

Your Psychic Pathway Workbook

Sonia Choquette

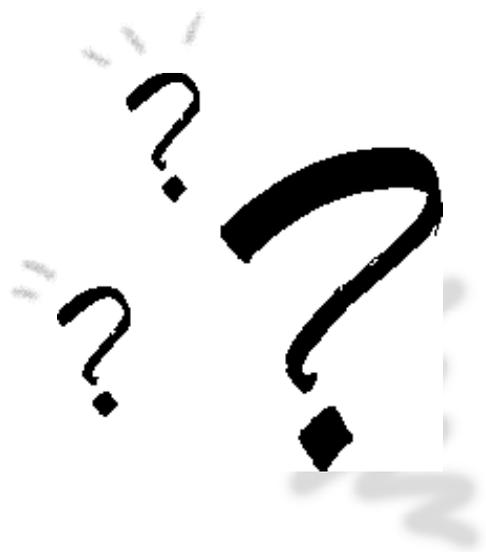
1. How to Use this Program _____	2
2. A Journey Inward _____	5
3. Where Does Psychic Information Come From _____	7
4. What Do You Wish For _____	15
5. Tips for Grounding Yourself _____	20
6. The Etheric Body _____	23
7. The “I Am Psychic” Game _____	28
8. Meeting Your Guides _____	30
9. Using Psychic Tools to Ask for Help from Your Higher Self _____	34

Adapted from *The Psychic Pathway: A Workbook for Reawakening the Voice of Your Soul* by Sonia Choquette. © MCMXCIV, MCMXCV by Sonia Choquette. Used by arrangement with Clarkson Potter, Inc.

NIGHTINGALE-CONANT CORPORATION
1-800-525-9000 www.nightingale.com

1

How to Use this Program?



First of all, I encourage you to use this program playfully. Psychic exploration is best undertaken with a spirit of adventure. I will be sharing with you a variety of tools that I have learned, discovered, and invented over time, both as a psychic and as a teacher. These tools have worked for me, and they can work for you. As you will soon discover, the pathway is laid out carefully and has a predictable and natural progression. Psychic development is predictable and natural—as long as you remain willing to be surprised.

As you begin to awaken your psychic sense, it is helpful to recognize how naturally psychic you already are. Most people are psychic, but they do not realize it because they are in the habit of ignoring this all-important sense. Assess your psychic awareness by completing the following questionnaire, checking one choice after each statement:

	<u>RARELY</u>	<u>SOMETIMES</u>	<u>OFTEN</u>
1. When I am with another person I am easily able to empathize with their feelings.	_____	_____	_____
2. When I am around another's problems, I get easily caught up in them.	_____	_____	_____
3. I frequently have <i>deja-vu</i> experiences.	_____	_____	_____
4. When I concentrate on someone, I'll usually hear from them shortly after.	_____	_____	_____
5. I get very clear images of people's lives when I meet them for the first time.	_____	_____	_____

	<u>RARELY</u>	<u>SOMETIMES</u>	<u>OFTEN</u>
6. I can tell when someone is being dishonest.	_____	_____	_____
7. People seek me out for solutions to their problems.	_____	_____	_____
8. I am flexible and change my plans easily in order to follow my gut.	_____	_____	_____
9. People call me lucky because so many good things happen to me.	_____	_____	_____
10. I follow my <i>vibes</i> even if it complicates my life.	_____	_____	_____
11. I do what others want just to get them off my back.	_____	_____	_____
12. I am very sensitive to people in a crowd.	_____	_____	_____
13. I know what I want and stick to it no matter what.	_____	_____	_____
14. I can say no even when it's difficult.	_____	_____	_____
15. I can sense what's coming before it occurs.	_____	_____	_____
16. I often check with others for counsel.	_____	_____	_____
17. I am self-conscious and feel like the odd man out in many situations.	_____	_____	_____
18. My chest tightens, my throat closes, and my stomach knots around domineering people.	_____	_____	_____
19. I feel things about people that I choose to ignore.	_____	_____	_____
20. I am afraid of my psychic feelings, even though I have them.	_____	_____	_____
21. I believe my Higher Self guides me.	_____	_____	_____
22. I always have a feel for the right decision.	_____	_____	_____
23. I find things like parking spaces and lost keys easily.	_____	_____	_____

When you have completed the questionnaire, go back and look over your answers. Give yourself:

- 1 point for each Rarely
- 2 points for each Sometimes
- 3 points for each Often

If your score was 23-36:

You are not in the habit of reflecting on how people and situations affect you. This will change rapidly. As you open to your intuitive self, your sense of adventure and vitality will increase.

If your score was 37-55:

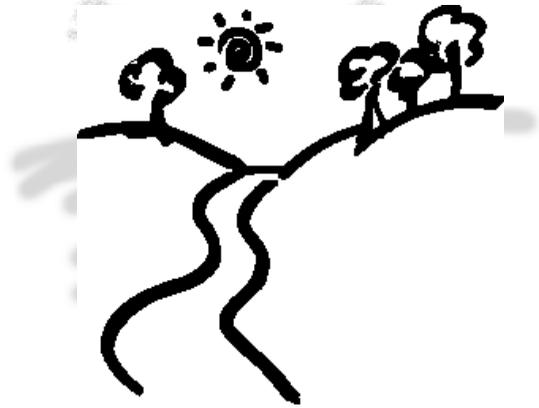
You are already quite tuned in to your psychic energy, although you may not call it that. You may just consider yourself hypersensitive. As you work with the tools on this pathway, you will experience an increasing sense of safety, guidance, and well-being.

If your score was 56-69:

You probably realize that your awareness is exceptionally developed, but you may not trust it completely. Your work with these tools will help you develop confidence as you fully integrate your psychic ability into your daily life. You will learn how to drive the car instead of push it.

2

A Journey Inward



The four steps to beginning on your *Psychic Pathway* are:

1. Be Open to your Inner Voice of Wisdom: Being open primes the consciousness to receive guidance.
2. Expect to Hear Your Inner Voice of Wisdom: When you are in a state of expectation, you create a vacuum in your consciousness that literally pulls in solutions, guidance and answers.
3. Trust the Inner Wisdom of Your Soul: Allow yourself to trust your guidance by simply noticing and recording all of your hunches, gut feelings, impulses, bright ideas, and psychic intuitions. Simply recording them will lend value to their existence. In one week, you will have measurable evidence of their value.
4. Act on Your Inner Wisdom: When you actually follow through on your psychic feelings, your life will transform from one that is ordinary “me against the world” into one that is extraordinary “me, a child of the Universe, guided at every moment.”

THE TWO MOST IMPORTANT PSYCHIC TOOLS ARE:

DAILY MEDITATION

Take time every day to turn inward and listen to the voice of your soul.

YOUR PSYCHIC JOURNAL

Use this to record every hunch, gut feeling, instinct, impulse, bright idea, insight and intuition that you notice.

CHARTING YOUR PROGRESS

Fill in the blanks below:

1. Have you ever meditated before? What did you experience?

2. When and how do you meditate? Explain in detail.

3. How many entries did you make in your psychic journal? What did they reveal to you?

4. If none, what prevented you?

5. How do you feel after meditating?

3

Where Does Psychic Information Come from?



