Melanie Barnum (Bethel, CT) is a psychic medium, intuitive counselor, life coach, and hypnotist who has been practicing professionally for more than fifteen years. She was a VIP Reader at Psych Out, a gathering of the nation’s foremost psychics, organized by Court TV. Barnum is also a Certified Psychic Detective and is a member of the National Guild of Hypnotists (NGH) and the International Association of Counselors and Therapists (IACT). Visit her online at MelanieBarnum.com.
My family not only puts up with my crazy writing schedule, they encourage it. For that, and so much more, I thank you Tom, Molly, and Samantha!

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Contents

List of Exercises viii

Introduction: Why Me, Why You, Why This Book? 1

1: What Is Psychic Development? 17

2: Energy, Meditation, and Symbols 39

3: Understanding Your Basic Psychic Gifts 65

4: Other Psychic Senses and Practices 93

5: Psychic Tools 121

6: Other Ways to Connect 141

7: Bringing It into Your Reality 163

Acknowledgments 180

Bibliography 182
Exercises

1: Your Goals ................................................................. 15
2: When You First Discover It ......................................... 20
3: Your Abilities ............................................................. 24
4: Control the Flow ........................................................ 27
5: Meet Your Helpers ...................................................... 32
6: Meditate ........................................................................ 42
7: Your Chest of Symbols ................................................ 45
8: Clearing Your Chakras ................................................ 53
9: Working Your Aura ...................................................... 59
10: Seeing Clearly ............................................................ 72
11: Just Know .................................................................... 78
12: Feel the Energy .......................................................... 84
13: Can You Hear It? ......................................................... 90
14: Do You Feel It? ........................................................... 95
15: Taste It ....................................................................... 97
16: Smell It ..................................................................... 101
17: Touch It ...................................................................... 103
18: Do You Know What They Are Thinking? ..................... 106
19: Where Is It? ............................................................... 109
20: Meet Your Deceased Loved Ones .............................................. 116
21: Scrying .................................................................................. 131
22: Move It .................................................................................. 135
23: In Your Dreams ....................................................................... 148
24: Synchronize! .......................................................................... 155
25: Just Ask ................................................................................ 158
26: Cut the Cord ......................................................................... 166
27: Read On .................................................................................. 173
INTRODUCTION

Why Me, Why You, Why This Book?

Most people would not look at me and consider me to be a New Ager or a Spiritualist, not that there would be anything wrong with that. I don’t pretend to know everything or to know what you are thinking at any given point in time. I don’t walk around in flowing robes, a multicolored scarf wrapped around my head. Well, maybe I do wear scarfs, and usually I wear big hoop earrings, but that doesn’t mean I fit the rest of the stereotypical traits of being a fortune-teller. I am a mother and
wife, a sister, and a friend. I am an average woman. I am quite comfortable living in my house with my beautiful daughters and my wonderful husband; I prefer to have a home base rather than a traveling caravan moving from one location to the next, as typically associated with Gypsies. I do, however, believe that if that is who you are, then by all means go for it. I too have gone for it. You see, I am a professional psychic and a medium.

This means that the people in my town who don’t know me, and even those who do, may look at me a bit differently than they would any other typical woman. I know they sometimes wonder if I’m crazy or just plain ridiculous. These, I believe, are the ones who just don’t recognize yet how powerful and incredible intuition and psychic abilities can be. They don’t know that you can tune in to help yourself and others. And, even more importantly, they don’t realize they already tune in!

Luckily for me, that doesn’t matter. I do know how amazing it is to be able to use my psychic gifts to assist others with their everyday life and even their most important life questions. I work with clients—in my office in Ridgefield, Connecticut, and on the phone—who want answers regarding their past, their present, and their future. Sometimes they are also hoping to connect with their deceased
loved ones. This is what I do, and this is how I know I am not crazy or ridiculous—I am just psychic.

**Getting to Know Me**

My work is not limited to clients. It also includes, of course, my family and friends as well. Take Grace, for instance. Grace is a good friend, practically a sister, who was looking to perhaps purchase a beach house in Rhode Island. She texted me while I was in the middle of getting ready to head out for a day filled with college cheer competitions for my oldest daughter. I was busy running around and definitely not thinking about tapping into my abilities. I usually try to shut that part of me down a bit so I can focus on other things when I’m not working, but that doesn’t always happen.

