

Awakening your Psychic Abilities and Spiritual Awareness

*Practicing and Exercises
with Maggie Anderson
SpiritualCompassConnection.com*

*“Take what you
like and leave the
rest!”*

Goals for this ebook:

Become psychically aware (inadvertently spiritually aware too).

Delve deeper into *your own* psychic abilities and ethics.

Learn that there are no boundaries and you can do it.

Try and receive your own messages and fine tune those methods of receiving to YOUR own liking.

Walk away being more open and aware while utilizing your intuition on a regular basis!

Learn more about yourself and what you want out of your awareness and your path.

● **Meditation** ●

First and foremost Meditation is the Key to opening up your Psychic Abilities.

● **Definitions** ●

Clairvoyance - Clear-Seeing (SIGHT) The ability to See images and/or visions, like pictures in your Mind's Eye (Third Eye). Your Third Eye is located in the middle of your forehead between your two eyes and eye brows. Sometimes Clairvoyant's are called Seers.

Clairaudience - Clear-Hearing (SOUND) The ability to Hear sounds and/or voices within your Mind's Eye. Though the area where you "hear" is in the Ear area, this is your Third Eye "hearing" a voice and/or sound—your 'Psychic Ear'. This also seems to be more subtle in elaboration, to have the ability to decipher your own THOUGHTS as the thought of other Spirits and/or Spirit Guides, etc. :)

Clairsentience - Clear-Sensing/Feeling (TOUCH/TASTE/SMELL) is the actual term for being able to psychically feel through the physical senses. This is a strong 'knowing' deep within you. Clairsentients are also able to reach out and feel as if they were physically that person or what it is they are sensing. (Branching off of this ability in a strong sense, are those called *Empaths*.)

Intuition – Your intuition brings all of the psychic senses together. When you are unsure of an image you receive, or a sound, etc., you can ask your intuition to guide you. You can ask if your interpretation is correct and you will sense through your intuition a strong yes or no, in the pit of your stomach—your solar plexus.

● **UNIVERSE'S ROLE** ●

Déjà vu, Synchronicities & Coincidences, Learn how to [Test the Universe](#) yourself!

We will also go over Soul signatures, Mediumship, Ethics, Energy Vampires and so much more! ☺



**"I Invoke the Light of the Spirit here within.
I am a Clear and Perfect Channel.
I am Love, I am Light."**

Invocation and Protection

Always surround yourself in White Light. See it, envision it, feel it all around you.

**"I Invoke the Light of the Spirit here within.
I am a Clear and Perfect Channel.
I am Love, I am Light."**

Breathe in slowly and exhale slowly. Do this three times *at least*.
Say the above Invocation Three Times (more if you feel the need).
(Out loud or in your head, either way works.)



Session 1

Awakening Your Psychic Abilities and Spiritual Awareness
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Awakening Your Psychic Abilities and Spiritual Awareness



**"I Invoke the Light of the Spirit here within.
I am a Clear and Perfect Channel.
I am Love, I am Light."**

I need to mention that I am always growing with my abilities. I still need exceptional growth in understanding certain areas of this field. I am not an expert, but in this field it's hard for anyone to say they are an expert. However, I offer you my years of practice and experience in this field, as well as my faith that this is how I believe it to be. You can really only go by your own experiences, length of time in the field and references of readings done on others. This is information that will help guide you on your path and I want you to know that you will progress and evolve in your own way. :)

First off, we are all psychic to some extent. We all have the ability to use our psychic abilities. It is just that some are just not open to their abilities. For a lot of people this takes time to open up to their own unique potential in becoming psychically aware. You need to truly recognize your potential in awareness and most of all you need to continuously practice at it and use these abilities as often as you can. As you raise your vibrational level you will become more open to the psychic senses you DO have. This can be attained through practice and meditation. Along with becoming more psychically aware, I've found in my experience that you will also become more spiritually evolved. They two seem to come hand-in-hand. If you have one, you have the other. As you become ready you progress naturally.

There are a few out there that actually have less work to do in the psychic awareness department, at least in receiving messages, although they may need to work at deciphering their meanings, etc. I have heard and seen many psychics out there where this ability and/or awareness comes quite naturally to them. They can be labeled a "Natural Psychic", since they recognize their abilities and are aware almost immediately from birth. These particular people are able to use their abilities any time they choose; sometimes they will actually have to close up this ability because it may come through TOO strong for them. These people may need to learn to turn off and control their abilities when they don't want and/or need to use them and this is where their separate kind of honing in and practice lies. Although for these people in times of need it is nice that they are able to receive information quicker than others who have to practice at developing their abilities. And there is also those that we have all heard about, that suddenly have these new abilities after something tragic has happened to them personally. Maybe an accident, a lightning strike (if they survived), anything Near Death can bring out their awareness, etc.

For the rest of us, there is practice, faith and dedication are two main ingredients So with thought, dedication, practice, meditation and becoming more open to the existence of psychic abilities, the Other Side, the Universe and more, you will become open gradually, progressively and you too will be able to tap into your psychic abilities.

It's important to protect yourself when opening yourself up (i.e. during meditation or reading others, etc.). Please say the above Invocation prior to opening yourself up. This helps protect you and open you up to receive. Also surround yourself in white light, a nice visualization and anything else that works for you as the individual.

Light and Love – “And light, when focused and directed (like telescopes and microscopes) permits us to see things that are out of the reach of our senses. Love, when it is focused and directed, also permits us to see things--It permits us to learn about people and things, which would be unknowable without that Love. More importantly, it permits us to learn about ourselves. Love expands our horizons. Perhaps Love is the source of all psychic awareness.” –Robert Peterson (www.robertpeterson.org)



Meditate

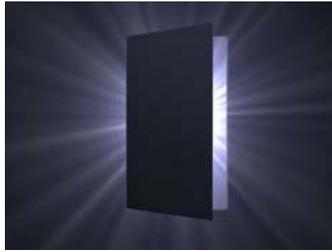
Meditate

Meditate



Meditating

also see attached excerpt *"Beginner's Guide to Mediumship"* by Larry Dreller



If you've watched TV, daydreamed in Class, zoned out while driving home, you've meditated. Do NOT say you can't, because you CAN. Whether it's at a deeper level of meditation or not, you have done it. You can go as deep as you want in time and with practice. But just meditating and clearing your mind as best you can at least 15-30 minutes a day is good. You can get good at this and meditate while standing in line or while working, anytime you need a "breather", just breath and 'be'.

A lot of people misunderstand meditation. First and foremost most people think that you must clear your mind. This is incorrect. It's not entirely possible or necessary. Our brains are far too complex for that, what we can do is alter the level of our awareness. Also, we cannot shut out background noise all the time.. So quietly play some soothing new age type music to help you relax. Even if you can hear traffic or people just keep going. I've done this numerous times with noise and it is possible. All it is, is just changing your focus. Meditation is the doorway to your other senses. The Sixth Sense. ☺

Breath deeply at first, in through the nose, out through the mouth. Positive IN, negative OUT. Just relax and breath. If you're sitting up (something I tend to HAVE to do so I don't fall asleep) just picture and FEEL your body relaxing, from every body part, feet to head. Slowly relaxing. Slowly but surely getting into that meditative "state", otherwise called the Alpha State. You are in a neutral place, where there should be no attachment to emotions, people, places or things.

Here are two versions for you to try: Either imagine a place that you feel happy in, like a beautiful garden with flowers or an Ocean, etc. Or, for now just let your own thoughts go by and be aware of them, but non-judgmental, just let thoughts go through you as if you were just a viewer, an invited one person audience.

With either of these two techniques you may find your thoughts drifting in all directions, while it isn't wrong it's good to learn some control. A thought may come in, just say "go away", breath. Gently without getting annoyed adjust your thinking back to where you want to be, and if your thoughts start to drift again, then once more gently steer them back on track. Give it NO Thought! Just ease back to your visualization or what it is you are focusing on doing or not doing as the case may be. Then your breathing will be short and hardly noticeable. It's important to try and remain passive, if you get frustrated or annoyed STOP! Try again later. Things will improve at the pace you are meant to follow, images get will clearer, they will stay in sight longer, you can follow them and get more. If you can half sit (like leaning on a bedpost or wall with a pillow comfortably), half lay down, that's a good position. But it takes time and practice, just like anything worthwhile!

Grounding (needed)

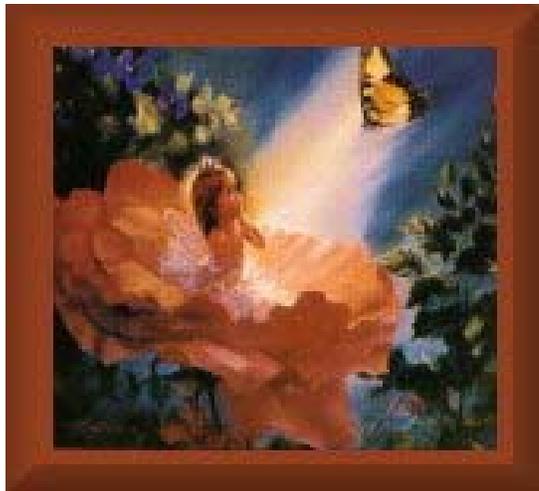


A good visualization I received during my Reiki I attunement is as follows:

Visualize your feet planted firmly on the ground (whether they are or not, even laying down for meditation). Then picture them attached with a white/silver cord. This cord sends Light from your entire being through your feet to the ground. From here your white/silver cord spirals downward as far as you can imagine, to the CORE of Earth. You can send all negative thoughts, emotions, worries and experiences on down this cord to the Core. Here you see your cord (as well as many others from around the globe) secured to a beautiful round crystal, shining full of White Shining Light like millions of diamonds combined. As your cord secures in this crystal, these negative energies are transmuted into white pure energy. You then see a beautiful BURST of light that sends the Light back up your cord, as you see it spiral upwards toward you again. It finally reaches you (in as much time that is comfortable for you) and the light goes through your feet, up your calves, thighs stomach area, chest, arms, neck and head, through your Crown Chakra – seeing the light go out to the Universe. You are now Grounded & Connected. Now, this can take as long or as short of time as you would like it to. In practicing this, you will only need seconds to ground yourself and off you can go to practicing.

Signs you're not grounded: Klutzy, Forgetful, "Not With It", "In the Clouds" – Keeping in mind that these signs go over and beyond what you are normally...

Psychic Information How To's and Faith



Intuition



We've all had experiences with intuition. This is our little voice deep inside of us. Some call this their God Voice. Call it what you like. It will work for you if you listen. We can ALL tap into our intuition if we only learn to listen to it. When you get that feeling deep inside you that you just KNOW what's going to happen next. Or just KNOW you shouldn't go down one street, but another, your first impression will never steer you wrong. Whatever your intuition tells you is going to be right. Even if something horrible happens after you've listened to your intuition. It's very possible that your intuition led you to this situation to learn from it, and/or led you away from an even more horrific experience. Never doubt. You will put fear into it and over think what your intuition tells you. Just go with it. By opening this little voice inside you and listening you are also opening up your psychic awareness.

Intuition is unique for everyone. The trick is to decipher your thoughts and feelings from your intuition. If you are hearing anything negative, this is NOT your intuition. Your intuition is non-emotional and will give you information in your own unique way. Maybe you feel something physically warning you of danger. Maybe you feel it from deep within, a gnawing action in your stomach and maybe you also hear and see and feel what your intuition is telling you. Do not think too long on the message, then your thoughts will get in the way of the message and totally mess up what your intuition was trying to tell you from the start. ALWAYS ALWAYS ALWAYS go with your FIRST feeling and/or intuitive thought!!! I can't stress this enough. Do NOT doubt yourself. You are right the first time! There are so many stories of people who said, "OH I KNEW IT! I should have done --such and such-- like I first thought!" So please go with your first impression, it is right. :) Psychic abilities will also go along with your intuition; they are almost one in the same.

