

YOUR
PSYCHIC
ABILITIES



By Life-Answers.com

Your psychic abilities

Everyone possesses psychic abilities. They're not limited to the chosen few, but are hidden in the psyche and soul of every being – you simply have to allow them to come forward. Developing these skills takes adjusting to a different reality. Most people find that their mind has a natural resistance to psychic abilities as a protective mechanism. This means that you need to work at peeling away the barriers. It's easy to fall into the trap of expecting too much too soon and believe that some people are simply lucky in being able to develop psychically. But it can take both time and effort to achieve your full potential.

As with any other skills, they can be used for good or negative purposes. Psychic ability doesn't give you power over anyone; instead a good psychic seeks to empower others. Thinking of your abilities in terms of a "power" can propagate fear and contribute toward the ignorance that exists surrounding psychic phenomena.

Many people choose to pursue their psychic skills from a spiritual perspective, using them as a tool along their path to self-realization. However, developing psychic abilities isn't the same as pursuing spiritual growth. You don't need to be enlightened at all to use your abilities.

Your psychic abilities are only one aspect of spirituality, and they won't enlighten you or make your life easier. They don't hold the key to magic powers or happiness. You have your own path to the truth, and there are many different ways of getting there.

However, your psychic abilities can enhance your connection to your inner spirit and help you to be more receptive to assistance from angels, masters and guides.

It's important that what you receive feels right to you. Sometimes, your ego might tell you what you want to hear and mask itself as spiritual guidance. It can be hard being objective with yourself and you need to learn how to be honest and face parts of yourself you may not want to accept.

Your psychic abilities are only one aspect of your development and are a tool. If you focus too much on your abilities, you will stop growing, so you need to be prepared to continue to pursue growth in all areas.

Obviously, some people are better at using their psychic abilities than others. In the same way that everyone can pick up a pencil and write, everyone can also learn to develop their abilities to some degree. You might not end up being a best-selling novelist, but that needn't stop you from writing. In the same way, even an absolute beginner can use their psychic abilities to some extent. Different people find different abilities easier to use. It's worth trying a number of methods to see which suit you.

You might find that you only ever develop in one or two areas. It isn't necessary for you to master everything. Use the strengths you have to their fullest potential, and try to keep your learning experience enjoyable.

It's normal to feel challenged while working on developing your other senses. A little patience can go a long way.

In your psychic activities, you will encounter many different personalities and not all will have your best interest at heart. Remember that spirit will never tell you what you have to do,

rather it will show you options and nudge you in a certain direction, but will never demand anything. If you feel that you are being ordered around, chances are that you are communicating with your own subconscious or ego, and not spirit.

Guides, angels and the masters want to support you and offer you guidance and teaching. However, they won't solve your problems for you. It's important to keep your expectations realistic and not get angry when you don't hear what you want to hear.

By approaching your psychic abilities and the messages you receive with an open heart and mind, gratitude and respect, you will stay in control of your own destiny.



Communicating with spirit

Spirit and psychic communication can manifest through a number of different ways.

We all have our own spirit guide. Since the day you were born, at least one has been with you. There will also have been others who have come and gone during the course of your life. Their purpose was to help you in one area, and when you completed that life lesson they moved on.

Spirit guides can be a ball of energy, an ascended master, guardian angels, spirits who have or have not incarnated here before, animals and more.

If you have ever had a thought pop into your head for no apparent reason, noticed in your peripheral vision a light or a flash of something passing beside you, chances are that you were receiving some form of subtle spirit communication.

Another common communication is when you receive guidance through dreams. If you are looking for guidance, you could try asking your guides to communicate with you through your dreams.

To begin with, it's helpful to be more conscious of seemingly random thoughts, and interruptions to your thoughts. It's all too easy to dismiss the messages from spirit, dismissing them as imagination.

Relaxing your mind

Being successful in using your psychic abilities means being able to relax your mind. It can be quite difficult to learn how to still your thoughts and come to an inner sense of calm and quiet.

To be effective as a psychic, you need to be conscious of your thoughts and emotions. By controlling your our response to outside stimulus, you will be better able to tune in to the more subtle frequencies involved in using the extra senses.