There are three sources for psychic information:

- 1) The subconscious mind
- 2) Telepathy
- 3) The Higher Self, Soul, God

THE FRONT DOOR TO INTUITION IS THROUGH THE IMAGINATION!

If you want psychic guidance, ask your inner teacher. Create a psychic or soul persona to have discussions with. Create a persona that will direct your mind to higher ground. Let your imagination guide your mind in envisioning this soul image. It doesn't have to be godlike. It can look like a bird, a wise old woman, or an angel. We have had students use images ranging from salty old sailors to fairies. Allow yourself great freedom in developing this image. The one you imagine is the right one. Whenever you need guidance, imagine this soul teacher guiding you—and don't forget to relax!

Once you create a soul image to talk to, ask your soul to go on playful searches with you, taking you safely where you need to be.

WITHOUT JUDGMENT, PLAY THE "I WONDER" GAME

- I wonder who's on the phone?
- I wonder what good thing my soul has in store for me today?
- I wonder what the best route to work will be to avoid traffic?
- I wonder what the best way to solve this problem will be?
- I wonder how I can playfully use this exercise to work with my imagination?

EXPECT ANSWERS, BE PATIENT, TRUST IT, AND ENJOY YOURSELF

Don't force your mind. Your soul will give you answers when your mind chatter is quiet. The key is to not make it serious. The more playful, light, and fun you make it, the more you will avoid the blocks.

REMEMBER THAT EVERYTHING IS ENERGY!

We are energy. We transmit and receive energy on all levels, all the time. Our mental chatter often overwhelms the more subtle vibrations that are available to us. When we are not conscious of them, these subtle vibrations are often stored in our subconscious minds.

Your intuition is energy and it is physical! As such, your intuition will manifest itself through one or more of your senses. Pay attention to your physical reality! Learn to focus your attention to tune out the mental chatter which may be distracting you. When you can focus, you can tap into your inner awareness, your intuition. Psychic ability is energy. It is an increased awareness of what *is*, not what *is not*. So don't overlook the obvious!

THE BLOCKS

Several things contribute to the chatter in the mind and hinder intuition. They are called blocks:

EMOTIONAL: Fear of the unknown, fear of being wrong and having others make fun of us, or being so overcome with our own emotions all the time that we fail to pick up messages from our Higher Self.

RELIGIOUS (ETHICAL): Belief that psychic powers are the work of the devil! "My religious training won't allow me to develop those talents."

INTELLECTUAL: Belief that psychic powers are all a fake! "Just prove it to me! It's all a coincidence."

ENERGETIC: The energy we radiate is called our *aura*. Through our aura we all respond to the energies around us, seeking to resonate with these energies. Sometimes these energies accumulate and clog our own vitality. It is important to cleanse the aura, especially after a stressful situation. Note how other peoples energy affects you during the day. Some will energize you while others will drain, inspire or overcome you. Some will leave you with a very bland feeling.

DISSOLVING YOUR BLOCKS I: A NEW ATTITUDE

Above all, it is necessary to have a good attitude! Look at your blocks as the rules of the ordinary world. Once you decide you would rather live in an extraordinary world—the world of psychic awareness, creative expression and spiritual peace—you'll have to stop living by the old rules and create a set of new rules.

OLD RULES

1. I am a physical being in a me against them world.
2. I do not trust my feelings. I might make a mistake. It's easier to let others tell me what to do.
3. This is not psychic. It's only coincidence or luck.

NEW RULES

1. I am an eternal being, a soulful being, inherently precious, loved and guided by the Universe.
2. I choose to listen to my inner voice and trust the wisdom and direction coming from my soul.
3. Every experience is directed by my soul.

OLD RULES

4. I have no direction. I feel out of control and afraid.
5. My life is a mess. There's no time for anything. I just want to run away from it all.
6. I'm afraid of appearing foolish. Others will think I'm unstable if I reveal my psychic feelings.
7. I'm afraid I'll have to prove to others the merits of my psychic feelings. It's scary and I don't feel secure.
8. I avoid risks. I'll just ignore my inner voice.

NEW RULES

4. I am clear about my goals. I am guided by my Higher Self. I'm peaceful and open to direction.
5. I eliminate the unnecessary. I choose what is important. I look forward to my day. I am calm and at ease.
6. My life is smoother and my outcome is beneficial when I trust my psychic feelings.
7. I open my heart to the loving guidance of the Universe. This calms my fears and reassures me.
8. I look forward to any opportunity to follow my psychic feelings. They help me choose the best course of action.

DISSOLVING YOUR BLOCKS II: WAKING UP

Overcoming blocks requires a decision from you. It must be your intention to break through! Living a life that is psychically directed and free of illusion requires a commitment on your part to let go of negative, sabotaging and spiritually immature feelings. Ultimately, you must accept that your well-being, your care, and your progress in life will come from you. You must learn to see your true nature and embrace the inner guidance of your Higher Self and the Divine over the words and opinions of others. Looking outside yourself for worth, care, and security puts you squarely back into the world of illusion. That is what is known, metaphysically, as the fall of man. The fall is the fall back into a dream which says that unless the world loves you, coddles you, sees to your every need, you must suffer and be unlovable. The world should do this—and *will* do this for the lovable ones. Right?

Wrong! I don't know of any case where a person's well-being truly results from being taken care of by others, or where a person is truly secure through dependence on things outside himself or herself—even children. TV and the media create in many people a sense of entitlement to happiness, love, and care from others. It is very trendy to say, "I can't function because Mom didn't love me, or because Dad wasn't around." Therefore, we go on to other people, hoping they'll do for us what Mom or Dad failed to do.

The problem with this emotional, ego-based pattern is that we are stuck looking for love and worth from other mere mortals on an ego plane. If everyone is looking for it, who has the surplus of love and care to give that will fill our need? Not people! People do human things, make human mistakes, and will always frustrate us and let us down. We must accept that our lovability and worth doesn't come from others. It comes from ourselves!

If your mortal family gave you wrong information or made human errors as you were developing, forgive them. They are only mortal, suffering the same void of spirit as you. The source of love, protection and security you seek is God, and your willingness to receive it. By accepting who you are—a spir-

itual being, a child of God—you begin to awake from the dream of illusion. The more you accept who you are, the more clearly you can see others, the good as well as the bad. The more you are willing to see the truth in yourself, the more you'll see it in the world around you. We are all basically the same, looking for love and trying to stop pain.

If you want to develop psychic ability, if you want to receive the gift of seeing through illusions in life and start seeing truth, you must give up interpreting everything from an emotional point of view. You must start looking at the conditions and events in your life without emotionally charged judgment. You must objectively study how you got where you are right now. My favorite saying about this is from the book *Alice In Wonderland*: "Wherever you are ... there you are!" Looking at your life neutrally allows you to see a bigger, more accurate picture.