Psychic Abilities

Psychic abilities go along with your intuition. Your intuition will tell you when a message you received is correct or if you need to dig deeper in order to get the message across better. It is hard for me to actually separate intuition with your psychic abilities. But for the sake of your separating the two, there are three main psychic abilities: Clairvoyance, Clairaudience and Clairsentience. All of which are described further below. As I have stated before we all have these abilities, though some may have them stronger than others, it doesn't have to be that way. You choose to develop these abilities or not. Just as you choose to develop the ability to draw or become a dancer, etcetera, you will need to do the same with your psychic abilities and awareness.

Another word that is used with psychic abilities is E.S.P. (E.S.P., "Extra-Sensory Perception", is the base for all psychic-related disciplines. There are physical senses and there are co-responding psychic senses, or "channels".) Although the focus of this class is Clairvoyance, I feel it's important to go over all of the aspects, in order to make it clear the different types of psychic abilities. Also this will help you in knowing what your strong points are and where you can enhance your abilities.

What is your Strong Point?

Each person will have a strong point. For me, I first started with Clairvoyance and the main subject of this class. I was able to see images almost immediately once into meditation. And with practice I've been able to see more images at a faster pace. Although this comes with time and dedication. I have been known to slack off with meditating and when I do, it gets harder and harder to bring up a message/image. So I will have to start over again and meditate and bring my awareness up. I will talk more about this later. Since Clear-seeing was easier for me, I had other areas I needed (and still need) to work on. I need to work on Clairsentience (knowing when my emotions, feelings and senses are not my own but someone else's) and Clairaudience and more. :) For you, you may have a stronger ability to "hear" sounds and voices, then "seeing" images. Test this out and find out what your strong point is.

Some people receive information as feelings, others as images, sounds, thoughts, verbal messages, or through a simple "knowing." Understanding how you receive is SO important.

Clairvoyance - Clairaudience - Clairaugonance - Healing - Clairsentience -- Empathic

Clairvoyance - Clear-Seeing:

Clairvoyance – Clear-Seeing (SIGHT) The ability to See images and/or visions, like pictures in your Mind's Eye (Third Eye). Your Third Eye is located in the middle of your forehead between your two eyes and eye brows. Sometimes Clairvoyant's are called Seers.

The information can come to you in a variety of different ways; either in one big symbolic vision (much like a dream) that you will have to define or visions could be “in your face” seemingly real. Writing these down right away with no emotion or thoughts at first is the best idea.

When doing readings, some of us use Tarot cards, crystal balls, candles or other items, which over the centuries have become connected with different aspects of the occult field. These are the fine tune buttons for our receivers. This gives us something to focus our conscious minds on. It helps us to get ourselves out of the picture and improves our concentration. If the client is relaxed, there is no need for these things unless the Psychic believes he or she needs them. Often the client finds the reader staring off into space instead of looking at what they're supposed to be using. This is a sign of the reader's clairvoyance (and other psychic gifts) coming through.

Clairaudience - Clear-Hearing:

Clairaudience – Clear-Hearing (SOUND) The ability to Hear sounds and/or voices within your Mind's Eye. Though the area where you "hear" is in the Ear area, this is your Third Eye "hearing" a voice and/or sound. This also seems to be more subtle in elaboration, to have the ability to decipher your own THOUGHTS as the thought of other Spirits and/or Spirit Guides, etc. :)

It's a subtle hearing compared to a loud hearing. There is the subtle (sort of "in your head" hearing, like thoughts but NOT your thoughts and nothing scary about it) sounds you hear. You could be hearing over distances in the present, or the past, or the future, you could be hearing your Spirit Guide talking to you and/or other Spirits (abilities of a Psychic Medium). Loud is unmistakable and right in your psychic ear. My Spirit Guide, Carmen, talked to me this way a couple times in the past. ☺

Clairsentience - Clear-Sensing:

Clairsentience – Clear-Sensing/Feeling (TOUCH) is the actual term for being able to psychically feel through the physical senses. Clairsentients are able to reach out and feel as if they are physically that person or what it is they are

sensing. This is also your inner knowing and feeling of something to come. (Branching off of this ability in a strong sense, are those called *Empaths*.) In Clear-sensing you are basically (as Echo Bodine calls it in her book) a "*psychic sponge*". You will soak up all of the environment around you and the others that you come in contact with; their emotions, their negativity, their positive feelings, etc. Although you can separate: the Clairsentient feeling physical things within another person and the Empath feeling emotions within other people, etc. :) Sorry, it's really not meant to be confusing! Ask away if I am not making any sense! :)

For this ability (as with all, but this one is much stronger in retaining other peoples junk), you will need to do much clearing and always using the "disconnect" button when ridding yourself of other people's garbage. One good example of disconnecting is to picture a phone hanging up. If the emotions are getting too much for you, just see that phone hanging up. Surround yourself with WHITE LIGHT, call in your spirit guides and angels for extra help. You have many things you can do to rid yourself of others' garbage.

Empathy is the ability to psychically sense the emotions and/or conditions of another person. On a psychological level, the Empath shares the emotions of others and often can not control it. Sensing the "aura" of another is also possible, empathically - "he gave me a cold chill" would be an expression of sensing another's aura. Empaths can often know the thoughts of others, but are not actually reading the mind: they are picking up on the feelings that reflect the thoughts on a person's mind. It is also the ability to be sensitive and be receptive to outside emotional stimuli. Some people call Empaths "Sensitives".

Feelings are important feedback, and should never be feared, just understood. In knowing the person emotions alone, they can relay them to the person, bring them right to the surface so that the person can confront their own emotions and what's causing them, and DO something about it. If only to recognize that they are feeling this and to release these emotions once and for all, depending on if they are bad or not. If it gets to be too much, remember to surround yourself in white light. Using any visualization that removes this energy will give various amounts of protection, such as imagining a filter that can capture all vibrations of energy that are not yours. But the power of the emotion behind the intention is what actually does the work. The more you practice, the better you will become. And worse comes to worse, WALK AWAY! (If you can.) You can also work on other levels...transforming the energy of the emotion. Again visualization of the client, transforming the energy of the emotion into love can be very powerful. Imagining stroking their energy field in your minds eye will also transform it and balance it.

****Remember that feelings are important feedback, and should never be feared, just understood.****

Clairaugonance - Clear-Smelling:

Clairaugonance (SMELL/TOUCH) – I feel this also branching off from Clairsentience. The sense of smelling "otherworldly"; usually associated with Mediumship. You may be tapping in psychically for a sitter that has a spirit on the Other Side and start smelling roses. There are no roses nearby but you smell them. You tell the sitter of this and they confirm that this particular scent has a special meaning to the person they know in Spirit. You may also have the same psychic smell for something of the living, if you are doing a general psychic reading and must be relayed to the sitter. This ability is not limited to Mediumship alone. You can even TASTE things that are not what you are actually physically tasting, but psychically. A ghost or spirit may send you a sense of taste of something (i.e. Cigars, metal, etc.), anything to do with that person.

Healing:

Healing – There are a variety of different healing methods. But generally Healing is sending energy to another person or situation in order to heal the person or situation for their highest and best, good. Some names you'll see when speaking of healing are: Reiki (from there, there are many different varieties of Reiki; i.e. Karuna, Rainbow, etc.), Energy Healing, Hands on Healing, etc. For natural healers they have the ability built in and immediately heal taking from the Universe but also their built in healing energies. But for the most part the energies to heal do not come from ourselves directly, as this is taxing on the Healer but from the Universe. In Reiki, we take healing energies from the Universal Life Force and it will come through us to the person being Healed.

Again, each person will have a strong point. Find out what your strong point is.

The following is an article from a friend who uses her natural abilities to heal, as well as her attunements:

"I am a healer. No one can make someone else a healer. it is just a path that one is called to. With that said, there are different types of healings. Each person is unique and responds differently to the various modalities of healing.

Using energy to heal:

There is a belief that all things are energy. Each person is made up of energy that has bonded together to form the person you are today. Some maintain that we manifest our illnesses and discomforts in our aura *before* we manifest it in our 'physical' body. Thus sometimes, one focuses on healing the aura, other times the body. When used with Love, the energy of the universe is free and endless. When you attune yourself to Love, you have attuned yourself to the healing power of the universe. It is most effective when healing is performed with Love as the motivating thought. Again, it is a matter of attunement/vibration. If you are in a "love" mindset, your vibration will be much closer to the vibration of the universe.

Anyway, the most common way to provide healing is using the power of your heart/mind. I take several deep breathes to center and clear myself. I call in God's healing, conscious, white light to fill me and surround me. Once I feel ready, I place my hands on the person receiving the healing. I imagine my crown chakra opening up and pulling in White Light from the universe. I visualize this White Light going thru my head and down thru my right arm and out my right hand. I visualize the energy, like a laser beam, coming out of the center of my right palm. I visualize the energy going into the person I am working on and then I visualize the energy being received by my left palm and back out my head. It is like a big circuit. For me, I can feel a pulling/electric/heat sensation with my right hand. That is the body 'pulling the energy--like a baby sucking on a bottle. The person is pulling on the energy coming thru me form the universe--they are not pulling on *my* energy. When this pulling sensation stops, the body has received all the energy it needs, at this time.

I then visualize the energy going back into the universe. I always wash my hands before and after I provide healing. Sometimes, I have envisioned the energy as certain colors, depending on what 'felt' right at the time.

I have used my breath for healing; I have used aroma (must be completely natural essential oils!!) I have used sound vibrations. There are many many forms of healing.

One of the best ways to start is to hold a persons feet (with or without socks on)I follow the breathing of the person I am working--this puts me in sync with their body. I then open up to the healing energy of the universe. I usually use my crown chakra; but, one can use the heart chakra also. Starting at the feet, I like to chelate the body. I start the flow of energy going (thru my crown chakra to my right palm and then back out my left palm and out my crown chakra). My right hand will always be my sender and my left hand will always be my receiver. I place my right hand on the bottom of the person's foot and my left hand on the ankle (start with the leg closes to you; their body should be to your right, if you turned to face towards their head). I allow the energy to flow. I wait unit I feel a subtle electrical pulse in my left hand. Then I move my left hand up to the knee. I send the energy from my right hand thru the person's foot and ankle to the knee and into my left hand. When I feel the electrical pulse I move my left hand to the person's hip-repeat the above. My left hand moves from the hip to *above* the genitals. I then remove my hands and reach over to the opposite leg and do it all over again. I will always stand on the same side. I don't stand on each side of the body--I lean over the person, so my right hand is always sending and my left hand is always receiving, and they aren't crossed over each other. Once I have completed both legs up to the base chakra. I will work up the torso, from one chakra to the next. I end with both hands on the crown of the head. If you don't feel a subtle electrical pulse, remove your hands and rub them together for a moment, then replace your hands on the person's body. You don't have to actually touch the person. You can do all of this slightly above them. Again, wash your hands afterwards. That helps clear the energy.

Okay, this is really long and probably confusing. Read thru this a few times and see if it makes sense. Remember, you are working with very subtle feeling and energies. If an area feels cold-it needs energy. (This changes per person the meanings of cold and hot!) You may find that your hands feel really hot--that is the energy. People always comment on my hot hands. That is a good thing! If you want, give it a try. Please let me know how it goes. Peace!"

