Cure*

“More of an escalator than a stairway to heaven and back, Lisa’s humor and grounded approach make this comprehensive guide to the mystical, utterly accessible. Lisa Campion’s latest book, *Awakening Your Psychic Ability*, truly lives up to its name. Perhaps her best book to date, this practical guide is packed with everything a psychic, empath, healer, or dreamer needs to unfold a deeper level of their natural gifts, which we all have.”

—**Kelly Sullivan Walden**, author of *It’s All in Your Dreams* and
A Crisis Is a Terrible Thing to Waste

“*Awakening Your Psychic Ability* makes psychic development accessible to everyone! Down to earth, thorough, and full of easy-to-practice tools and processes, it’ll teach you everything you need to know to connect to your inner guidance and receive intuitive messages for others and yourself.”

—**George Lizos**, author of *Protect Your Light* and *Lightworkers Gotta Work*

“*Awakening Your Psychic Ability* is a manual for developing one of the most important skills of the future. The power of intuition is revolutionizing the way we live our lives, and Lisa Campion’s book provides a clear, insightful framework for waking up to the extraordinary dimension inside of you.”

—**Kim Chestney**, author of *Radical Intuition*, and founder of IntuitionLab

“Not only does this book deliver what its title promises, it provides a deep and soulful wisdom guaranteed to expand the mind and heart of its reader. Lisa does a remarkable job of helping navigate the broad terrain of psychic phenomena in a way that is both grounded and practical, yet still deeply mystical. This book has arrived at the perfect moment for our rapidly awakening world.”

—**Kristin Johnston**, author of *Heal the People*

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Foreword

Every once in a while, I meet another psychic whom I feel like I have known and worked with forever. Lisa Champion is one of them.

The moment I met Lisa, I knew she was the real deal. It was as if I'd met an old friend, a kindred spirit, and I knew we'd do great things together. Our connection was instantaneous. My guides buzzed around her, high-fiving her guides like they'd planned the whole thing—which, of course, they did!

It's a big thing to be a professional psychic. It's a huge responsibility. Not only must professional psychics have innate talent, they then must devote a good deal of time and energy into developing their skills so they can use them accurately and responsibly. Once they have done that, they become accountable to help the world with what they know.

That's precisely what I understood from these pages: Lisa's writing is an important part of her gift to the world. In this book, her third, she offers the very best of what she has learned through her years as a psychic healer. She has distilled her own journey and everything she's observed from teaching others into practical and down-to-earth advice to help budding psychics as they awaken their ability. And since we're all constantly learning, the ideas and exercises in this book are also invaluable for more developed psychics who are further along the path.

Lisa does all this in a way that really demystifies the idea of psychic impressions. Contrary to popular belief, being psychic simply isn't that weird or "out there"—it's merely the act of sharpening our intuition. When we understand that our intuition speaks to us in an individualized way, it only makes sense to learn to understand the inner workings of our own wisdom. The truth is that everyone is at least a little bit psychic, and we'll each develop our gifts in a slightly different way. That's why the best teachers don't just teach us what to do; they also help us adapt the lessons to our own circumstances and needs, DIY-style. Lisa's insights serve us wherever and whoever we are—whether we are more left-brained or right-brained, whether we're mediums, channelers, or healers.

And all of us—*all* of us—are best able to serve when we are connected with our ethics. Proper psychic development rests on our ethics: setting and maintaining strong boundaries, putting care and compassion for others ahead of our own ego, and delivering our messages responsibly. Yes, it's very exciting to realize you're psychic—and it's

even more exciting to have the skill to share your gift in a way that truly benefits the world. Lisa's emphasis on ethics is invaluable for any psychic at any point on the path, because the ego is tricky and often needs to be reminded of its place.

I'm thrilled to find all that and more in this book. It marks itself as a classic in the field of psychic development—a book that will continue to serve its readers for years to come. As I read Lisa's words, I was struck by their authenticity. She has proven herself to be an experienced and proficient psychic, and the sense of humor and lightness she brings to her work have a transformative quality that lifts us up and helps us find the positive in everything. The advice she shares here is grounded and trustworthy. It clearly reflects all of her hard work and dedication to a practice that is in full alignment with and for the greater good.

If your path as a psychic has brought you to Lisa Campion, know that you're in good hands. *Awakening Your Psychic Ability* will give you what you came to get: useful, ethical, creative advice that can help you develop your psychic gifts for yourself and others.

—MaryAnn DiMarco

Author of *Believe, Ask, Act* and *Medium Mentor*

Introduction

Heighten Your Natural Psychic Abilities

The other day I went to a party and was standing in a group of people that I didn't know very well. A young woman sidled up to me and said, "Excuse me. I heard that you are a psychic. I don't mean to bother you on your time off, but I really need help. I think stuff is happening to me...you know...psychic things."

Her name was Juliette, and she looked upset, nervous, and maybe a little bit excited too, her hand subtly shaking as she held her wineglass. Remembering how difficult some of my own psychic openings were, I invited her to sit down and tell me what was happening.

"Ever since I started opening up to my spiritual path, all these strange things are happening to me. I see things moving out of the corner of my eye, and when I turn to look, nothing is there, but I'm sure a ghost or a spirit is in my house. I can just feel it," Juliette told me. Then she whispered, "I think I am sensing angels when I meditate, and I see fairies in my garden too." She looked around nervously, as if the men in white jackets might appear out of nowhere to take her away.

"I know things before they happen, I don't know how I know, I just do. And sometimes, I dream things that later come true. Also, my emotional sensitivity is off the charts, and I just realized that I am an empath. I feel everyone else's feelings and have a hard time knowing what feelings are mine. I feel overwhelmed and a little scared at times, although it's also exciting. It would be more exciting if I felt like I had a handle on it all and knew more about it. I keep trying to shut it all down, as I did in the past, but the genie is out of the bottle now."

I hastened to reassure her that all her experiences were very normal and to be celebrated. What she needed was some training so that she could understand, manage, and polish up her psychic gifts. Juliette's psychic experiences commenced when she began doing regular yoga classes that included a daily meditation practice. And, having an interest in becoming an energy healer, she took Reiki classes too.

In our modern life, yoga, meditation, and Reiki are the trifecta of activities that spark open our inherent psychic abilities. Juliette shared with me that she had been very intuitive, sensitive, and psychic as a child: “I used to see orbs of light and other spirits at night, and I would have long conversations out loud with my grandmother who passed away when I was two years old.”

However, her experiences upset and frightened her conservative religious family. Because of that, she made a conscious decision to shut everything down so that she could fit in with her family, at school with her peers, and at church.

“I remember,” Juliette continued, “being in church when I was really young and asking God to take away my gifts so I could be normal. And it worked. I stopped having those kinds of experiences.” At least until she picked up her spiritual journey again in her midtwenties and her natural psychic and empathic abilities kicked back in.

I invited Juliette to join my psychic development program so that she could both understand and develop her psychic abilities. I believe that we have these gifts for a reason and that they are part of our life purpose. They are meant to be developed and used to help us in whatever we are doing in the world. Juliette is a teacher in a nursery school and an artist, as well as being an avid gardener. She worked diligently in the psychic training program and as she developed her gifts, she found that her psychic senses and empathy were an amazing tool to assist her with understanding what her very young students needed every day.

And as she opened up her intuition, her creative talent bloomed. Doing her artwork connected her even more deeply to her inner guidance, since there is a powerful connection between our intuition and our creative process. Her love of nature opened her to working with the spirits of nature, which turned out to be her most intimate and helpful spirit guides.

After Juliette embarked on the same training that you are about to experience in this book, she was able to manage her energy so that she felt grounded, safe, and protected from other people and whatever spiritual energies she might encounter along the way. She is now living in the fullness of her gifts and is excited about how they assist her—not only with helping other people, but also by connecting her to guidance about her own life.

My Story

I could definitely understand and sympathize with Juliette’s journey, since it was so similar to my own. A big part of the reason that I teach psychic development to people

like Juliette, and why I wanted to write this book for you, is that when I was going through my own psychic opening, these kinds of resources just didn't exist.

I was born into a world where seeing angels and talking to dead people would land you a psychiatric facility. I was definitely one of those "I see dead people" kids. I grew up in the 1970s and 80s just outside Boston, Massachusetts, and spent most of my childhood trying to figure out what was wrong with me and how to make it stop, while trying to appear normal in public, just like Juliette did.

My very first memories are of a psychic nature, seeing colors around people, animals, and plants as well as experiencing the presence of all manner of spirits. To add to this, I grew up in a rather haunted house, a big Victorian beauty, where I used to wake up with the spirits of dead people standing over my bed, wanting to hang out and talk. It was confusing to me why other people couldn't see the sad, lonely, "gray people" that I did.

My mother chalked it all up to my having an impressive array of invisible friends and a very active imagination. At least my hippy parents were relatively open to my experiences and didn't try to totally shut them down or throw holy water on me, as happened to some of my fellow psychics. I felt lonely, confused, and isolated, however, and I spent a lot of time trying to fit in and hide my gifts, in order to avoid being labeled as crazy and strange.

I hunted through the local libraries for books about psychic experience and how to handle it, especially about how to shut it off. There wasn't much, although I was happy to find *Seth Speaks* by Jane Roberts and the works of Edgar Cayce and Carlos Castaneda.

Most of my early paranormal education came from watching horror movies, since I had a life-changing experience when I saw the movie *Poltergeist*. There is a scene in the movie where the psychic Zelda explains what a ghost is and how they get stuck. I remember sitting in the movie theater with full-body chills as I realized there was such a thing as a professional psychic, and I swore to myself in that moment that I was going to do that. And I latched on to her brief explanation of what ghosts really are, why they get stuck, and how to move them on. I was so relieved that someone actually knew something about what was going on. It sparked a lifetime love of paranormal and horror movies, since I felt so validated by them and appreciative that I was not the only one having those experiences. I received an odd paranormal education by watching these movies and learned some things that actually were true along with other things that were highly entertaining in a Hollywood way but didn't hold any metaphysical truth.