Meditation isn't itself a psychic activity, but can be a useful tool in helping you to develop skills. Being able to develop psychically requires the ability to relax your conscious mind, and to go into a heightened sense of awareness. Meditation allows you to do this and so also allows psychic communications to occur. It's a method that allows you slow down your mind and move beyond random thoughts to a place of higher awareness, relaxation, and peace.

People often find it easiest to meditate first thing in the morning after waking. At that point you are well rested and not suffering from any stress. Another good time is late evening after a hot bath or other relaxing ritual.

Although meditation is part of a number of religions, it doesn't have to be a disciplined religious practice to be beneficial. Even a few minutes of meditation can be beneficial. As well as being helpful for psychic and spiritual development, it also helps your mind and emotions by relaxing them and allowing you to be receptive.

When meditating, it's important to remember that you are trying to control your thoughts – not stop them altogether. By

getting to a point where you're aware of your thought process, you can learn to gain control over them.

There are many different ways of meditating – you can use mantras or chants, or focal points. Some people like to meditate with CDs of soft music or nature sounds. A good way to clear your mind is to concentrate on focused breathing.

People tend to develop their own unique methods that work for them. There are no "wrong" ways and no definite rules when it comes to meditation.

Improving your meditation skills

- Meditate daily even if only for a few minutes.
- Don't meditate lying down as it cues you to sleep.
- Choose a place to meditate in that's as free from outside noise and distractions as possible.
- Sit in a comfortable chair in an attentive but relaxed position.
- Sit up straight with your feet flat on the floor so that you are alert but still comfortable.
- Stretch out and relax, releasing any tension you might feel in your body.
- Take a deep breath through your nose and breathe out through your mouth, making the exhale longer than the inhale. As you exhale focus on pushing out any negative emotions in you. Continue breathing like this until you feel yourself starting to relax.
- Close your eyes and focus on the stillness.
- Don't struggle trying to force your mind to be silent as that can sabotage the process.
- Don't latch on to thoughts either, let them float by you.

- Vary the types of meditation you try. For example, one day focus on a candle flame and the next on your breathing.
- As you become more adept, increase your meditation time.

It can help to make a note of your experiences. You may find that you have received answers or guidance that you don't recognize right away.



Getting to know yourself

By exploring yourself more deeply, you will be able to release blockages and uncover hidden talents.

A simple way to do this is to take a pen and paper and sit down in front of a mirror. Look at your reflection and prepare to have a conversation with yourself.

Take note of whether you look at your reflection easily or avoid your own gaze. How do you feel while looking at yourself? Write down anything that comes to mind.

Next, ask to speak to your higher self and hold your own gaze. Look deeply into your eyes and start to get to know this person. Ask them to work with you. This will connect you to your spirit, who you really are deep down.

Try to spend fifteen minutes doing this exercise and simply go with the flow of what happens. If it's difficult to look at yourself for that long, ask yourself why? Make a note of whatever makes you feel uncomfortable.

When you have finished, write down everything you thought and felt. It's useful to repeat this exercise regularly. After you have been doing it for some time, you might want to go back and read what you initially wrote. This will enable you to see how you have developed.

Protection

Although protection is important, there's no need to assume that evil forces are waiting to jump on you every time you open up psychically. But in the same way as you look before crossing your road and lock your door when leaving your house, it makes sense to protect yourself against any possible dangers.

It's likely that you will encounter negative energy from time to time while on your journeys. The important thing to remember is you have the power to stop them from harming you. The stronger your faith, the easier it will be to handle these situations. In the same way as negative energy has free will to contact you, you have free will to send it away.

Working on dealing with your fears before opening up will make things easier. Some negative energies feed off your fear and may confront you to try to make you give in to a fear based response. If that happens, send them away with love and make it clear that you have no fear for them to feed on. Another thing to consider is that a protection ritual draws you closer to your connection to the divine, and so improves your psychic abilities.

There are no right or wrong ways to do a protection ritual. All that's necessary is sincerity, positive intent, and gratitude to your guides. You can simply sit and talk to your guides and spirit and state your intention while asking that your journeys be blessed. As time goes on, you will probably develop your own ritual.