I have to add my own thoughts regarding this article. When deciding the positioning of where you will go with a person, again, you will use your intuition. I usually start at the crown chakra and go down the right side of the body and then up the left side of the body. So I am doing this the opposite as the healer above. All ways are correct. Go with what feels best to you. If you are not attuned to Reiki, you will use natural healing. I, however, am grateful for my attunements, as they have elevated my healing potential and energies as well as my psychic abilities. There are many benefits! ☺

Believe

You MUST believe. If only for yourself! This belief will also show through in the 'reading room'. If the sitter/client believes in your abilities as you do, it's usually a good reading. However, if you aren't confident with yourself it shows and your abilities will hurt in the long run as well. It's hard to develop if you don't believe in yourself or the abilities you are striving to evolve with and expand on.

Keep in mind that not everyone who comes to you will be in the same belief as you. Some come to prove you wrong. Some come to prove you right but make it very difficult. Some are just plain skeptics. Skeptics make up 60% of the population and just want proof of their own and they will believe, but sometimes that proof is hard to come by.

Reading Blunders:

- If they fight you every step of the way, even if the psychic feels good about the session, the person will not be satisfied. This is the type of individual who is usually never satisfied with anything and the reader will "know this" before starting, and most times, can adjust for it. In a situation like this, the Psychic must go by their "gut feelings." More times than not I have heard psychic's say (and I've experienced myself), "Whether you want to believe it or not," to the sitter and they were right.
- Sometimes you have to chalk it up and let the person go. But know within that you truly did do a good job. I know I've let people like this get to me. I would have 9 successful readings and the 10th one that I thought was also excellent would say "no, well maybe...it was an okay reading.." when I would have direct HITS that they DO confirm during the reading and they STILL don't see it as a great reading when any other would definitely agree that it was. It's frustrating and you can't let it hurt your abilities or put you in a hole you can't get out of. I have done this quite a few times, but you can't let it happen, just get out of it and move on. It can nag at you, but this was something that was in their path (to meet you). It is up to them if they receive the information well and do something about it. If they don't, they just aren't ready. But you did your part. You fulfilled your path in relaying the message, then you have to hope it's receive, even if you don't witness it yourself. Also certain items may not be remember till *later* by the sitter! (*Psychic Amnesia*) And some won't admit to certain things in the session but will definitely retain it for themselves. So don't second guess yourself! Always go with your intuition, it is never wrong! No matter what anyone else says.

Free Will - Couldn't have said it better myself!

A story of a psychic friend and some excellent advice I 100% agree with:

"One of the best compliments I've ever received was from a client who told me twenty minutes into a session that I had already told her what it had taken her psychiatrist seven years to get to, but I had made her see it differently. By her own free will she had rejected his solutions. By seeing them through my eyes, she could accept them better. Having been given possible events, when to expect them and how to deal with them when they arose, she left feeling better about herself than she had in years. She even called back several months later to thank me again for the continued changes and improvement in her life. I told her it wasn't me who had made those changes happen, but her. I had just pointed out possibilities and got her thinking. She made them happen. She was now more content with her life than she had been in a very long time. No con artist can have this effect, but a good clairvoyant can make it last a lifetime. That does take 'exceptional insight'. It also does not mean that every reading will be a life changing one for the sitter and/or you.

Those who need help should get it, both physical and mental. A reputable and reliable Psychic wouldn't hesitate to suggest medical attention if they saw you needed it, or if a test would put your mind to rest about some ailment or other. This is not meant to get you involved in this business without thinking. Jumping into the psychic field unprepared can be just as dangerous as trying to climb Mount Everest without gear or practice. If interested, go slow. Research.

The Sitter/Client can if they choose change direction to avoid certain events. Very little in life is unavoidable. The choices we make determine what events happen. These events can be foreseen and therefore changed. The greatest gift we have is free will and choice in our lives. Never give it up."

Bee's Will



Bee's can fly. But what Bee's don't know is...they can't fly. Or can they? According to scientific research (you may have heard) that, factually, Bee's should NOT be able to fly. Apparently, their wings are too small for their bodies and make it "impossible" for them to fly. However, since they do NOT "know" they "can't" fly, they DO. They fly because they have NO limits.

Ever been told you can't do something and try as you might, you realize you can't. A determined person might prove that person wrong and DO IT. But then you see another person doing the same thing because they were never told they couldn't do it.

All our lives we are told we can't do it. But we CAN! Psychics are not unrealistic! What we expand our awareness on is an extra sense, the Sixth Sense (or ESP or psychic abilities, etc.!) that scientists are only now expanding research on. Apparently, Mediumship abilities come from a certain part of the brain and other abilities another part of the brain and on and on. In either case, I do not know the exact science of the matter, I just KNOW and Believe it exists and it works. It IS real and we CAN do it.

Do NOT Limit yourself. Do *NOT NOT NOT* listen to others who tell you it's impossible or who try to limit you even if they don't know it. It IS possible and you CAN do it. Time, practice and patience is a must. But remember to EXPECT it to happen, because it WILL. Sooner than you think!

One last comment: Thought truly IS thing. If you think it, it will happen. So also, what you fear you will draw near. Do NOT fear. Just think positive, see the happy ending and it WILL happen.

You can fly.

An example of my Free Will

I was told I couldn't do it "yet". I was slowly practicing my Vision abilities and trying to expand. But was told by a nice experienced Shaman (of 18 years) that I first had to delve deeper into myself to get to the heart of the matter in knowing my psychic abilities. This was correct AND incorrect. Yes, you should get to know yourself more. Yes, find out your true abilities. But I did not have to ONLY research MYSELF regarding this for "however many years" they thought I "should". I was doing wonderfully getting images for myself and finding out about my past lives. Then this same person said something to me that sounded very conceited. He didn't know it. I asked of spirit contact with others still living. The Shaman told me this can only happen with two very dedicated, experienced psychics such as himself and another psychic we both know, telling me because I hadn't done this for years that I couldn't do it. He was right and wrong. We all CAN do it, if we believe we can. Although I have had spirit contact with living people, they happened in dreams, I did not pursue this much longer, since I couldn't find someone else wanting to try and I have so many other goals to pursue right now. But it IS possible. But his deterrence was a downer to me and led me to question all of my abilities. I'm sure he didn't mean for it to be received by me that way though.

Now after this experience I asked this same Shaman of a vision I received while focusing on a friend of mine. I had received what I thought was a wolf, but could have been a coyote. I asked this friend of mine about this vision (this friend of mine not being an avid believer himself) and he stated that he had been having Coyote problems in his area, where it usually would NEVER occur. I was psyched to find out that my first attempt to try this on someone; I was successful to receive a message for/from that person. In relaying this success to the Shaman, they deterred me. They stated that they thought the image was meant for me and me alone. I was confused. In the Shaman practice, you spend years delving deeper into yourself, getting to know crystals and what they mean for you and having spiritual quests for yourself and so much more, but that is a small description. That was (and still) is not my belief or practice, nor what I KNEW I needed to do for my path. This is his path. I knew my path went further into helping and reading for others. He limited me, without knowing he did it. But that caused me to go out and find my own path, so in a way he helped me by NOT helping me. At first, his limits caused me to question myself. But then I realized that he was incorrect in his evaluation of MY experience. I realized that MY intuition on this experience was correct and I had indeed received a message for someone else and knew I needed to delve deeper in psychic readings for others. We can't rely on other more developed psychics to answer all of our questions or hold our hands. This was a lesson for me and I know now more than ever that our own individual experiences are our OWN and our intuition will not guide us incorrectly. Since then I had progressed rapidly and have given many successful readings channeling visions and feelings, as well as in combination with Tarot. What's cute now is that this same Shaman is asking for readings from me now!

● UNIVERSE'S ROLE ●

The Universe plays the biggest Role in all of this (obviously). It is debatable whether the psychic information we receive is actual thoughts of the future that will happen, or we are putting energy into what WILL happen by predicting what we see, or the person who came to us is laying out what will happen by their own thoughts on the subject. I personally believe it is all of the above that we are reading. I feel we pick up on the energies as they are at that particular moment in time. But two moments into the future, the reading could possibly change. Either because the sitter has a change of thought or attitude or another person involved with the prediction changes their *Will*. And all of this comes down to the energy *we* put out there to the Universe and the Universe's interpretation of our energies.



The Universe will give you signs that you are on the right track. I.E. Deja Vu, Coincidences, etc.

Deja Vu - This occurs for many reasons, I believe. Through my readings and beliefs I will tell you why. It seems that when Deja Vu happens it is because we just recently or not so recently had a dream of this same exact event or happenings. This is one theory. Also, the main reason I believe Deja Vu happens is because before we go into this life we come up with a Blue Print of our life. During this process we decide on challenges and choices. And during our life will choose certain paths along the way. But before coming into this life we will see how it *can* possibly work out, we will see events as they could happen and see what could possibly happen if we choose a certain choice or path along the way. We will see many different scenarios and go over what you might want to do. This is called Scanning. It is somewhat like watching TV but even more real. Scanning is the name Sylvia Browne uses in her book for this process. Although this is not something we will remember during our lifetime here, we will apparently get a certain "Deja Vu" feeling as if this happened before. That is because it DID happen before. At least during Scanning. You scanned the events and part of your soul is "remembering" those events.



Coincidences - Coincidences happen for a reason, they are not merely coincidences. They do have a purpose. Everything happens for a reason. These happen to also let you know you are on the right track in life. See my website for a more in-depth look at Synchronicities & Coincidence: <http://www.100megsfree.com/moonangel/>. Here's what I have come to know. The Universe is in us ALL. We are the Universe and the Universe is US. The Universe is in every object, plant, person, place, etc. We are all made up of our thoughts. Our experiences happened in the past from a simple thought, fear, etc. If you can think it, it will happen. This is true. So it's easy to say, think positive! Be positive and that positive wave will come back to you! The Universe seems to react in waves. You do something negative, it comes back eventually to even the score, so to speak. What you do will come back to you. You do something positive; this will come back to you.



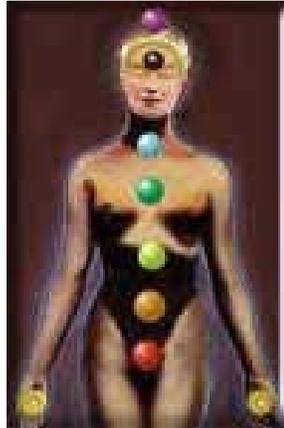
Some Homework:

Now test the Universe! You can test it and it will answer! (Homework for the upcoming week!) As I have read in other books and really loved their example, try it with a Flower. I chose purple because I love the color purple. So I asked the Universe to bring me a Purple Flower (with my mind, but feel free to do it out loud if that helps you, it also adds to the energy). Now this could show up in MANY forms. Not just an actual flower, but maybe you see a picture of one, or maybe you hear a reference to it in a story, as was the case with me. I asked and then a few days later I came back into work, checked my hotmail account. I'm on a psychic/paranormal e-group and a member posted that she just recently added a story to her ghost story page on her website, she told us all to check it out and that it had to do with a flower. So of course I had to go look and see if it was my purple flower. As I read the story it did in fact mention a purple flower, purple being the favorite color of the person who sent the flowers to the narrator of the story. So there was my request from the Universe, my purple flower. Of course I wasn't happy with only a REFERENCE to a purple flower. So I put that thought out there again (this time with more detail) and asked for a REAL Purple flower. I must have put this thought out there too many times! I was upset the week after this and my sister came home with an arrangement of many different kinds of purple flowers for me! During this week, my niece also brought in hand-picked purple flowers. Now it's your turn! See what turns up.

If you put the energy out there for something and do not fear against the thought (thereby putting thought into it NOT happening), this *will* happen. You have to think it, and then KNOW it and it WILL happen. Again, it's always debatable if what happens from your thought is only happening because it was meant to happen. Although I do believe everything happens for a reason. It's possible that you were meant to find the Universe and know this knowledge of energy and thereby making things happen for you for the better. :) Try not to over-think it! :)

Session 2

Awakening Your Psychic Abilities and Spiritual Awareness
with Maggie Anderson
www.SpiritualCompassConnection.com



Seven Main Chakra's

Crown Chakra 7th Dark Purple – Our connection to Spirit. Also, directs the upper brain (cerebrum), cerebral cortex and the central nervous system. If out of balance any type of infection, headaches, upper sinuses, neuralgia and ear problems may occur.