Grace asked me which house she should focus on, if any. She wanted me to help her cut out the stress of whittling down the various properties. If I could make her decision easier, she was all for it. So, I tuned in briefly as I was drying my hair. Again, I was in a hurry and had a long day ahead. What I saw confused me. I got, in my mind’s eye, an image of a smallish, weathered brown house that needed some TLC. But that wasn’t what confused me. What made me second-guess myself was that I also saw
a gray and white building. I wasn’t sure what that meant but decided to tell her anyway. It would be on a dirt road and have a sand or gravel driveway. I also felt she was on the water but saw conflicting symbolic information. I had a flash of bicycles, which, if you’ve ever rented a place in Rhode Island or any other shore town, you’d know represents the common mode of transportation that takes you to the beach when you are block or two away.

I texted her everything I received, although I wasn’t sure exactly what it meant. After all, I hadn’t physically seen any of the properties she was considering and didn’t know why I was getting inconsistent information. The brown I was seeing was definitely different from the gray and white colors I saw. I also told her I saw a bunch of orangey balls, the letter C was standing out, and I was getting a reference to “beans.” She immediately wrote me back and told me she knew exactly which property I meant, and she would be putting an offer on it that day!

I thought to myself, Wow . . . that’s a lot of pressure. She is putting an offer in on a house despite the fact that I’m giving her conflicting colors and information. I hope she knows what she’s doing and is choosing the right one.

The next day she sent me a picture with a note that said she had indeed put an offer on the house I saw in my
vision. The image showed a weathered brown house, and immediately next to it was a large gray shed with white trim. The property bordered a pond, and the Rhode Island beach was down the road, accessible by bicycles. She couldn’t think of any significant C words and had no idea what the bean reference was about. I joked and told her maybe she just needed more fiber in her diet! We continued laughing as we discussed the lack of orangey balls on the property. Overall, though, it sounded like what I had seen clairvoyantly with my psychic sight (see chapter 3: Understanding Your Basic Psychic Gifts).

This is my life; whether I am driving my girls around or going out with my husband and my wonderful friends, I am always psychic. It can be turned down and put on the back burner, but it never fully goes away. I have always been able to read people. I didn’t know way back then, however, that everyone else didn’t do this, too. Professionally, it all began for me about two decades ago, seemingly out of the blue.

Intuition was a generally accepted part of our lives, even if we didn’t recognize it for what it was. Growing up in a single mother household meant we always had to trust in our gut instincts. Though we were lucky to have a roof over our heads and hand-me-down clothes,
survival was usually the focus of my mom, and by the trickle-down theory, it spread to all of us. I think we all “read” people in our own way. My sister, always intuitive, used to see people as colors. Later I understood that to be their aura (see chapter 2: Energy, Meditation, and Symbols). My brother never really discussed it, but you could tell if he did or did not get a good vibe off of someone almost instantly. And then there was me. I just thought feeling someone’s energy was a common part of life—that there was nothing special about it.

I didn’t grow up homeless, and I was not abused. I was never in a coma and I did not have a near-death experience. This is how I know that normal everyday people like myself can access their own personal sixth sense. I discovered my gifts after I was metaphysically hit over the head and I heard the words, “You need to do this work now.” I looked for the source of the voice. At that time, I didn’t regularly or even occasionally hear voices telling me what to do. But on this day, I did. There was no one there, not even my husband. It was what I believe to be my guides from the other side letting me know that it was time I took it to the next level.

My first instinct was, “No way!” But, after much inner debate and denial, although I felt it was an impossibil-
ity that I was going to begin advertising as a professional psychic, the likelihood of not following the directive was nonexistent. I needed to heed the advice of my newly discovered spiritual friends and start doing the work. So, that is exactly what I set out to do. I took classes to legitimize what I was discovering to be a natural talent, and I studied with world-famous teachers as well as local ones until I felt comfortable offering free psychic readings. This built up my confidence to the point where I realized I was ready to actually hang that shingle and start my career as a professional psychic medium.