I was very lucky that my hippy parents took me to Transcendental Meditation when I was ten years old, since learning how to meditate at such a young age was formative for me and has been a vital part of my psychic and spiritual development ever since. I actually met the Maharishi, and he told me through his translator that he could see my gifts and that I was going to have a rough childhood, but that I needed to hang on because I was going to help a lot of people as an adult.

When I was in high school, our whole family did something called Silva Mind Control (these days called The Silva Method) where I received more training in meditation techniques as well as heard the term *spirit guides* for the first time. (Spirit guides are the helpful nonphysical beings that are here to assist us in our personal and spiritual growth. They could be angels, our beloved ancestors, or spiritual teachers. We will discuss spirit guides at length in chapter 5.)

At university, I studied martial arts and learned much valuable information about how to move energy in my body and the immense benefits of being grounded, disciplined, and physically strong. It was fantastic counterpoint to the more ethereal work I was doing in my psychic development training. During that time, I also welcomed the dawn of the New Age movement, which brought with it books about shamanism, channeling, and psychic development, as well as teachers on these subjects. I spent a few years working at a fabulous New Age bookstore, and I got some excellent training and mentorship with a shaman and a powerful psychic and channeler.

That was about the time that I started working as a psychic myself. I was nineteen years old and have been doing it ever since. When I first started doing readings for people, I could deliver the message, but had no way to help people through their emotional reactions to the messages that I gave them, so I also trained to be a therapist and added that to my tool kit. And then in 1999, I learned Reiki. At that time, I was starting to see colors and energy around people and also opened up some skills as a medical intuitive. I needed help understanding this new level of psychic perception, and one of my mentors suggested Reiki as a way to understand the human energy field more deeply. I have been practicing and teaching Reiki ever since then.

These days I use a combination of psychic work, Reiki, and spiritual counseling in my sessions, and I have shifted my focus to writing, teaching, and mentoring other healers and psychics. I feel passionately about training psychics, empaths, and healers to fully step into their gifts, since the world needs all the healers it can get right about now. My goal is to help people undergoing psychic openings to have an easier time than I did, since I had to learn it all the hard way.

When I was learning, there was no place to find information or a mentor, or to get help, and I suffered tremendously as a child, feeling like there was something really

wrong with me. I am delighted to have become the mentor and teacher that I always wish I had, and this is the book that I yearned to find in the library when I was searching for answers.

Now that you know a little bit more about my story and who I am as both a psychic and a teacher, let's talk about what it really means to be psychic, since there is a lot of myth and misconception about it.

What Is Psychic Ability?

Psychic ability conjures up a lot of different images in people's minds. Chances are good that we have seen portrayals of psychics on TV and in movies that stick in our minds as truth, but they might actually be more of the Hollywood variety.

Psychic ability, despite what the media portray, doesn't have to be some strange, unnatural phenomena given to the poor tortured psychic as a heavy burden to carry. It's not meant to dial you into every haunted house within a twenty-mile radius or to attract shadowy spirits whose motive is to scare the life out of you at 3 a.m. every morning. We don't generally flop around on the floor having fits when we have visions or get stalked by scary paranormal beings wherever we go.

Psychics are not in league with the devil (any more than anyone else could be), and it's not a dark gift that's meant to be used for whatever infernal and nefarious plans the cult master has cooked up.

Having psychic ability is very normal—in fact everyone has some degree of ability. It's like athletic or musical ability; everyone has some natural ability, and while it's true that some people might have more talent than other people, you still need to study and practice to maximize your potential.

It is a gift that is meant to help guide us through our life, to assist us in discovering and walking our life's purpose, and to help us serve other people too. Our psychic awareness connects us to our own inner wisdom and is meant to help us navigate through the uncertain nature of life on planet Earth, and it also directs us toward a more soulful and fulfilling life. Our intuition is part of our instinct for survival as well as a guiding light, moving us more deeply into our life's purpose.

I can pretty much guarantee that at some point in your life, you have had a psychic experience, especially if you are reading this book. The truth is that psychic awareness is so common, ordinary, and useful that it probably happens to you ten times a day. And your life will benefit greatly if you pay attention and further develop these skills.

You have had a psychic experience if you

- have not only known that the phone was about to ring, but also knew who was calling, before it even rang,
- had a dream or even a daydream that came true,
- said to yourself, *I knew that was going to happen* or *I had a bad feeling about that...*,
- are an excellent judge of character and know when people are not being honest,
- heard a little voice in your head that tells you to take your umbrella or pick a different traffic route home, and when you do, you avoid the rain and a traffic jam,
- had a nudge or a hunch that someone you cared about wasn't doing well and needed a call or a visit,
- have been at the right place at the right time to help out a stranger,
- have felt creeped out in a place that you visited and sensed that something bad happened there, or
- have experienced the presence of a loved one that has passed away before you found out that the person was gone.

These are examples of very normal psychic experiences that I heard about from my students just in the past week. The bottom line is that, for the most part, psychic experiences are totally normal and nothing to be afraid of, although we are going to talk soon about how to release any fears that you may have. But first, let's continue by defining some terms.

Defining Psychic Terminology

This is really a matter of personal semantics, but it's important that we are all on the same page for these psychic terms.

Psychic awareness is a broad, umbrella term that I use to define a larger set of skills. The two main parts of psychic awareness are intuition and psychic ability.

Intuition is our inner knowing, our own inner guidance. When we receive an intuitive message, we basically are tapping into our own inner wisdom. This is a

powerful and useful gift that is available to all of us, and it's one that grows stronger when we pay attention to it. To put it into more metaphysical terms, intuition is information given to you by your own soul.

Whereas intuition is an “inside job,” *psychic ability* allows us to connect with sources of information from outside ourselves. This outside source of information comes from our spirit guides that are working to help us along our path of personal and spiritual evolution.

Spirit guides are benevolent, nonphysical beings that choose to assist us on our journey. In the readings that I have done in the past thirty years—over fifteen thousand of them—I have never encountered a person that didn't have a team of spirit guides. Their job is to protect us, guide us, cheer us on, and to comfort and heal us. It might be your beloved granny who passed away and is still watching over you, or it could be angels or earth spirits around you. Most of us have a team of these beings working with us, and they help us whether we know about them or not.

If spirit guides are helpful spirits, I use the term *entities* to reference nonhelpful spirits. They are relatively rare, but we do sometimes encounter them; we will learn how to effectively handle them in chapter 5. Throughout this book, we will explore all the different types of guides so that, by the end of the book, you will have a good idea about who your team of spirit guides really is.

We receive our intuitive and psychic information through our *psychic senses*. Most people have a range of these senses, which can also grow and develop with the right knowledge and practice. A psychic sense might be hearing a little voice inside your head that gives you extra-useful advice, or having a gut knowing or feeling about things. Most psychics also receive psychic information through their bodies too, and, of course, there is the classic visual psychic who sees things, more like little movies with the inner eye.

You will already have some of your psychic senses open, and this may be where your natural talents lie. And, as I said above, the psychic senses can also be developed and expanded on with practice. We will delve deep into understanding what our unique psychic senses are in chapter 3.

I often refer to people with strong psychic abilities as *sensitives*, but it's a term that I use interchangeably with *psychic*. People might have any combination of psychic abilities, but sensitives tend a little more toward the feeling psychic gifts that we will explore in chapter 3.

Chances are very good that if you are reading this, you have had some kind of psychic opening. This happens in many different ways for people, and your journey

and experience are, of course, unique. And yet, there are some common trends and patterns that are worth discussing.

Psychic Openings

A *psychic opening* happens when our psychic abilities kick into gear and our talents make themselves known. For some people, this happens very quickly, almost overnight, and it is attached to an event in their lives, like the death of someone close to them or powerful personal transformation.

Other people open up a little more slowly over a period of time. The gradual psychic opening is a gentle and easy way to go through this process, and it is akin to gradually turning up the lights slowly over time. In these cases, we have a chance to get used to our psychic gifts as they emerge and integrate them as we go along. Maybe you notice that your dreams are more frequent and more vivid than they were before, or that your intuition is happening all the time and your life is full of synchronicities, signs, and omens that confirm your intuitive hits.

Vivienne described her gradual psychic opening as becoming more and more aware of an interconnected flow of events and awareness that helped lead her forward on her spiritual path: “I get strong feelings about things, and I know things too. It was like a beautiful feedback loop as I paid more attention and acted on this awareness more often, and my life aligned in such beautiful ways. And the more I listened, the more intuitive I became. I felt guided toward a life of more joy and meaning, and over a period of about five years, my life has totally changed. I live from my heart and my gut now, and let my intuition guide me.”

Vivienne is a lovely example of how our psychic abilities can open in a gradual and harmonious way for us. Other people have a more sudden psychic opening, which is more like having the light bulb switched on. This can bring with it great illumination and also some challenges.

Sudden Psychic Openings

It can be difficult and scary to have your psychic abilities pop open suddenly and strongly. Called a *sudden psychic opening*, it's like a dam bursting and the resulting flood of psychic experiences can be seriously destabilizing.

I recently worked with a young man named Kyle who was struggling through a sudden psychic opening. He was sensitive as a child, but was managing it until he went to Thailand for a six-month-long immersive yoga teacher training program. “I

went from being a college student, studying and partying, to spending six to eight hours a day doing yoga and meditation. I stopped drinking alcohol, ate a vegetarian diet, and within a few weeks, I had a very sudden and powerful spiritual and psychic awakening,” Kyle told me.