Third Eye Charka (Brow) 6th Indigo w/Dark Purple – Our Third Eye is located here, hence the name. Our psychic abilities are located here. Also, directs the lower brain (cerebellum) and central nervous system. If out of balance eye problems, upper sinuses, headaches and head colds may occur.

Jaw Chakra – Directs mouth, jaw and teeth. If out of balance lower sinuses issues, toothache and salivary glands issues may occur.

Throat Chakra – 5th Ocean Blue – Our communication issues good or bad are located here. Directs throat, thyroid, parathyroid and hypothalamus. If out of balance sore throat, thyroid problems and lymph glands issues may occur.

Heart Chakra 4th Green – Our ability to Love ourselves and others is located here. Directs heart, thymus and circulatory system. If out of balance respiratory infections, asthma, allergies and even heart issues may occur.

Solar Plexus Chakra 3rd Yellow – Here is where our Power is located. If we give our power away to someone or something else this chakra will be out of balance. Directs sympathetic nervous system, digestion and metabolism. If out of balance ribcage, lungs, pancreas, spleen, stomach, liver and adrenal glands or kidney problems may occur.

Sacral Plexus Chakra (Navel) 2nd Orange – Our desires are located in this chakra. This chakra is used when manifesting our wants and desires of all types. Directs sexual organs and bladder. If out of balance the lower stomach, intestines, ovaries, uterus prostate or genital issues may occur.

Root or Base Chakra 1st Red – Safety and Security (i.e. Finances, etc.) are main attributes of this chakra. Directs adrenals, kidneys, spinal column and colon. If out of balance kidneys problems, hip and groin problems or eliminative imbalances may occur. I've also noticed lower back pains when dealing with issues of imbalances in this chakra.

Aura: The aura is an ever-changing beautifully colored energy field that completely surrounds all living things. It's like an oval egg surround our bodies. The aura is composed of many layers starting with an inner layer closest to the body and ending about 4-5 feet from the body. Even higher layers represent a different part of the persona consciousness with the inner layer connected to the physical body followed by higher layers including the emotional, mental and spiritual layers.

Our aura is created by all of our thoughts and feelings both conscious and unconscious as well as the energies flowing through the physical body. Your health is affected by the condition of your aura. Treating the aura can be a very important part of a Reiki session.

Chakras: Chakras are transformers of subtle energy. They take the universal life energy that is always around us and transform it into various frequencies our subtle energy system needs to keep us healthy. There are seven main chakras: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown. The Root Chakra (lowest) brings in the lower frequencies that are needed for physical survival and the highest or crown chakra brings in the spiritual levels of energy. Each chakra corresponds with a layer of the aura. Negative feelings or thoughts can become lodged in the chakras reducing the amount of subtle energy they are able to provide and adversely affecting one's health. **Treating the chakras proves to, also, be a very important part of giving a Reiki treatment.**

Meridians: Meridians are pathways that subtle energy flows through within the physical body. The meridians contain energy points usually referred to as acupuncture or acupressure points. Each meridian is usually associated with an organ or physical system of the body, and supplies that organ or system with subtle life energy. As an example, the liver meridian starts on the top of the foot and travels up the leg.

As you can see from the chakra chart alone, it's crucial we stay balanced with **all** of our chakras, as well as our Aura and Meridians. I will not touch on the Meridians further, as that is very complex. What is explained above is enough for you to gain the understanding of why it's important our Aura and Chakras are balanced.

Soul Signature

Everyone has a Soul Signature. It includes their vibrational level, color, number, and basically their unique energies. We can pick up on this signature if we could just drop the veil and 'see' the knowing. I remember watching some readings online. I would see the person's request, then I would see the psychic's response. I started to realize that what the psychic said rang true, like it was right there on the tip of my mind and they got it on target. It IS right there, you just have to be open to feel, see, hear and sense those answers, that knowing. You just seem to know it with all of your being. This Soul Signature is not a new idea to me and many others, and although I knew about it and truly believed it, it is just now finally becoming something I comprehend and understand in the psychic feelings "realm" of things.

Spirit Guides and Soul Signatures:

Although names aren't important to people on the Other Side usually, some like to use them and some don't. But they know each other by their Soul Signature on the Other Side, even if they change appearance they know that that person IS whomever they are by their "signature". I like to know my guides names to personalize it for me, at least mostly my main guide. So it makes it easier for me to contact her, maybe not easier, but it makes it so I want to more and using the name helps us to identify them. Like with John Edward he doesn't know their individual names and he knows that some have come and gone, but they are all together in a group helping him, he calls his guides "The boys", even though he has been recently made aware that there are a couple female spirit guides! lol! :) It's all good! :)

Ethics



Yes, there are psychics out there claiming to be more psychically aware than they truly are. Yes, there are others out there charging waaay too much. Yes, there are many out there spreading their negativity and not being true to themselves. There are those psychics out there that do not consider other people's privacy and will tap into your energies w/out asking for permission first. But remember this negativity will come back to them. They are not being true to themselves and they will learn this lesson in time.

I know that in the beginning, while developing your psychic abilities you may not be able to help tapping into others' energies. Things will come at you without warning and you won't even know where it came from. But with time, as you refine your abilities you will be able to filter out those you do not want to read, and those that have not given you permission. There are those out there seeking help. These are the people that are seeking your advice. There are also some that will ask for your advise not knowing it can come from also your intuitive and psychic side. You are meant to help them with whatever it is you feel you can give them. Just remember acting negatively will always bring negativity back to you. And of course, being positive will bring positive back to you as well! Be true to yourself! :)

Charging

I only charge what I feel I would pay for an accurate psychic reading. It's as simple as that. Now if you are adding more than just a psychic reading with your session, then charging more is pertinent. For example, if you are doing Reiki in combination with a psychic reading then you may charge a higher fee. Again it's what you feel you would pay for that same service. It's pertinent you do get paid in some way shape or form for your services. A service for a service (bartering) or money for services rendered. Something of value is given and something of value should come to you in return. Unless this is a gift you are giving someone special, this is how the Universe flows.

I know in the beginning you may not charge, since you will be doing a lot of practice. This is expected and perfectly okay. But once you start giving a free service, not only will you get taken advantage of by some, but by others your services (even if they don't know it or think it consciously) your services will not be seen as something of value. You will not be respected for your time and effort and accuracy. So please, know you and your abilities **are** worth your time and effort!

Reading family folk

I used to read for a few family members and close friends. I still do an occasional tapping in for friends, but not very often. You will go with your intuition. Sometimes spiritual advice is something you are drawn to give and guided to spill right out of your mouth! This is great and it goes with your spiritual path!

The problem with reading for friends and family

One: You will get taken advantage of at every chance they get (from *some* folks). They can't help but ask what you may know psychically, and often! Two: Usually they will not be paying for the extra attention and the taxing on your energies to give them this free spiritual advice. As above there must be something of value received for something of value given. Three: More importantly because you are family or a close friend they may not respect your advice for the spiritual connection it is coming from. They may get answers they have been looking for and you've done a great job connecting to obtain answers to their queries. However, there will always be a part of them questioning themselves, if your advice truly was from Spirit or from your "Ego"...the part of you with an opinion on their life...the part of you that loves and cares for them and wants the best but may not give the clearest spirit advice because it could cloud your judgment.

Your judgment can become clouded. This can and does happen. We are sometimes too emotionally tied to a person in order to give them a completely 100% accurate reading (which is our goal right). So if you go that route, know that your advice may not be completely received. Again, go with your intuition. It will never steer you wrong! ☺

Also, do not let those closest to you manipulate you into reading someone you should not be reading. You need permission. And, again, the only time you will read another person for your Client is when it pertains directly to your Client....something they need to hear. The same rules of ethics apply to family and close friends. Try to separate your chosen profession from those particular people, and explain to them proper ethics. They will be stumped and change the subject.

Receiving and Interpreting

If appropriate you will get a negative or positive feeling about what you have seen or felt. This where is intuition comes in. Does the “feeling” or “vision” feel good or not so good. These positive & negative feelings are used to tell a Sitter about which way they should go in any given situation. Alternatively you may just get more information about an event, if you do, tell the sitter and/or person you are with. But please keep in mind you are dealing with peoples emotions and try not to be a counselor until you are ready. Developing psychic gifts is a little like learning to play a musical instrument, we start slowly and practice regularly. Coincidentally Mediums are referred to as instruments of spirit.

Psychic intuition is a thought based talent. It can feel like you are remembering an experience that was not yours. Often what comes into your mind is a picture, much like a photograph and/or like an old Memory. These `photos` can be black & white, color, still or moving like a short movie. But there are also feelings to be picked up. This may not happen so quickly as the `photos` as this is a deeper form of psychic awareness, but they may be a lot more important. We all have a strong point that is more prominent than another. See which one is yours with practice.

Some psychics say predictions should account for roughly one third of a reading, although there are always exceptions and different needs. But ideally time should be taken to prove your talent by demonstrating your knowledge of someone's past and present. Usually when asking for Spirit to guide you (in your invocation and anytime you feel you need more guidance) things will come to you to prove to the Sitter that this is real. This can do a lot to help them believe you and put them in a better state to receive the reading you provide them.

It could be for example, that a deep set problem in the past is revealed to you, you should confirm this. Next try to sense how this affects the person now, again confirm. Finally advice can be given for the future using your intuition on whether things are ‘good’ or ‘not so good’ that you ‘receive’.



Let go of the “Ego State”

Here is another aspect of both psychic and medium development. It's all too easy to become a little proud of yourself and think you are `special`. A little FYI in the beginning for you, this is a road to disaster and failure! Remember there are a lot of people the world over who do predications and have psychic abilities. You are another person who has now opened up to these skills and abilities. This thought will help you in the future. Be humble and have respect for those you are able to read for and you will develop.

One last time, please be ethical and utilize respect. You hold within you a special ability and great responsibility goes with it. People you read for will have come to you from many different backgrounds and beliefs. They may come in fear, sorrow and with little understanding. Your job is to inspire them and make them feel worthwhile, while being **honest** in conveying what you pick up. Take your time to explain things they may not understand, but don't rattle on beyond what they are ready to hear. Don't preach, people will be coming for advice or to contact a loved one, not to hear a sermon. These skills will come to you whenever you are ready, but it is good to think on this from the beginning.

The role of a psychic or medium often goes beyond just giving messages or making predications. They need compassion and good communication skills to act upon the information received. Please remember you are dealing with people's emotions, as such the medium may need experience in presenting this information. For this reason, please do not expect to be able to give professional readings immediately, you may also fail more than you succeed, and end up spoiling your chances of respect and believability if you rush it.

Just about every psychic there is, has at one time or another, asked the question "Am I imaging all of this??" It goes with the territory. It's easier to live in what we call the “real” world, relying on our senses of sight and touch. We forget there is a 6th sense, just as real as those other senses. It takes time, you keep going until at some point you realize this is no longer a coincidence. Then you start learning a bit more. You may get more confused, but I guarantee there will be some things that you do, feel or just be a part of that will touch you so deeply that you will keep going.

So to recap, letting go of our “Ego” is imperative. Leave our personal opinions out of the reading. Just ask Spirit to take your ego out of the reading, even picturing it as a visual sitting on your shoulder out of the reading. That way Spirit can come in much more easily.