WAKE UP EXERCISE

In your journal or on a separate sheet of paper, write down a brief description of where you find yourself today. Be neutral. Don't define it emotionally, just define it. Stick to the facts, such as:

- Where do you live?
- What is your work?
- What is your emotional status?
- What is your relationship status?
- How is your health?
- Do you have a family? Children? Pets?
- Do you have enough money to pay your bills?

Next, write down a brief history of how you came to be where you are today. Try to recall what influenced the decisions that brought you to today's circumstances. Describe the events, question by question.

Then, ask yourself if you are satisfied with these conditions, point by point. You can even have degrees of satisfaction:

Very satisfied	+2
Satisfied	+1
Neutral	0
Mildly dissatisfied	-1
Very dissatisfied	-2

Examine each area of your life, without emotion if possible, to see how much others influenced you, how much fear influenced you, how much you manipulated the situation, how responsible you are in your circumstances, and finally, how much intuition played a role in the outcome.

Again and again when doing this exercise, people realize that where they are in life is the result of their choices, and the ones made with the help of intuition create the most satisfying conditions. Those choices that are the consequence of damaging emotional experiences when you were young will probably be the least satisfying.

One way to break free from damaging emotional habits is to accept that those conditions were present at the time you were a child and had an effect on you. Recognize both the negative and positive effects of each condition. Realize that parents and other influential human beings are mortal and naturally will make mistakes. Try not to take it personally. Just look at your life's path as the path your soul

chose to walk. The more complex and difficult, the greater the opportunity for growth. All great lives are born out of great tests. Look at your life path and all that transpired as your tests. Some you passed the first time around. Others you will pass after many, many failures.

No matter where you are, it is time to put out the flames of self-abuse, anger and despair, and begin the healing process with acceptance. You can move ahead toward a new place if you stop for a moment and locate where you are now. It's like finding a way out of the woods. You go in circles, continually returning to the same place, unless you stop and study the place you are in now, without calling it good or bad. Only then can you begin to move out of the maze.

I know this sounds overly simple, and it's much more attractive to think growth is harder and more complex than this, but it isn't. Real healing begins and real awakening starts to happen when we stop living through emotion and start living through love. Love is the energy of acceptance. Love is what heals. Love does not condone abuse. It will, as a matter of fact, alert you to possible patterns of abuse and quietly move you away from them.

Human beings make mistakes—huge, unbelievable, horrifying mistakes. But underneath all these errors and disruptions are souls just like you, striving to find relief. The more capable people are of inflicting pain, the deeper they are buried in illusion and fear. As you wake up and begin to hear the voice of spirit, you will be guided away from these kinds of people or you will be able to see through their horrible crimes and find the frightened souls underneath and release yourself from fearing them.

Once you begin to live life on the psychic pathway, everyone and everything will begin to look different. People won't be so scary, and you will feel safer. The world will still be the same crazy place, but you will be able to move toward the safe places and surround yourself with gratifying associations. As you wake up, you'll notice who else is awake and who isn't, and your expectations of people will change. From other wide awake people, you can expect love, friendship, support and integrity. From those who are still sleeping you can expect confusion, drama, and fear. And to those who are still sleeping you can be more compassionate because you will be enriched by the pleasure you experience with those who are wide awake.

DISSOLVING YOUR BLOCKS: BEING IN THE MOMENT

The best strategy for overcoming blocks is to make yourself very aware of your choices each and every day. Are the choices you make supporting your goals, affirming your Higher Self, and taking responsibility for your work? Or are they unconscious choices reflecting bad habits that keep you sleeping, unaware and out of touch with your Higher Self? When you wake up in the morning, start your day with this affirmation:

*I am a spiritual being,
Protected by angels,
Helped by guides,
Guided by my Higher Self,
And infinitely loved by God.*

Remind yourself of the truth every day, many times during the day, until you wake your sleeping mind up and believe it!

Before you open your eyes and greet the day, breathe deeply and realize that the breath you breathe is shared by all, and connects you to others in a loving, peaceful way. Make a short list of the day's goals so you can help yourself make right choices. The clearer your goals are, the more you will be receptive to the help you will receive from the spiritual plane. Stop at noon and reaffirm your truth:

*I am a spiritual being,
Protected by angels,
Helped by guides,
Guided by my Higher Self,
And infinitely loved by God.*

Take at least 15 minutes every day to meditate. If you are having a hard time meditating, allow yourself to close your eyes and listen quietly to a piece of classical music instead, preferably Handel, Vivaldi, Pachelbel, Telemann or Bach. These are Baroque composers, and their music is particularly calming to the mind. Concentrate on your breathing, keeping it even and slow during this time. There are also many pieces of New Age meditation music available. The important thing is that you don't skip this very important part of your psychic training. During this time you are shutting out the outside world and connecting your awareness to your Higher Self. You are turning off the distracting chatter of the mind and going into a restorative, listening mode attuned to Higher Consciousness. There is no way you will be psychic if you don't do this.

You must see the absolute necessity and benefits to this practice, so you won't push it aside. Be practical. Find a time each day that will accommodate this 15-minute break. Find a quiet place. It is as easy as it is important to you. For me, it's like breathing. I couldn't live without this time. You may have to overcome a stubborn hangover of the world of illusion, that says self-care is selfish. It is not. It will help you heal, open up and become loving to others instead of being needy and manipulative. Self-care is loving and wise and the self-care of 15 minutes of meditation will be what ensures your breakthrough in psychic awareness.

Write down every psychic impulse you have in your psychic journal. Acknowledge every choice you make trusting your intuition. Simply notice and write down all unusual, coincidental, and surprising psychic occurrences. It need not be a long written explanation. A simple word or two of acknowledgment will do.

If you goof up, make a mistake or don't stay on track, don't overreact. Psychic development is not a test of worth. It is a subtle revolution taking place in the way you live your life. You should have plenty of tolerance and humor for your mistakes and goof-ups. Study these setbacks without judgment. What conditions influenced you? Were you:

- tired?
- rushed?
- disorganized?
- seeking approval?
- outnumbered?
- manipulated?
- taken by surprise?
- trying to be polite?
- being manipulative?
- forgetful about meditating?
- remiss about reminding yourself of your goals?

If you study setbacks rather than dwelling on them emotionally, you can see where the weaknesses lie and work to be more careful when these conditions show up again. Take a balanced approach and

strive to see the humor in all things. Setbacks will happen, so expect them and have the proper attitude when they do. Study setbacks and learn from them. Don't indulge in a self-bashing festival. It won't help your progress one bit. Be neutral. Listen for your intuition. Expect it, even when looking at your mistakes.

YOUR TOOL KIT

To sum up, the tools for overcoming blocks are:

1. Recognizing your blocks.
2. Identifying your goals.
3. Living by new, extraordinary rules instead of old, ordinary ones.
4. Learning more about metaphysics.
5. Recording all experiences in your journal.
6. Studying your life. Where are you now? Where are you going?
7. Getting organized and simplify. Getting rid of the old and unnecessary.
8. Valuing your spiritual nature, not the outside world.
9. Playing games. Lightening up. Everything counts.
10. Studying life objectively, not emotionally.
11. Being accepting and loving of yourself.
12. Using affirmations.