“One day on the yoga mat, I felt something expand and click open inside my head. I went through a few hours of spiritual ecstasy and bliss, where I was feeling at one with the universe. It was amazing, but it also blew open my psychic abilities so quickly that I fried out my nervous system and blew up my psychic circuits. Suddenly, I felt too open and exposed, like a raw nerve. I could see colors around everything and knew way more about people than I wanted to. And I couldn’t shut it off either. I was on the verge of a spiritual, mental, and emotional breakdown.”

Kyle’s psychic ability opened so quickly that he was not able to turn it off or to integrate what he was experiencing. He had visions that he couldn’t turn off and was afraid he was losing his mind. Kyle recognized that his unhealed issues were coming to the surface to be attended to, and he was wise enough to lean into the work and seek healing as he needed it. After working through all the grounding and centering practices—I will teach these to you in chapter 2—and doing his own inner work, he was able to integrate his psychic experiences in a healthy way.

Kyle’s experience was extreme. The signs of a sudden psychic opening vary from person to person and depend a lot on what our natural psychic abilities and skills are. For the most part, it includes having our psychic abilities switch on very suddenly, which leaves us feeling overwhelmed, confused about what is happening, and longing for a way to understand it all, and, better yet, turn it off when we need to. Teisha, one of my students, likened it to suddenly having a floodlight illuminate a previously dark room. She began to see the spirits of the dead all around her, and she could hear muttered conversations and a high-pitched ringing in her ears. She knew they were talking to her, but couldn’t figure out how to hear the messages clearly. Teisha was also overwhelmed by other people’s emotions, as her empathic abilities opened up fully.

Sudden psychic openings can happen as the result of spiritual practice as in Kyle’s case, but often they are the result of a dramatic, initiatory experience that shifts and shocks us into a sudden opening. Here some examples of what can precipitate a sudden psychic opening:

- long periods of time doing spiritual practice like meditation or yoga
- a near-death experience or a serious illness that brings us close to death
- the death of a loved one or a powerful loss, such as a breakup or divorce

- sudden and extreme shift in circumstances, like a move, a crisis, or a natural disaster, which is also sometimes a brush with death
- psychedelic drugs like ayahuasca, LSD, DMT, or psilocybin mushrooms

These events can crack us open and create a powerful shift in our consciousness. Any circumstance that provides us with a direct and personal experience of the divine source can open up our psychic and spiritual energy centers in a sudden way that floods us with psychic experiences.

Sudden psychic openings can take a dark and scary turn when they happen to people who have a lot of unprocessed trauma. I met Becky after she attended an ayahuasca retreat and experienced a sudden psychic opening that almost landed her in a psychiatric hospital. Ayahuasca is a powerful psychedelic substance that can lead to beautiful experiences with ourselves and the cosmic consciousness, but in her case, it brought her face to face with some profound traumas that she had endured as a child and hadn't yet truly examined or healed.

When she combined unhealed trauma with the sudden psychic opening that ayahuasca brought her, she suffered a severe emotional and mental breakdown and experienced a few weeks where she couldn't function. The angels that had appeared to assist her in healing seemed like demons to her, and she was briefly lost in pain, depression, and anxiety.

Becky was able to get the help she needed by working with experienced healers, therapists, doctors, and other mental health specialists who helped her begin to acknowledge and heal from her childhood trauma. She also learned to moderate her psychic experiences in a healthy way for her, but she said the sudden psychic opening brought on by her ayahuasca journey was an unpleasant and destabilizing experience. (Plant medicines are very safe and healing when done with care and in a therapeutic setting.) Although many people can navigate a sudden psychic opening and remain stable, in her case, the psychic opening plus her trauma created psychic and emotional turbulence that she had trouble integrating.

If you are in the middle of something like that, don't panic. This is a huge opportunity for personal and spiritual growth for you. The energy management practices that we will cover in chapter 2 will help you ground and center yourself, and also help you to integrate the experiences you are having as well as learn to manage the flow of psychic experiences.

It's vitally important to recognize, acknowledge, and take action if you are feeling unbalanced. In general, psychic and spiritual openings call us to our healing, and it's a powerful opportunity, if we answer that call. I strongly urge you to seek healing if

you have trauma that you haven't yet addressed. Our inner healing work needs to go hand in hand with our spiritual and psychic unfoldment, or we run the risk of becoming unbalanced as Becky did. In addition to this, it is very important that you attend to your mental and emotional health along the way and make this your highest priority.

I do not recommend psychic development to people that are in an active mental health crisis.

If your mental health is unsteady at the moment, please take the time to get help and stabilize your mental health before you continue your psychic development. You might greatly benefit from the energy management practices that we learn in chapter 2, and a gentle meditation or yoga practice. But rather than dive deep into psychic development work, it's better to focus your energy on working with mental health professionals that can help you stabilize yourself first. If your psychic opening also brings up past trauma, it's vital for you to acknowledge this and receive help for it. In either case, please seek professional help, get medication if you need it, and also embrace healing work and therapy.

Developing Our Psychic Skills: What You'll Learn in This Book

Now that we have a big-picture view of what our psychic awareness really is, let's discuss what it takes to fully develop your gifts. I have been teaching psychic development programs for over twenty years now, and I have found a method to bring out the best in your psychic awareness.

We need two key practices to fully develop our skills: the right knowledge and a chance to exercise our skills and get feedback. We will cover both of these key practices as we move through this book, which will be a combination of knowledge plus exercises, reflections, and guided meditations that will give you the practical experience you need in conjunction with the knowledge.

Let's quickly review what we will be learning together in this book. We will spend chapter 1 laying out the foundational skills that we need, including learning how to tune in and trust our psychic hits, and how to share our psychic impressions ethically and with integrity.

Once we have the foundation built, we will explore how to work safely and sensibly to develop some practical psychic self-defense. In chapter 3, we will explore the

world of your psychic senses and give you lots of techniques to identify and open up your psychic senses.

Once our psychic senses are fully open, we will begin to unlock how dreams, signs, and omens act as signposts along the way. It takes some work to learn to decode the messages inside these psychic experiences, and once we do, we can tap into a rich source of psychic information that can help guide us along the way. Chapter 4 is chock-full of practice exercises and tips to help us access this information. We will also learn how to use divination tools, such as oracle cards, runes, and the I Ching, to help us confirm and expand on our psychic hits.

In chapter 5, we will cover how our guides work with us and what the rules of engagement are. We will explore all the different functions that guides can serve in our lives, whether it be as teachers, healers, or guardians. We will also discover how to work with them, since our relationship with our guides needs cultivating. We will do some fun guided meditation work that will give you an opportunity to meet your guides.

Next, in chapter 6, I will share with you a map of the psychic realms, and then, in the rest of the book (chapters 7–11), we will work our way through the map. I break down the psychic worlds as I experience them into four different *realms*, and we will journey together to explore these realms. This will give you an opportunity to experience with it's like working with different types of guides, including these:

- the inhabitants of the lower realm, including shamanic guides and power animals
- the middle realm with your ancestor spirits, your soul mates, and soul family (here we will talk about what happens when you die and why some people get stuck)
- also, in the middle realm, nature spirits such as fairies, elementals, and the other denizens of the devic realm
- beings of the upper realm, including angels, ascended masters, and other beings of pure consciousness.

Going through the different realms also helps us achieve the psychic skill of *discernment*, which is the ability to tell what kind of spirit you might be encountering. Discernment is a very important psychic skill, and going through the different realms is a powerful and fun way to learn discernment skills. During my own psychic development, I came to see the process as a lot like being street smart. The more we know, the safer and less afraid we are. If you have good common sense and know what you

need to know, you can enter this world with confidence and ease. It's really helpful to have a map if you are going to be street smart!

Besides knowing what you need to know, the next critical component of psychic development is practice. Psychic ability is like a muscle, and we need to exercise this muscle. We can know all we need to know, but we still need to find a way to work out that muscle to strengthen and improve it. If you want to be physically fit, eventually you need to put down the books and hit the gym, right? We will be doing the psychic equivalent of that with our psychic exercises. Our psychic "workout" will be a series of guided meditations, journal exercises, and other practices that you can do either solo or with a partner to help you make your psychic ability both practical and applicable to your daily life. Audio recordings of some meditations will be available for download at this book's website: <http://www.newharbinger.com/50744>. See the very back of this book for details.

The Psychic Journal

I recommend that you record your psychic experiences in a journal as part of this practical work. I encourage you to get a journal that you devote solely to your exploration of your psychic abilities. As we move through the material in this book, I will invite you to use your journal to write down any psychic impressions that you have and to record your dreams, your card pulls, and any signs and omens you notice. (Don't worry—we'll cover all of that in subsequent chapters.)

Psychic hits can have an ephemeral quality to them, and you might have the strongest impression of something that you lose track of a few hours later. If you get the hit on a Monday and something confirms it a few days later, you might have forgotten about it, whereas if you record it in your psychic journal, you will remember it and connect the dots. Whatever we pay attention to and put our time and energy into gets stronger and develops. If you do this, I guarantee you will be amazed at how psychic you already are!

Clearing Fear and Resistance About Our Gifts

I do sometimes work with psychic students who have no fear of their gifts at all. They are wide open and ready to jump into learning with only joy and excitement in their hearts. If that is where you are, wonderful! You will be able to dig right in without any fear and resistance. However, most of my students bring with them some fear about their own psychic abilities that needs to be worked through.

There are generally two types of people who undertake this type of psychic development. First, there are the folks that are having a psychic opening and are overwhelmed by psychic experiences that they can't control or understand. They need help learning to modulate and understand their own experiences. They need help turning it "off."

And, second, there are those who want to open up their psychic abilities even more. They have moments where their psychic abilities are full on and they experience psychic impressions, but then it all shuts down again. Their experiences are frustratingly elusive, and try as they might, they can't seem to have the depth of psychic experiences they desire. They want to turn it all "on."

