

## WHAT ARE PSYCHIC SKILLS?

The Concise Oxford Dictionary defines a psychic as "a person susceptible to psychic influence," and a clairvoyant as having a "faculty of perceiving, as if by seeing what's happening or exists out of sight; exceptional insight." A clair audient simply hears in their mind the information or guidance being sought.

No longer does the word "psychic" bring forth an image of an old crone in a long robe, shaking a tambourine and saying, "Cross my palm with silver and I'll tell your fortune," or the guru sitting with legs crossed contemplating the meaning of life.

You're using your intuition when you know something, but don't know how you know it. Intuition is different for different people. Some people have hunches or flashes. Some get sudden ideas. Some hear voices or music. Others see pictures or have sensations. Others receive insights through dreams. All these people are using a psychic capacity to garner information.

## ARE YOU PSYCHIC?

*Here are 14 test questions to help you determine if you may be psychic. You can answer each with a yes or no.*

- 1. Do you sometimes know who is calling before you pick up the telephone?*
- 2. Are there times during conversations when you know ahead of time what someone else is going to say?*
- 3. Do you occasionally experience a sense of "deja vu", the feeling that you have previously experienced something, or have already seen something that is happening to you?*
- 4. Are animals attracted to you, and/or do you silently communicate well with family pets?*
- 5. Are your dreams sometimes prophetic, or a help with problem solving?*
- 6. Do you ever know ahead of time that the phone is going to ring, or that someone is about to enter your office or knock on your door?*
- 7. Have you ever had a presentiment of an unexpected death or other tragedy before it occurred, or simply had a sense that something was wrong and subsequently discovered that you were correct?*
- 8. Have you ever seen or heard or been touched by a ghost?*
- 9. Have you ever shared thoughts or emotions with a close relative or friend over a long distance without using traditional methods of communication, such as telephone or mail?*
- 10. Have you ever "heard" someone else's thoughts in your mind?*

## DEVELOPING YOUR SKILLS

Practice, practice and more practice. I don't recommend paying for courses or seminars or mystical teachers to guide you toward opening your 3rd eye. There are enough good "how to" books available with exercises listed within, which can be practiced alone or with others whom you trust, for guiding you through the process of developing these skills.

To develop your skills, first and foremost, a positive attitude is required plus the ability to relax and imagine and trust yourself. Extension or expansions of our faculties (what most people refer to as "psychic abilities") allow us to access multiple layers of information, sometimes simultaneously. And these abilities enable us to reach that resource of inner knowingness which resides in the deeper depths of our being. Psychic skills tap into racial consciousness and blend that knowledge with our personal intuitions and practical knowledge.

I am a firm believer that the best readings are done through using a combination of tools to focus your psychic skills. Familiarize yourself with astrological or numerological concepts. Then combine one of those and perhaps the pendulum (or whatever tool you prefer) with your intuitive psychic insights and then you are heading towards providing a powerful reading.

## SIMPLE EXERCISES

*Some suggested exercises to develop your telepathy are following.*

*Note: telepathy is mind-to-mind non-verbal communication with another person.*

*For the first of these exercises you need a partner. Obviously choose someone you trust who is not going to ridicule you or generate psychic static noise through skepticism.*

*Choose 3 objects, of quite different textures and shapes. Perhaps a ball of string, an envelope and a drinking glass. In the same room as your partner, have one person concentrate on one object and the other person try to state aloud what object the other person is focusing on. Take 10 tries at this guessing process for each person's turn. When accuracy is at 40% or better, it is time to complicate the game. Have the person who is concentrating on the objects remove themselves and the objects to the other side of the room and turn their back to the one who is guessing. Again when 40% accuracy is achieved, complicate the game. Next step is to have the person doing the concentrating along with the objects in an altogether different room.*

*This series of exercises should also give you confidence that your "mind reading" is successfully taking place over a greater distance with no possibility of reading the body language or subtle clues from the person doing the concentrating. There are many variations of this type of communication exercise. Instead various pictures can be used and inserted in opaque envelopes with the person who is doing the guessing, describing the subject of the pictures. And of course there are those famous ESP cards for when you wish to start to really tackle message reception on a more professional basis.*

