A PREVIEW OF

Understanding Your Psychic Ability

A Book of Psychic Awakening

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In this day and age more and more people are connecting to there psyche and wanting a greater understanding of themselves and the world around them.

For thousands of years people have looked inside themselves for the strength to fight. This could be battles for land or beliefs, especially in the past although of course this is still going on in the world today. In today's modern world this inner fight is more often used to overcome illness or to improve oneself through building self-esteem and the courage to fight for what we want out of life.

What were once thought to be the old religions and concepts are now being recognised as new-age ideas. For example the Buddha dharma, Yoga and spiritual enlightenment. More and more people are realising that by developing these inner skills and abilities, it is helping them to deal with whatever life throws at them.

Understanding your psychic ability helps you to understand the importance of this "sixth sense", which we all have. It has been used for thousands of years by great civilizations and cultures but for some reason many in the so-called modern world have ignored it over just the last 300 years.

So why has this happened?

One theory could be that man has achieved so much over the past few hundred years that we have not had to delve so deeply within ourselves, as the development of our minds on a purely intellectual level has been outstanding. From the invention of large sailing ships to investigate, explore and in the case of many countries conquer the world, to the internal combustion and jet engine. Just look at America. Three hundred years ago it was a totally undeveloped country. In just a short period (in historical terms) it has become a super power. We have taken the idea or concept of the Internet to what is now, the largest communications network in just 35 years. Our minds have been working overtime inventing and pushing our ideas and expectations to the limit.

Now there appears to be a change in people's attitudes. We have worked and worked. We have put in the hours to develop a better place to live. But are we happy? In many cases **NO**. The large corporations are taking over all areas of business. We work hard for them, giving them our all, they are then taken over by another larger corporation and all we get is a "thank you very much but your services are no longer required". Or we have to work even harder and longer hours to make sure we secure our jobs for that bit longer.

Now you will fall into one of five categories:

1) You are happy working for a company and enjoy pushing yourself to your limits and you thrive on this environment.
2) You have lost your job and are unemployed.
3) You are unhappy in your job and would prefer to work for yourself.
4) You are self employed and run your own business.
5) You do not have to work.

Whichever category you fall into ask yourself this question:

If I was able to understand and trust my inner thoughts and use my sixth sense could I improve my prospects, financial situation or enrich my life?

Understanding your Psychic Ability.

Everyone can use their psychic ability to help themselves make decisions in life. It is what is often referred to as your "Gut Feeling". This feeling of knowing can be very rewarding if used; unfortunately many people do not use it. **"Let your heart rule your head".**

Do you use your psychic ability?

Do you:

- **Think: an old friend or relative has not phoned me for ages? Then suddenly they do!**
- **Do you know what someone is about to say before they say it?**
- **Do you ever feel that you are being watched?**
- **Do you know when you are in a save place?**
- **Can you sense a good or bad atmosphere in a place you visit?**
- **Do you know deep down which direction you should take and then not take it?**

If you have answered yes to most of the questions above you are using your psychic ability.

Now there is psychic ability were you can tune into your own psyche and that of others around you and there is the advanced ability of being able to listen and speak to spirit. The majority of people can easily rekindle this first type of psychic ability but the second is much harder to master.

I am a psychic medium and in my book "Understanding Your Psychic Ability" I cover all areas of using your psychic ability.

Meditation

The first and full most part of understanding is having the ability to look inside yourself, to ask the questions and to act on the answers you receive. This is achieved through meditation. Meditation is used throughout the world and in almost all religions. By meditating you close yourself off from the outside world and are therefore able to look deeply inside yourself.

My book is a structured course and starts with meditation. I explain how to meditate and you are given set exercises for you to use to get the most from your meditation.

The second part is teaching you how and why you should become emotionally aware of not only yourself but of those around you.

Remember the hardest journey we all make in life is from our head to our heart. This journey into our heart is our future and that is everyone's way of creating advancement.
No individual person can give to another individual their compassion and wisdom. Every individual feels hunger for life and that will never disappear.

A mother whose children are staving and living in poverty, the person that is unloved, the poor and the sick are all living with an inner anguish that will always be with them. Their pain is our pain their joy is ours and our joy belongs to them.

To loss the emotional feeling we get from pain is to give and receive not to oppress or exploit one another on earth. Spiritual growth is now replacing survival and is becoming accepted in every culture, race and religion whist so many people are suffering, dealing with starvation and living on the poverty line. The path of spiritual growth is calling them; this is creating a new deeper understanding of who we are and what our purpose in life is about.

By being emotionally aware you will understand this, you will start to see not only yourself but also others in a different light.

Getting to know your sixth sense.

We can now start to explore your "sixth sense". The sixth sense is better known as intuition or insight. No one can explain where the sixth sense comes from, researches believe that we all have a recall button in a part of our brain.

We all use our sixth sense in every day life. Some choose to believe it and some just like to find logical explanations for it. If you do trust your sixth sense you can totally change your outlook on life and people. It allows you to make accurate decisions in more situations and you feel good about the decisions you make.

