

Awakening *Your* Psychic Ability

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

Lisa Champion

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Chapter 4

Mine Dreams, Signs, and Omens for Information

We can ramp up our psychic skills considerably and have a lot of fun by using divination tools, such as oracle cards, as well as learning to interpret our dreams. Our world is alive with signs and omens that can help us confirm our psychic messages—once we learn to mine these rich sources of psychic information. However, all of these things start with our ability to understand their symbolism.

Learning the Language of Symbols

One of the most challenging skills for psychic students to attain is the ability to decode the psychic messages that we receive. Sometimes our psychic information is clear as a bell, and sometimes it arrives in the more cryptic language of symbols and metaphors. While half of our mind is wired for logical and linear thinking, our psychic downloads come to the other part of our mind, this right-brained side of us, which is all about symbolic thinking. Learning to understand the language of symbols is key, since all psychic students will have the experience of receiving a clear message but also need to be able to puzzle out what it really means.

As a young, newbie psychic, I had an experience with a client that changed the way that I did my readings. I was working at a psychic fair, doing mini-sessions as part of my psychic training. My client was a young woman who had no particular question to ask me but rather just wanted to know what I would pick up on my own. She said something like “Just tell me what I need to hear today.”

She sat in a chair while I stood behind her with my hands on her shoulders. I opened myself up in that blank, receptive state and perceived something that I could not make sense of—a bowl of tangerines. It was a very vivid perception: I could smell the tangerines, and see their little pitted skin. I could taste them too—it was as if all of my senses were flooded with the experience of tangerines. On a wooden table, I

could see the wooden bowl in which the tangerines sat. I felt sunshine on my skin—it was a warm summer day outside. And I felt unbearably sad too.

I thought to myself, *Yikes, what the heck does this mean? A bowl of tangerines? I can't possibly say this out loud, it's nuts. What does that even mean?* And I briefly went down the rabbit hole of doubt, questioning what I was seeing, but my teacher had been encouraging us to say what we perceived without judging or interpreting. So I took the plunge and told my client about it. I included all the details, and much to my surprise, she burst into tears.

“I was ten years old when my mother died,” she told me. “I was sitting at my grandmother’s kitchen table when my father came in and told me that she was gone. There was a wooden bowl full of tangerines on the kitchen table, and I remember holding one in my hand as I ate it. That memory is stuck in my head, the smell and taste of them, the color of them as the sunlight fell on the table. To this day, I can’t see, smell, or taste tangerines without thinking about that moment; it’s fixed in my memory.”

The tangerines meant nothing to me as a psychic, but they meant everything to my client. For her, it was the proof that her mother was with us, because this was not something anyone else would know. And it went way beyond “Your mother is here and she loves you,” which is the standard at psychic fairs. A lot of the messages from her mother came after the tangerines, but the tangerines themselves and my perception of that day were what she needed to hear to know her mother was present.

As psychics, we need to learn a new language, the language of symbols. You may remember from chapter 1 that most psychic information comes in through the right brain, the part of our brain that is creative, intuitive, and symbolic. Much of our psychic information comes in the form of symbolism, which is the language of the right side of the brain. While the left side of the brain gets structured, logical, and linear information, the right side of the brain is all about symbols, imagery, and metaphor. Therefore, a critically important skill for psychics to learn is how to interpret these symbol messages. Thankfully, this is a skill that can be learned, and that is what we will cover in this chapter. Whether we are reading the Tarot cards, learning to find psychic messages in our dreams, or catching the meaning of the myriad of signs and omens around us, we need to recognize and then interpret the symbolic meaning of these psychic messages.

In order to do this, we need to shift our attention away from the linear, logical, and literal way that our left brain works. In the left-brain world, a cigar is just a cigar, but the right brain experiences the cigar as metaphor, a symbol for something else. What that might be depends on both our collective and personal associations that we

attach to that cigar. Each of us has access to both the collective symbol library and also our personal symbol library. Let's learn a bit more about those now.

The Collective Symbol Library

Carl Jung began the conversation about the *collective symbol library*, which is part of the collective consciousness, the archetypal human psyche that we all share. In his seminal work, *Man and His Symbols*,³ Jung explains that the human psyche connects with these symbols as a collective and we find similar symbolic meanings throughout humanity. So, whether you are tribal shaman in the Amazon or a housewife from New Jersey, we still connect to these symbols in the same way.

Deb was one of my psychic students and was studying dream interpretation as part of our psychic development classes. Here is a dream she had, followed by the interpretation she came up with after studying the universal symbols in the dream.