CHARTING YOUR PROGRESS

1. How many days this week did you meditate? Anything new come up?

2. How many entries did you make in your psychic journal this week? Any surprises?

3. Which block was the most difficult to overcome? Explain:

4. Are you ready to dissolve it? Why or why not?

5. Which block dissolving exercise was most effective?

6. Did any pieces of your True Self return? Describe them.

4

What Do You Wish for?



One of the best ways to receive psychic guidance is to organize your goals and desires and create a wish list of those things that are most important to you now. Here's how:

DAY 1: Focus on what you wish for. This includes what you want to do, be and experience in life. Write down everything you can think of, from 1 to 21.

1. I wish _____.
2. I wish _____.
3. I wish _____.
4. I wish _____.
5. I wish _____.
6. I wish _____.
7. I wish _____.
8. I wish _____.
9. I wish _____.
10. I wish _____.
11. I wish _____.
12. I wish _____.
13. I wish _____.
14. I wish _____.
15. I wish _____.
16. I wish _____.
17. I wish _____.
18. I wish _____.
19. I wish _____.
20. I wish _____.
21. I wish _____.

Don't worry about whether or not your wishes are worthy. All wishes count. This exercise is designed to help you uncover and fulfill your deepest and most immediate desires. Repeat this exercise every day for six more days, writing a new shorter list each day:

- Day 2 - 18 wishes
- Day 3 - 15 wishes
- Day 4 - 12 wishes
- Day 5 - 9 wishes
- Day 6 - 6 wishes
- Day 7 - 3 wishes

Once you've established your three most important wishes, write them on a piece of paper and place them in your wallet, saying:

I ask the Universe to guide me in the fulfillment of these three desires. I am open... I expect... I trust... and I will completely act on the guidance I receive to fulfill these desires. Thank you.

Repeat this affirmation every day for two weeks.

BLOCK DISSOLVERS: FORGIVENESS AND ACCEPTANCE

Make a list of the old hurts and wounds that haunt you:

After acknowledging your wounds, take your list and visualize each person on it, one at a time, and say:

_____, I forgive you for _____. Thank you for teaching me _____.

If you cannot forgive a person fully, simply ask the Universe to make you aware of the gift or lesson they brought to your life. Once you are aware of the lesson or gift, it becomes easier to forgive and heal.

Part of the *Psychic Pathway* is remembering who you really are. This includes forgotten but loved parts of your past. Fill in the blanks:

What was your favorite childhood experience with your mother?

What was your favorite childhood experience with your father?

What was your favorite childhood experience with your brothers and sisters?

What was your favorite childhood experience with your grandparents?

What was your favorite childhood experience with your favorite friends?

What were your favorite childhood games?

What were your favorite childhood interests?

What were your least favorite childhood experiences?

Who was your first love?

Who was your first date?

What was your first job?

What was your greatest childhood triumph?

What is your favorite childhood memory?

What is your favorite memory of your teenage years?

What is your favorite memory of your twenties?

What is your favorite memory of your thirties?

What is your favorite memory of your forties?

What is your favorite memory of your fifties?

What is your favorite memory of your sixties?

What is your favorite memory of last year?

What do you love about your life today?

CHARTING YOUR PROGRESS

1. How many days this week did you meditate? _____

2. What were the problems you had to overcome?

3. How many entries did you make in your psychic journal? _____

4. How does it feel to be more aware?

5. What are your three most important desires?

5

Tips for Grounding Yourself



Once you notice how a person's energy affects you, you have to remember to protect yourself from vibrations you do not want to feel. You can clear away unwanted energy by grounding and clearing your aura. Grounding means channeling into the ground just like electricity. Try these techniques:

GROUNDING TECHNIQUES

1. Literally put your hands in the ground, as in the soil of a garden or even a potted plant.
2. Take a brisk walk.
3. Hug a tree.
4. Go for a run.
5. Dance or jump rope.
6. Cook or bake bread.
7. Play with clay.
8. Take an Epsom salts bath.

THE "I WONDER" GAME

Your *Psychic Pathway* is accessed through the front door—the doorway of wonder. Every time you say "I wonder" you turn on the intuitive flow. Practice "I Wonder" every chance you get by introducing this question into your life:

I wonder... who's on the phone?
 where I left my briefcase?
 which way will best avoid traffic?
 where the next sale is?
 what interesting person I'll meet at the party?
 how to do my job even better?

"I Wonder" invites your Higher Self to participate in life. Some hints to improve the outcome of this strategy are to:

- Avoid emotionally charged questions.
- Avoid setting up tests.
- Work from curiosity, not control.
- Expect to be surprised.
- When exploring with the “I Wonder” game, allow yourself to be wrong. Simply shrug it off and return to wondering.
- When you do have a psychic hit, celebrate by giving yourself a lot of appreciation.

TIPS FOR CLEANSING YOUR AURA

Cleansing your aura requires awareness. If you’ve been subjected to negative energy that hangs with you, try these techniques to clear your aura and release this negativity.

THE SILVERY SHIELD

Stand in front of a mirror and imagine a silvery white shield surrounding your body, about six inches from your skin. Imagine that the outside surface of this aura is like a mirror, reflecting back to its source the same vibration coming toward you. Imagine the inside surface of this energy shield reflecting a beautiful and healing golden white light which protects you from all negativity.

DOWN THE DRAIN

Begin this exercise by imagining all the debris floating in your aura. Next, take in a long deep breath and, as you do, imagine the movement of this debris. As you exhale, imagine all this psychic debris leaving your aura with your breath. Inhale once again, filling your aura with a golden-white cleansing light. Repeat this two or three times, and then carry on with your day.

CUT THE CORD

Many times other people attach themselves to our aura with psychic cords of thought. These cords drag us down and create flashes of negative anxiety. To cut away these psychic cords and free yourself of this negative energy, close your eyes and imagine cutting away all the cords of energy in your aura with huge clippers. See these cords falling to the ground in pieces and dissolving. Replace this energy in your aura with a golden white light.

A FEW OTHER TIPS

- Place a few drops of essence of lavender (found in health food stores) in your bath water and soak for half an hour.
- Burn sage and sweetgrass or frankincense in your home or office. You can find them in many metaphysical bookstores.
- Play Baroque music, such as Mozart and Vivaldi, and meditate.

PSYCHIC HEALTH

Being psychic is like being a radio designed to tune into a higher frequency. The ability to tune in depends on how well the radio is working. Your radio is your body. If it is exhausted, dehydrated, poorly fed, under-exercised and extremely stressed, your awareness will be greatly diminished. Pay attention to the requirements of your body in order to be fully aware. For optimum psychic awareness:

1. Cleanse your aura.
2. Practice a grounding exercise.
3. Meditate every day.
4. Use breathing exercises, especially when under stress.
5. Do visualization exercises and write down your goals.
6. Engage in physical exercise and recreation.
7. Get enough sleep to be fully rested.
8. Make sure you have an occasional change of routine and time to do nothing!