No matter which camp you are in, you might also have fears that need to be addressed. Maybe you fear that you will see bad things if you open up, or perhaps you did when you were little and chose to shut down your gifts. Or you might be working through religious or cultural messages that say it's not okay to be psychic and that those gifts come from dark sources. Many people have been told that they are crazy for experiencing the spiritual worlds, and they fear that they might actually be mentally ill as they begin to see, hear, and sense things other people don't. Or perhaps you fear that you are not psychic enough and that your experiences aren't special or good enough.

Let's take a look at two of my students. On one hand we have Nina who is overwhelmed with her psychic opening and is trying to control her experiences and find the off switch. And then there's Alexis who is frustrated that she doesn't get psychic hits when she wants them and feels that everyone else is more psychic than she is.

Nina was a highly sensitive and psychic child and, in fact, comes from a long line of psychic healers. Many of her family members, especially the women in her family, had visions of the future and could tell when someone was going to die or a new baby was coming.

"My family is from Mexico, so they are also very Catholic. Everyone was fine with psychic experiences, although no one called it that. It wasn't a big deal, we all just knew things and one of my aunts was a famous local healer, a *curandera*. But I also went to Catholic school and the nuns there weren't so understanding," she told me. There was one incident where Nina was punished for telling the nuns about her psychic experiences, and so she decided to shut down her psychic abilities. At that time, Nina's family also moved to a bigger city and an apartment that was very haunted. It was easier to keep a tight lid on her abilities and shut them all down than to feel the suffering of the people around her and see the spirits of the dead that roamed around her neighborhood.

When she was in her early thirties, a health scare reopened her psychic abilities to full on. Nina experienced a dramatic increase in her natural psychic ability and made the decision to begin her training. “I found that it was interfering with my life since it would switch on with no warning. Once at a party, I was suddenly overwhelmed with psychic information that I couldn’t seem to shut off. I would also know way too much about my coworkers, and my psychic abilities would suddenly pop open at inconvenient moments. It felt very intrusive and was way too much information about all the other people in my life,” she complained. Nina needed to learn how to turn her abilities off when she was out in public. She benefited greatly from the energy management practices to clear up her energy and set up strong boundaries so that she wasn’t flooded and overwhelmed by unwanted psychic information.

Alexis was having issues at the other end of the spectrum. As an engineer, she had a logical and practical turn of mind and never considered herself psychic at all, but she always had a fascination with the topic. She loved books and TV shows that featured paranormal and psychic experiences, and at times, she thought she knew and felt things of a psychic nature. Her fears were about not being good enough. She compared herself to others and felt she lacked the skills she needed. She also dismissed her own real psychic hits as nothing special. Alexis had resigned herself to not being psychic at all, when a visit from a recently departed relative handed her a psychic experience that she couldn’t deny.

Alexis was determined to open up her psychic ability and used the techniques that we will be going through in this book to acknowledge that her gifts were indeed there. She needed to drop her expectations that she was going to “see” things. She realized that she had a strong sense of knowing and that her psychic impressions were more practical and grounded than the psychics that she saw on TV.

Alexis told me, “I was completely dismissive of my real psychic abilities, of knowing, feeling, and sensing things, since none of that seemed as special or sexy as the psychics who can see things. My gifts were just so ordinary, and, because I had been experiencing them on a daily basis my whole life, I dismissed them all. I truly thought everyone just knew things. Now I see that my psychic abilities are very strong, reliable, and highly accurate. And best of all, they are really useful in my daily life and in a very practical way. ”

In order to be ready to fully open our gifts, it benefits us to examine our fears and our past bad experiences, and to clean up any trauma we have had that being sensitive has brought us. See if any of these resonate with you:

- People will think I am crazy. They put people who see spirits and hear voices in mental hospitals, right?

- I will actually go crazy, since psychic and psychotic differ by only a few letters. I just want to be normal.
- I will perceive bad and scary things that I can't control, and maybe I'll even attract more of them my way. I just don't want to know those things.
- I am not special enough to be psychic. I am just ordinary!
- People will make fun of me and not think it's real. I am going to be shamed and humiliated for my gifts.
- They will think the gifts are evil and from the devil.

These are the most common fears that I hear about, but you might have your own that I didn't list here. In order to examine and release your fears, here is a powerful journal exercise to help you bring some light to your fears.

Exercise: Releasing Fear

To examine and release your fear, I invite you to consider these things and journal about them.

- ⊗ What are you the most afraid about when you consider opening up your psychic abilities?
 - ⊗ Did you have any bad experiences that contribute to your fear?
 - ⊗ What are the beliefs that you learned from your family and your other communities about people with psychic abilities?
 - ⊗ What beliefs do the people in your life hold now?
 - ⊗ What do you need in order to feel safe as you open up psychically?
-

I want to take a moment to honor and acknowledge your fears, but also the fact that you have taken the steps to get trained by reading this book. For me, the biggest antidote to fear has been knowledge. The more I know, the safer I feel in the psychic worlds. The people that seem the most vulnerable are folks that have a ton of raw talent and little training. The more natural talent that you have, the greater your

need for training. Going back to my street smarts analogy, the savvier you are, the safer you are.

Rejecting Your Psychic Messages

Often our fear and resistance can lead to a deep denial of our psychic abilities. We may even deny that psychic abilities are real. Besides fear, the primary reasons we reject and deny our psychic gifts is that we might simply not want to hear what our guidance suggests to us. Sometimes our guidance can be about easy things, designed to smooth the rough edges of life. “Don’t forget your lunch” and “Your car keys are in your other bag” are helpful, easy to hear, and won’t create a strong emotional reaction in you.

But sometimes our guidance isn’t so easy to assimilate. Whether the guidance is from your own soul in the form of intuition or it’s coming from your guides, sometimes the messages are big, scary, and hard to hear. Our personal self doesn’t always like change; this part of us prefers the safety and familiarity of the comfort zone and the “devil” you’re familiar with. Frequently, our psychic messages suggest that we must move out of our comfort zone and into new territory. The message might be that it’s time to quit your soul-sucking day job and finally become the artist, healer, or gardener that you were always meant to be. Or perhaps the message is that it’s time to leave a relationship that no longer serves you, or to pick up and move across the country or across the world.

One of my psychic students is a young man named Nick. As he went through my psychic development program, it became clear to him that much of his depression came from denying who he really was. Nick was a sensitive but was forcing himself to go through law school, more to fulfill his family’s dreams than his own. For months, he received strong messages that he needed to quit law school and do something else, but he resisted and denied this message, since it would truly upset the applecart in his own life and in his relationship with his family.

“The more I shut down the messages and denied my own inner guidance, the more depressed, anxious, and ill I became,” he told me. It took significant courage to take his guidance seriously, but then he got a strong message that went something like this: *We know it’s hard and scary, but you are at a very important crossroads in your life.* Nick saw a flash of two pathways opening up in front of him. In one, he finished law school but also became crippled with anxiety, depression, and poor health. On the other path, he let it all go and saw himself sitting on the beach somewhere watching a sunset and feeling intense joy.

His guides also told him the second path would be tricky, but that his intuition would get him to the right place at the right time. “I took the chance, left law school, and decided I would try and find myself, so I left the East Coast and moved to California.” There was plenty of painful drama that he had to deal with along the way, but once he got to California, he rekindled his childhood love of surfing and eventually ended up in Hawaii working in a surfing school. “There was a moment when I arrived in Hawaii and found myself sitting on that same beach that I saw in my visions and feeling that joy. It was a long and sometimes challenging road to get here, but I wouldn’t go back to my old life for anything.”

If we are going to open up our psychic abilities, we also need to be prepared to hear what our guidance has to say. I am not recommending acting on every little whim and whimsy that crosses your mind, but I am saying we need to be open to hearing and considering it without automatically denying it just because it’s uncomfortable.

PSYCHIC TIP: *Declare That You Are Ready*

If you are ready to take the next step in accepting your psychic ability, write a declaration in your journal—something like this: “I declare that I am ready to fully receive any psychic guidance and at least take it under consideration without rejecting and denying it.” Remember you don’t need to act on all of that, since we want to stay in balance as we move forward in our lives, but it is good to notice, pay attention, and consider your psychic guidance.

Moving from Denying to Accepting

Now that we have worked toward clearing out the resistance that you may have to your psychic gifts, let’s step into fully and consciously accepting them. Hopefully you have cleared out your fears and opened up to at least hearing what the messages are without sticking your fingers in your ears and closing your eyes, psychically speaking. Since you are reading this book, we can take it as a good sign that you are committed to at least exploring the possibility of this. I want to take a moment to honor and acknowledge you for that, since I know it’s not easy to do.

In my experience of training hundreds of people to master their psychic abilities, it can come as a huge relief to finally allow ourselves to live authentically and fully be who we are. I believe that we have these gifts for a reason, and it is not to torture us. They are very much a part of our life's purpose. As we fully explore our psychic gifts, we will find out what our strong suits are and that can show us what we are meant to do with the gift. People who train up their psychic abilities might discover a hidden talent for mediumship, or a special connection with the angels or nature spirits along the way. You might already have a good idea of where your psychic talents lie, but you also might be surprised and uncover a hidden and unexpected aptitude.

Best Practices for Awakening Your Psychic Abilities

Here are some tips and best practices to help you get the most out of our time together as you read this book. These tips will help you to optimize your training as well as to open up and maximize your psychic awareness.

- ⊗ Don't compare yourself to others, especially to what you see on TV. Drop your expectations about what you think should be happening and tune in to what is actually happening in the moment.
- ⊗ Change the word "see" to the word "perceive" or "experience," since that opens us up to noticing all our psychic senses.
- ⊗ Spend more time tuning in. If we are busy all the time, we don't have space and time to be receptive. Psychic impressions need an empty space in our consciousness to flow into.
- ⊗ Do the practice exercises. Psychic ability is like a muscle that grows stronger with exercise.
- ⊗ Do your daily energy management practices to keep yourself centered, grounded, cleared, and protected while you are engaged in learning.
- ⊗ Practice good boundaries and ethics about who you share your psychic hits with. Most often it's better to keep them to yourself unless directly asked for your feedback.