☀ **DEB'S STORY** *I had a dream where my house was flooded, especially the basement. I was wading through the water, which was filled with things like snakes and rats, and I was very afraid of and disgusted by them. I was determined to get my books though, and once I collected them, I got out of the basement, right before the house caught on fire and fell in on itself. When I studied the universal symbols, I learned that houses represent the psyche, the inner self, so the house was my own being. And the basement represented the subconscious part of the psyche. Water is symbolic of our deep emotions, and lately I have been feeling flooded by these emotions. There were things in the emotional "water" that I was afraid of and grossed out by, like the snakes and rats. I was doing a lot of intense therapy on some of my childhood trauma at the time, and I was looking at some tough emotions. The books represented the knowledge that I was learning about myself, and I was willing to wade through the hard and scary feelings to learn more about myself. And the fire at the end represented total transformation and change. The old me was burning down; it was part of a complete inner transformation and a little trial by fire.*

Deb used the universal, collective symbol library to interpret this dream to her advantage. One can find books on these universal symbols to look up the meanings of dreams, visions, and other symbolic information that we receive as part of our psychic

messages. For example, in *A Dictionary of Symbols*⁴ by Juan Eduardo Cirlot, you can look up the meanings of the symbols you see in your psychic messages and dreams. Books like this one, and there are many, can be useful tools that can help us learn this collective symbol library, but we also have our own personal symbol library too.

The Personal Symbol Library

Our *personal symbol library* is an amalgamation of our linguistic, familial, societal, and cultural references. It is created from the books we read and movies that we have seen as well as the stories, myths, and fables that were part of our childhood. The challenge of the personal symbol library is figuring out what a particular symbol means to *you*.

One of my psychic friends is a musician, and he receives his psychic downloads as songs that have a lot of meaning and emotion for him. I love movies, and sometimes when my guides are trying to explain a complex situation to me, a scene from a movie will flash into my head, and I know it's relevant to the current situation. The best way to access your personal symbol library is to ask yourself, *What does this mean to me?*

If we go back to Deb's dream, she might have asked herself what the symbols meant to her. In the collective symbol library, books represent knowledge, but does Deb love books or hate them? Maybe she loved them, and they do mean knowledge and books are precious to her. Or maybe they represented a horrible homework chore that she hated. If she loved snakes and rats (some people do, right?), she might have interpreted them as allies who came to help her rather than the scary and gross emotions she was wading through. As a rule, our personal symbol library trumps the collective one, especially if it has a deep meaning to us.

Now remember that we will be interacting with someone else's personal symbol library when we get psychic information for or about them. When this happens, the key is to not interpret it yourself but rather to ask the person what that image means to them.

Let's say that you have a dream that your friend is riding a roller coaster. Maybe you hate roller coasters more than anything, and going on one would be torture for you. If you are using your own symbol library, you might interpret this dream as a bad omen. "Uh oh, I had a dream that you were spinning out of control and you were panicked and it was awful! This is going to be the worst thing that ever happened to you."

But maybe your friend loves roller coasters, and to them it represents the most fun they can possibly have. To keep the interpretation clean, you can ask them, "Hey, I

had a dream where you were on a roller coaster. What does that mean to you?" And let them tell you what it means.

PSYCHIC TIP: *Using the Symbols Libraries*

If you are reading for other people, make sure you ask them what the symbols you are perceiving mean to them. If a symbol doesn't mean anything to them, you can search your own symbol library by asking yourself what it means to you. If you come up short there, reference the collective symbol library to see if you can find the meaning there.

Now we know a bit more about how to interpret symbols. Let's move on next to learning how to use these skills to interpret our dreams.

Getting Guidance from Your Dreams

Our dreams are a powerful way to receive guidance. They connect us directly to our subconscious and also to our intuitive and creative side. Dreams can connect us to our own inner guidance, which is our intuition. They also serve as an access point for our guides to communicate with us and as a release valve for our unprocessed emotions, bringing to our attention issues that we have pushed into the shadows of our own subconscious.

Dreams provide such richness to our psychic and spiritual life that it is important to learn how to interpret them. But what if we don't easily remember our dreams? Thankfully, it's easy to train yourself to remember your dreams.

Remembering Your Dreams

Some people have easy access to their dreams. In fact, many visual psychics have a natural ability to remember their dreams. But you don't need to miss out on this gold mine of psychic guidance: you can learn to remember your dreams, even if you don't remember them right now. In general, people dream an average of about two hours a night, and while this happens all through the night, we have more dreams toward the morning hours. Some people swear that they don't dream at all, but actually everyone

does. Chances are good that if you feel like you don't dream at all, you just aren't remembering them. However, there are medications and some health conditions like sleep apnea that actually do disrupt our dream cycle.