CHARTING YOUR PROGRESS

1. How is your meditation going? Is it changing? Getting any new ideas?

2. How many days this week did you make entries in your psychic journal?

3. Are you checking your energy?

4. How about the energy of people around you?

5. Are you grounding yourself? How often? In what way?

6. What are the results?

6

The Etheric Body



Resting upon your physical body is a second layer of energy known as your etheric body. To the clairvoyant eye this body looks like a violet-gray mist emanating from and slightly beyond the physical body. Because it very nearly duplicates the physical body, it is known to occultists as the etheric double. This invisible part of the body is of tremendous importance to us, as it is the vehicle through which streams of vitality flow, the essential vitality that keeps the body alive. The etheric body also serves as a bridge to convey the energy of thought and feeling from the mental and astral planes to visible, denser physical matter. Without this bridge, the cells of the brain could not make use of this vital energy.

Resting in this etheric body are satellites of energy that control the degree and quality of conscious awareness we possess. These satellites are referred to as *chakras*, from the Sanskrit word meaning wheels or vortices. Seven of these psychic relay stations exist in your body and extend outward in your aura. Each is designed to send out and pick up psychic energy. If you are clairvoyant, you will see that these chakras look like spinning saucers, each with its own color. When undeveloped they are small, about two inches or so in diameter, and very dull. When developed or activated, they are seen as vibrant, almost blazing whirlpools of color. And they can be much larger in size, often 12 to 15 inches in diameter, resembling miniature suns. To describe their location we use the names of corresponding points in the physical body, but the chakras are actually located in the etheric body not in the physical.

These etheric chakras keep the body alive and keep its consciousness moving. In an unevolved soul, the centers are barely open and sluggish, doing only what is necessary to stay alive. In an evolved soul, these centers are vibrant and wide open, channeling a great deal of energy and giving the person additional psychic faculties.

CHAKRA FUNCTIONS AND BALANCING

Each chakra has its own color and rate of vibration, and performs a specific function for its owner; and each chakra can affect you in specific ways when it is either under or overactive.

FIRST CHAKRA (RED)

This chakra, located at the level of the tailbone, brings vitality or life force into the body. It controls the consciousness of survival and well-being.

Overactive:	Paranoia	Underactive:	Apathy
	Aggression		Weakness
	Mania		Depression
	Nervousness		Passiveness
	Fear		Self-destructiveness

To Balance: Close your eyes and place your attention directly on this satellite of energy. In your mind's eye see this bright, fiery red satellite about four inches in diameter, spinning evenly and smoothly like a perfectly balanced orb at the base of your tailbone. Envision this orb drawing in conscious energy to stimulate physical well-being, health, self-love and vitality. Imagine a feeling of profound security rushing through every cell in your body, leaving you calm, confident and protected.

Affirmation: I am balanced. My body is balanced, safe and secure. I am completely grounded and filled with life force and vitality. I love being alive.

SECOND CHAKRA (ORANGE)

This chakra, located at the level of the spleen, focuses on the physical plane—the senses of the flesh. It is the seat of sensuality, emotion, and pleasure. When the second chakra is balanced, a person enjoys life, feels happy and takes great pleasure in sensual experiences.

Overactive:	Greediness	Underactive:	Disinterest
	Addiction		Repressed feelings
	Anxiety		Self-deprivation
	Compulsiveness		Depression
	Frustration		Denial of bodily pleasure

To Balance: Close your eyes and place your attention on the mid-section between your navel and your tailbone. In your mind's eye see this fiery orange satellite of energy spinning around and around, perfectly balanced. As it rotates see it warming your soul and filling you with self-appreciation and pleasure. Let the energy flow through you and into every cell in your body, warming and lighting all the dark, tense, cold places.

Affirmation: I am balanced. My body is holy and happy. I enjoy the sensations of pleasure and comfort that flow through it. I am warmed by the love of the Universe.

THIRD CHAKRA (YELLOW)

The third chakra is located at the level of the solar plexus and connects to the astral plane of feeling and personal will. It is the seat of focus, decision, volition and will power. When this chakra is balanced a person feels confident, decisive, focused and committed to their path.

Over-active:	Subjectivity	Underactive:	Wishy-washiness
	Bossiness		Inability to concentrate
	Narrow mindedness		Naiveté
	Abrasiveness		Passiveness
	Dictatorialness		Obliviousness

To Balance: Close your eyes and place your attention on your navel, the center of your body. In your mind's eye, see a bright yellow disk of light burning brightly like the noonday sun. Imagine that it rotates in a perfectly balanced state. Imagine, as it spins, that the energy of direction, confidence, support and focus is drawing into you. Let this vitality fill every cell in your body, moving you toward your highest possible good.

Affirmation: *I allow Divine energy to move my thoughts, words and actions toward my highest good at all times.*

FOURTH CHAKRA (GREEN)

The fourth chakra, at the level of the heart, connects to vibrations of love, security, contentment and benevolence. It is the seat of the soul and the center of love in your consciousness. Please notice that this center is different from the center for emotion. Love is always patient, calm, generous and kind. It is accepting of oneself and others.

Open Heart Chakra:	Balance	Closed Heart Chakra:	Sadness
	Patience		Loneliness
	Kindness		Suspicion
	Generosity		Neediness
	Peace		Possessiveness
	Humor		Bossiness
	Forgiveness		Greediness

To Balance: An open heart chakra creates a connection between people, allowing for psychic perception. This can be felt through the hands. To balance the heart chakra, bring your full attention to your heart and center on the vibrant color green. Imagine that there you will find a perfectly spinning orb of about five inches in diameter. As the chakra rotates, imagine it drawing in healing, soothing energy to wash away all fears, hurts and wounds and replace them with light, loving, caring vibrations. Imagine that God and all the heavenly bodies love you unconditionally. Breathe this energy in and completely relax.

Affirmation: *I am loved and loving. Everything I do, I do with love. I forgive and release all old wounds. I am open to all the loving goodness that God bestows upon me.*

FIFTH CHAKRA (SKY BLUE)

The fifth chakra is located at the level of the throat and controls the psychic consciousness of hearing. This includes telepathy as well as hearing the guiding wisdom of your soul. This ability is called clairaudience.

Overactive:	Distraction	Underactive:	Dishonesty
	Negativity		Willfulness
	Resentfulness		Hostility

Preoccupation with others
Gullibility

Confusion
Repressed Expression

To Balance: Center your imagination at the base of your throat and visualize a vibrant blue orb spinning in perfect balance. As this orb rotates, imagine it pulling in the energy to allow you to think and speak clearly, resonating only the highest, most honest and loving ideas. See Divine energy soothing your throat, guiding both interior and spoken words for your highest good.

Affirmation: *I am aware at all times of the loving Guidance directing my thoughts and my speech, and leading me to all that I ever need.*

SIXTH CHAKRA (INDIGO BLUE)

The sixth chakra, vibrating the color of a deep indigo blue sky, is located at the level of your eyebrows in the center of your forehead. Also known as the third eye, this chakra governs imagination, bright ideas, visualization and the psychic awareness called clairvoyance. This endows one with the ability to see auras, chakras and spirit guides.