What's Next?

Now that we have cleared the path for you in this chapter, in the next chapter we'll lay down the foundation of your psychic skills and learn how good psychic hygiene can help keep you safe and grounded as you open. We will also work through how to make time and space to be receptive to psychic information as well as learn some tangible and practical skills on how to trust that what you are receiving is really a psychic impression.

Chapter 1

Build Foundational Awareness Skills

The initial stage of psychic development can be the trickiest for students. All that natural psychic ability and talent is now opening up, but we still don't have the skills and training needed to control our abilities. We need help in order to work through this patchy, shaky phase of our psychic development. So, let's lay down the foundational skills that all psychics need.

These fundamental skills are so important that they remain significant even for very advanced psychics. We practice these foundational skills—like musicians play scales and do warm-up exercises—so we can continue to fine-tune these essential skills. These foundational skills include learning how to tune in and pay attention to the psychic impressions that we receive.

In this chapter, we'll explore how our brain-wave states help or hinder our psychic experiences as well as learn some concrete ways to determine and trust that we are getting real psychic hits. We also need to learn how to tell the difference between a real psychic hit and the mental static and chatter of our own thoughts.

I am excited to bring these life-changing skills to you. If you feel overwhelmed, frustrated, stuck, or maybe worried that you are crazy, these skills can help you deal with those negative feelings and open up to your psychic abilities. Let's begin with learning how to become receptive enough to really tune in.

Learning to Tune In

One of the first things we must do to open up our psychic abilities is to make time and space to tune in. *Tuning in* is a combination of slowing down our busy minds so that we become receptive to psychic impressions and learning to stop and pay attention to a psychic hit when we do receive it.

For many people, psychic hits happen all the time, all day long, and we basically ignore them. Unless we are tuning in, we might not recognize when they do happen, and so they slide through our awareness without our notice. For the most part, intuitive hits are subtle and connected to our feelings, our gut instincts, and our physical

sensations. In order to catch them in the act, we need to tune in to what is happening in our bodies, our emotional states, and our inner sense of knowing.

In chapter 4, we will talk about signs and omens, which are events and synchronicities that happen in the real world that are also part of our guidance. They are the winks from the universe that you are heading in the right direction, but if you are not tuned in, you will miss the possibility that the dragonfly that just landed on your hand might have a significant meaning and is actually a potential communication from your guides.

Tuning in is a habit that we need to learn, and yet we also may need to unlearn the habit of being tuned out. It's so easy to walk through life with blinders on, unaware of our own intuitive nature and immersed in our busy minds. In order to master our psychic development, the blinders need to come off. We need to quiet the inner chattering mind and shift our focus both to our bodies, feelings, and gut knowing as well as to what is happening in the world around us. When we tune in, we both take time to slow down and reconnect with ourselves, and find a neutral, open, and receptive state of being that our psychic experiences can flow into. As the Zen masters say, the cup must be empty so that wisdom can flow into it.

Exercise: Tuning In Meditation

This is a simple and powerful way to tune in to your psychic impressions. You can download an audio recording of this meditation at <http://www.newharbinger.com/50744>.

1. Sit somewhere quiet and close your eyes.
 2. As best as you can, quiet your feelings and thoughts. It can help to focus on your breathing by doing a few long, slow breaths. Try a four-count inhale and four-count exhale to settle your thoughts and feelings.
 3. Ask yourself a specific question, or ask something more general, like *What do I need to know right now?*
 4. Pay attention to any thoughts, feelings, images, and sensations in your body as you continue the slow breathing.
 5. Record anything you perceived in your journal.
-

We need to make quiet space inside us to tune in, and this ability will get easier, stronger, and more accurate as you practice it regularly. I have many different ways and techniques to help you do this. Let's start with understanding a little bit about how we can dramatically increase our ability to tune in by understanding more of how our brains process and receive psychic information.

Left Brain vs. Right Brain

Most of our psychic information is perceived by our intuitive, emotional, and creative right brain. But to make sense of that information, which often comes in the form of symbols, we must then switch our attention to the analytical, logical left brain. Of course, as fully functioning humans, we need access to both sides of our brain. As psychic students, we need to understand which side we are more naturally attuned to, and how to switch our focus as we need to.

The left hemisphere of the brain is responsible for the more logical and analytical brain functions such as these:

- language and thinking in words
- linear and sequential thinking
- mathematics
- logic and factual data
- analysis

The right hemisphere of the brain manages our creative, emotional, and intuitive experiences and is vital in helping us have psychic experiences. This part of our brain helps us process

- intuition
- creativity and the arts
- emotional states
- imagination
- holistic thinking.

Psychic ability happens mostly on the right side of the brain, so people who are already more wired to be right-brain dominant have the edge on people who are naturally more left-brained.

However, a good psychic needs both sides of their brains working in conjunction and harmony. The left brain is necessary to make sense of the psychic data we experience. This is where we find meaning in our psychic impressions, and we rely on our left brain to help us communicate these experiences to others. The left brain helps us to practice discernment, and it's about as good of a bullshit detector as we will ever get.

If we have too little of the left-brain, analytical processes, we can't understand the meaning of our psychic impressions; they seem like incomprehensible gibberish. On the other hand, too much left-brain analysis leaves us very judgmental, skeptical, and unable to relax into the more right-brained psychic experiences. Here is a good example of how these two types of people—right-brain and left-brain dominant—handle psychic experiences.

Back in the days when I did house clearing for people, I went into a very haunted house owned by a couple with young children. Ellery was a sensitive, and he and his two young children were having all kinds of psychic experiences that they couldn't explain. Doors were slamming shut, and footsteps were heard in the attic. Ellery said he felt as if someone tried to push him down the basement stairs, and he did have a fall down the stairs that bruised and scared him.

On the other hand, some of the experiences were funny and sweet. Missing objects were returned, lights flickered, and the radio would come on for no reason. Ellery saw things out of the corners of his eyes and heard the murmur of voices at night. He was having very classic right-brained psychic experiences but was having trouble making sense of what he was experiencing.

Ellery's wife, Stephanie, was a scientist working in a nearby biomedical lab and was constantly looking for the logical explanation for the haunted phenomenon in the house. She called in an electrician to test the wiring and checked for animals trapped in the attic. When that all proved to be fine, Stephanie did some research on the house and discovered that an elderly couple had owned the house and both had passed away there.

I could perceive a nice elderly gentleman who was still lingering and trying to make the new people in the home feel welcome. He had a helpful and playful demeanor, and liked turning on the lights, the radio, and returning lost objects. The

former lady of the house was angry that there were strange people in her house, and she was the one making trouble for the new homeowners.

In this example, you can see how Ellery's right-brained psychic awareness gave him the psychic impressions he was having, and Stephanie's left-brained orientation helped solve the mystery of it all. If you are a left-brained person, don't despair. You can still activate your psychic awareness. For you, it will be a matter of relaxing, not pushing or trying too hard, and learning to lean into your feelings a little more. Try not to compare yourself to others, be overly self-critical, or dismiss your experiences because they don't make "sense." You will benefit from truly relaxing and allowing your perceptions to unfold organically, and you will need to learn to feel your way through it all.

Left-brained people can shut down their psychic senses if they overthink things or start analyzing everything too soon. However, a little healthy skepticism and common sense is also a very useful skill set for psychics. Left-brained people often have a strong affinity for the knowing and hearing psychic senses, which we will fully explore in the next chapter.

If you are a right-brained person, some of the exercises in this book may be a little easier for you. You will, however, also need to balance things out and bring your left brain into play so that you can interpret your psychic experiences and bring sense and meaning to them. Right-brained people will often have more visual psychic experiences and often have a strong feeling sense. They may also be empaths.

Right-brained people have no trouble making intuitive decisions, but they sometimes need to balance these things out with a logical plan that makes practical sense. I have seen very intuitive people shoot themselves in the foot by making snap decisions without thinking them through. "My angels made me do it" was what my friend said when she made a series of risky, impulsive, albeit intuitive decisions that led her to a whole world of trouble. These were all based on real intuitive experiences she had, but she would have benefited from bringing that intuition over into her left brain to formulate a plan that made sense and would actually work in the world.

Our goal is to have the best of both worlds—right and left brain. We want to integrate our intuitive and logical selves so they are in harmony with each other and so that both help us to meet our goals in life.

Exercise: Are You Right-Brained, Left-Brained, or Both?

Use your journal to explore whether or not you have a right- or left-brain dominance by considering these questions:

- ⊗ Are you more logical, analytical, and perhaps skeptical? If so, you are probably left-brain dominant. How does this both help and hinder your psychic experience?
 - ⊗ Are you more creative, intuitive, and emotional? If so, you are probably right-brain dominant. How does this both help and hinder your psychic experience?
 - ⊗ If you have a dominant side, what do you feel you need to do to bring some balance?
-

Next up is learning about how our brain-wave states can help us when we need and want to tune in. In this case, learning to consciously shift our brain into the alpha brain wave is the key. Let's take a look at how all that works.

Brain-Wave States

While we are talking about the brain and how it perceives different levels of reality, it's a good time to discuss how our brain-wave states impact our psychic perceptions. Brain waves are the result of electrical activity produced by our brain. These wavelike patterns are created by different types of neurological activity that is associated with different types of consciousness. When a group of neurons sends a burst of electrical pulses to another group of neurons, it creates a wavelike pattern. This brain-wave activity is measured in hertz (Hz), a unit of frequency equal to one cycle per second. We have five natural brain-wave states that our brains cycle through, depending on what we are doing.