Tips for Remembering Your Dreams

Here is a recipe that should help you remember your dreams. Try this easy formula; it works with practice and patience.

1. Set a regular sleep schedule and stick to it. Meditation right before bed can considerably increase your ability to remember your dreams.
2. Set your intention to remember your dreams by writing that statement down in your psychic journal: *Tonight, I intend to easily remember my dreams.*
3. Or try drinking a glass of water and declaring, *With this glass of water, I will remember my dreams.* This works well on our subconscious, and if you wake up in the middle of the night to use the bathroom, you may remember what you were dreaming of in the middle of your sleep cycle.
4. Keep your psychic journal next to your bed and write down any little wisp or fragment of your dreams in the morning, even if it's just a feeling. Try not to move around too much, since dreams fade when we wake up fully and shift our brain-wave state into beta. Some people do better with voice recording their dreams than writing them down.
5. We are more apt to remember our dreams if we wake up slowly and naturally. An alarm, especially if you have not had enough sleep, can jolt you into wakefulness so quickly that your dreams fade away.
6. Avoid alcohol and drugs before bed since these will interrupt your natural dream cycle.

Dreaming is essential to our well-being and part of our brain's way of processing and integrating all of our experiences. (Scientists now know that animals dream too.) You really can teach yourself to remember your dreams if you practice these techniques with patience and consistency. Right-brained people tend to be more naturally able to remember their dreams; they're also more inclined to be visual psychics. Left-brain dominant people sometimes have to work a little harder to remember their dreams, but it can be done.

Types of Dreams

Now that you are a little more informed about interpreting and remembering your dreams, let's talk about the different types of dreams that we have, and which ones are most relevant to psychic students. There are five different types of dreams that we have through the night, and each of them has a function that is important to our overall health and well-being.

BRAIN SALAD DREAMS

This is not really a technical term, but rather what I call the dreams that we have first thing at night. These dreams often don't have much meaning but are more about the brain clearing itself of unprocessed sensory data. They might be about the TV shows we were watching right before bed, or the book we were reading. They are sometimes about events that happened, especially if we have been too busy to be contemplative. We don't tend to remember them unless we wake up shortly after we have fallen asleep, and we can usually track them to something that happened that day—for example, an unfinished conversation we had with someone or the continuation of the TV show that we had been binge-watching right before bed.

EMOTIONAL DREAMS

Our psyche is always seeking balance and healing and therefore uses emotional dreams as a way to bring unprocessed emotions to our attention. Many of the emotions that we haven't acknowledged and worked through yet with our conscious mind get pushed into our subconscious. I went through a period in my early twenties when I had a recurring dream where I was so angry that I stomped around like Godzilla and smashed buildings in a big city, which I admit to heartily enjoying in my dream. On waking, I was surprised by these dreams since I was one of those people who never let myself get angry. *Hmmm...*, I thought, *I wonder what that was about? I never get angry about anything.* But, in fact, I was not allowing myself to feel angry in my conscious mind, and so pushed all that anger into my subconscious. Once I started dealing with this anger directly, my Godzilla dreams ended.

The most common emotional dream, which I am sure everyone can relate to, is the classic anxiety dream. When we have more anxiety in our lives than we can handle, our psyche will try to balance the equation through an anxiety dream. Here is one of mine: *I am back in high school, even though I am the age that I am now, and I can't remember my locker combination or my class schedule. There is a test in Latin class. I can't find the right classroom and I am late. Did I even take Latin in high school? I wonder*

who all these people are. Are the mean girls still lurking in the girls' bathroom? Do I have a number two pencil? Oh, yes, and I am in school in my pajamas. Or maybe with no pants on at all. Yikes.

In anxiety dreams, we are late to the airport, can't find our plane tickets, and we are somehow lost in the wrong city, the wrong country, or even on the wrong planet. These dreams help discharge the emotion of anxiety, and also draw attention to the fact that something is not right with us.

Emotional dreams might bring up any emotion, including sadness, joy, anger, or grief. You know it's an emotion dream because you will feel very emotional in the dream; you might even wake up crying or laughing. We often remember these dreams on waking. It's wise to write them down so you can contemplate them, since doing so can bring about needed emotional healing for you.