My calling, so far, has been to help others through my readings and my healing work. I pursued accreditations in many modalities. I studied just about everything, from hypnotherapy to reflexology to past-life regression to Reiki to psychic detective certifications. And I don’t ever want to stop learning. I also very much enjoy teaching others to tune in. This allows me to help other people discover their own aptitudes while I continue my pursuit of knowledge by training others. The universe is vast, and I truly believe there is so much more for me to accomplish! My life, like yours, is ever evolving.
Getting to Know You

Who are you? Why would you want to develop your psychic abilities? What could they do for you? Imagine living a life filled with positivity and abundance. Can you visualize what that would be like? Many can’t. There may be a few simple reasons for that. Possibly you believe nothing comes easy, that nothing comes without a lot of hard, backbreaking work. Or maybe you don’t feel as though you deserve to have everything you want, or if not everything, at least some semblance of happiness. But deep down inside you do know, don’t you? You feel that this lifetime is meant to be enjoyed and lived to the fullest. In order to do that, you need to tune in; you need to believe that you can be and do anything you want. And, in order for that to happen, you have to tap into who you are. Are you ready?

I will assume since you are still reading that you are ready. This is good. It is your turn to begin channeling your messages, or if you’ve already started, it’s time to increase that flow. You may be feeling as though you are on the edge of a precipice, about to jump in, but feel rooted to the place you currently are by fear. Fully committing to anything is difficult, but magnifying that by the fact that psychic abilities can be mysterious, at the very
least, can create an intimidating sensation. Knowing that you are prepared to continue learning helps you take that first step into this way of life. Imagine all that is available for you to tap into—gifts that were previously viewed as something only mystics could enjoy. It’s your time.

Many of us have a tendency to put others first. Often, it becomes the norm. This doesn’t mean that you won’t ever put yourself first. We all do from time to time. But when we are looking to create time to do something for us, something that could change the world for us, we are very adept at coming up with excuses:

• I have to take care of my kids before I can do anything for me.
• When my children move out, then I will have time for me.
• My husband needs me right now.
• I am the sole supporter for my family; I can’t jeopardize that by taking time off.
• There are other things more important than learning to use my intuition.
• My wife thinks psychic stuff is crazy.
• I don’t believe I could ever be as good as Johnny.
But what do you think would happen if you just changed these thoughts around a bit? How about allowing for the possibility that maybe, just maybe, you are worth the time and energy to dive into what could be a total game changer for you and your family.

- I am taking care of my kids by taking care of me.
- I want my children to enjoy everything they can before they move out.
- My husband needs the best me I can be.
- I am the sole supporter for my family; I can’t jeopardize that by not increasing my psychic abilities.
- There are no other things more important right now than learning to use my intuition.
- My wife thinks psychic stuff is crazy because she hasn’t learned about it yet.
- I don’t know whether I could ever be as good as Johnny, but I’d love to try.

By changing your viewpoint, you are opening up to endless possibilities to engage in your intuitive birthright. And, yes, it is a birthright. It is something we are born with, regardless of nationality, race, or creed, and it is
something we can learn to utilize. Once we become aware of the probability that we possess this legacy, no matter who we are, we can set out to recognize it. Perhaps you have already started your learning process or are intrigued by others who have. This is awesome, and it should tell you that you are ready to revive what may already be a somewhat dormant part of your life.

At the very least you should be aware of the fun that is ahead of you and waiting for you to jump into what will most likely be an incredible experience. Don’t let the challenge of all that awaits you hold you back any longer. You possess the muscles to transform your life, to manifest an abundance of powerful intuitive gifts. Remember, you picked right now to make changes; your toes are gripping the edge of the precipice of amazement. Falling backward will only stall the inevitable positivity available for you. If you live with one foot in the past, you will never live in the present or be able to fully extend toward your future. Jump in!