A simple protection ritual

- Make a declaration of intention to God, spirit or your guides according to your belief system. Request that you communicate with them alone.
- Sit down and put yourself in a relaxed state.
- Visualize a golden white light coming down from the heavens, coming down through the top of your head and working its way through your body.
- Visualize the light carrying away your negative emotions and pushing them out of the soles of your feet.
- As the light pushes out through the tips of your fingers, picture it forming circles around you and surrounding you in a bubble of light. While you are in this bubble, you will be safe from negativity.
- Once you have completed this and are feeling relaxed, you are ready to begin.



Meeting your spirit guide

By following a guided meditation you can begin a journey that will lead you toward your spirit guide.

- Sit somewhere comfortable with your feet flat on the floor.
- State your intentions and express gratitude along with a request for safety in your travels.
- Take a deep cleansing breath and perform your protection ritual.
- Take a couple of deep breaths and push away any tension or anxiety.
- Visualize yourself walking down a path. Look around and close pay attention to what you see.
- Continue to breathe slowly and listen to whatever sounds are here.
- Take another deep breath and pay attention to the smells of this place.
- Imagine that you continue your walk and pay attention to what you feel, including the temperature of the place.
- Look into the distance and see a small home. Pay attention to what it looks like and walk towards it.
- Once you are in front of the house, stop for a moment. You are about to meet your guide. Take another deep breath and on the exhale release any built up anxiety and make sure that you are as relaxed as possible.
- Put your hand on the door and open it.
- You see a table and two chairs inside – sit on a chair.
- Look up - the person sitting opposite you is your guide. Don't worry if you feel overwhelmed at first. Take your time.

- When you feel ready, you can speak to your guide or you can simply sit and be in their presence.
- When the moment feels right, express your gratitude and get up from your chair.
- Turn to the door and walk out of the house. Make your way back slowly.

The house you have just visited is your inner sanctuary and takes you away from all your worries and fears that exist in the physical realm. You can return to this place at any time when you need comfort or guidance.

This exercise will help your senses to become clearer and help you to be better able to perceive your guide.



Developing specific psychic skills

Channeling

Although many people confuse mediumship and channeling, they're actually quite different. Channeling is the process of communicating with the ascended Masters, your higher self or angels, and receiving messages for spiritual growth.

An important thing to remember with channelled messages is that however good the channel, they are always colored by human perceptions. This is why channeled materials sometimes conflict.

This means that it's important that with channeled material you make sure that it feels true. Instead of using your analytical mind, focus on listening to your spirit. Doing what feels right will take you along the path that is right for you.

Some people channel without realizing that they're doing it. However, you can choose to take that higher wisdom and use it to help others. By being a channel you are simply receiving energy. The entire universe is composed of energy and thoughts are a form of energy.

As a channeler, you are a receiver, something that allows communication to come through. If you've ever written or drawn something that seemed to come from somewhere else or have felt inspired to share a message with someone, you have been channelling.

Improving your channelling skills

- Choose a time when you can be deeply relaxed and undisturbed.
- Use a protective ritual.
- Sit or lie down somewhere comfortable with a notebook at your side.
- Take a few deep breaths and relax.
- State your intention to your guide and ask them to communicate with you.
- Meditate or relax with your eyes closed - it might be easiest to do this in a darkened room.
- Don't try to rush things.
- If you see symbols, hear something or have a thought, note down the details as soon as you can.
- Relax and enjoy your experience – you will develop a greater understanding if you simply allow the messages to come through.



Clairaudience

Clairaudience means "clear hearing." Basically, the term refers to when you "hear" messages from a point in your brain, rather than physically through your ears. It is one of the less common psychic abilities.

Different people experience clairaudience in different ways. It can be like hearing soft whispers, or you may hear specific sounds such as a dog barking. It can be difficult to work out whether you're listening to your own inner voice or whether you're really receiving messages. However, it becomes much easier with practice.

The communication comes through energy vibrations in a similar way to physical sound, but at a frequency that isn't within normal hearing range. This is similar to a dog whistle – most people can't hear the sound when you blow one, but you can easily see the effect they have on your dog!

Being able to hear clairaudiently means that you have activated the part of your brain that picks up these frequencies. You might feel a tingle in an ear or on your face. Sometimes, the message is very clear, and at other times there seems to be interference, like when a radio isn't quite tuned into a station.