HUMAN BRAIN WAVES

GAMMA

Insight - Peak Focus - Expanded Consciousness



BETA

Alertness - Concentration - Cognition - Learning



ALPHA

Relaxation - Visualization - Creativity - Reflection



THETA

Meditation - Intuition - Memory - Dreams



DELTA

Detached Awareness - Deep, Healing Sleep



1 Second

Gamma Wave. Gamma is the peak-performance brain wave that happens when we are in deep flow states of consciousness. The different parts of our brains are highly connected to each other in gamma, and we have peak problem-solving, and can access high-level, peak spiritual experiences. We are awake, alert, and in a zone of optimal creative problem-solving. People who meditate and spend a lot of time doing spiritual practices show this brain wave more regularly than those who don't.

Beta Wave. Beta is where we spend most of our waking hours. The beta brain wave is where we do our best thinking; we are alert and engaged in cognition. We're in beta when we are working, learning, and thinking rationally and logically.

Alpha Wave. Alpha is a light trance state, and we easily enter this state of consciousness when we are doing rote and repetitive actions like driving, walking, and washing the dishes, or taking a shower. Also, things like guided meditations and daydreaming create an alpha brain-wave pattern. This is where we are highly creative and intuitive. Alpha is where we want to go to get the best psychic and intuitive experiences.

Theta Wave. In theta, we are deeply relaxed and in a state of deep healing. Certain meditation practices like breath-based, mantra-based, and concentration meditation practices can lead us here too. Most of the time when we are in theta, we are sleeping, but we can get there when we receive healing sessions such as Reiki. If you have ever had a massage or an energy healing session and you had that lovely, floaty feeling of being not exactly asleep but certainly elsewhere, this is what the theta wave feels like. You can't speak or even think clearly—it's deep relaxation and contentment.

Delta Wave. Delta is the slowest brain-wave state, and it's indicative of deep, dreamless sleep. When you are in delta, you have no awareness of yourself—it's lights out. Our bodies go into a state of rest and recharge during this time of deep, dreamless sleep.



We naturally go through these brain waves in our sleep cycle. If we want to increase our psychic experiences, we need to increase the time we spend in the alpha brain wave, by doing activities like meditation. When we are in alpha, our psychic awareness is enhanced, our logical and thinking mind is quieted, and we are open both to receiving intuitive hits and messages from our guides and to noticing the signs and omens that surround us.

Professional psychics learn to shift into alpha on demand, and that is part of how they manage to turn their psychic awareness on and off at will. Old school psychics like Edgar Cayce worked in a deep theta brain-wave state, which was called a *trance channel*. This type of psychic would go into a trance that was so deep that they didn't remember what they said when they came out of it. These days there are fewer trance channels around, and most modern-day psychics have learned to make their connection while still being aware of what is happening around them.

When I am working, being in the alpha state allows me to carry on a conversation and do energy work at the same time that I am doing a reading. I work mostly in the alpha state, although if I am going to look at a past life or speak to someone who has passed on, I need to drop into the theta brain-wave state. At that point, I need to sit down and close my eyes for a bit to retrieve the information.

As I mentioned above, when we sleep, our brains naturally cycle through these brain-wave states. It's natural to go through beta, alpha, theta, delta, and then back up again. And we are in gamma when we dream. If you get about eight hours of sleep, you will go through this cycle three or four times. Many people have their most noticeable psychic experiences when they are either falling asleep or waking up as their brains pass naturally through the alpha brain wave.

Rosemary experienced this when she saw the figure of her father standing at the foot of her bed as she was waking up in the morning. "I could see him, clear as day, and hear him as he said my name out loud," she told me. "As soon as I rolled over and turned on the light, he was gone." It wasn't the light that chased him away. Instead, in the act of moving to turn on the light, Rosemary woke up enough to shift brain-wave states from alpha to beta, but in all likelihood, her father was still there.

The Alpha Brain-Wave State

Let's look at some ways to drop into the alpha brain-wave state when we want to tune in. Alpha is a light trance state, where our left brain is quiet and our right brain is more active. Alpha is a light meditative state, and once in it, we are highly creative and connected to our intuition. Alpha happens naturally when we meditate, when we relax and daydream, or when we engage in routine and repetitive tasks. Here are some good ways to get into an alpha state:

- meditation of all kinds, including guided meditations

- yoga, tai chi, walking, and other forms of repetitive, light exercise where we don't have to think too much
- driving, especially somewhere you have been before, like on your routine commute to work
- doing the dishes, mowing the lawn, pulling weeds in the garden, or folding laundry, anything that keeps the hands and the thinking part of our minds busy
- taking a bath or a shower (Many psychics get their strongest hits in the shower!)
- daydreaming moments such as watching the surf on the beach, watching the clouds go by, gazing into a fire, or just watching the grass grow

To increase your psychic awareness, make a note of what activities put you into the alpha state and make them a regular part of your life. Pay attention to what emerges from your subconscious while you are in alpha. We will often have aha moments that supply solutions to problems, intuitive nudges, and creative inspiration when we are in alpha.

Here is a great example of someone who has learned to cultivate and maximize her time in the alpha brain-wave state. Sureya rides the commuter train for about an hour into Boston every day for work, and she told me that is her best time for alpha activities.

☀ SUREYA'S STORY *Something about the motion of the train and the soothing, regular noise it makes relaxes me and puts me into the alpha state. Everyone else is quiet since I get into the quiet car, always. I bring some work with me, but mostly I think about the things that I need answers to. I write questions, problems, and issues in my journal, and then I let my mind go blank and I look out the window. After a while, ideas and intuitive insights come into my head, and I write those down too. I feel open and relaxed, not pushing but just being receptive and curious.*

PSYCHIC TIP: *Cultivating Your Alpha Moments*

What are your go-to alpha-state moments? Make sure that you spend some regular time doing them. Try this technique. Ask yourself a question, something that you need insight on for yourself or someone else. Write the question down in your journal and then go do your favorite alpha activity. Forget about the question, and just let it cook on the back burner of your subconscious for a while. Be aware of any psychic impressions that float through you—knowings, feelings, physical sensations, or aha moments that come into the empty and receptive space you've created. Note the impressions that you get in your journal so that you don't forget.

We've made some time to listen to our psychic guidance in the alpha brain-wave state. Now let's figure out some ways to trust that the hits that we are getting are real.

Learning to Trust

How do we tell the difference between a real psychic impression and the crazy stuff that we make up in our own heads? This is a tricky and nerve-wracking question even for very advanced psychics, and it can really create a problem for people who are just learning. Our minds can spiral down into doubt so easily, leading us to mistrust and dismiss accurate psychic impressions. Here are some good ways to learn to trust your psychic hits.

The First Impression Is Usually Right—Even If It's Weird

Usually, the very first impression we get is the real psychic hit, as these impressions arise effortlessly into an open and receptive inner space. It happens quickly and effortlessly, almost before you could make yourself think of anything. And then our minds kick in, argue, balk, and we can find ourselves falling down the rabbit hole of doubt. It takes some discipline to learn to pay attention to the very first impression that you have, but doing so will yield powerful and accurate results.

Meeting people for the first time is a great example of this, and one that we can all relate to. I am sure you have had an experience where you met someone and took an instant like or dislike to them. This is our intuitive guidance coming through, and

we all know what happens when we don't honor this information. And yet, it's amazing how quickly our minds step in to argue with us and convince us to reject our own inner knowing. If you want to catch the true, raw psychic hit, practice noticing what impressions you have before your mind jumps in.

Drop Your Expectations

Learning to drop your expectations about what you think is going to happen and tuning in to what is actually happening will yield psychic pay dirt. Again, our minds have a tendency to jump in and discard relevant information if it doesn't meet our expectations.

Deirdra, one of my psychic students, was doing an exercise to meet her power animals, and she felt that there was a hummingbird near her. She loves hummingbirds, so this was easy for her to believe and accept. The next one she perceived was a snake, but she hates snakes. Here's what she told me.

☀ DEIRDRA'S STORY *I totally dismissed that hit. I thought it was scary and silly to have a snake as a spirit guide, so I told it to go away and ignored it. That snake showed up in a few more of my meditations and dreams before I relaxed about it and realized that my mind was rejecting the real hit just because it didn't fit my ideas and expectations. That snake has taught me a lot about how to stay grounded and when change is coming for me. It has brought me much wisdom over time, so I am glad I finally listened!*

The real psychic hit is often outside our normal mental frame and by dropping our expectations, we open our mind to view things within a larger frame. Next up is learning to recognize and pay attention to our own bodies for confirmation about a psychic hit.

Learn Your Body's Truth Signal

Every psychic student I have trained has a *truth signal* that they feel in their body. This is your body's way of telling you that you are hearing the truth and getting a real psychic hit. This truth signal is different for everyone, but once we learn to recognize it, we can use it to help us confirm that we are getting a real psychic hit.

It might feel like chills or gooseflesh, or maybe you feel tingly all over. I feel a rush of energy up my spine that starts at my tailbone and goes all the way up to the crown of my head. Sometimes I feel a tingly sensation on the crown of my head too, and this alerts me to the fact that something is going on that I need to pay attention to. My friend Belinda tears up a little when she hears or speaks the truth. She calls these “truth tears,” because this is her body’s truth signal.

As you go through the practice exercises in this book, pay attention to how your body feels when a real psychic impression arises—you will feel it somewhere. Then you might be alerted to a psychic experience when you feel the truth signal. This is a little easier for people who are naturally grounded and have the body’s psychic sense already open, but this can be cultivated even in people who are habitually disconnected from their bodies. This is one of the many reasons why it’s so important to be grounded in your body and why our grounding practices, which we will learn in the next chapter, are so vital.

Let’s take a look at how to tell the difference between a strong psychic impression and our own fears, anxieties, and other emotional states. It’s obviously important to know the difference.