Loving This Book!
We’ve all gotten books we were excited about, only to be let down because they did not provide what they promised. This will not be one of those. You’ve picked
this book, which tells you that you are on your way to developing your psychic abilities. This is so exciting! But the question still remains—what will you get out of the book? What can it do for you? You will get out of it what you put into it. In it there are true stories, explanations, and hands-on exercises to help you in virtually every aspect of your life. How would you like to:

- Feel more connected to your spirit?
- Feel more connected to the universe?
- Improve and enhance your current, future, and even past relationships?
- Receive help when making decisions in every area of your life?
- Have the perfect career?
- Increase your creativity?
- Connect to your loved ones and guides on the other side?
- Love yourself?

If you answered yes to any of these, you have picked the right book!
Throughout these pages you will have the opportunity to practice tuning in to your intuition. The exercises within will be an integral and important component in developing your psychic abilities. You will be introduced to some new concepts and probably be reacquainted with some that are more familiar. You can expect to be transported at times to places you can only see in your mind’s eye. Look forward to hearing answers to your questions that no one else hears and get ready to know things that you can’t possibly know.

If this is the first time you’ve explored your psychic abilities, you probably won’t finish this book and feel like you can go out and charge money for professional readings with any semblance of accuracy. But you will learn to respect the gifts you have and acknowledge how much more there is out there to fully comprehend. You can definitely expect to walk away with a deep-seated wisdom that can also give you greater advantages in many areas of your life, including your career and relationships. You may experience a psychic hit, the validation that something you receive psychically was correct. One thing is for certain; you will be assured that you have more natural talent than you have ever given yourself credit for.
Look at it from a different perspective. There is currently a trend to try to understand how intuition and psychic awareness works. We want to figure out how others do it so we can begin to emulate their styles. Take the more famous ones, for instance. There are many psychic mediums on television that bring it more into the public eye. In my humble opinion, there are many incredibly funny, compassionate, and real psychics on TV. For the most part, they are very good at what they do. However, if you try to repeat how successful they are on TV, you will surely be let down. This is because as tremendously accurate as they may be, they are never 100 percent. We see the edited version: the good, meaty stuff. Like any other talented professional medium, they are not always right. We see them on the shows interpreting information and messages in their own way, and we catch mere minutes of readings, not the remaining hour or so. Give yourself a little leeway. While you’re learning, and even if you decide to practice on others or professionally, you will not always be without error. In addition, the person you are reading for will not always recognize the messages you are bringing to them.

Practicing and actually tuning in is such an important part of learning to use your gifts; a journal and a pen will come in handy for many of the upcoming exercises. This
journal is yours to keep for reference later on and also to review how much you’ve accomplished. Beyond that, an open mind and a willingness to learn are all you need to succeed in developing your psychic abilities!

• EXERCISE 1 •

Your Goals

Get out that journal and pen now. Open to the first page and write “Psychic Journal” in the middle in giant letters to set your intention. Turn to the next page and write “Psychic Goals” on the top. Then, make a list of what you’d like to learn, beginning with the first thing that pops into your mind. Include even the largest of your own psychic development goals, even if they seem improbable. Do not discount anything as being too grand, such as learning how to do public readings at big events for celebrities, or even too small, like intuiting how to psychically know who is calling when your phone rings. What you want to get out of this book is important. Remember, psychic abilities develop differently for everyone, and who is to say you won’t be the next great psychic!
TIPS

• You possess the means to develop your abilities right now!

• You need to practice and tune in to learn to use your gifts!
Psychic development means to practice, in some way, and increase your knowledge of psychic abilities. It is with curiosity that most people make the conscious or sometimes unconscious decision to jump in, maybe only one toe at a time, to learn what they can or cannot do psychically.
Are You Born with It?

People are born with a natural gift that allows them to tune in to their intuition. Some are more adept at this. Because our gifts are subtle, we don’t always recognize that we are using them or even that we have them. If you’re reading this right now, you have to know you’ve definitely got something going on—you’ve already begun your journey. But, just like any other ability or talent, not everyone will be at the same level of expertise as others.

This does not mean that you are unable to increase these gifts, however. Simple things like meditation and training will help propel you to the next stage of your development. Practice will not necessarily make perfect, but it will increase your abilities as your knowledge grows. Expanding your fundamental awareness of everything psychic will create a deeper understanding as well. Don’t get frustrated. Your gifts are there, just waiting to be explored and developed.