RECURRING DREAMS

These are the dreams that repeat over and over again and can be uncomfortable, or they can even be nightmares. They are also your psyche's attempt to find healing and resolution to something that you have not yet fully processed with your entire consciousness. They usually have their roots in unhealed traumas. It's very beneficial to close the loop on these by getting some help with any unresolved traumas, but you can also work on them yourself in your journal by writing a better, more fulfilling ending to the dream. This process works with nightmares too.

PROPHETIC DREAMS

These dreams are very vivid and meaningful. They can be straightforward and easy to understand or steeped in symbolism that we need to decode. Prophetic dreams often foretell someone's passing or pregnancy, or present a clue about something that is coming in the future. There is a psychic message inside a prophetic dream, and our guides will use our dream moments to give us hints, clues, and spiritual bread crumbs to help us find our path. It's an easy way for them to communicate with us directly, since our logical mind is quiet and the symbolic mind is wide open and receptive.

You can identify prophetic dreams by their vividness and by the fact that you're likely to remember them upon waking; they may even stick with you for years afterward. These types of dreams bring a curious neutral emotionality with them, even if it's a topic that you would normally feel very emotional about, like someone's passing.

Here is a great example of a prophetic dream from one of my psychic students: *I recently had to put my dad on hospice care since we knew he was close to death. He kept*

saying he was happy to go since he wanted to be with my mom again, and she had passed on a few years before that. One night, I had a dream of my mom and dad walking away from me hand in hand down a corridor. I woke up and said to husband that my dad just died, and a few minutes later, I got the phone call that he had died. It was a wonderful gift, and I felt so good knowing my dad was with my mom.

As I mentioned above, we can identify these dreams by their vividness and their curious lack of emotionality. We also remember them for a long time afterward.

LUCID DREAMS

When we have a *lucid dream*, we are aware that we are dreaming. One part of our consciousness is totally aware that another part of us is dreaming, and we are able to observe our own dreams. Lucid dreaming usually begins as an awareness that we are dreaming, and then becomes an opportunity to change the narrative of our dreams as we dream. Lucid dreams are very powerful, and I have had intense psychic experiences while lucid dreaming. In lucid dreams, we can change the outcome of a nightmare or a recurring dream, such as consciously manifesting a weapon to beat the monster that was chasing you or creating an escape route that wasn't there before. We can even learn to stop the dream by ordering ourselves to wake up or change the narrative of the dream entirely if it gets too intense or disturbing.

If you take the time to record and remember your dreams, you may well be rewarded with lucid dreams. Lucid dreaming is so empowering and healing. As a child, it helped liberate me from a cycle of recurring nightmares where I felt powerless. My very first lucid dream happened when I was still very young and was being chased on a regular basis by some type of monster. I remember thinking that I was just done with feeling powerless and I turned around to face the monster. I grabbed it by its horn and told it that I was no longer afraid of it and that I knew its name. The huge and terrifying monster shrunk to a mouse-sized being and squeaked away, and I never had that dream again. There is such potential power and healing in being able to lucid dream, since it gives us direct access to our subconscious self. I hope you find a way to experience this, if you haven't already.



Now that you know about these different types of dreams, I encourage you to record your dreams and see if they are full of psychic information for you. Many visual psychics are strong dreamers and receive their psychic messages this way. One of my students is a medium and gets all her information while she is dreaming. Other people

have regular connections with their guides while they are dreaming or have precognitive experiences while dreaming. Dreams can alert us to our own inner emotional needs that require some attention and also clue us into what's going on with the people in our orbit.

Here are some great books about how to get the most out of your dreaming life. I love the work of my friend and mentor Kelly Sullivan Walden, especially *It's All in Your Dreams: Five Portals to an Awakened Life*,⁵ which will help you access and remember your dreams. Her wonderful dream dictionary, *I Had the Strangest Dream: A Dream Dictionary for the 21st Century*,⁶ is a very useful guide to dream symbolism. Keep them both by your bedside with your psychic journal. Pay attention to your dreams, and dream on!

Signs, Omens, and Synchronicities

As we open up to our psychic abilities, it's very helpful to be able to receive validation of our psychic impressions through signs, omens, and synchronicities. I teach my students to ask for and look for signs after they have received a psychic impression. This can act as a confirmation that a hit was on target, which helps us increase our confidence in own psychic skills.

For example, as you start to communicate with your guides (as we will learn to do in the next chapter), I invite you to ask your guides for proof of their bona fides by offering up a sign that they are for real. It helps us learn to trust that our psychic information is accurate and that we are on the right path as we follow our spiritual bread crumbs along the way.

Signs are literally like signposts that show us our path. They can be anything from pennies that you find that were left for you by your dearly departed, feathers found everywhere, and repeating numbers from your angels, or even magical happenings from the natural world. Signs are direct messages from our guides that we experience in the physical world.