Overactive:	Hallucination	Underactive:	Lack of imagination
	Paranoia		Insensitivity
	Daydreaminess		Self-absorption
	Tendency to space out		Narrow-mindedness

To Balance: Center your imagination on the area of your forehead between your eyes and visualize a beautiful indigo blue orb of about seven inches in diameter spinning smoothly. As it spins, imagine it filling your mind with beautiful and healing images. Imagine playing in a field of poppies like a free-spirited child. Now imagine that your soul is looking upon you with loving energy and deep affection. Do not force this image. Instead, gently allow it to emerge and then fade onto an indigo blue mental screen.

Affirmation: *I am receptive to vision, direction, inspiration, and insight from my Higher Self at all times.*

SEVENTH CHAKRA (VIOLET-WHITE)

The seventh chakra, located at the highest point in your body at the crown of your head, is known as the Crown chakra. This chakra is connected to your pineal gland and governs the consciousness of spiritual awakening, inner wisdom and enlightenment. Opening the seventh chakra can take years of training, regular meditation, prayer, and consciously living a life of unconditional love.

Opening this chakra requires a regular practice of daily meditation, a devotion to God, a desire to be of service, and a loving, kind heart. This can be achieved if the desire is true and the intention stays focused on love and service.

Affirmation: *I am open to the infinite love and wisdom of the Universe pouring into my consciousness at all times. I am loving, kind and open for service to all humankind. I remember who I really am, a spiritual child of the Universe.*

ADDITIONAL TIPS FOR BALANCING CHAKRAS, CLEARING THE AURA AND GETTING GROUNDED

1. Visit a therapeutic massage healer. (you can call your local school of massage therapy for recommendations.)
2. Check your diet. Certain foods aid in balancing energy while others drag it down, lowering consciousness:

BEST	WORST
Fresh fruits	Milk, dairy
Fresh vegetables	Sugar
Beans	Preservatives
Whole grains	Chemicals
Water!!! (filtered)	Canned foods

3. Drink at least eight glasses of water daily, preferably filtered.
4. Explore aromatherapy. Lavender, rosemary, chamomile, peppermint, eucalyptus, and juniper are only a few of the many scents which aid in balancing energy.

CHARTING YOUR PROGRESS

1. How many days did you meditate this week? Are you enjoying it?

2. Have you stayed grounded?

3. Which chakra is your favorite? Least favorite? Why?

4. Which chakras need balancing?

5. Which chakras are balanced? How do you feel as a result?

7

The “I Am Psychic” Game



The *Psychic Pathway* is a pathway of wonder and play. Sometimes our sensitive egos prevent us from being psychic because they fear losing control, being embarrassed or, worse yet, making a mistake. The best way to step around the ego and access the *Psychic Pathway* is to pretend you are psychic by playing a game called “I Am Psychic.”

Two of the most powerful words in the English language are the words “I am.” These words tell the subconscious mind to allow you to express your true self. When playing the “I Am Psychic” game you activate the subconscious mind to allow Higher Awareness to flow through you. Here’s how to play:

HERE’S HOW TO PLAY THE “I AM PSYCHIC” GAME:

- In advance, choose a day to play the game. Pick a low-stress day such as a weekend.
- Create a psychic persona in your imagination. Visualize that this character represents your Higher Self.
- Imagine him or her in any form you wish, such as a wise woman, a sage, a guru or a monk. Your psychic self can also be a fairy, an angel, or even an animal such as a bear, frog, bird, etc.
- Decide how your Psychic Self communicates with you. In words? In symbols? Images? Feelings? It can be whatever you want, even a combination of senses.
- On your “I Am Psychic” day, mentally slip into character and pretend all day long that you are psychic. On this day, be open to, expect, trust and act on all your intuitions.
- Remember to *play*—don’t make it a test. If your hunches are accurate, celebrate! If not, you can keep on playing until they are.

At the end of the day, record your experiences.

P.S.—Remember: The more you engage in creative play, the more you live the voice of your soul.

OTHER "I AM PSYCHIC" TECHNIQUES

Create an "I Am Psychic" costume. This can be as simple as a special piece of clothing or jewelry worn with your regular clothes, such as a scarf or a ring, or as elaborate as a white robe or a star-studded jacket and crystal ball! Remember, the imagination is the front door to the *Psychic Pathway* and should be fun. Special clothing has been a part of nearly every sacred and ceremonial tradition from the beginning of time, so why not use it? When you need guidance, put on your guidance robe or cape or hat or scarf or crown, and the subconscious mind will recognize this as a clue to let guidance flow.

Create a sacred space in your life to retreat to for sanctuary and connection to your Higher Self. This can be a corner in your bedroom or a perch under your favorite tree. Just be consistent, and designate this space as the space for psychic counsel to come through.

CHARTING YOUR PROGRESS

1. How many days this week did you meditate? Any images of guides?

2. Are you cleansing your aura?

3. Are you staying grounded?

4. How many entries did you make in your psychic journal? _____

5. What does your Psychic Persona look like? Does your Persona have a name?

6. Do you have a sacred space?

7. Do you like being psychic?

8. What has your Psychic Self revealed to you?



Meeting Your Guides



Everyone has guides, a collection of beings that constitute your spiritual support system. They are assigned to you by God at varying times to help you along your path. Your guides are:

- **ANGELS:** Connected to you at birth. They see you safely through your life until your purpose or goal for this lifetime is completed. They protect you from danger or from losing your way.
- **RUNNERS:** Runners help you find things or connect you to people or things you need. They can be earth spirits, fairies, or souls who have lived in great harmony with nature.
- **HELPERS:** Helpers help on specific projects and they change depending on what you need help with. They can assist in love, health, work, travel, and creativity.
- **TEACHERS:** Teachers come to you to help you remember your spiritual self, your true self, and guide your urge to grow spiritually and learn.
- **MASTERS:** Every person has one Master who is totally devoted to guiding their spiritual evolution. This guide brings love and light into dark, wounded places. Your Master compels you to let go of pain and feel loved.
- **JOY GUIDES:** The purpose of joy guides is to make you laugh! They will tease you, amuse you and engage the child essence in you.

Be aware of your guides. Keep your chakras opened and balanced. Feel the love, support and guidance all around you! Ask for your guides' help, and notice when you receive it.

ASKING YOUR GUIDES FOR HELP

You can practice being receptive to your guides. Follow these simple suggestions to allow your guides to work for you. The best way is always the direct way. As Jesus said, "Ask and you shall receive." "Knock and the door shall be opened."

If you want your guides to help you, ask them to help you! They can't help you unless you allow them to. When you ask, you give them permission to go to work, guiding you in every possible way to your spiritual awakening.

THINGS TO ASK YOUR ANGELS

Protect me from ...

negativity; violence; danger; accidents; psychic attack; psychic pollution; unstable vibrations; unhealthy people; angry people; guilt- or shame-based people; my own negative patterns of self-destruction; depression; weakness; my own mistakes.

Protect me ...

when sick; when in surgery; when sleeping; when in an argument.

THINGS TO ASK YOUR RUNNERS

Where can I find ...

my keys? a parking space? a needed piece of information? the perfect dress/shoes for an occasion? the best bargain on travel, hotel, car rental?