Psychic abilities are often more pronounced in people who have had difficulties during childhood or during their adolescent years. People who strive to fit in or struggle with their identities may also find they have a more in-tune sense. Those who’ve had to be on constant
high alert due to abuse or even geographical location may also find their natural intuition has helped them to survive. Someone who is constantly concerned for their safety or the safety of others they care about will often discover that their instincts will assist them in protecting those they love. All of these things can, but don’t always, lead to heightened intuitive senses.

There are numerous other ways in which our natural intuition may be jump started without putting forth any effort to make it happen. Many people develop their psychic abilities after a life-altering event, such as losing a parent or a sibling. Another trigger can be having a near-death experience. For example, surviving a severe car accident or being struck by lightning and waking to discover you died for a few seconds but have been revived can give you a deeper awareness and talent to access your psychic gifts.

All of the above circumstances can lead to a deeper level of intuitive abilities, but they are not necessary to naturally connect. My story, thankfully, had none of the pain or trauma connected to the difficulties described above. I just believed there was more to life than what we could conceivably imagine; well, that and I felt like someone hit me over the head! The mere acknowledgment that the possibility is there to tap in to the vast wisdom of the
universe can often be enough to embark on a metaphysical journey of psychic development.

**EXERCISE 2**

*When You First Discover It*

Open your journal to a new page, with pen in hand. Now, close your eyes and take a deep breath through your nose. Pay attention to how your breath flows in and travels down through your chest, into your lungs. Notice how it feels as you exhale through your mouth. Take a few more deep breaths.

When you find you are relaxed, allow your mind to travel back in time. Continue all the way back to the first moment you remember experiencing intuition in any way. Once you’ve retrieved that first memory, try to go back even earlier. When you feel you’ve recalled as far back as you can, open your eyes and put your pen to your paper to answer these questions:

- Where were you?
- How old were you?
- Were you alone or with others?
- How did it feel?
- Did you share what happened with anyone?
• Did you recognize it as intuition or a psychic episode right away?
• Did it scare you?
• Did it comfort you?
• Did it occur after any kind of traumatic event or troubling situation?
• Finally, what was it?

If you remember back even further after you finish this exercise, go ahead and answer the same questions again. Notice if they feel different in any way or if you answer them differently than you did the first time.

What Are Psychic Abilities?

I am asked all the time, “What does it mean to be psychic?” One may think this is an easy question to answer, but being psychic can mean many different things. In its purest essence, being psychic means being able to connect to and extract or receive information that pertains to someone’s past, present, or future that would not otherwise be accessible in our physical plane. It implies using senses other than our normal five corporeal senses. In general, psychic ability means being aware of things that you have no reason to be conscious of or knowing things
without possessing evidence of where or how you’ve come to know them—you just know them. It also means you are able to interpret the messages you are receiving. It is this interaction, even if it only feels one-sided, that often separates your five physical senses from a psychic hit.

Possessing psychic abilities also means that you have a metaphysical intelligence. You are gifted with the power to be a conduit to another dimension. You are communicating with a presence that others probably don’t acknowledge, and you are able to interpret the knowledge you are receiving. It is this interaction, even if it only feels one-sided, that often separates your five psychic senses from a psychic hit.

**Are Psychic Abilities the Same As Intuition?**

There is often confusion about what qualifies as psychic gifts and intuition. Psychic abilities are kind of the next step above intuition and, in fact, many people use the words interchangeably. Though it can feel somewhat ambiguous, the best way to describe the difference is that while everyone is naturally intuitive, not everyone will be a natural psychic. You can compare this to the fact that while everyone can splash some paint onto a canvas, not everyone will be as gifted as Leonardo da Vinci. Whether
it’s a mother’s intuition, a gut instinct, or just a strong sense about something personal, for most of us intuition plays a role in our daily lives. Some, however, can bring that intuition to the next level.

Let’s use an extreme example to show the difference between intuition and psychic ability. Pretend there was a body found and the police did not know whether the person died from natural causes or was murdered. If they were to ask you and you had a bad feeling, or you felt like something was wrong, that may just be your basic gut instinct. But, if you were to feel the actual cause of death and possibly see in your mind’s eye how the person died or even who killed them, those would all be indicative of psychic awareness. Feeling that something is off can also be a psychic ability if it is very strong. Psychic hits tend to be more pronounced and perceived with more detail than intuition.