Omens are the harbingers of major changes that are coming our way. Omens can be about major events like impending births and deaths and even larger shifts on the global scale. The word “omen” is defined as being an event that is interpreted as a portent of good or evil. Historically, omens are connected to common superstitions, like seeing a black cat cross your path and breaking a mirror as bad luck.

As modern-day psychic students, however, we are not at the mercy of superstitions, but instead learn to read the energy of the moment. My friend Marcy shared with me an experience that began with what was, for her, a rather chilling omen.

☀ **MARCY'S STORY** *I wasn't feeling well for a while and scheduled some doctor visits for diagnostic tests. On my way in to speak with the doctor, three crows landed near my car. They were noisy and squawked and cawed at me, following me through the parking lot. My stomach sank, because for me, seeing three crows is always a bad omen. I felt like they were preparing me to receive bad news from the doctor.*

The omen beforehand helped me prepare myself. By the time that my doctor told me the bad news, I had already started to accept it. But on the way home from that meeting, the sky cleared and a huge, bright double rainbow appeared. It seemed like it was springing right out of my house, so I knew that even though I had a tough diagnosis, I was going to be okay in the end. Something magical would always happen when I was about to lose hope, and it helped me get through a tough time, and I learned a lot about reading the omens around me.

In this example, Marcy referred to her personal symbol library about crows bringing serious news, which supersedes the universal meaning of crows, which is more related to revealing the magic and mystery of the world. But for Marcy, they usually mean something troubling is at hand. She was correct in her interpretation and was given a cancer diagnosis from the doctor. Omens, however, are not always the bearers of bad news, as Marcy discovered with the rainbow over her home. She had a challenging year and spent much of that time looking for more signs and omens, but eventually she was completely healed from the cancer.

Synchronicity, a term coined by Carl Jung, is often explained in the psychological community as the human mind's tendency to make meaning of random patterns and coincidences. But Jung thought that they had a very deep and soulful meaning to them. He defined them as circumstances that appear meaningfully related but lack causal connection. They are experienced as a connected series of events that have meaning to us; they are purposeful signposts that are meant to show us those bread crumbs and confirm that we are on the right path. They are winks from the universe, showing us the path when we feel lost or giving us confirmation that we are headed in the right direction.

One of my psychic students is a young man named Zayne. He was having a moment of doubt about his path and needed to make some decisions. One night he had a dream about the Norse god Odin. Odin had a strong message for him in the dream about which path to take and that he needed courage to take a bold but potentially risky path. Zayne was still unsure about this decision, but the day after the dream, his friend dropped by unexpectedly to show Zayne his new tattoo. It was

Odin's hammer with a message around it in runes. The runes had the same message as Zayne's dream. Just to clear up any lingering doubts that Zayne had, the very next day, another friend brought Zayne some runes as a birthday gift. Zayne asked the runes his question and got the same ones his friend had on his tattoo, the runic version of trust your gut and go for it.

Once we start paying attention to signs, omens, and synchronicities, we will see them everywhere. They can be wonderful confirmation to our psychic impressions.

Here are some common signs, omens, and synchronicities. As we look at these, remember to consider the question "What does this mean to me?" since that can eclipse the more universal meanings.

Repeating Number Sequences. Many people see these on clocks, license plates, store receipts, anywhere where we find numbers in our world. They might be significant dates, such as birthdays, anniversaries, and death days. Number sequences are a favorite sign from the angels, and there are books, such as *The Angel Numbers Book: How to Understand the Messages Your Spirit Guides Are Sending You*⁷ by Mystic Michaela, that give the reader common interpretations for number sequences.

Feathers. Some people find feathers, another favorite of the angels, wherever they go. I had one client who came in for a Reiki session, and as we talked, feathers would appear out of nowhere. She had no down coat with her; they just appeared on the floor and on her clothes and floated through the air. They were almost always white feathers. She connected the appearance of these feathers as confirmation from the angels that she was walking the right path.

Interpreting Repeating Number Sequences

Let's take a look at some interpretations of the most common repeating number sequences, just to give you a quick guide. These are sourced from many different places and come more from a collective, universal symbol library that includes angel numbers, numerology, and sacred geometry and mathematics. These numbers can be single, double, or triple numbers, or they can even come in sequences of four numbers such as 11-11. Don't forget that your personal meanings for these take precedence over the universal meanings, so asking yourself what these numbers mean to you can be very productive and illuminating.