Dead Zone

The Dead Zone can be defined as a relatively stable level, period, or state. A level of attainment or achievement or an area of level land or rock (a visual for you). 'Learning Plateau': I think the expression fits quite well as this helps to explain a phase many spiritual folks and developing psychics go through. Not to worry, it will not last. This seems to be where you feel like you are disconnected from Spirit and your Guides. You may feel like they have left you high and dry. But that is not the case.

As you learn to awaken your gift you may find things speed along at a wonderful pace, the more you try the more things are given to you. Most people just go with the flow when this occurs. But there may come a time when your intuition seems to be turned off! You try to ‘read’ someone or try gaining more insights into yourself and wonder why nothing happens. You can't sense anything at all, it seems like all your guides have suddenly left you. You might feel alone, cut-off and like a stranger. This is the 'Learning Plateau', a time

when you need to absorb what you have learned, a time to reflect and ground yourself. A time to strengthen your faith! A time when it seems your Spirit Guides step back and let you catch up.

They are ALWAYS there. They are just letting you absorb what you've learned for a while. There are many other reasons for the Dead Zone. It's possible there is a personal lesson for you from this feeling. A time to test your faith is a definite part of this lesson. Have faith that all is okay with you and your connection to Spirit. It's a strange feeling, but it will pass, so seek comfort from those around you. Those around you may have already been through it. But do tell them, especially if you are in a development group, it helps keep the balance of energy if you let them know what's going on. It should only last a few weeks and when you return you will be ready to move on to the next stage. Do not despair. Use this time to take a break, try not to bury yourself in psychic study but instead just be yourself, enjoy the beauty around you. Be prepared for this to happen a few times, it's necessary part of your growth. Most of all, have faith in yourself.

Patience. We have as long as we need for ourselves. Enjoy life and things will happen sooner than you think!

Keeping the above in mind, the "Dead Zone" can also be for another reason. This time of catch up for you is a relaxing time, however it can be a busy time for your Spirit Guides. This other option is that there are others in line with you to learn lessons. And we must wait for this person or people to learn *their* lessons in order for our lessons to continue. Everything happens with divine timing. Sometimes it takes others a little longer and although our guides and their guides are working profusely for our next lesson to commence, nothing can happen for us on our end till the others have come to the same point we are at in order to continue the next lesson. So in the time is wait for you, ponder on this thought and also take in all that you have learned. Be grateful. Keep living life and also learn to relax, let go and let God. And all will happen as it divinely is meant to happen.

Coming back from the Dead Zone

You can have what you truly desire, (i.e. psychic abilities, that perfect love). In fact, you are supposed to find what you truly desire and make it happen! Keep that thought, manifest it in your mind and it WILL happen. I've been testing this energy/manifesting theory out a lot lately and it works. It's true. The Universe hears our thoughts and feelings and even our fears and produces our thoughts. Thought REALLY IS thing. Like I wanted a friend to call, I put out energy (could almost even feel the energy put out there) and said in my head for my friend to call finally! And seconds later my friend did.

Now it's debatable whether I was just feeling the energy of my friend about to call, or if I helped them call me sooner than they were going to by putting the energy out myself, or both! But I've done this with many things! Like "Find me the right Lawyer", which I did over years ago and have found a better lawyer than the sleaze ball I had before, and other better examples that I can't think of now. BUT I know this: if you fear something--put negative energy into something--a negative outcome will happen. Put ANY energy into ANY thought, it WILL happen. So rid your fears or they WILL happen. It's happened to me and I've thought about past things that I have feared and only to have them come true. You really have to think positive for the positive to happen. Anyway, my point is that you can have those psychic abilities or that perfect love or whatever you desire. Although this energy thing is harder to change if what's in your course for life is some hardship. Like you've already decided before coming here to go through certain troubles to advance your soul, hence you already put energy into having troubles but for good reason, for your highest and best, good. Anyway, it doesn't change that our lesson is to realize we make happen what WILL happen. So you can change the bad to good! :)

Over Analyzing, a No-No ☺

Do not overanalyze your results. As I stated many times before, just accept it and pass it on. I have had too many experiences where I thought that one little thing I received was wrong (or even from a lingering reading I had just finished for someone else) and didn't relay that message. Only to find out later I was correct and would look silly if I stated (later) that I had indeed received that message.

Messages (usually visual messages) sometimes come in code. We must interpret these messages from the client's point of view - not ours – while utilizing our intuition to guide us to what the message may actually be. Here's the tricky part. Although the messages coming are for the Client and what you receive may be exactly pertinent to the Client, the way it is received by you is unique to how you will interpret the message (usually). Errors come into play when we are unable to disengage ourselves from our own prejudices and viewpoints. We need to step aside and just let the message come and relay it to the person as it comes. This requires a relaxed state of mind and strong confidence in our abilities. If this confidence is shaken or clouded, it begins to affect the session and could prevent the reader from using his or her abilities to their fullest extent.

Remember, if there is some minute question in your mind to the translation of a visual, just tell the Client/Sitter EXACTLY what you are seeing. 99% of the time you will relay exactly what you see and then give your psychic intuition a check for the interpretation and then relay that to the Sitter. Like for instance a "Duck" comes to view. Maybe you want to interpret it as a person who is seeing a 'quack', or could it be that this is their favorite animal. Could it be that this person owns a duck. You have to go with your intuition, but if this image is not relayed correctly or received, you may have to just say what you are receiving or always just put it in your message. Say "I am receiving a picture of a 'Duck', does this mean anything to you?" While you are saying that, just go further to say that this "to you" would mean such and such and see if that message makes sense for the "sitter". Usually they will have feedback right away regarding the message in question.

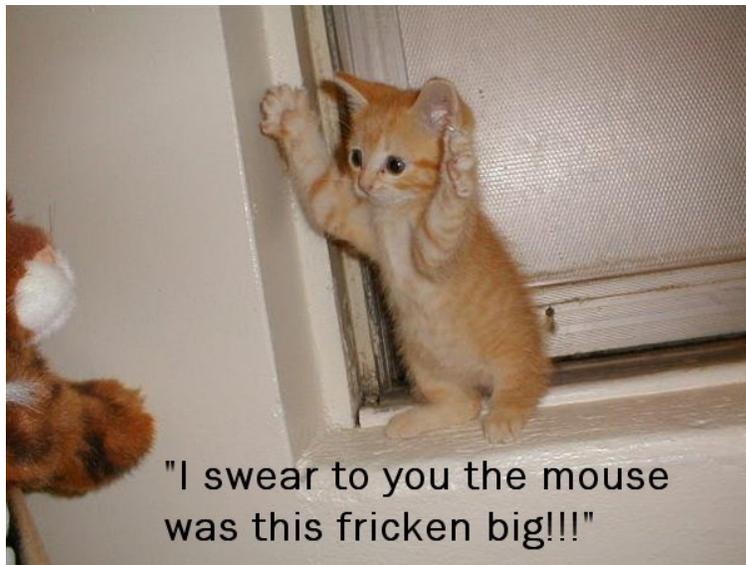
Proof your abilities are waking up...

I have heard sooo many stories from people who have told me how they predicted a plane crash, a car accident or some other major event. This sometimes causes great concern, understandably because these are often things we are unable to change. You cant just walk into the airport and say 'one of your planes is going crash'. Chances are they will think you are a little disturbed.

So why then do we have these big premonitions? Often our psychic sense has been giving us little reminders that it's there, small insignificant things, however we brush these off as being merely coincidence. So in an effort to get our attention, we see something larger, something more dramatic, this is our psychic awareness waking up and shouting "Look, I'm here! Take notice". It often works too! When you start to notice these premonitions you are in fact starting to discover your own psychic abilities. So, when you finally acknowledge that the ability is there, you will find the big events start to disappear, allowing you to concentrate on developing your skills in a more humble fashion. And of course you may be one of those people that always get the "big" premonitions as well. So that is a possibility, but don't worry on that. Just know you are getting messages that are correct and you can hone in on those abilities and really do something with them to help yourself to follow your path as well as MANY others!

There are more subtle ways to tell your abilities are there. For example, ever know when someone is going to call before you pick up the phone, no when and who is visiting before they knock on the door, "think" something will happen and then it does. These are just a few of the examples you will notice if you haven't already!

Exercises



"I swear to you the mouse was this fricken big!!!"

Contacting your Spirit Guide

Our expectations of how Spirit contacts us can often be too high. Spirit existence can best be described as thought energy. So it makes sense for them to contact us through our own thoughts. But how do you tell the difference? The thoughts will sound like your own, but they may also be of better clarity, more structured and eloquent in delivery. For me, one hint is if I ask a question and the answer comes before I've finished the question!

If you can still your mind, as with meditation for example, you may be able to detect these thoughts better. This is the same with detecting Spirit(s) speaking to you, as well as your Spirit Guides! Ask questions, and see what thoughts come to you. In time you can ask for guidance when you need it and usually the answers will be readily available to you. That is what they're here for.

We also have to be patient sometimes, a lesson in itself. Spirits/Universe will be working with you, but on their understanding not yours. They know things we do not, they know our ultimate goal and we probably will not at times. They often wait for us to remove doubts, blockages and other distractions that may undermine the very work they strive to teach.

If, through your meditation (or even dreams), you sense or see someone in the distance, this is often a new guide waiting to join you, waiting for you to be ready. This could be a guide who will stay with you for the next 40 years, one who (through your Psychic readings or Mediumship if you choose these paths) will teach not only you, but many people through you; a guide who has waited for you since you were first born. How wonderful is that! Would you wait and be patient for such a guide? This may not be the case for you, but it is an example of how to alter your thoughts, expectations and how to have patience. All things happen in their own time. Everything happens for a reason.

Psychometry – Homework

(Bring examples, questions and feedback next week)

Psychometry - Every living thing has an aura, or energy field surrounding it. Though auras are constantly changing and moving, stored within them is everything about that person, animal or plant, from the moment they were born to the present day - all they have experienced, thought and felt (past lives WILL come into play at times). It's all ready to be tapped into. Also important to remember is that an individual's energy can remain with everything it ever touches; it can even be captured in a photographic image. So to find out something about someone (even an animal) you can start by holding something belonging to the person; a piece of clothing, rug, photo (a collar or even a piece of hair). This is psychometry.

Try to have a pen and paper to write down everything that comes into your mind. Simply hold the item, be open and receptive, and see what happens. Be ready for a quick result. The longer you sit and ponder, the more your own thoughts will interfere. Just let it come and do NOT let thoughts or expectations interfere.

Do you immediately sense a feeling? A thought? Sense a smell? See something within your mind's eye? Write it down, even if it seems like nonsense. What you are doing is "tapping into" their energies which is FULL of information, and as you do that, you are connecting with the person too, and may well suddenly find yourself receiving a communication from them. They do not have to be present for telepathy to work!

Example of a (psychometry) reading [found online]

“I recently did this with someone in a workshop and gave them a photo of one of my own young cats. The poor man in question had been given a challenging task, though even I did not realize it at the time! He asked, "Do you really want me to write down everything that comes into my mind?" I told him, "Yes, even if it doesn't make sense to you, write it down." He duly did so, and with great embarrassment, handed me the piece of paper, rather than reading it out to the group.”

This is what he had written:

Feel sleepy but content. A car. Feel old. Happy. See a rat! Chocolate biscuits. Horses.

Feedback from Example

“Now on the face of it, little of this seemed relevant to the picture of a young playful cat. However, he was SO right. I immediately realized what had happened. My photos had been in an envelope on the front seat of my car and my dog, Kelly, had decided to hop onto the seat and lie on them for the entire journey to the workshop. So he was very accurate in his reading of Kelly's energy, which had been so freshly imprinted on the picture. She had "slept contentedly" for the entire car journey; she is well into her teens, so she is getting "old"; she is a very "happy" dog; and she does indeed spend much of her time (even as I am writing now) sitting staring at our "rat," who resides on the shelves surrounding my computer (a rat who is frequently fed "chocolate biscuits!"). She also spends a good couple of hours each day around our 'horses'.