Our main 5 senses are made up of *Taste, Touch, Smell, Sound and Sight* because these senses are automatic we take them for granted. A psychic has the ability to use a sixth sense that can see life differently. You see full vivid colour and that life is full of meaning.

There are people that can predict exactly what is about to happen before it does. They get future events literally out of the blue.

This sensation is often non-specific; it might come as a tingle feeling, anticipation or an uneasy feeling of apprehension. This happens when your senses are putting you on alert.

Being able to know things in advance gives you an edge in all kinds of situations whether it is dealing with people or assessing events.

Once you start to trust your hunches and inner signals you will boost your confidence.
When you feel something is going to happen start to pay attention especially if you sense danger. I will teach you how to always trust your intuition and why to never ignore it.

Colours that surround our body

In this chapter we will explore our aura and the chakras. Generally it is accepted that there are seven active energies within our aura and this is connected to our spiritual self.

Understanding our charkas. The chakras show a pathway of energy, which flows from head to toe. This has energy, which comes from the highest plane of consciousness, which acts in different ways. As long as our chakras are working properly we have energy flowing through our body freely, helping to balance our mind and spirit, giving us complete harmony.

The centre of the chakra is an important part of the psychic picture especially when viewing your aura. The chakra radiates energy through colours, starting from the top of the body. The overall sense of well-being depends on the amount of energy going through your charkas. If one of these centres becomes blocked you may not feel entirely at ease with yourself so it is important to keep this energy moving freely.

Our chakra is like a ladder that we can climb up or step down. If we get stuck on a high rung of the ladder we are unable to see down. On the other hand if we are low we will be unable to see above. We have no knowledge of the ladder being there and the opportunities it can give us. Some steps on the ladder might be a bit wobbly so this makes it scary for us to climb. One side might be stronger so avoid the weak side and step confidently only to the left or right side. As you take each step the experience will be different. Viewing from the right step can bring clarity to life challenges and decisions become clear.

What all this means is by stepping on the right step you will see through life's ups and downs?

Every person has a complex electrical field or *"aura"* which surrounds their body. Some people have the ability to see these radiant colours.

There are a many theories surrounding this energy. It is widely believed to come from the highest plane of consciousness, which enters and leaves the body through the chakras.

An aura is a very powerful electromagnetic field, which is equipped with superb sensitivity and helps to place energy vibrations into the world. Our aura shows our happiness, pain, strength, weaknesses and our physical, emotional, mental and spiritual state. Our aura is made up of layers that travel outwards from our body in bands of colour. The quality of the colours is a major clue as to what is happening on each level. If the colours are bright and pure that's a good sign if they are muddy or dirty shades they indicate problem areas. Once you start to see your aura clearly you will have a privileged insight, giving you a deep knowledge of someone's inner character, feelings, thoughts and psychic gifts.

Do you know your healing powers?

In this chapter I will teach you about healing. Everybody gives out healing powers every day. This can be as simple as giving a person a smile or just listening to someone talking about his or her problems. If you were to hurt yourself you instinctively rub the area to take any pain, which will help that area to heal.

When we send out love or concern for someone you are sending out healing energies. To use healing powers more effectively you can learn how to enhance your natural healing by sending out powerful thoughts to someone that is in need. There are two types of healing which are very affective.

Absent healing: This is a very powerful tool. If you know someone that is in unwell but they are to far away and you cannot get to them. You should set a time (the time I would set is 9 o clock in the evening). Let the person you are going to be sending healing thoughts to know the time and ask them to be sitting and thinking about you, which will allow them to accept the energy you are sending. Once you are relaxed and you are seated quietly keep saying their name and send your energy to the person. Do this for about 15 minutes every evening for as long as you feel necessary.

Healing through touch: Everyone has the ability to give off healing energies; some people do not realize they are doing it. People will sometimes say that they feel better around you or when you touch them they feel safe. If someone is complaining of headaches ask him or her to lie down and just place your hands on their head. Keep your hands on there head for about 5 minutes. You will find by touching them in this way you are passing on a healing energy. Their headache should become less intense or be totally gone. If your healing abilities are more on a spiritual level you will get your healing energy from a higher level.

Another form of healing is through Crystals. It is very important to say from the start that crystals will not do therapeutic work alone. They are simply a tool through which you pass your healing energies. If you are healing with crystals you must be conscious of this fact. Try to breathe and visualise the specific effect you expect from your crystal.

If you take a few minutes each day to practice visualisation and breathing exercises, this will help to energise your thought patterns. By doing this you will sometimes get spectacular results from your crystal.

Sleep and Dreams

When you are asleep you loss consciousness and abandon control.

People started to analysis sleep patterns and dreams about 50 years ago. During your average night's sleep you have four phases which occur and last about 90 minutes per cycle, this can happen as much as seven times per night.

The four phases go from wakefulness to sleep, actual sleep, deep sleep and very deep sleep. When you sleep your breaths are more rhythmical, your heart and blood pressure will drop. Your brain is in a different state from when you are awake.

Throughout the day chemicals such as carbon dioxide, cholesterol and acids collects in our brain. Researchers believe that once we are asleep it provides an opportunity for these chemicals to be redistributed throughout the body. The most common belief is that sleep helps to recharge the batteries for the day ahead.