- ⊗ **1s and 11-11:** This is the number of beginnings and the gateway to new things, which represents the threshold. You are on the verge of something new, and it's up to you to walk through the gateway. Many people see these numbers on digital clocks.
- ⊗ **2s:** You are at a moment of choice. Look for the balance point. There are two paths in front of you. Look into your heart and ask for guidance to help you choose. This number might also mean you have made the right choice.
- ⊗ **3s:** Three is the number of the ascended masters and the highest levels of consciousness that humanity can achieve. It's the number of Christ and represents his ascension to the higher planes of consciousness.
- ⊗ **4s and especially 444:** This is the number of the angels and is a sign that angels are around you offering guidance and support.
- ⊗ **5s:** Change is upon you. Things are breaking up and deconstructing so that your life can form in a newer and higher way. It might be uncomfortable as things shift, but it's good to have faith that, in the long run, the change will be beneficial for you.
- ⊗ **6s:** You may have overreached yourself and are now out of balance. Sometimes 6 also represents stagnation and the need for change. Refocus your energy and take full responsibility for yourself and your life. Grounding practices can be helpful here.
- ⊗ **7s:** Seven is the number of magic and manifestation. Keep your thoughts and desires on what you want to create in your life, and you will have divine assistance in creating what you desire.
- ⊗ **8s:** Eight is the number of abundance. The message is to harvest what you have sown and be grateful for the bounty in your life. This is the number of infinite possibility, and it also invites us to reap the rewards of our hard work and reminds us that deep gratitude can bring us more abundance.
- ⊗ **9s:** Nine is a completion number that symbolizes the end of a cycle. Take a moment to honor the ending of things as part of the normal cycle of life: something ends so something new can begin.

- ⊙ **0:** This is the null point, the empty space into which something new comes into being. If we see it, we are being called to wait, like a fallow field, for something new to be planted there.

Other number sequences usually relate to birthdays, anniversaries, and death days.

Coins. Long connected to messages from our dearly departed, these “pennies from heaven” validate that our loved ones are present. One of my psychic students shared a story about how her grandmother used to slip her lunch money into her mitten so she wouldn’t lose the coins on the way to school. After her grandmother passed, she would find quarters in her gloves and knew that her grandmother was still looking out for her.

Music. We can receive messages from and have contact with our loved ones through music. Listen to what songs show up on the radio, and pay attention to the songs as you walk into stores too. If this is one of your signs, try asking your guides a question and then putting your playlist on random to see if a message comes through.

Augury. This is defined as finding signs and omens in the appearance and behavior of animals and the natural world, especially the weather. I have a strong connection to animals and often receive messages from them. I watch for unusual behavior from the wild animals around me and know that certain animals bring strong messages with them. Just yesterday, I was pondering a change in my life, and I came to a cross-roads near my house. There was a doe with a fawn standing in the middle of a fairly busy intersection. The doe stared at me for a long while and then took the rockier, dirt road path out of the intersection. I knew it was a message for me to take the more challenging, less traveled path too. Animals may show up in real life, but they can also appear in our dreams, on TV, and as images everywhere we go.

Weather. Many find their signs and omens in the elements and the patterns of the weather, which is also considered a part of augury. One my teachers is a shaman, and she had a strong connection to the element of air. The wind would gust or pick up when something was coming her way, and she always knew if it was an “ill wind” or a beneficial one, like the winds of change. Paying attention to wind, rain, and lightning and being able to read the messages in fire and water are part of this. Staring into fire, water, smoke, and crystals is an old and honored way to find messages; that is where the idea of a psychic gazing into a crystal ball came from.



So, how do you tell the difference between a real sign, omen, or synchronicity and just a plain old coincidence? These types of signs happen in a slightly extraordinary way, and they feel significant and out of the ordinary. You can have a yard full of squirrels and it's not a sign—it's just life happening around you. However, if you go outside and the squirrel drops an acorn on your head, or is waiting for you on the roof of your car and giving you the squint eye, it's more likely to be a sign.

Signs, omens, and synchronicities have a feeling of the nonordinary. If you are paying attention, they feel significant, even weighty, and there is something unusual about them. Signs feel magical and happen in an extraordinary way. Once I was driving fairly quickly down a winding back road, and suddenly a red cardinal flew into my car through the open passenger side window and then back out the driver's side window. To put the exclamation point on it all, it dropped a red feather in my lap on the way through. I had just asked for a sign, and I got a memorable one! My life has always abounded in signs, omens, and synchronicities, and I depend on them to move myself forward.

You have now mastered the art of watching for and interpreting signs, omens, and synchronicities. Next, let's look at how we can create more opportunities for them to come along by learning to use some divination tools.