Had this young man not been put off by what seemed to him to be very un-feline information, he would have eventually worked through Kelly's energy and started receiving information about the cat instead. It doesn't matter that he did not. His perceived failure actually proved to him that this stuff really does work! So just go with the flow and write whatever comes, then decipher it later. Go on and try it!”

Session 3

Awakening Your Psychic Abilities and Spiritual Awareness
with Maggie Anderson
www.SpiritualCompassConnection.com

PSYCHIC (ENERGY) VAMPIRES

Keeping in mind that you should ALWAYS surround yourself with the White Light of the Universe and ask for protection from your Spirit Guides and Angel--but even with this protection, you will run into your share of psychic/energy vampires. You already do and just don't know it.

There are many varieties and levels of psychic vampires. There are Human psychic vampires and other-worldly psychic vampires. What you need to know is when this is happening to you and how to protect yourself and others! A psychic vampire is a person/entity that will suck your energy right out of you, draining you of energy and will continue to do this if you continue to keep yourself at that low energy pattern. You need to break free from this and raise your protection and aura to keep these people/entities at bay. Many human psychic vampires don't even know that they are doing this to others. They are not aware of the negativity they give off and of the act of taking others energy for their benefit.

These psychic vampires can be very dangerous and this is a serious matter to take into consideration. They can suck the energy right out of you till you have no more to even live (if it gets that far). You need to learn to recognize the signs in order to protect yourself. I strongly suggest you take steps in order to protect yourself before something this serious comes into play. There are obvious traits in physical people that you can watch for, but then also realize the underlying feelings of your intuition when you can't see the obvious. The obvious are people that continuously live in negative emotions! Such as pessimism and denial, hate, envy, jealousy, rage, anger, resentment, or a person consumed with gloom, doubt, distrust, hopelessness and fear, as well as always perceiving the dark side of life! When these negative emotions are put out there, they are already draining your energy. You need to protect yourself from this. People with these negative emotions attract low level energies (like attracts like). These constant feelings of negativity will attract low level astral entities. They also play in the role of negative energy/thought causing negativity. This is a ripple effect. Anyone within reach will feel the ripple effects. You've got to get yourself out of harms way and protect yourself. Although like attracts like, darkness is also attracted to light. And when just beginning to opening your psychic abilities, you are more susceptible to energy vampires. Since you aren't in the constant practice of protecting yourself and in the "know" of such things.

How to know when this is happening to you:

1. You will get this certain uneasy/unsettling feeling. A negative feeling, a heavy feeling. Your higher vibrational self (intuition) is picking up on negative vibes. The higher your vibration elevates, the less susceptible you will be to these lower energy vampires and vibrations. You will be stronger.
2. Certain physical aspects will happen to your body:
 - a. You will get constant headaches when around a psychic vampire. (Person and/or place) and/or just chronic headaches
 - b. Feeling sick
 - c. Insomnia and other sleeping disorders
 - d. Feelings of fatigue (sleepiness) when around a certain person or place, as well as Chronic Fatigue.
 - e. Stomach upset and/or cramps
3. Low energy levels (James Van Praag notes that this will happen in the mornings, but I believe this happens at any time.)
4. Recurring nightmares and dreams of terror
5. An obsession about a certain person or thing
6. If you feel anxiety, pressure or drained around certain people and/or places. It's likely they are either the psychic vampire themselves or have one around them sucking their energy and anyone they come in contact with will be susceptible.
7. A nervous breakdown
8. Bad or repulsive odors around people or places
9. Sudden onset of depression or moodiness
10. Frequent accidents
11. Bizarre occurrences

Also these symptoms will be different for everyone. You may get one or a variety of the above, even all of the symptoms.

PROTECTION

My first thought is to remind everyone (I know you know teehee) that visualization is HUGE!!! Always visualize whatever you can to block what you don't want to receive and when you don't want to receive. And you asked about DURING this feeling, immediately visualize yourself in WHITE LIGHT, even a mirror encompassing that white light to make the person "see" what they are doing, even if it's just subconsciously, since half the psychic vampires out there don't know they are energy suckers. Focus away/elsewhere when energy becomes too much, or uncomfortable. Energy goes where attention flows, and energy can be either positive or negative, and so as we are learning about how to manage and live in this life with our empathy on and working It's sometimes best to turn away and not 'pay attention' (pay energy).

Energy Flow explanation from Anonymous

"How I manage is I let whatever is there/what I get/coming (good or bad) come, and basically it feels as if it 'flows through and/or around' me, and with that, I've learned to no longer try to identifying from where or whom they are from, or why, instead respond with 'love', 'peace' etc., as best I can. If feeling a bit overwhelmed, or unable at the time ... turn your attention to something else, that takes my energy connection away.

When the white light is within you ~ when you are merged with the white light ~ then the emotions that will be rippling out of you will be what you are feeling within that light, (which are peace, no fear, love in all it's forms including neutrality, and feeling 'unconcerned', safe and secure), which would be different than what you'd be feeling when having the light only 'around' you ... at that point you'd be feeling insecure, the need for protection, safety.

Energy goes where attention flows ... and when we are within the loving light/source/God Spirit , ... what ever we are doing from there, what ever is getting our 'attention' ... we are both getting the loving light/source energy, as well as giving that same energy to whom/what ever... And, when we are not coming from within this loving light/source, we are still both receiving and sending whatever we are feeling to whatever/whomever. Thus anyone thinking of us, etc., from not within the light ... we 'feel' (whether we are aware of our empathy connections or not ~ we feel this) ~ but it's not a concern and nothing to be afraid of, when we are feeling this energy from within the loving light, we understand it's someone radiating fear, or whatnot. And when we choose the choice to pray for those feeling unloving thoughts, that we empathically sense and pick up ... we move ourselves fully into this loving light, and from there we don't even think much about the whom or even the why ~ instead we simply are from love ... because we're feeling loved, and cared for, and comforted and those are the feelings that radiate out of us towards whomever we've empathically 'picked up on'. We do this, we move them, offer them the opportunity to join us, and move more fully into this same loving light/God/Spirit source themselves. If they are ready, they will ... and if not ~ they'll move away, until they are (ready). As we read, hear, and learn more about our interconnectedness with all things and people, and then begin to experience, know, and 'feel' this interconnectedness ... we experience this interconnectedness via our empathy with and for each other."

For Energy Suckers: Again definitely ask the Universe to also surround you and/or your subject in white light. Don't take from your own energy, just see them in the UNIVERSES white light. And also inform them yourself. Are they "aware" of your spiritual path and "into" this type of thing??? If so, you can talk openly and frankly with them, that their energy is sucking yours and you know they have some holes in their aura that they need to patch up, that their problems are causing them to also be energy suckers to compensate for the negativity they put up with. They need to either rectify their situation or get out of it, or put up with it and stop seeing it as a problem. Three options, change, put up with it and stop feeling so negative towards the problem (hence changing their own way of seeing the situation), or get out of the situation altogether. As for you, if they continue to make you feel that way, you have to do what you can to steer clear of them. Although yes, they are good people, you can't keep letting them suck your energy like that. That's not good at all. I get the SAME EXACT way when I am in group meetings, as well as being around one person who is also in those same group meetings. It starts out good, then by the end of the meeting I have lost all my energy and need to RUN from the room or take a couple breaks, etc. Negative people that come off nice enough, but deep down are holding on to sooo much negativity that they are also putting it on others and trying to suck their energy. You need to talk briefly to them, then "get out" as fast as you can. That's the only thing you can do outside of sending them love and protecting yourself (more on this on the next page), till they rectify their issues. But definitely surround yourself in white light while around them and anyone like them, and block yourself from their negativity.

How to protect yourself:

By raising your vibration, you are becoming immune to lower vibrational energies and entities.

1. ALWAYS listen to your intuition. If you feel uneasy, there is a reason. Even if you can't see it, smell it, or taste it, it really is there. Pay attention to the signs.
2. Ask the Universe to surround the White Light around you at all times. Continuously ask this and visualize this as often as you can. A good visualization is picturing a bubble completely surrounding you and encompassing you with the White Light of the Universe. Ask your Spirit Guides and Angels to also protect and shield you.
3. I've heard that a physically fit body is also a spiritually fit person. Although being physically fit only plays one aspect in becoming spiritual fit, this helps with your aura and energies that surround you. Exercise regularly (even if it's a walk a few days a week). Eat right. This also includes sleeping right. Get enough sleep. :)
4. Stay positive. The positive will come back. If you are positive, you will attract positive and light towards you. So love yourself completely. A good attitude towards yourself and others. This positive influence can only generate more positive energy. :)
5. Remember you control your emotions. When you feel a negative emotion coming on. Realize it. Become totally aware of it. Then get rid of it. Choose to be happy. Smile, even if forced at first. Feel the silliness in this action. Say something that makes you laugh. Think of something that really made you happy, keep that thought in mind. Think of a person that makes you feel good. Continue to do this whenever ANY negative emotion comes in. Then you will not be inviting negative energies to come your way. You will be learning from the negative emotions and then they will dissipate before your very eyes. Stay positive! ☺
6. Try to steer clear of obvious places that attract negativity.
7. This is the same with people. Avoid people that are obviously often complainers, gloomy, angry and fearful people. They are sponges waiting to suck your energy.
8. Get outside. James Van Praag states in his book to spend more time outdoors, that "this has an enormous positive effect on your electromagnetic energy field."
9. Fung Shui!!! ☺ This is the art of placing things in a good form in your home and/or office. By keeping a neat environment on top of this, you will feel better and there will be no physical dirt in your environment attracting psychic garbage to you.
10. Oh I love this one. Laugh. Laughter has been known to heal physical ailments in many! Did you hear about the guy who was diagnosed with Cancer. He shut himself in his room for a week straight watching literally a marathon of old comedy shows he enjoyed (I think it was either the Honeymooners or Three Stooges), to only rid himself of any Cancer in his body whatsoever. So laugh, enjoy life! Live! :)
11. Connect with Nature as often as possible. The city has a general lower vibration, whereas Nature has a high vibration. Go to the ocean, lake, creek or the mountains for a great connection and rejuvenating experience.
12. Be in the NOW with your thoughts. Always assuring yourself that they are of Positive, Love and Light. You attract what you put out, so put out only happy thoughts! ☺
13. And remember to meditate. Meditating will help you become stronger in spirit and closer to the Universe. :)

Please also see my [Protection Page](#) for a variety of ways to generally protect yourself. :)

I received some of the above points on knowing when you are in contact with a psychic vampire from Echo Bodines book "A Still Small Voice" as well as James Van Praag's "Heaven and Earth: Making the psychic connection" and also from the many other books I have read as well as from my own experiences.

Smudging & Incense Protection

Smudging:

When you feel the need to cleanse your home of negativities (emotions lingering from past arguments and/or upset, etc.), smudging is the most common and most highly recommended process. There are many reasons to smudge and I can't think of one not to smudge. There is no adverse affects. Simply said Sage rids your house of negativity. So get yourself some Sage. White Sage is said to be the best, but any Sage is effective. You can Sage yourself, your home, your car, any object for that matter and so much more. Some say they Sage their home as regularly as they do their weekly or bi-weekly cleaning of their home. And others say monthly is a good practice. Do what feels right for you. When Saging your home be sure to focus strongly on Door Frames: Front *and* Back door! Go through EACH room, and focus strongly in every corner and windows. If you can (if you own the place), try to also smudge outside the home, on the grounds and by windows and doors. When you start, say the following excerpt 3 times. Also say the following saying again 3 times at each Door you have in your home:

"I call on the spirits of the North, South, East and West. Please come forth. Banish any and all negativity surrounding ((Me, my son, my job, my house, etc.--this is in parenthesis because this is where you will use your own words of what you would like cleansed of all negativity))). I know not who, I know not their name, please send it back from Whence it came. Thank you!" Three TIMES.