*Some suggestions to develop your precognition follow.*

*Note: precognition is knowing what events or situations will arise in advance.*

*The easiest way I have found to work at developing precognition is through your dreams. First step is to start a dream journal. Take a notebook and*

## A word of Caution

A single or a group of exercises can't judge a person's psychic, ESP, telepathic, or mediumship abilities. This ability develops through time and practice. So, if you don't do well the first time, don't feel badly, because most of the world-renowned mediums, psychics and other mentalists started out by testing themselves with such simple exercises at one time or another. Their results probably would compare to yours. The difference is of course that they stuck to the exercises and practiced over and over. Be patient and you can expect to see an improvement in all your latent abilities over a period of time, not just in a few tries at guessing within specific games.

There are other factors that need to be considered when you begin the learning process. The mindset and attitude at the time of the exercise are critical. Be certain that you are in a good frame of mind when you start. If you are in a bad emotional state or have something heavy on your mind, wait until you have calmed down. You need to be enthused about doing the exercise, not doing it when feeling obligated or bored. If you find meditation is beneficial to your focus, by all means enjoy a period of this type of relaxation before commencing your exercises.

When you work at this, do not let the results of your last efforts influence the next set of exercises. Each series needs to be evaluated by itself. The overall, long-term results are what are being looked at. And remember, success or failure within whatever exercise has no relationship to other psychic or intuitive abilities that you may possess.

The entire process of using telepathy, and making psychic predictions becomes easier as you become more familiar and comfortable with using it.

*pencil to bed with you when you retire. Immediately upon awakening jot down the last elusive fragments of whatever dreams you can remember. Often these images contain people or events that you will run into or experience within the next few hours or days.*

*After each entry in your journal, leave enough room to add notes at a later date. When something happens later on, that you feel may be connected to the dream segments you have recorded, add that information to your journal. As well this journal is a good place to record hunches as they occur, or those feelings of dread that we all experience now and then. Very intuitive people often play this game (or complete the next exercise) in predicting. When starting out to watch an unfamiliar television film or read a novel, they predict to those around them the probable outcome, or answer to "whodunit". Practice makes such predictions eerily accurate.*

## CHOOSING A TOOL

Some people are clairvoyant or clair audient, and can simply see or hear the psychic message. But not all of us by any means. Sometimes I simply get that psychic "flash" in my mind and I know the answer to whatever, but usually it is really helpful to use a tool.

Sometimes common sense says one thing but the preferred tool says the opposite. If the pendulum (for example) is your familiar tool, trust it over your own intuitive response to whatever question. If during your reading efforts you become very familiar with one tool and consistently use the same tool for your readings, it almost becomes a situation in which you literally turn on your psychic abilities simply by touching that tool. This process of turning on your skills when you handle a certain object can greatly protect you from psychic "white noise" and some of the other perils of psychic reading that we will discuss later on. Considering that most people have some degree of psychic skill it becomes necessary to use some system to filter out unwanted impressions or transmissions from others.

There are many useful and reasonably portable tools for psychic reading including a crystal ball, tea leaves, interpreting marks in sand, pendulums, candles and certain crystals. Some people prefer channeling through automatic writing or a trance state. Some find aura reading the easiest. Choose one tool or method, stick to it, and become competent with it. People with 25 different tarot decks to choose from are often collectors of tarot decks rather than confident and capable psychic readers.

*Another exercise to develop paranormal "knowing" is working toward eyeless sight. In this case, get a set of checkers, go or backgammon pieces and mix them up in a pile in front of yourself. Secure a blindfold over your eyes, and then sort the pieces into piles of dark and light or red and black. You will notice that the different colors will feel different to the touch of your hands, often through subtle temperature differences. This exercise can be complicated by adding a third color to the sorting process, but make sure there are no textural differences in the items that you are sorting. For more than 2 colors, you may need to graduate to discs of colored paper.*

*Last but not least, choose a tool that you find interesting or fascinating or simply easy to use to help you with your intuitive psychic focus. That can be anything from a deck of regular or tarot cards, use of a pendulum, a ball or tea leaves or even through touching a favorite crystal. There are hundreds of tools that people use world wide to facilitate their psychic reading or to focus their attention and skills. Once you have decided which tool you wish to use, get yourself some self help books about the use of that specific tool and learn and practice and then learn and practice some more.*