Improving your skills as a clairaudient

- Choose a time when you can be deeply relaxed and undisturbed. Don't try to "hear" something – simply ask to communicate and be open to what happens.
- Use a protective ritual.
- Sit or lie down somewhere comfortable with a notebook at your side.
- Take a few deep breaths and relax.

- State your intention to your guide and ask them to communicate with you.
- Focus on the issue you want information about.
- Ask a simple question – it's easiest to use questions that can have a yes or no answer at first.
- Wait for a couple of minutes and then bring yourself back.
- Write down anything that pops into your head.
- Relax again and focus on your question.
- Keep doing this exercise until you receive an answer to your question.

There may be times when you hear things that you find unpleasant. It could simply be your fears preying on your mind, or you might be accidentally picking up a real conversation somewhere nearby. If you feel uncomfortable, all you need to do is shut down and refuse to listen or ask your spirit guide for help. You are most likely to have problems when your energy level is low or you're not feeling good. This is why you should choose the moment you want to receive messages carefully.

As you gain more experience,

you'll find that you're easily able to block out what you don't want to hear.

Don't get discouraged if you don't get results right away. The more you practice, the better you will get so it's a good idea to set aside a few minutes every day.



Clairsentience

Clairsentience means “clear feeling” and refers to the ability to feel and interpret the feelings of others. It can be helpful in aiding those with emotional and spiritual issues, and sometimes for healing.

Many people have experienced clairsentience without realizing it. If you’ve ever walked into a room and something felt wrong about it, or found that someone gave you bad vibes or you were strongly drawn to them, that was clairsentience.

The negative side of being clairsentient is that you can all too easily take on the emotions or symptoms of others. This can make it difficult to be in large crowds or around negative people. If a feeling or physical symptom comes on suddenly, you need to ask yourself where those feelings are coming from. Some people will take up more of your energy than others – that doesn’t mean that you need to completely avoid them, but it can be a good idea to take a few precautions to protect yourself.

To be a successful clairsentient, it’s essential that you retain some objectivity about your feelings. With practice you can take on the feelings of others to the extent that you’re able to help them, without allowing yourself to get taken over.

A lot of clairsentients pick up on moods and feelings without being aware of where they came from. If you have ever had a sudden shift in mood or sudden illness, try to remember who was with you and where you were at the time. By making notes about such events, you will be able to better direct your sensitivity.

Improving your skills as a clairsentient

- Pay attention to your moods in general. Make notes of any times you feel a mood change and see if you can work out why.
- Think about how you react to certain places. What locations invoke a strong reaction in you and what was that reaction?
- Protect yourself from taking on other people's emotions. You can do this by envisioning being surrounded by a transparent bubble. That bubble can then act as a filter, with you in total control of what you allow to flow through. Decide that you are only going to allow positive energy to flow through you and that you will not take on other people's emotions or illnesses. If you feel any negativity, you can allow it to bounce off the surface of the bubble.
- Use positive affirmations to avoid being drained by other people's emotions.
- Sit with someone and ask them to remember something from their past. Sit quietly with your eyes closed for five minutes while they focus on this event or place in detail.
- Focus on what you feel while this is happening.
- Once the five minutes is up discuss what you sensed about what they felt toward their memory.
- Record the results in your notebook, making sure to note how close your feelings were to theirs and what you were right or wrong about.

The more you can practice – especially with someone else's help – the better you'll become.

Clairvoyance

Clairvoyance means "clear seeing." This term refers to when you receive messages in the form of pictures, colors or symbols seen through your mind's eye.

Sometimes you receive pictures like a photograph of a place or event. They can come in a flash or linger. The most important aspects of these pictures tend to stand out or be accompanied by a strong feeling. Other possibilities are that you see things through dreams or visions.

You might find that you are shown a symbol that corresponds to a feeling or event. For example, a cake could refer to an upcoming birthday. With practice you can develop your own symbol language to use with readings.

Colors are often related to certain emotions. For example, red is related to anger and so suggests that you are picking up angry feelings if you see red. It can take a little practice to work out what different colors mean to you personally.

Some clairvoyants can see the colors of the aura of people. The aura is made up of seven layers of energy that flow through and around every living thing. Viewing auras can help you to interpret the emotions, blockages or illnesses within a person.