Incense Protection:

If you're in a REAL need for ridding negativities around you, this is highly recommended. A nice cleansing Louise passed on to me! ☺ Burn 3 Sandlewood Incense sticks once a day for 7 days. (If you still feel the need after the 7 days are up, burn 3 sticks once a week following.) Each day when you light the incense, say the following saying 3 times:

*"As this incense burns away,
All my enemies power fades today.
No longer causing me alarm,
Nevermore able me to harm,
Immune to all forever me,
And as my will, so mote it be!"*

Tapping In

Psychic Awareness & Becoming Open

Becoming more aware of your abilities. As you become more aware, what you are doing is becoming sensitive to the different energy fields around you and others, and once you do this you have to interpret the energies through much practice and diligence.

The main thing that I always tell others is that you need to meditate. Although this word brings along a lot of stereotypical meanings, it is not exactly as you have most likely heard. This is just simply sitting quiet with yourself to look inward. There are MANY MANY MANY methods to meditating. We will talk about a few methods more later as well.

When you're in your sleeping state, you are more open to messages from other spirits, your spirit guides and the universe. The in between falling asleep and being awake state is called the Alpha state we reach in meditation. Not only does meditating help you with the openness of receiving messages, you can also attune better to your intuition during meditation and throughout your normal daily life completely awake to receive messages and guidance about your everyday questions, etc. (And for me, helps with feeling more at peace.) For me, when I FIRST started to try to meditate, I just sat quietly. I used candles at first (but then the flickering bugged me and went to total darkness if I could), and incense as well as music (no words! don't want distractions). Not sure how quiet or loud your house and surroundings are, so music may or may not be needed, and you just go with what you feel will help you completely relax without falling asleep! Some prefer meditating with a sound machine, that does ocean sounds and rain sounds, etc. It's entirely up to your preference at that time.

Now for many, it's extremely difficult to NOT have a thought in your head during meditation. So DO NOT worry about that. I meditate with tons of thoughts going through my head. Eventually, (as long as you aren't worried about it) you will just get a thought (even if it's worrisome and/or tedious) just push it away. I used to make a hand motion for the effect, saying go away in my head. Then another thought may come in, keep pushing them away. A Buddha master gave me another idea when thinking seems more troublesome when meditating: He said as you breath in say "Clear Mind" and when you breath out say "Don't Know Don't Know Don't Know". I've changed the chant a bit to my liking and say "Don't think. Just Be." Whatever works best for you.

MEDITATION

Say your invocation. Surround the white light around you for protection before you start this process. Just picture a beautiful white light from within grow and grow totally encompassing you and your aura. Like a huge bubble or a cocoon; the white light totally enveloping you.

Breathe deeply at first, in through the nose, out through the mouth. Positive IN, negative OUT. Just relax and breathe. If you're sitting up (something I tend to HAVE to do so I don't fall asleep) just picture and FEEL your body relaxing, from every body part, foot to head. Slowly relaxing. Slowly but surely getting into that meditative "state", otherwise called the Alpha State. You are in a neutral place, where there should be no attachment to emotions, people, places or things. It's important to get into this meditative state to receive a truly neutral message, although it will be hard to remain neutral for questions that do pertain to you or someone close to you, but with time you can do it.

A waking thought may come in, just say "go away"...breath. Then your breathing will be short, natural and hardly noticeable. If you can half sit (like leaning on a bedpost or wall with a pillow comfortably), half lay down, that's a good position. Now some people, including me, like to have a visualization for meditation (like a guided meditation). This can help in the beginning. But may hinder you as you go along. You want to be able to receive messages. But there is an awesome visualization Sylvia Browne talks about on one of her tapes, about meeting your spirit guides. Now this place she describes, you can meet your guides there or ask to see if you can meet someone else, anyone. What happens there is **real**. It's not your imagination. Come up with another place if you like. ☺ Make it your own place. Sometimes the person you want to be there will not come, or will not come right away. Give it time and talk to whomever does actually show up to talk with you. This may seem almost like your imagination, but it is not, it's real. What happens in this place is real. The more you do this, the more real it becomes. The focus becomes clearer, you

can see and hear more and receive longer clearer messages from your spirit guides and/or other entities that come into the picture.

Lately, for me I will sit quietly with or without music hopefully in the dark, half laying down, while getting into that State (after the breathing and relaxing) and I will be able to receive visions (clairvoyance), messages (sometimes clairaudience but rare for me). Clairaudience is clear-hearing. You hear with your "mind's" ears. See what happens.

If you get out of practice, don't worry about it. Worrying will only hinder your growth in meditation. This will take away the whole point of meditating. So just get back into meditating when you can. But once starting back again with it, it's like starting all over (for some). You have to get back into that "state" again. But at first, don't worry if you can't get there just yet. You will meditate and nothing spectacular may happen, no visions, no sparks. Just work back at filtering out your thoughts. Once you get back into a regular schedule or at least do it more often you can finally filter your thoughts out. Then you will get better with your intuition and your goals on strengthening your abilities. But worrying about meditating and making contact right away is not going to help you get there faster, it will hinder you.

Meditation is the discipline of clearing the mind to explore your inner self. In the meditative state, one has almost completely shutout the outside world and is recovering sensory input from your subconscious. What you accomplish is not only a way to self-mastery, but are open to all sorts of other things like psychic impressions. Those who meditate regularly, experience higher energy levels, lower blood pressure and reduced stress. Learning this is healthy all around. A focused mind can accomplish tasks more efficiently, because this state causes your mind to work better.

During meditation, your brain activity levels (BAL) decrease from beta (everyday; wide awake) to alpha (asleep; drowsy or relaxed). So, the trick is to get yourself there. There are many methods and I'll list some here, step-by-step. All are meant to be used with some personal task, for example to ease stress or expand your awareness. If you are attempting a psychic exercise, than simply try from the point at which the meditation ends.

METHODS FOR MEDITATION

Relaxation

Start by getting comfortable (as talked about above). Close your eyes and clear your mind (deep breath, exhale slowly)...don't try, just stop thinking; as you let go of your thoughts and concerns, feel yourself sinking deep into emptiness. Your breathing should be steady.

Feel your body melt and your mind float freely. This process should be slow and take no more than 10 minutes to feel the full effect.

Visualization

This should be used with the above method.

Take yourself to the quiet emptiness. Feel as comfortable there as you can (this will come naturally). When you are ready, feel yourself in a calm semi-natural place, deep under the Ocean, perhaps. Feel the gentle current carry you...look up and see the light fading in and out. Hear the rushing vibrations of the tide...(from here you should allow your mind to take you wherever, just allowing yourself to be aware of it).

Music

We all do this at some point in the day: a tune in our heads, or listening to that CD before bed. Music is like a "guided" meditation; the sounds carry you, while your mind focuses inward. The music should not be hard (rap, rock or the radio), but steady. New Age, Classical, Trance/Techno and natural sounds seem to be best; nothing that provokes negative emotions or sadness. Vocal music is commonly advised against. While listening, try to focus on specific sounds, for example the just the bass. Try to imagine it as the only actual part of the song. Allow it to turn your concentration to the colorful images that may be seen and felt.

Methods for Receiving Psychic Impressions Visually

Images - When seeing images and/or visions you need to learn what they mean to you and to the person they are for. To start, you need to start with an image of something. Get a piece of paper and pen.

Let's say a Butterfly in a field, for example. See this butterfly in a field. What does it represent to you? What do you feel? What else do you see as a definition for this image? Write all this down. This can mean something COMPLETELY different to you than it does to me. Did you think that a Butterfly in a field meant Freedom? Or Peace and Tranquility? Or both? More often than not seeing a butterfly may mean "Transformation". Also, when focusing on a direct question and you receive an image like this, it could mean something completely different during one reading based on the persons' question than another reading and a totally separate question.

But let's say a man asks for a reading and is wondering if he and his girlfriend will last? You get an image of a butterfly in a field. Someone might say, "Well it seems that she is quite beautiful as a person, but is a flight case and will be using her wings to fly away soon, a free spirit, etc." Another's' interpretation may be, "She brings peace and tranquility to you, she makes you feel free." And yet again, the person being read might have a specific special meaning to the vision, so usually you must explain the vision in detail exactly as seen, and the person may say, "Oh my goodness, we were just at the park last weekend and we were in a remote area. Then this beautiful butterfly comes out of nowhere. It was a moment we cherished together." So this vision was more factual in this example. So sometimes it really is hard to tell. :) Images can be literal or they have a message behind them and usually it's both. You need to go by your intuition for everything. :)

After the butterfly exercise is over, move on to another image. Go over this with a partner and/or a group if you can. That way you get a variety of different people's views on these images as well. In the end the practice will have paid off, but again every reading is unique and you will receive unique messages often. Just having the belief in yourself that you are receiving messages from Spirit and knowing that you are relaying the message correctly is very important. Don't doubt!

For some people, they think seeing an image is difficult. But it's not nearly as complicated as some make it out to be. For most it will just happen. Here is one excellent way to explain it. Have you ever imagined something, either fantasy or memory? That is how most of us actually SEE "Visions". Picture your wedding day, or a bad moment where you told someone off or wanted to, or fantasized about finally meeting that special someone... It's all viewed through your Third Eye.

So maybe right now they have no focal point. You may be getting 'things' but you don't know who it is meant for. It is sporadic trying to prove to you that you really do have this ability and it is something you can expand on and use to help people in the future. As you meditate and practice on these visions (and other abilities) you can perfect them and know who the outcome is meant for.

Now, what you need to do is practice on actual people, to have that focal point. For the people you practice on be sure to protect yourself first and make sure your angels and spirit guides are there to make sure all negativity is not received by you and sent back from 'whence it came'. Surround yourself in white light (a quick visualization). And then focus on one person at a time, what you get will be for them. You can do this for yourself as well; to get to know who your guides are and what the universe wants you to know about yourself, etc.

Tapping In Tips to Know

Often when you begin, the pictures you will see are often very trivial. Try to find someone who can be patient and understanding and who will allow you to practice on them. Take your time, its no use in trying to force the information to come through. Above all else, accept the fact that you are going to be wrong from time to time, the human mind has a habit of filling in the blanks when psychic intuition is not forthcoming. Also, perhaps a little confusingly, some of the information that may come through can have no bearing at the time, but only come to light a few days later (whether futuristic in nature or the person just not remembering, at the time, some call this "Psychic Amnesia".)

Something that helps you know the difference between clairvoyants and intuitives. Intuitives will sometimes utilize tools (I.e. Tarot card) to get the info for you reading the symbols, but some clairvoyants also use these divinatory tools just as a method to "glaze" over and receive messages clairvoyantly. :) It's that staring off into space that gives you a hint. They really aren't seeing the symbols in the cards or runes or tea leaves, but actually going within to retrieve the messages for you!

Tapping In Tips: Delve Deeper

One important thing, if you do see a picture or get a feeling about something - pursue it. It's amazing how many people become satisfied with just a little bit of information when there is usually more to be had.

A good example for me was when I focused on my friend (being within her energies is a way to think of it) I would get names associated with her, sometimes meaningful, sometimes just a recognition that what I am doing is real. So I would focus on her and got her old friends name "Lonnie" and though she was my friend I NEVER knew this person or their association to her. It being a not-so-common name tells me it is for proof of how real this is. This is for my proof and then in the future I will know how accurate I truly am, to be confident and believe I have the ability to help others with this! This is usually a confirmation to the Sitter/Client (and/or you) that you are true, honest and this psychic "stuff" is real!