One form of sleep is known as REM (rapid eye movement) this means that the eyes are moving about under the eyelids. This form of sleep seems to be more psychologically important then physiological.

Different dreams all have there own interpretations.

The most frequently asked question is, can you personally control your dreams?
The answer to this is: We know that you can influence your dreams to some degree. If you do this you need to clear your mind and have no negative emotions, you should be totally relaxed before going to sleep.

Lucid dreams are when we become aware of dreaming and we are able to control the outcome of our dream. This way of dreaming is very rare but it is possible to teach yourself to have lucid dreams. Lucid dreams come from Hindu and Buddhist traditions.

Tibetan Buddhists believes that the very purpose of dreaming is to allow the conscious mind to influence and control the unconscious.

The name "Lucid Dreaming" was devised from a man called William Van Eedan, a Dutch Physician. He has reported experiencing mental arousal and a high state of awareness during his dreams. Lucid dreams are said to possess a quality, which once experienced are usually remembered. The Lucid part of the dream reflects the clarity of the dreamer's level of consciousness rather than the vividness of the dream. The dreamer will become aware in the middle of such a dream that he or she is dreaming. Then the dream scenes can come more realistic as this realization occurs. A dreamer can retain this state and can influence the outcome of these dreams.

To obtain a lucid dream involves training. I give you exercises and training on how to obtain a lucid dream in this section of my book.

Meeting Spirit

If you have ever wondered whether it is possible to be in communication with the spirit world the answer is yes. The only thing I will say is it is easier to communicate with spirit, then to see spirit.

Your spirit guides would never interfere or get involved in your every day life.
No spirit would tell you what to do. Their role is to assist you and make contact with the spirit world. They are your protector and will only help you wisely and safely.
You will always be able to make contact with your guide as long as you believe in their guidance, trust and goodwill.

Great Healers, Clairvoyants and Shamans are found in many cultures. Healers and Clairvoyants pass through a gate to the other world of spirit. This is where Healers and Clairvoyants can talk to the spirits and receive help from them.

Shamans are people that are close to the natural world. They use trance to plug directly into the planets energy. Shamans can help people understand why a “close one” has been taken away from them.

They can make a healthy bond with nature by making regular links with plants and spirit. Shaman has to walk the spiritual path, which gives insight into the mysteries of the inner and outer worlds.

Labyrinth walking can be used for this purpose; this helps to gain personal knowledge.
The inward path of the Labyrinth winds towards the centre of the heart. On the way you can try to conquer and overcome fears and pain; it helps to promote hope and joy. Unfortunately it can also show the dark side of human nature.

From the centre or “Heart” you take the outer path. The idea is to meet the spirits who show you the good in living things. They see the entire web of endless energy links.

Once you have completed the path your psychic journey would have met dark aspects of your inner self and you would also have encountered strange spirit creatures. The rewards for completing this psychic journey are the experience of wonder and endless vibrating energies of the universe.

Whilst I am a Psychic Medium myself and can both see and hear spirit, it is only fair to say that not everyone can reach this plane.

If you follow my book “ Understanding You Psychic Ability “ I would hope you could reach this plane. If you can’t do not worry even many psychics do not hear or see spirit, they use psychic tools to communicate instead.

The most popular tool used is the Tarot Cards. I explain in my book how to use the Tarot together with other psychic tools.

You can use my book in two ways. You can use it to learn how to use your psychic ability and sixth sense in a way that will bring you a more fulfilling way of life. To help improve your lifestyle and financial prospects by being focused through your spiritual understanding. Secondly you can travel to the next psychic level and experience the spirit world.

This is what you will learn from reading "Understanding your Psychic Ability"

Meditation

This chapter is split into 9 areas, including instruction and exercises. Through meditation you can gain inner peace and harmony. This is the fundamental area you have to learn before you can advance on your spiritual journey.

Understanding your sixth sense

Learn how to trust your intuition and insight using your third eye. Learn how to trust your judgment in the making things work process.

Chakra and Aura.

This section will teach you how to balance the energy flow around your body. You will learn how to understand the colours of energy around the body. Reading other people's aura's.

The power of healing.

Learn about absent healing and healing by touch. Healing with and through crystals and healing through colour.

Dreams

Understanding sleep and dream interpretation. How to control your dreams and reaching the spiritual world through astral travel.

Psychic tools

This covers the teachings of Tarot Cards and spreads. Experimenting with Psychokinesis and clairvoyant vision.

Emotional awareness

Understanding your emotions, your energy centres and your thoughts. Learn how to detach from your emotions. Understanding your insecurity, vulnerability and stress.

Meeting spirit

Learn how to contact your chosen spirit. Understanding messages from the spirit world. Speaking and listening to your spiritual guide.

Discover How You Can Use your Psyche to change your way of life.

Every human is given the ability in life to learn.

Explore interesting questions about who you are as a person and your avenues of sensitivity.

Learn just how much you depend on your inner-self and your psychic ability.

I would like to take you on a journey of discovery.... allow me to show you how!

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