



Psychic Development

We're all born with psychic abilities, and each and every one of us develops in our own way and in our own time — and we receive psychic intuitive information in many different aspects. Everyone has one or more psychic strengths: Some of us feel (clairsentience), others *hear* (clairaudience), and some see (clairvoyance). Each of these corresponds to a specific chakra when it comes to receiving psychic information. When conducting a reading, notice if you're *feeling, hearing, or seeing* something that may not be coming directly from the cards but, in fact, is emanating from your psychic self. Share that information to see if you're on target. Once it's been validated, you'll quickly learn to trust that it's better to give what you receive and that often, the knowledge is correct. Don't worry if you're wrong at first; by continuing to use your ability, it will grow stronger and stronger.

Also, when developing psychically, I highly recommend that you practice different meditation techniques to still your mind — to silence the mind chatter. Often, answers aren't always found on the outside but are discovered from within. Intuitive guidance can be yours when you learn to quiet the mind. Try doing this at least 15 minutes a day for one week. You'll soon notice that your conscious thoughts become quieter, creating the space for intuitive and psychic guidance to flow. Also, by meditating regularly, you'll find that all areas of your life will benefit.

Here are a just a few simple ways to build your extrasensory ability depending on where your strength lies. For more detailed psychic development education, information, and techniques, please refer to my book *Psychic Navigator: Harnessing Your Inner Guidance*.



Clairsentience (Inner Feeling): We all have an inner sense of knowing — it's that gut feeling. Have you ever met someone and have instantly known whether or not you're going to like this person? Have you had a strong feeling or inexplicable knowledge about something that you didn't follow, only for it to be proven correct? Next time you're about to make a decision, stop for a moment and ask yourself: *How do I feel about this decision? Does it feel positive or negative, and why?* By following your intuition, you'll be guided toward making better choices.

Clairaudience (Inner Hearing): Do you know what others are thinking? Do songs suddenly pop into your mind? This is known as *inner hearing*. At first, it can be confusing when determining if these are your thoughts or intuitive knowledge. When you're outdoors, practice this skill by learning to stretch your hearing: Listen to sounds far off in the distance and then to ones closer to you. As you hear all of it together, listen inwardly *between* the sounds. This is where the intuitive information flows and can be heard.

Clairvoyance (Inner Vision): Some people have the psychic ability known as “clear seeing” or *clairvoyance*. It's when intuitive information forms pictures, symbols, words, and colors in your mind's eye. The reception area is right between your eyebrows. To develop this gift, a simple exercise that you can try is to place a small candle safely in front of you. Relax, take some deep breaths, and gaze at the flame for a few minutes. Close your eyes and observe the afterimage. Let it fade, and then repeat the exercise. This will strengthen your third-eye area.