Using Divination Tools

Does the word “divination” conjure up images of a fortune-teller in a lacy shawl, gazing into a crystal ball, pulling Tarot cards, and telling you that you will meet a tall, dark stranger before the new year begins? Or perhaps you only know it as Harry Potter's least favorite class at Hogwarts. The image is a cliché, but it has its roots in something real. Psychics have long used divination tools to help them connect with psychic information, and clichés aside, it's a very helpful practice.

Divination is defined as the art of being able to tell the future, and yet as psychic students, we can use it for gathering all kinds of psychic information and not just about the future. *Divination tools* are objects and systems that help us focus our energy and also act as a gateway, a midway point, between ourselves and our guides. Your guides will use your divination practice as a method to communicate directly with you. Using your divination tools daily will also help you exercise your psychic muscles and give you a chance to practice interpreting symbols.

I could say that divination tools are like training wheels, a way to help us move along the path until we have strengthened our psychic muscles so much that we no longer need to use the tools to make our psychic connection. However, that would be doing them and the process of using them a disservice, since honestly, I still use them myself all the time.

When I was a beginner psychic and just starting out doing readings for other people, I used them as kind of a safety measure. I would have my clients pull the Tarot cards, and the ritual of it helped me make my psychic connection. I never worried about coming up dry, because I always had the cards to fall back on, and being that relaxed and confident about it also helped keep me in the alpha brain-wave state so that I was able to tune in when I needed to.

I still have a daily practice of using the cards and a few other divination tools for my own life decisions and to help me read the energy of the day. We tend to lose our psychic connection when we get emotionally triggered about things, which makes it very difficult to read for yourself when you are upset or anxious about something. Because of that, being able to check in with your divination tools is really handy.

Choosing a Divination Tool

Now that we know why we use them, let's look at how we pick one. There are many different kinds of divination tools, and they are all good. Choosing one is generally a matter of preference and resonance. It's a great time to tap into your intuition and see if you feel called to one type or another. You might experience this as having a curiosity or interest about one of them, or perhaps you might keep seeing or hearing about one of them. I felt like mine was chosen for me, when one of my friends gave me a deck of the Rider-Waite Tarot cards when I was about sixteen years old. It's not the easiest oracle deck to master, but I always felt a connection to it and have spent much time since then using, studying, and teaching people how to use this classic Tarot deck.

If you have a spiritual bookshop near you, wander around and see which decks of cards or other tools you might be drawn to using. Shops like this will sometimes let you take the cards out and look at them. I recommend trying several on for size and then narrowing it down to a few so you can gain some confidence, comfortability, and skill in using them.

Here are some common divination tools. There are, of course, many more available than are listed here.

TAROT CARDS

The Tarot (which rhymes with “sparrow” and not “carrot”) is a complex and rich system of teaching that is chock-full of old mystery school wisdom. The classic Rider-Waite deck is a wonderful deck to learn on, and the images on the cards are rich with symbolism. I recommend starting with this classic deck, since the deeper meaning is often lost in the more modern interpretation of the Tarot.

It’s essential to have a good reference book for these cards, and it does take time to learn them. Or better yet, take a class and study with a teacher until you understand the system. Add a simple three-card spread to your daily practice and record the results in your psychic journal. Or you can learn more complex card spreads, such as the classic Celtic cross, for insight into complex issues.

In defense of the Tarot deck, there is no association to black magic, nor are they anything to be scared of. People have made this assumption due to the Devil and Death cards in the deck, which have everything to do with steps along the spiritual path, and are not about dark magic at all.

ORACLE CARDS

There are many of these decks, and they are much easier to use right out of the box than the traditional Tarot cards. They do come with little books in the decks to help you find deeper meaning, but most have the meaning of the card written right on it. You can find general oracle decks or ones that focus on issues like relationships and life purpose. There are too many to mention specific ones here, but I love the decks of Collette Baron-Reid, which are both beautiful and wise.

Go with your intuition and try a few out; they are rich with meaning and easy to use. One can find decks based on goddesses, the ascended masters, mermaids and fairies, mythical and divine beings from every pantheon you can think of. Many are whimsical and charming, and most have good wisdom too.

ANGEL CARDS

If you feel a special connection to angels, then getting a deck of angel cards can help you learn to communicate with them directly. Angels are so high frequency that many psychic students benefit from having a special card deck that helps them connect to these divine beings. We will talk more about how to connect with them directly in chapter 11.