If You Are Triggered, It’s Not a Hit

Are you wondering how to tell the difference between a true psychic impression and your own emotions? The simple answer is this: if you feel triggered and emotionally reactive, then what you are experiencing is not a real psychic hit. Real impressions have a curiously detached and nonemotional energy to them, even if you think it’s something that you should be emotional about.

When I was in my twenties, I did a semester of college abroad and was living in France. One night, I had a dream about my grandmother. She and I were sitting in a café and chatting about normal, everyday things. She looked radiant and happy, and told me she was just stopping by to say hello and good-bye because she had to leave now. I knew in the dream that it meant she had passed, but I felt only joy in seeing her. It was like knowing a fact and then feeling the sweetness of the moment, but I wasn’t very sad or emotional about it all in the dream. I woke to the phone ringing in my apartment. My mother told me that my grandmother was gone, and then I had an avalanche of feelings about it.

One of my psychic students, Martha, is the mother of five children. She is a nurturing but anxious mother, a soft-hearted empath who worries constantly about her

brood. She learned to tell the difference between her own anxiety and a real psychic hit in this experience.

☀ **MARTHA'S STORY** *One night in the middle of the winter, I awoke suddenly out of a deep sleep. I got up, put on my boots and coat since it was snowing hard, and got in the car. I knew one of my teens needed me, so I drove around the back roads near my house. I wasn't feeling anxious at all; I just had a strong knowing and a pulling sensation in my belly. We live in the middle of nowhere, and there isn't great phone reception at the best of times. I drove around sort of randomly for about twenty minutes, just following my gut until I found one of my teenagers pulled over on the side of the road. His car had broken down, and he was in one of the dead zones for cell service. I know I can be an anxious mother, but that whole time, I felt no anxiety, only this calm sort of knowing that I needed to find him. And I did.*

If you are feeling anxiety, anger, fear, or any other strong emotion, you can pretty much bank on that being your own inner worries rather than a real psychic hit. When we have strong emotions, we lose our own psychic connection, which is why it is easier to read for other people. Even professional psychics have trouble getting accurate psychic information for themselves when they are triggered. This is part of the reason why it's very useful to become adept at using some divination tools, which we will learn to do in chapter 4.

Working with a Pendulum

Another way to learn how to trust our psychic hits is by using a pendulum. Pendulums are great tools for confirming or denying a psychic hit. A *pendulum* is a divination tool that is usually made from a pointed crystal that hangs from a chain or string. They can be made from any material, including brass, copper, or even plastic. You can purchase quite beautiful and elaborate ones in New Age shops, and Etsy has some very beautiful ones. They don't have to be fancy though; a pendulum can be as simple as a safety pin on a piece of string. When I need one and don't have mine handy, I just use whatever necklace I am wearing.

Picking out a pendulum can be fun. Find one that really resonates with you, and tap into your intuition to help you pick one out. I prefer heavier metal ones made from

copper or brass, but many people love the ones made from crystals and gemstones. If you are choosing one from a shop, ask that pendulum if it is the right one for you. Here is the best way to work with your pendulum:

Clear and Attune Your Pendulum. Once you get your pendulum, you need to clear any residual energy from it, especially if it's made from crystal. Sage it, put it in a bowl of salt, or leave it on the windowsill in the sun. Next, attune the pendulum to your own energy; since it works through vibration and resonance, it works better if it's cleared of all energy except for yours. Carry it in your pocket for a day to attune the pendulum to your own energy.

Find Your Yes/No/I-Don't-Know. The point of using a pendulum is to quickly receive a yes, no, or I-don't-know-answer to your questions. To determine your pendulum's yes/no/I-don't-know answer, follow these steps:

1. Put your elbow on a table and hold the chain or string of the pendulum between your thumb and first finger. Don't drape it over your finger, just hold it between your thumb and forefinger. Some people find better accuracy when they use their nondominant hand for this. I like keeping the chain short, maybe five or six inches long. You can tuck the rest of the chain into your palm if it's longer than that.
2. Ask your pendulum to show you a yes. It might swing back and forth, around in a circle, or stay perfectly still. This is your yes answer. You can test this by asking a question that you know the answer to. In my case, I might ask, "Is my name Lisa?"
3. Ask your pendulum to show you a no. For me, yes is around in a circle and no is back and forth, but find out what it is for you. Check this against a question that you know has a no answer.
4. Now ask it to show you the "I-don't-know" movement.
5. For any of these questions, you might get no movement or chaotic movement, in a circle, clockwise or counterclockwise, or back and forth. There is no right way for the pendulum to swing, only what is right for you. Ideally, we want a consistent and distinctive movement for yes, no, and I don't know.

Many people go through this every time they use their pendulum, which is totally fine. Mine, however, has been consistent for many years.

Observing how the pendulum swings gives you an immediate yes/no/I-don't-know answer, which is very useful when we want to confirm or deny a psychic hit. Let's say, for example, that you wake up in the middle of the night and you sense the presence of a spirit around you. Your first impression is that it is your Uncle Fred, who recently passed away, but you soon begin to doubt your hit. You can use your pendulum to get instant confirmation on whether it really is Uncle Fred or not. Your pendulum might give you a strong yes that it is Uncle Fred, so you know your first hit was correct. Or maybe it isn't Uncle Fred. You can then use a series of questions to find out who or what was there. Over time, using the pendulum as confirmation really helps us to build our confidence that we are getting accurate psychic impressions.

How and Why Does a Pendulum Work?

Pendulums work in a few different ways. The pendulum “reads” the energy that is around it, first by picking up on your energy so that your own inner guidance will come through it. In this case, your own energy field moves the pendulum. It's also easy for our guides to speak to us directly through it. Pendulums are excellent for reading the energy of people, places, and things, which is a psychic skill called *dowsing*. Reading energy in this way is perhaps the best, most accurate, and most useful application of a pendulum.

I remember being a teenager and using a pendulum as a divination tool. It was my favorite one (next to my Magic 8 Ball). I would ask it quite complex questions and always be sadly disappointed when it was inaccurate. “Does the person that I am crushing on like me, or do they like someone else?” “Are they my one true soul mate?” and “Am I going to get invited to the party?” If I didn't like the answer, I would ask over and over again until the pendulum stopped working all together. I could practically feel my spirit guides rolling their eyes and recommending that I just live in the moment.

There is a reason why this strategy isn't successful. Pendulums have limitations as a divination tool, since it's almost impossible to break down our complex human experiences into binary yes/no equations. This is why we add the “I don't know” option, since there are many things that are unknowable. Our realities are too complex to be broken down into a simple yes/no, so we must add in the possibility that the question you ask is unknowable in the moment. But for our purposes, we will ask very clear questions of it—questions that are specifically about getting confirmation of your psychic impressions. And the trick is to ask *very* specific yes/no questions. “Is this presence that I feel Uncle Fred?” is a great yes/no question. Be mindful that you don't

ask multiple questions rolled into one, like “Is this Uncle Fred, or someone else?” Two-part questions will yield inaccurate results.

Be careful not to become dependent on the pendulum, or any divination tool, to make decisions about your own life. I have seen people discover this tool and then start to abdicate their decisions about their own lives to the pendulum. You know that you have gone over the edge if you ask the pendulum if you should wear the blue shirt or the red one today, or if you should have pizza or Chinese food for dinner. We need to continue to be the captains of our lives, make our decisions, and not give our power away to a divination tool.

PSYCHIC TIP: *Pendulum Practice— Try Closing Your Eyes*

If you are worried that your own mind, opinions, hopes, and fears are impacting and manipulating the pendulum, try doing it with your eyes closed. Always begin with one of the grounding and centering practices that I will share in the next chapter. Take a few clearing breaths. Ask your question, being as specific as you can, and then close your eyes. Once you feel the pendulum move, you can open your eyes to see what it is doing. This helps take our own mind out of the equation and gives a cleaner answer.

We’ve learned some really valuable skills on how to trust your psychic impressions. Now let’s talk about how and when to share the psychic information that you receive.

The Ethics of Sharing Psychic Information

As we awaken our psychic abilities, it is absolutely critical to learn how to ethically share this information and, more importantly, when *not* to share. It’s our responsibility to behave and speak ethically with our psychic information. And sadly, many psychics are not trained in this crucial aspect of it. I have seen people’s friendships, partnerships, and lives damaged and even destroyed by the misuse of psychic information.

It could happen to any of us. One day you are hanging out with your friend, enjoying your time together, when out of the blue, a big download of psychic information about your friend lands on you. Let’s say your friend is complaining about their

marriage, and all of the sudden something like this pops into your awareness: *You are getting divorced in a few months; the writing is on the wall. And oh my gosh, your spouse may not be actually staying late at work all those nights!* And you get a flash of the lies coming up to the surface and a brief glimpse of you holding your friend's hand through divorce court.

Now, it might not take a psychic to see that coming, but the point is, what do we do with this information? The short answer is say absolutely nothing, unless you are directly asked—and maybe not even then. What happens if you blurt it all out without being asked? What happens if you are wrong? You will have done damage to a friendship that may not be able to be repaired.

Honestly, the very best psychics in the world are only accurate about 80 percent of the time, so we need to be very mindful of what we say. There is no such thing as 100 percent accuracy in a psychic reading, and many factors play into the information that we get. Sometimes as psychics, we are reading someone's feelings, hopes, and fears rather than a hard truth. And there are many factors that come together to create our reality: we all have our free-will choices, our own destiny and karma, and so does everyone else.

As a psychic, I see the moments of choice in front of people, those times when they are at a crossroads in their lives and they have to choose what they are going to do. But I can never really see beyond those choice points, since they are legitimate choices that everyone has to make, and for the most part, those choices are made in the moment.