There is no distinct line between intuition and psychic gifts. Being intuitive does not negate being psychic, and vice versa. Psychic abilities can be developed and learned, yet everyone will excel to different levels. Even practicing psychics, those like me who offer professional readings, may not connect at the same level as their peers. Everyone has their own link and interpretation. When
you develop your abilities, you will generally go as far as you want depending upon how much you put into it. Psychic abilities can be tricky to grasp sometimes, and plentiful (see chapter 3: Understanding Your Basic Psychic Gifts). Just because you know what they are and what you want to do with them doesn’t mean you will become adept with the specific one you want. Practicing with extrasensory perception will help you develop your various psychic gifts and also bring forth the ones you are more proficient with.

**EXERCISE 3**

*Your Abilities*

Turn to a fresh page and write down your ideas on psychic abilities. Include your hopes and desires around the development of your own gifts as well as any fears you may have surrounding psychic abilities. Do you feel you have a steady connection to your abilities, or are you trying to create the connection? Look at what you’ve written down. Do your answers surprise you?

**If I Turn It On, Can I Turn It Off?**

The Internet and television tend to portray psychics as all-knowing and never stopping. They are shown to be
constantly tuned in and continually active, and while a few are always open to receiving messages, most are not. Being a professional doesn’t mean you are always working. Imagine what would happen if you continuously had someone else’s stuff rolling through your mind. You’d never be able to focus on the here and now, or even on your own daily life. We are able to turn it off. Even though we are in contact with the other side, we are able to turn it down, like turning down a radio. We can listen to the music if we want or we can choose to turn it all the way down so it doesn’t distract or bother us. We are also able to change the station if we don’t like what’s playing, just like we can disconnect with energy if we no longer want to communicate with it.

For some of us, this can be a more difficult task. If you’ve fallen into your gifts without trying, compartmentalizing and choosing when you will use them may be something you need to learn to control. For example, yesterday I watched the movie The Sixth Sense with my daughter Samantha. She is all too aware of the realities that the actor Haley Joel Osment faced in the movie when he had a continuous parade of dead people showing up in his room. For him, it just happened. He didn’t ask
for it, nor did he try to develop it. It just scared him until he learned to maintain some semblance of control over it. Samantha, too, used to wake up to a barrage of spirits in her room on a regular basis. This continued for quite a while, no matter how often I cleared the room’s energy with sage and intention. The interruptions continued until she learned to control it and turn it off.

For me personally, it sometimes feels as though I am walking through quicksand if I am unintentionally staying in my psychic place. I get a kind of spacey feeling. Most of us won’t ever have to worry about not being able to shut down our intuition in order to function in our daily lives. More often than not, the feeling of heaviness will not affect you, but it’s always good to know how to tame it so it doesn’t interfere with the rest of your life.

Whether you have a hard time shutting down your intuition or you simply want to know how to protect yourself from any negativity, “exercise 4” will be one of the most important for you to keep in your bag of psychic knowledge. Whenever you need to protect yourself—and before attempting any type of psychic connection—it is important to perform this meditation.
EXERCISE 4

Control the Flow

Go to a place where you can relax without being disturbed. You will need at least ten minutes of peace and quiet to truly allow this exercise to work for you. You can also separate the first part from the second and use them in different situations as the need arises.

Begin by closing your eyes and breathing deeply, paying attention to how the breath feels as you inhale slowly and exhale even slower. Continue focusing on your breath and begin to feel your body slowing down, relaxing even further. Good.

Now, reach your left hand out in front of you, palm up. With your eyes still closed, hold your right hand up in front of your mouth in a tunnel shape and blow through it; imagine you are blowing bubbles. Allow the largest bubble to land on your left hand and let your right hand gently fall back down to your side. Feel the bubble expanding, getting bigger and bigger. As it continues to grow, allow it to encompass your hand and begin to spread around your arm, growing even larger. As your arm moves down to your side, feel the bubble moving to surround your body, from the bottoms of your feet to the top of your head.
Your bubble of protection allows only positive energy to enter, and actually repels negativity. Imagine your bubble is glowing a beautiful silvery white sparkly color that pulses with your energy as you watch it. Allow this bubble to expand even further, bringing into it your family and your home, keeping them safe and protected.