Connect me to the right ...

babysitter; secretary; job; friendships; apartment; house; relationship; travel agent.

THINGS TO ASK YOUR HELPERS

Help and guide me in ...

doing the best job; saying the right thing at the right time; getting the right health diagnosis and treatment; taking care of my animals; working on my job tasks; planting my garden; uncovering my creativity; discovering my right emphasis; keeping to my self-improvement plan; choosing the correct foods and activities; using my time correctly; getting the best possible support people; making a decision.

THINGS TO ASK YOUR TEACHERS

Guide me to find the lessons ...

in my friendships; with my family, parents, siblings, children.

Also help me...

in my love affairs; with my body; with my sexuality; with my money; with the path of my soul; with intuition and psychic awakening; with releasing old patterns; with learning self-care; with how to have fun.

Help me to...

meditate; slow down; get organized; ground myself; become aware of my aura; become aware of my chakras; awaken telepathically; awaken to spiritual hearing; trust the truth; live the truth; feel loved

THINGS TO ASK YOUR MASTER:

Help me ...

feel my spirit; recognize my true purpose in life; release the past in the spirit of love and forgiveness; feel the acceptance of who I am; remember my soul path; recall my past life connections to others; heal my emotional wounds; love unconditionally; find the power of my soul; laugh.

THINGS TO ASK YOUR JOY GUIDES:

Make me laugh when ...

I'm feeling depressed; I'm feeling grief; I'm feeling afraid; I'm feeling rejected; I'm feeling blocked; I'm feeling drained; I'm feeling overwhelmed; I'm missing the point; I'm causing trouble; I need to be stopped; I need some air.

Help me recover creativity and express my ...

playfulness; humor; silliness; joy.

ASKING FOR DIRECTIONS

Your Higher Self and your guides are ready, willing and able to help you with everything and anything at all times. Nothing is too small or too great. Anything you are willing to receive support for and be responsible for, anything you are willing to put time into, your soul will help you with. Anything that expresses your personal creativity is important.

Get in the habit of asking for help. Here's how:

- Identify what you want help with.
- Ask for help (out loud if possible).
- Pray for help.
- Pray for the wisdom to ask for help.
- Ask for help by journaling.
- Ask for help with your attitude.
- Ask your guides to help you notice what is important.
- Say thank you when you are helped!

IN SUMMARY

Remember to...

- Recognize that you have a soul.
- Identify your blocks.
- Work on strategies to overcome your blocks.
- Start to notice the world around you—pay attention!
- Meditate. Turn inward and learn to quiet your mind.
- Notice your aura. Learn about its purpose and be aware of it.
- Notice your chakras. Learn about their purpose and be aware of them.
- Play the "I Am Psychic" game.
- Discover your guides and ask for help.

CHARTING YOUR PROGRESS

1. How many days this week did you meditate? Do you look forward to it?

2. Have you encountered any guides?

3. How many entries have you made in your psychic journal?

4. Did you meet an angel?

5. Has a runner helped you out?

6. Did you get guidance from a helper?

7. Did a joy guide tickle your fancy?

8. Do you know who your Master teacher is?

9. How are you benefiting from your *Psychic Pathway*?



Using Psychic Tools to Ask for Help from Your Higher Self

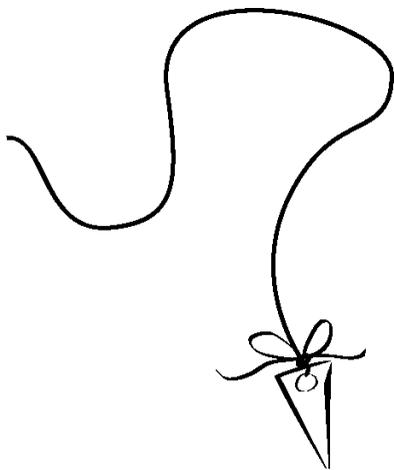


All psychic tools are like telephones to your Higher Self. They have no power except to help you connect to higher guidance, just as a telephone only has the power to connect you to your desired connection. The phone itself doesn't speak; it simply allows you to speak. The same goes for psychic tools. They simply allow your Higher Self to speak.

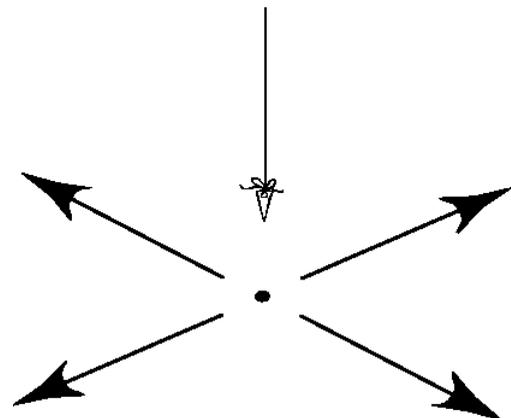
Here are a few psychic tools for your tool kit:

THE PENDULUM

1. You can create your own pendulum with any small weight on a string, like this:



2. To use the pendulum, begin by programming it to work for you. First, use the back of *Your Psychic Pathway Wonderland Journal* or place a piece of paper on a table with a large "X" on it and a dot in the center, like this:



Hold your pendulum perfectly still over the center of the “X” and ask your guides to move the pendulum to show you a positive or “Yes” answer. Once you see the movement for the “Yes” answer, designate its opposite as the “No” answer. Now you can direct questions to your Higher Self through the pendulum.

First, hold your pendulum directly over the center of the “X.” Then pose your question in such a way that it calls for a “Yes” or a “No” answer. Avoid “should” questions. Better to pose a question such as, “Is this the best course of action regarding this matter?” instead of “Should I do ...?”

Avoid manipulating the pendulum by taking care to ask your questions in a genuinely neutral frame of mind. Record the answers in your psychic journal.

INSPIRATIONAL WRITING

You can tap into your Higher Self by a technique called inspirational writing. Simply write a letter to your Higher Self as though writing to a trusted, wise friend or a beloved elder. Feel free to express all that troubles you, including fears, anxieties, desires and wishes. Then ask your Higher Self for help and counsel, out loud if possible. When you have done this, meditate for 10 to 15 minutes.

Next, imagine that your Higher Self is writing to answer your letter, and actually write yourself a letter in the voice of your Higher Self. It may feel awkward at first but carry on anyway. The more you write, the more solutions and counsel will appear.

AUTOMATIC WRITING

After practicing with inspirational writing until it becomes comfortable, try moving on to automatic writing. It is similar to inspirational writing but requires more surrender from your ego, and more willingness to receive guidance. Here’s how to do it.

Begin by meditating and putting yourself in a relaxed, trance-like state. When you are very relaxed, take a pen and place it on a piece of paper as though you are preparing to write. Imagine the Higher Self moving your hand and guiding the pen. Doodle, scribble, even with your eyes closed, or better yet, write with the hand you don’t usually use. Ask your Higher Self to write to you and be open to the wonder of a response.