You might be picking up on the feelings or fears of your friend. You might be able to feel the power of the upcoming crossroad that the couple is facing, but you have no real way of knowing what is going to happen next, since they must choose, and these choices tend to be made in the moment as people live them. Maybe there is really nothing going on. Maybe they'll get counseling and work it all out. Maybe it's projection, and you are projecting your own marriage issues onto your friend.

And, of course, we must acknowledge our own stake in it all. It's very difficult to become totally neutral about these things and to completely drop our own agenda. It's our best friend we are talking about here! We have our own opinions, triggers, feelings, morals, and agenda, we just do. And these mix in with our psychic impressions and color it all. This is why it's very hard to read for ourselves and those that are closest to us.

We also must be mindful of the power in our words, so we need to be careful and honor that what we say, especially if we are sharing a psychic hit, has the power to

impact people for their own good or to damage them. It may, in fact, have the power to change the outcome of the situation just because you shared that psychic hit. Maybe they would have worked out their issues, but because you said what you said, their relationship takes a more difficult and darker path, especially if you were wrong. People who believe in psychic information may give extra weight to what you are saying and may begin to create that reality in their lives if they believe it enough.

In this case, to keep our own agenda out of it, we might say something like this: “I sense there is a shift coming in your relationship,” which opens it up to any of those possibilities and is a whole world different than something like “Your husband is cheating and you will be getting divorced any minute now.”

To sum it all up and to make sure that you are using your psychic skills ethically, without causing harm, here are the psychic ethical rules that I live by:

- I don’t share information unless I am asked—no blurting out psychic information without someone’s express permission. This is a huge invasion of their privacy, and it is unethical.
- If I am asked and I am not in the right mode to work, I set a boundary and say no. If I am not in the right mind-set to work, I might not get an accurate hit. Saying no is also for my own well-being, since it’s not cool to be on call and working all the time.
- The power of our words is mighty and has the possibility to heal or to harm, and it is our responsibility to be mindful of our words.

Ethics are crucial for our life and work as psychics. Because of that, let’s break these ethical guidelines down a bit more.

No Psychic Hit-and-Runs

A *psychic hit-and-run* happens when you blurt out psychic information to an unsuspecting person without first getting their permission to do this. People have a right to privacy, and the more we open up our psychic gifts, the greater the responsibility we have to honor the free will of other people. Sadly, there are many people who have strong psychic skills and no idea that they are behaving in an unethical manner that harms others.

Amanda, a young mother in a small rural town, is one of my psychic students who had a painful and humiliating encounter with a psychic hit-and-run. One day she

went to the hair salon. The stylist who was doing her hair had tons of natural psychic ability and no training at all on boundaries and ethics.

☀ AMANDA'S STORY *She blurted out every personal detail she was picking up about me and my family in a very loud voice, in a very crowded salon in a very small town. The worst of it was that she was right about a lot of it, but I didn't need everyone to hear all the details, like the fact that my husband and I are in couples therapy and that one of our children is having some emotional and behavioral issues at school. Now the whole town knows. I was so humiliated that I will never go back there, and our friendship is over for good. She was surprised that I was angry with her. She really wanted me to tell her what a great psychic she was, but she hadn't thought at all about what the impact of what she said had on me and my family.*

Do not share psychic information without asking first. And maybe not even then.

I live and breathe by a “don't share unless they ask” policy that I stick to like glue. Honestly, I would have no friends at all if I blurted out every psychic hit I got about my kids, my friends, and my family. Because I work as a professional psychic, I tell all my friends upfront what my policy is and explain to them that I am not going to share my psychic hits with them, unless they specifically ask for them. And guess what? They hardly ever do.

Of course, the exception to this is when I am working and doing client sessions. Then I will share what I am receiving, but even then, I continue to ask my client's permission if it looks like things are going to get deep and could trigger something for them. “Your mother is here, do you want to talk to her?” I don't assume that is a yes without asking. “I am seeing a past life, and it's pretty rough. Do you want to hear about it?” This gives my clients a chance to choose—and choose again—if they are willing and able to receive what I am seeing.

The idea that the hit-and-run psychic reading is acceptable comes from watching psychics on TV. In these shows, the psychic walks into a shop and appears to give a message to a random person. That person is thrilled to receive a message from their loved one, and everyone cries a few happy tears. Let's remember that this entire situation is set up and staged from the get-go. Even if the reading is real, that person is not random, but has chosen to have that experience, has practiced and rehearsed it, and

has signed pages of waivers and permissions beforehand. The spontaneity of it is an illusion.

I have done way too much cleanup work for people who got run over, psychically speaking, by bad psychics or even good psychics with no ethical training. For example, one of my clients went to a psychic and was told that she had cancer and the doctors would never find it. This person was so scared and freaked out that, even after the doctors gave her a clean bill of health, she was in a lot of emotional turmoil about the possibility that it could still be there.

Maintain Your Own Boundaries

The other side of the coin on these ethical rules concerns how we treat ourselves. It's important to maintain our own boundaries so that people don't expect us to perform psychic sessions anytime they happen to need or want one. You want to enjoy your friendships and not be a free twenty-four-hour psychic hotline for your pals. It's wise to be crystal clear about this right from the get-go: friends are friends and clients are clients, and that is my boundary. I do, of course, make exceptions for my friends if they ask and I am feeling it. I imagine the situation is similar for people who are lawyers, doctors, or therapists. We don't ask them for free information and services at all hours, right? Like us, they must learn early on how to keep the professional boundary nice and clean.

PSYCHIC TIP: *Asking for Permission to Share*

Sometimes we do run into a situation where we really feel compelled to share our psychic messages with people. If that does happen, then it's crucial to ask for permission to share before you blurt something out. It can be as easy as saying, "Hey, I am not sure how you feel about this type of thing, but I got a psychic message for you and I was wondering if you are open to hearing it." And then respect the person's no if you get one.

Now that we have covered the ethics of how to manage the psychic information that we are receiving, let's move on to another important topic: turning our psychic abilities on and off at will. How do we do that?

Turning Your Psychic Abilities On and Off

One of the key foundational skills that we all need is understanding how to turn our abilities on and off. Many psychic students are frustrated by either feeling flooded or overwhelmed by psychic messages that they don't need or want in that moment. Let's say you are in the market—I am just here to buy veggies!—but you become flooded with psychic and empathic information from all the people around you. This can easily drain your energy and overwhelm you with what I call “psychic static.”

Or perhaps you are on the other side of the fence and you feel frustrated because you might be coming up dry in a situation when you really do need to receive some psychic information. It's easy to feel annoyed when you really need and want some psychic information but just can't seem to connect on demand.

Once I was at a busy restaurant with a friend of mine who said something along the lines of “It must be so cool to be able to know stuff about all these people!” But the truth of it is that unless you can turn off your psychic perceptions at will, it's like the world's biggest, most painful case of constant TMI—too much information.

And for many newly awakened psychic students, their abilities seem to blink on and off at random. They are full on just when you don't want it and nowhere to be found when you do. For me, it's a matter of having a good energetic boundary and the sheer willpower to turn my attention to other things. Imagine that you are sitting at a bar with someone and there is a TV playing just behind their head. You can use your willpower to direct your attention to the person you are talking to and ignore what is on the TV. Turning off psychic impressions can be a lot like that.

Here are some other great ways to practice turning your psychic abilities on and off. Try them on for size, see which ones work for you, and then practice, practice, practice until they become second nature.

Turning Them On

If you want to open up your psychic abilities even more, you have a number of options. Here are some great ways to turn up your ability to tune in:

- Take a deep breath into your heart or belly and bring your attention inward. Imagine that there is a blank receptive place inside, like an empty blackboard, and see what arises in that space. Try asking a question before you do this to see if you get an answer.

- Try automatic writing, which is when we write a question down and then go into a quiet, receptive, meditative space. Write down the answers you get without thinking about them too much.
- Light a small white candle like a tea light to signify that you are open to receiving messages and then blow it out when you are done. This candle lighting can be added to any of the other suggestions given here. It gives a distinct boundary about when you are open to receiving and when you are not. Any other small ritual can be used instead of a candle.
- Put your hands together at your heart and say, “My psychic senses are now fully open, and I am open to receiving guidance.” When you are done and want to shut things down say, “My psychic senses are now closed. Thank you for the guidance that I received.”
- Feel gratitude when you do get a psychic hit, and you will receive more and more.

Make sure to record anything that you received in your psychic journal and to celebrate your successes. Much of opening up is about relaxing, letting yourself feel and perceive things, and then paying attention to what you perceive. Remember that being overly analytical and critical of yourself will shut you down quickly, so try to have fun, relax, and open up your feelings.

Turning Them Off

Some of you, however, will be looking for tools to help you turn off your psychic awareness and set some boundaries around it. We all need a way to turn our psychic senses off when we want some peace and quiet. Mini-rituals and visualizations work well to create boundaries around when it's okay to be psychically open and when it isn't. Here are some good ways to do that:

- Imagine there is a radio or TV inside you that you can turn on and off when you need to. It has a volume dial and an on/off switch. When you want to tone things down, turn the volume dial down. If you want to shut it all the way down, go to the on/off switch and turn it off. I learned this one as a young child and it really works for me, especially with turning off both the visual and auditory psychic senses.

- You can imagine turning a light switch on and off. Or imagine turning the “open” and “closed” signs like you would in a shop so that you are open for business or closed for business.
- If you feel energetically too open, image that you are zipping your energy field closed. Start with your hands down in front of your hips and move your hands up your body, as if you were actually zipping something up. This is a powerful one for empaths when we are out in public.
- Always open with a positive appreciation for your gifts and close with gratitude for whatever guidance you have received.

What's Next?

I hope this has given you a good start in acquiring the foundational skills you need to feel confident in opening up your psychic abilities. Our next step is to learn how to be protected and safe as we continue to open up. Let's delve into the energy management practices that will help keep us centered, grounded, and protected while we are opening up.