Next, with your bubble still surrounding you and your eyes still closed, focus your attention on the top of your head, your crown chakra area (see chapter 2: Energy, Meditation, and Symbols). Imagine a sparkly, shiny water faucet above your body that you can turn on and off. Water can help carry psychic energy. This faucet, floating at the top of your head just above your bubble, can control the flow with which the psychic messages come through.

It is your choice how open your psychic faucet is. You can regulate it at all times. Imagine reaching your hand up and turning the handle so the flow is wide open. Allow yourself to receive the message energy rushing into your bubble, the warmth fluidly bathing your body, mind, and spirit. Feel your crown chakra adjusting and spinning like a wheel as it takes it all in. Bask in the positive energy of the universe for a moment.
Now, turn the handle off gradually, letting the steady flow turn to a soft drip. Notice how it feels as the energy that is coming into your bubble slows down. Pay attention specifically to how your head feels; you may experience a tingly sensation, or it may possibly feel as though your head becomes lighter. Allow the energy to continue, without burden or weight, as a very thin, relaxed trickle. Leaving it slightly open like this provides you with the opportunity to tap in to it at will. If you feel overwhelmed at all at any time, close it completely. You can always adjust the flow when necessary.

You now have the power to regulate the current of psychic information. You can turn it on or off like a water fountain, simply by opening or closing the faucet. Take advantage of it! When you need to tune in, the information will be there, waiting for you to access it.

**Are You Afraid?**

Religion and learned or even ingrained beliefs can cause you to develop an unhealthy view of psychic abilities. I can’t begin to tell you the number of times I’ve been told that I talk to the devil. I once received a series of phone calls from an older gentleman who had heard me on a paranormal show and decided to take it upon himself to
heal and save me from the devil inside me. Even friends sometimes have a hard time not only believing in what I do but understanding that I’m not in cahoots with evil entities. A lot of this is due to ignorance—not meant in a mean way—but because they don’t know or they’ve never experienced any of this for themselves. Many also have a hard time because they believe God is the only one who can connect to higher knowing. Also, it’s difficult for some to understand that your own energy or higher self can connect to the energy around you. Practicing or using your psychic gifts does not belittle religion or contradict previously held beliefs about intuition or extrasensory abilities. It doesn’t have to be one or the other; it can be both.

The belief that psychic communication is bad can unfortunately deter many people from developing their gifts. It can cause you to feel guilty when you discover you are actually intuitive and even more so when you want to develop your psychic abilities! Learning where the information comes from and understanding that you can control the energy you receive helps to lessen the fear that you will be possessed if you give in to the ultimate urge to cultivate your gifts.
Invite Everyone to the Party... Where Does the Information Really Come From

Life goes on. Of course you’ve probably heard this before, but this takes it to a whole new dimension, literally. Connecting to the other side is connecting to lives that have passed from the physical plane and moved on to the metaphysical plane. This includes, of course, your loved ones and friends. You can also communicate with your personal spirit guides and angels who have information to share.

This is where your messages are coming from, and they will send these messages to you as often and as clearly as they possibly can. Just ask for it.

We are not alone, ever. We have guides who walk with us, side by side, though we may never become aware that they are there. These are spirits that have our best interests as their agenda, and they can help us develop our psychic abilities. Our spirit guides have walked the earth before. In other words, they have been alive at one time, just like you or me. Generally, however, they will not have been our closest relatives, though they may have been related to us many generations removed. They are responsible for sending us information to help us work through practical dilemmas because they have experienced the same types
of trials and tribulations in their human lives. Spirit guides assist us when we ask for specific help. They are a great source to help us solve our personal problems.

We also have our deceased loved ones who, like our guides, have lived. They are there to help us with our daily life and to let us know that they still love us and watch over us. Angels, on the other hand, have never lived. They are the ones who sweep in for the big stuff, the life-altering stuff. They are not your everyday helpers; rather, angels hang around to help us with our major life lessons.