Improving your skills as a clairvoyant

- Choose a time when you can be deeply relaxed and undisturbed. Don't try to "hear" something – simply ask to communicate and be open to what happens.
- Use a protective ritual.
- Sit or lie down somewhere comfortable with a notebook at your side.

- Take a few deep breaths and relax.
- State your intention to your guide and ask them to communicate with you.
- Meditate or relax with your eyes closed - it might be easiest to do this in a darkened room.
- Don't try to rush things – if you see swirly colors or dots of white light, just let it flow.
- Focus on the issue you want information about.
- Make a note of whatever image pops into your head. Be sure to record the details of what it looks like and how it makes you feel. Think about what makes it distinctive.

It can be useful to make notes of any symbols you see as with practice you will become more attuned to their meaning.

It can take time and patience to be successful as a clairvoyant. Some people are able to see things quickly, whereas others rely on different senses. However, even what seems like a minor image – a burst of color for example – can tell you a lot if you focus on its meaning.



Divination

You don't need to use psychic skills to use divination techniques – but they can certainly help. It's common to find that your intuition becomes more attuned as you use divination tools, and this is a great way to start using your psychic abilities. In the long run, you might find your divination tools to be too restrictive and begin to work without them. However, they'll probably always be useful if you hit a block or as a backup if you're not totally sure about the messages you've received.

There are dozens of different divination tools at your disposal:

- Tarot – One of the most popular and therefore accessible methods. There are hundreds of different decks available so it will be easy to choose one that appeals to your taste. Beginners often start with the Rider-Waite deck because there are plenty of resources for that deck, both online and in books.
- Runes – Many people who use runes make their own, which makes them a highly personal method of divination. As there are less symbols to memorise than in a tarot deck, runes can be quicker to get to grips with.
- I Ching – This ancient Chinese divination method can be done with coins or sticks, depending on your preference. It's based on creating a set of six broken or unbroken lines and analyzing the patterns. You will need a book to decipher the meanings of the hexagrams you create.
- Bibliomancy - A very simply divinatory technique that involves opening a book to a random passage while focusing on an issue.

- Tea leaves – Also done with coffee, this technique relies on interpreting the symbols created by tea leaves or coffee grounds.
- Palmistry - This involves evaluating a person's character or future by analyzing the lines on their hand.
- Scrying – The practice of using a reflective, translucent, or luminescent object such as a mirror to see things psychically. It can be a helpful method of developing your clairvoyant abilities.

Improving your divination skills

- Pay close attention to what catches your eye, whatever it means.
- Ask questions and focus your mind on the issue that most concerns you.
- Meditate before using a divinatory tool to quiet your mind.
- Don't try to force a meaning from your tools that doesn't exist. Accept what they actually tell you.
- Make notes about what you thought your reading meant and what actually happened afterward.

Divinatory techniques are especially good when you want to do a reading for yourself as they help you to be more objective.

However, if you want to develop your psychic skills, you need to be careful of relying on your tools too much – it can be all too easy to use them as a crutch and actually make it more difficult to improve your abilities.

It's important to remember that divination can't tell you what is going to happen – only what is likely if you continue along the same path. Divinatory tools can be used to help you take a fresh look at your situation and are also helpful for meditation. They are also helpful in giving you something to focus on and can be useful in that way when you are doing a reading for someone.

Mediumship

Mediumship is the process of communicating with the spirits of those who have passed over. When people see a medium, they usually have expectations of who and what they want to hear. Sometimes, those expectations can get in the way. Remember:

- The messages you receive are often in the form of symbols, sounds and feelings and can be difficult to interpret correctly.
- To be patient and confident – the person you're reading for is relying on you. And they may not realize the true meaning of what you say until much later.
- To encourage the querent to write things down – things that don't make sense now might do later.

Improving your mediumship skills

A major block to developing mediumship skills is a fear of death and of the unknown. If you want to be a medium, it's important that you address those fears.

- List your top three fears.
- Explore each one in depth. Write down all the thoughts and ideas you have about them.
- Sort through your ideas and examine each point that you have written down.
- Imagine the worst that can happen in the situation you fear and then visualize how you cope with it.

Orbs and energy signatures

Everything is made up of energy – this includes all forms of spirit, emotions and thoughts.