RUNES

Arising from the old Norse alphabet, runes are used now as a divination tool. The twenty-four runic letters are most often carved onto stones or wooden disks that come inside their own little bag, although you can also get them as a card deck. To read them, put them in their bag and shake up the bag. Ask your question and then pull out a rune. Looking up the meanings of the runes in the book that accompanies them will give you some insight and answers.

I CHING

This is an ancient and complex divination system from China and is thought to be the oldest divination system still in use, dating back over three thousand years. The I Ching, also known as “The Book of Changes,” uses a number system to create the hexagrams, which are a guide to living according to the philosophies of Confucianism, Taoism, and Buddhism. Modern I Ching systems use coins and a reference book, although the old school way to do it was to toss yarrow sticks and look for the pattern.

You consider your question and then throw the three coins, or toss your yarrow sticks, to create the hexagram. This is a complex system that requires study and some reference books too. Try *The I Ching or Book of Changes: A Guide to Life's Turning Points: The Essential Wisdom Library*⁸ by Brian Browne Walker as a good starting point.

DOWSING

Dowsing is an ancient and fascinating system of divination; dowers use dowsing rods to help them pinpoint locations for things like water or to find lost articles. The rods can be made from anything, but copper is the most common. Some are single rods that are Y-shaped and others are a pair of two L-shaped rods with the dowser holding the short parts of the Ls in their hands. Traditional dowers use their tools to find water and are highly accurate.

Just the other day, my friend used his pendulum to dowse for the underground roots of trees so we could avoid them while planting. Dowers can use their tools to get yes/no/I-don't-know answers to questions. Dowsing is fantastic for finding things like wells, underground water, and for reading energy, such as the lay lines of the earth, which are the energy meridians of the earth itself. It has limitations as a divination tool due to the difficult nature of boiling down complex human behavior into a yes/no binary as we discussed in chapter 1.



Now that you have learned a little bit about divination tools, I recommend that you go out and acquire some. These tools will add richness to your psychic messages and give you a chance to practice your symbol interpretation, exercise your psychic muscle, and give your guides a direct method to communicate with you. Once you get a divination tool, it's important to learn how to cleanse your tool of any random energy that it has collected before it got to you.

PSYCHIC TIP: *Cleansing Your Divination Tools*

No matter which divination tool you use, it's essential to cleanse the tool before you use it. If you buy a new deck of oracle cards, for example, open the deck and use sage spray or smoke to clear the deck of residual energy. You can also rest it on top of a bowl of salt. You can charge the deck by letting it sit out in the sun or the moonlight. I recommend carrying it in your purse or pocket for a while to let the deck attune to your energy. It's polite to always ask permission before you touch someone else's divination tool and also good to clear and recharge it after you use it.

Using Your Tools for Readings

Now that you have a divination tool or two at the ready, the best way to master them and also increase your intuition in the process is to use them on a regular basis. Make some time every day to check in with your intuition and open up your psychic sense by using the tools. Let's say, for example, that you have an oracle deck. Try to find ten to fifteen minutes a day to practice with it. Adding this time to your meditation routine can be a great opportunity to practice.

Try pulling a card every day and then recording it in your psychic journal. I use a few different decks and pull cards from each one every day. My current favorites are the Rider-Waite Tarot deck, an animal card deck, and a goddess card deck. I shuffle each one and pull a card from each deck. I consider them and will often see a pattern or theme across the decks. I record them in my journal and then the following day, before I pull new ones, I contemplate them again and ask myself, *How was my day like*

that? What did I think was going to happen and what really did happen? Did the cards reflect the day that I actually had? And then I pull new ones for the current day.

There are many other ways to use them too. You can pull a daily three-card spread like one of these:

- What is the energy of the past, the present, the future? What is the energy of yesterday, today, and tomorrow?
- What is going on today in body, mind, and spirit?
- Where am I now, where am I going, and what do I need to do to get there?
- For a relationship, try pulling one card for yourself, one for the other person, and one for the relationship between you.

There is a huge benefit in learning at least one divination tool and adding it to your daily psychic practice. It will help exercise your psychic muscle and also provide a direct connection between you and your guides.

Now that you have learned to pay attention to and interpret your dreams plus all the signs, omens, and synchronicities that are around you, I know that you will begin to have richer and more plentiful psychic experiences. It's worth putting the effort into learning this new language, since it is the lexicon of psychic experiences.

What's Next?

In our next chapter, we will take the skills that we have learned in the last three chapters so that we can use them to speak directly to our guides. We will explore this whole concept of guides and who they really are. We'll examine some common misconceptions about how our guides interact with us as well as how we can deeply benefit from working with them.

Let's dig in.