**EXERCISE 5**

*Meet Your Helpers*

Find somewhere you will not be disturbed, somewhere you can freely relax. Bring your journal and a pen so you can record information when you are done with the exercise. Sit or lie down comfortably and close your eyes. Begin again by paying attention to your breath. Breathe in and feel the oxygen traveling throughout your body. Breathe out and feel any negative energy dissipate and leave. After you’ve done this a couple times, you should feel more relaxed. If not, you can continue focusing on your breath and how it feels as you inhale and exhale.
Using the protection part of the meditation from the last exercise, “Control the Flow,” begin by encircling yourself with your safety bubble. It’s always a good idea to protect yourself before any type of psychic meditation or work. Feel the bubble extending way out, at least twenty feet away from you, keeping you secure inside.

Now imagine yourself at the beginning of a pebble walkway. This walkway is a gently curving path through a beautiful meadow filled with flowers of all shapes and colors. The swaying green grass lulls you into an even deeper meditation as you walk steadily down this path.

You now see a beautiful gazebo in the distance. As you get closer, you count the sides; there are eight in total, with one entrance directly in front of you and one on the opposite side. Move onto the path and sit on the bench to your left, which gives you a direct line of sight down the path you’ve just come from, as well as the path leading away from the second opening. Take a deep breath.

Notice now that there is someone coming down this new path toward you. This is your spirit guide, one of your helpers. As they make their way into the gazebo, they sit opposite you on another bench. Pay attention to how they look.
• Are they wearing clothing? If so, what does it look like?
• Do they have hair? If so, note the color and style. If not, notice what else may be there.
• Are they tall? Short? Thin or heavy?
• Do they walk? Float?
• Is there any type of glow to them, or are they dull? Are they “normal”?

They want to tell you their name. Allow them to share with you what you can call them from now on. If it’s not clear, ask them to repeat it. If it’s still difficult to hear them, ask them to spell it out or write in on the floor in the dust.

Now, hold out your hands. They have brought a gift for you. Accept it and thank them for caring for you and helping you every day, in every way. Then look at the gift.

• What is it?
• Is it big? Small?
• Is it a literal or figurative gift?
• Does it mean something special to you?
• Do you understand what it is?
• Did you expect to receive this gift?
• Do you like it?
• Does it bother you or scare you?
• Does it make you sad?
• Does it make you happy?

After you’ve noticed everything there is about the gift, once again thank your helper.

Now, ask them if there is anything they’d like to tell you and pay attention to what they have to say. It may be one word or even just a sound, or it may be a full sentence or even an entire paragraph. They may show you what they want you to know. Repeat it back to them to help you remember what they’ve told you or shown you, and again say thank you and allow them to move away from you and back down their path.

After you’ve taken a few breaths, you can open your eyes. Record everything you’ve experienced in your journal. Now, with your conscience mind, review what you’ve written.

Does anything make more sense? Was their visit significant? Did you recognize your guide? Write down all of your thoughts and reread it until you feel comfortable with your experience!
Believe It!

The biggest deterrent to connecting to the other side is—wait for it—YOU! You simply need to believe that you can. You have to allow that there is more to this life than what you can hold or what you can touch. Believe there is a higher energy here to help you. Just like you discovered in the previous exercise, consider there is more to explore and be introduced to.

Be open to your own potential instead of discounting how incredible you are. Understand that you are a significant contributing factor in the universe. Are you excited? You should be. Be enthusiastic about all of the possibilities you are tapping into by connecting to your psychic self.
TIPS

• Notice which word resonates with you more; intuition or psychic?

• You’re in control.

• You can always ask for your helpers to send you messages.

• Be open to your vast potential!
TAKE-AWAY

Most of us won’t ever have to worry about not being able to shut down our intuition in order to function in our daily lives. More often than not, the feeling of heaviness created by psychic overload will not affect you, but it’s always good to know how to tame it so it doesn’t interfere with the rest of your life.
Your psychic gifts are just waiting to be explored, and this pocket-size guide makes it easy! Discover how to tune in to your intuition, deepen your spirituality, and improve your relationships with simple techniques for developing your psychic senses.

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