THE “YEAH, BUT” SYNDROME

Just before you move fully onto the *Psychic Pathway*, your ego will put up one final and heroic fight to stay in charge of things rather than surrendering to the loving guidance of your soul. This fight may be felt in several ways—anxiety, nervousness, and mostly an internal dialogue I call the “Yeah, But” syndrome. It goes like this:

- | | |
|------------|--|
| Intuition: | I want to apply for that job. |
| Ego: | Yeah... but you may look like a fool! |
| Intuition: | Say hello to that person. |
| Ego: | Yeah... but he will probably find you pushy. |
| Intuition: | It’s time for a change. |
| Ego: | Yeah... but you’ll regret messing up a sure thing. |

Take heart. Facing the “Yeah, But” syndrome is a sign of progress. It shows how far you have come in bringing your consciousness into a level of psychic awareness. So far, in fact, that it is beginning to

help you make better, more rewarding decisions. What you must do now is face down the “Yeah, Buts” and take a leap of faith.

Pray! Meditate! Go for it! Choose the pathway of the soul, once and forever, and don’t let the “Yeah, Buts” stop you.

GIVING PSYCHIC READINGS

Here are some steps to follow when you want to give yourself a psychic reading:

1. Ground yourself.
2. Cleanse your aura.
3. Visualize the psychic protection of white light surrounding your etheric body.
4. Imagine energy moving up from the red base chakra, to the orange, to the yellow, then to the green chakra, and allow that green heart chakra to radiate love and acceptance.
5. Rest your attention on your heart chakra and see a green band of loving energy connecting you to the person or situation you are focusing on, establishing a loving connection between you and that person or situation.
6. Continue to move your awareness up to the blue throat chakra, focusing on a pure blue light energy, and see it opening up. Ask your guides, angels, teachers, and God to assist you.
7. Move your awareness up to the sixth chakra, focusing on an indigo blue. Imagine a screen lighting up for you to receive visual images. Don’t worry if you don’t see images right away. Be patient. It will happen.
8. Move your energy up to the top of your head. See a beautiful ray of violet-white light pouring into your crown chakra, illuminating your entire body and giving you Divine wisdom and perfect awareness. (Don’t force it! Allow it to happen. Remember, enjoy this experience!)
9. Start your reading by asking for guidance. It is helpful to make a list of questions of concern. Limit it to three or four at the most. Take a deep breath and allow the answers to come. Remember, the information is channeled through you and does not arise from your ego. It is channeled from subconscious spirit guides and Divine guidance.

PSYCHOMETRY

Another way to give a psychic reading is by the use of psychometry, or the reading of vibrations from an object held in the hands. The object should be something connected to only one person, such as a ring, watch or keys. It should not be something shared, such as coins. A chain will do, an ornamental pin, even a personal letter—but not the envelope! Here’s how:

1. Sit comfortably, breathe deeply and relax. Be sure not to wear tight-fitting clothing. Relax your muscles, shake out your hands, notice any areas of tension in your body. Gently request that they relax so you can focus more clearly.

2. Ground yourself.
3. As you take hold of the object, shift it from your left hand to your right until you discern which hand is more comfortable and more receptive.
4. Decide that it is your intention to read the psychic energy connected to this object. This indicates to your subconscious mind that you are receptive to any psychic impressions coming through.
5. Stay grounded as the impressions and images come through. Don't censor! Be aware to observe mentally, not emotionally. If impressions are too strong or begin to affect you physically, put the object down. Breathe and imagine psychic energy flowing out of your body. Imagine the energy is leaving your body and your hands. Shake out your hands and release the vibrations.

With practice in psychometry you will learn the following skills:

- **DISCRIMINATION:** The ability to focus on what is important. Strive to see a balanced picture and never offer images that are frightening.
- **ACCURACY:** Psychometry is a subtle art. With practice you can begin to focus on significant information. In the beginning of your development, just allow any images to come forward and experiment with what works. Eventually, your accuracy will improve.

It is important to approach developing psychometry skills with an attitude of experimentation. Get feedback. Notice the difference between accurate and false impressions. If you're right, say "Great!" If you're wrong, say "Oh well!" Let it go and continue practicing. It is important to practice with an interested support group. You may also try to psychometrize handwritten letters and objects which you use or receive.

And one last word of advice: Don't pretend to be a professional until you are! Work slowly, calmly and with discretion. Keep your work results confidential to yourself and those who are supportive.

REVIEW

Psychic ability is made possible through the activity of the chakras or energy satellites resting on the ethereal body. The three lower chakras (red, orange and yellow) govern concerns of survival, feeling and will. The fourth chakra, the green energy center resting at the level of the heart, governs balance and is the chakra activated in the psychic ability of psychometry. The blue chakra resting at the area of the throat governs the psychic abilities of telepathy and clairaudience. The indigo chakra resting above the eyes in the center of the forehead governs the psychic ability of clairvoyance. The crown chakra resting at the top of the head governs the psychic ability of prophesy, grace, and enlightenment.

REMINDERS FOR DEVELOPING PSYCHOMETRY

- Ground yourself. Cleanse your aura and surround yourself with a protective white light. Ask that only high spiritual energy influence this reading.
- Train yourself to pay attention. Place your full awareness on a situation and record it exactly as you receive it.
- Be organized in your impressions and descriptions. Look for, or at, the
 - 1) person, body or health
 - 2) home or location
 - 3) work and special interests
 - 4) relationships

For example, in describing a person, look for things like male or female, height, build, age, distinguishing marks, clothing style and color. In locations or describing a place, look at the windows, room size, color, outside environment, time of day, location.

Observe without using emotion. Keep your emotions in check. Reject or accept things mentally, not emotionally.

CHARTING YOUR PROGRESS

1. How many days this week did you meditate?

2. Have you been grounded lately?

3. Have you been remembering to cleanse your aura?

4. How many entries did you make in your psychic journal this week?

5. Is being psychic becoming second nature?

6. Have your goals changed?

7. Any interesting guidance this week?

8. Did the "Yeah, But" bug rear its ugly head and try to mess things up? How? What did you do?

REMINDERS FOR TRAVELING YOUR PSYCHIC PATHWAY

Recognize that you are a spiritual being.

Meditate daily.

Give your emotions a rest.

Ground yourself.

Balance your chakras.

Play the "I Wonder" game.

Pay attention to the energy coming into and out of your soul.

Eliminate confusion through order and setting goals.

Stop "should" thinking.

And always: Be Open; Expect; Trust; Act on the guiding wisdom of your soul.

WHAT YOU'LL EXPERIENCE ON YOUR PSYCHIC PATHWAY

You will listen to your inner voice.

You will begin to honor who you really are.

You will stop living by other's rules and values.

You will stop depending on the illusion of the material world for your worth.

You will become free of the tendency to repress or ignore your real needs.

You will develop integrity.

You will remember who you really are.

You will live by the code of your true self.

You will begin spiritual healing.

Your life will become one of a process of attraction instead of promotion.

You will uncover your heart's desires.

You will experience flow, synchronicity, wonder and abundance.

You will develop confidence.

You will be able to walk away from negative situations.

You will tap into real personal power.

You will leave the ordinary life and begin an extraordinary one!