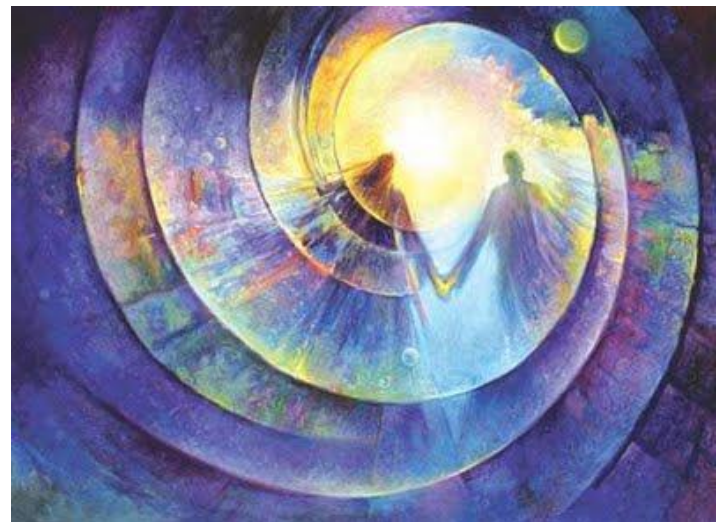
Sometimes these orbs of energy we see are manifestations of our own energy. This is particularly the case when you are experiencing a strong emotion that appears in a ball of energy - a thoughtform. At other times you may see spirit energy in the form of an orb or ball of light. Sometimes the light is colored and the color reflects the type of thoughts and emotions prevalent in that energy. It's also possible to see the energy of someone who has passed on.

There are many ways in which you can witness energy, and many ways in which it can affect you. As you become more sensitive psychically and spiritually, you will become more sensitive to all types of energy and witness their patterns in many different forms.

Improving your orb observance

- Look straight ahead at a particular object.
- Notice that you can see out of the corners of your eyes (your peripheral field of vision). You are more likely to see something non-physical out of the corner of your eye because your focus is relaxed in that area.
- Now look straight ahead, but relax your entire focus.

- Let your eyes go slightly "out of focus" so that everything looks blurry or hazy. This will allow your third eye to take over while your physical eyes are resting.



Psychometry

Every living thing has energy and leaves an energy signature on everything it touches. That signature shows traces of thoughts, experiences and emotions. Using psychometry enables you to tell things about a place or an object by picking up on those energy signatures by touching items.

Improving your psychometry skills

- Choose a personal item such as a watch that is in frequent contact with the wearer so that the energy imprint is strong.
 - Focus on the object with your eyes closed and let your thoughts rest only on the object.
 - Visualize a link between the energy of the object and your own energy.
 - Relax and take note of any images that come to mind.
 - Pay attention to what you are feeling or sensing.
- Take note of whether the object feels differently in any way, for example, if it feels hot or cool.
 - Accept any feelings, thoughts or impressions that you receive.
 - Discuss your impression with the person who owns the object.
 - Write down your impressions so that you can keep track of your accuracy.



Ethics

Often you will find that you are doing readings for other people and they tell you things in confidence. Using psychic abilities means being responsible. That means that you don't:

- Tell people what to do – instead, tell them their options and let them make up their own mind.
- Peer into someone's life without permission. You wouldn't stare through their windows, so don't invade their privacy with your psychic abilities.
- Don't repeat private information – it's one thing to tell someone that another person they're worrying about is fine, quite another to say what they're doing with the guy from next door.
- Don't waste your energy on silly questions.
- Make sure that anyone you do a reading for knows that they have the power to change their path whenever they want to.
- Don't lie about the negatives, but try to see the silver linings in the clouds as well.
- Don't be harsh or judgmental – step into the other person's shoes for a moment to avoid saying anything hurtful. Remember, what works for you might not work for someone else.

Finally...

We all possess psychic abilities. Some of us find it easier to access these abilities than others, but with practice we can all develop and improve the abilities we have.

Our psychic abilities are simply extensions of faculties that are normal to us. For example, clairvoyance extends our ability to see. A positive attitude coupled with the ability to relax, imagine and trust will help you to extend your talents.

Developing your psychic abilities is an investment in making a better future for yourself. You will become more connected to what is going on around you and more attuned to the many possibilities that life has to offer.

With only a little time and effort, you will soon find that you can develop you abilities and use them to the benefit of yourself and those you are closest to.



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