But, again, it's possible to pursue these images, ask with your mind to know more about what you are seeing. As for the above example I could ask "who is this Lonnie to the Sitter?", etc. It's great when you get it right! Try to remember what it felt like as the vision came into your mind, and try to recapture the feeling next time. Maybe there is more to be said about the Vision, feeling, etc. Maybe more "info" will present itself to you if you continue to be open and focus on getting more... Ask for help and ask questions if nothing comes after a time. See if your questions are answered with images, feelings, intuitions, etc.

Visualization Exercises and Helpful Hints

Visualization techniques are wonderful. The word imagination is a debatable word, especially in the Spiritual world. What we imagine truly is real and our energies go into what we imagine. Keeping that in mind, our "imagination" is on the same side of the brain (left) as our psychic abilities. So it makes sense that when you tap into your "imagination" that you are more easily tapped into your psychic senses.

1. Now, try pausing before you do something. For example, when the phone rings pause a few moments before answering. Do you know who it is? Try it when someone knocks at your front door. Try it at work, can you tell when someone is happy, sad or pre-occupied with other things on their mind? Try to become universally aware, let your mind and body become an antenna to psychic information that flows through you and around you.
2. Place yourself in a room (sometimes called a Screening room). You can decorate it as you like or Keep It Super Simple (K.I.S.S.), whatever works best for you. Then see the person you are trying to read in the room with you. Imagine walking into their energy field (Aura). See what it holds. Just wait for it to come and it will. You can do this same exercise utilizing a bubble instead. Where you and the sitter are surrounded by White Light in the bubble together, then 'read'. Or just you two in air as protective clouds white or completely dark. The way you see it is up to you. Whatever is easiest and best for you is what will work. You can even meet the person on a deserted beach or Mountains, somewhere that gives you a "Protected" feel. Try it out.
3. When using Vision Exercises or Psychometry, close your eyes for a while, relax as if you are taking a step back from the world, and create a space for the pictures to arrive. You must find a technique that works for you. You are looking for brief pictures that seem to arrive all by themselves. Things that you were not thinking about, if you manage to get this far, you are making good progress.

Visual and Extra Sensory Perception Exercises

1. Tire-Clock - With a piece of chalk, mark the 12:00 position on a tire of your car. When you arrive at your destination, before looking at the chalk mark, try to guess which "time" position the chalk mark ended up.
2. Each day, guess what mail will be in your mailbox. Guess the number of total items, then break them down to advertisements, personal letters, bills, etc. Don't worry about being right or wrong...don't attach that much importance to the exercise. Simply ask yourself, "What mail do I have here today?" Try not to second-guess yourself or to analyze your answers. When you have an answer, ask yourself, "Does this feel RIGHT?" "Is this true?" Hear the answer from within.
3. While standing in front of a bank of elevators, try to guess which one will come first. Or, try this: with the palm of your hand, aim it at each elevator and see if you can "feel" which one is different from the others (i.e., it's moving towards your floor at a different speed).

Clairsentience/Clairaugonance/Clairaudience Exercises

Blindfold yourself. Set up some sounds to listen to, some scents to smell, some objects to feel, etc. A bell, an orange, lavender, coins in a jar, feathers, cloths for touch, cotton balls, etc. It might be easier and more effective if you have someone there when you blindfold yourself. Have those items in front of you. Have your partner randomly decide which item she will use and have you feel/sense/touch what she chooses. She may ring the bell and you hear it yourself, knowing what it is and just hearing the full effect of the noise, etc. Then also do this blindfold effect when you're alone, listen to things you wouldn't normally hear when you are using your eyes for most things. The birds in the distance, the cricket, the boat horn far off. You can also do this with practicing feel/touch, like feeling the sun on your skin, the heat, etc. So many things! :)

Keep practicing getting into that deep state during meditation. We can so much more easily do while falling asleep. And even in that transition of falling asleep, ask your spirit guide before hand to try and give you a message through her "voice" and see if you can keep your conscious mind somewhat aware of what's going on, although still staying neutral and letting things flow as much as you can. And you will also receive messages in your dreams, even if this doesn't work right away and keep practicing. :)

DETACH and FLUSHING

Always disconnect after every reading!

Disconnecting after a Reading

We have the ability to detach ourselves from clients energies. Different people have different problems, and before a person leaves, we have to attempt to make them see the solution to these problems by giving them their options as to the outcome. Most of all, we have to make them take their problems with them. We are human with our own problems and hang-ups. Of course we do begin the reading surrounding ourselves with White Light and an Invocation (possible Grounding if needed). But we need to make sure we don't drag the Sitter's energies with us into other readings and for our own protection too! Keep in mind that there are some that automatically detach after a reading is completed. You may not need to use this technique, but as a beginner this is strongly recommended.

Always use a "flushing"/Detaching technique after EVERY reading, even if they are back-to-back. Here are a few fast techniques when in a rush:

1. Imagine a Toilet flushing. For me, I imagine all of the "gook" I receive from the reading spilling out of my third eye (or wherever is comfortable) and spill it ALL out into the toilet and FLUSH. See it all go out. If you feel the need, you CAN expand the size of the toilet. If you took on too much, this is possible. Just see it expanding and getting larger, and flush away. This is my favorite. ☺
2. Picture a Telephone hanging up and breaking the connection with the person.
3. See them walk out of a "screening room" (if you use this for readings) and shut the door behind them, breaking the connection. Sometimes I use ALL THREE of these for one reading. You never know!

There are MANY other ways you can disconnect. Use what feels right to you. You may find a way you like better than these. Do what feels right to you. That will be the best way!

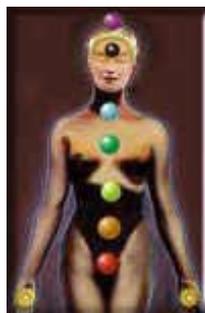
MORE DISCONNECTING

Since disconnecting is so very important as you become more and more receptive/open to other people's psychic garbage, I have also included two more much stronger ways of disconnecting:

1. In Reiki, we disconnect by putting your right hand on your left shoulder and wiping down diagonally to the right hip, then the left hand goes on the right shoulder and then wipe down to the left hip, and then once more on the left shoulder. After this do this whole thing starting with the left hand on the right shoulder wiping down to the left, the hand on the left shoulder and wiping toward the right, then the left hand on the right shoulder again and wiping down to the left. After you wipe down your body you do the same alternating and wipe down the arms. While you do this, focus your intent on disconnecting from others.

As you become more open, this becomes more critical...your sensitivity is increased.

2. Also, another visualization is to focus on closing your Chakras down to about the size of a half dollar before bed. Especially if the first disconnecting isn't working completely for you. Just see them (colors and all) big at first, then slowly dimming and shrinking to the size of a half dollar within your body.



Session 4

Awakening Your Psychic Abilities and Spiritual Awareness
with Maggie Anderson
www.SpiritualCompassConnection.com

Dreams

Dreams have meaning in all of our lives. Whether it's a symbolic meaning or literal. Mostly it's a symbolic release of your daily/weekly/monthly/yearly life. Not all dreams are just a symbolic release, the majority of them have actual messages hidden within for you to interpret. You can learn from these symbolic references in your dreams. Let's say you have a dream, and it keeps repeating itself. Whatever the dream is trying to tell you, you are not listening to and are continuing to do the same thing or continuing to not do something. Your dream is trying to tell you to do something about it, or not do what you're doing. Depending on the circumstances. Once you figure out what it means and do something about it, it will stop. If not, it can repeat itself for years. Maybe not every day during those years. But it will keep coming back. Also, keep in mind that certain people will have the same dream (with some shifts and differences) even if you've figured out what it meant the first time. It may show up for you for *different* but *like* circumstances, that you will have to deal with in an almost *like* way as you have done before. Every dream has a different meaning for your own individual circumstances. You are your best interpreter in the end. Though others can help you with things you may not be *seeing* and then you can take heed to their advice and decide what it FULLY means to you.

Also, keep in mind that Dreams will even come to us relating to our lives as they are right now. They will give us symbology through things we have recently thought about or watched on TV to help us relate and remember the dream, but we need to look at the actual symbology of the dream.

An example is that I was watching a couple movies about airplanes at high altitudes for some reason. Then last night I dreamt that I was on an airplane that was reaching a high altitude, so high that "they" couldn't touch me. They represented negativity and by getting higher I was washed of all negativity (and bad things in my life) and then I proceeded to jump from the airplane and go down to earth. So I am inclined to believe that this is telling me to reach my highest vibrational level, and at that "rate" of vibrating the negative forces will not reach me as easily, I will be protected and can be down on earth around negativity and still be protected at that higher vibrational rate. This was an inkling that came to me right after I woke up from the dream. It makes perfect sense too! Also it could be telling me that I *have* reached a good vibrational level with my practices and am, yet again, protected from certain negativities! :) So get that rate up. And I hope this was a good example of how dreams will try to help you with your current situation by giving you something "they" think you'll relate to easily. :)

Make dreams work *for* you: Before going to sleep at night, think of a question. Something you would like an answer about. Ask God (or your higher power) and your guides to send you a dream answering this question. Ask them to make it 100% clear for you to understand and to help you completely remember upon waking! If you don't remember the dream(s) when you wake up, keep trying every night with the same question till you remember. Also, in order to remember it will help if you are getting a full nights rest and not broken up or shortened...at least 6-8 hours of sleep is sufficient.

Lucid dreaming: This is where you are consciously awake but still in the dream-like state. You are lucid. Something I've noticed with Lucid dreaming is that although you can manipulate your dreams when lucid and do something you probably wouldn't have while in the dream state, I recommend against this. The dream happens for a reason, from your guides or angels or God wanting to get a message across to you. If you change the course of events, then you will not get the full message intended for you. The advantage of being lucid is that you will definitely remember the dream. Or you can try to talk with your guides during the dream. Experiment. But always keep yourself protecting with white light and remember to say your invocation prior to falling asleep. This protects you throughout the night.

Keep a nice dream journal next to your bed, or run to the computer. When you wake up, don't go back to sleep. Lay there and ask yourself what you dreamed just now. Once you remember, start writing like mad!

Manifesting

Manifesting what we truly desire is as simple as being what we truly desire. Simple right? We must truly think, feel, act and truly BE what we desire. We put out there to the Universe what we want whether we know it or not.

Ideas

The saying “Use the Force Luke” is one of my favorites. It’s almost an internal chant for me. Because in Star Wars he learns to use HIS force to create and be more than he ever thought possible. This is also true in LIFE! Just as Yoda taught Luke, we CAN be, if we only believe. We *all* have a force within us. We *all* are part of the Collective/the One that is/God. And we can and do tap into this daily. We can not only help ourselves in consciously manifesting GOOD into our lives, but also the collective consciousness.

I’ve, also, included some great articles in this section from <http://practicalmagiccoach.com>. These are great to hear more from an outside source on manifesting and he offers a great perspective on inner growth and evolving.

How this ties into psychic development?

In practicing manifesting, you will practice manifesting great abilities. You must put forth the energy and the desire to bring out the abilities that may have lain dormant. Since you’re here in this class, you have already started manifesting your abilities. You will be exposed to so many different variations of energies that (as we discussed last week) protection is crucial. But also these energies you are becoming more aware of can affect you and your future. Just as you manifest, others manifest for their own purposes aware or unaware. For you to consciously manifest good into your life, you are a step ahead.

Tools

You can start by practicing a daily meditation. In this meditation you are focusing solely on yourself... *your* goals...your soul. For purposes of psychic development and manifesting your abilities into being: Start by getting into your calm alpha state in meditation. Then visualize yourself with all of the abilities you could ever want or desire to have. Because in thinking it and seeing it, you *are* being what you desire. See yourself giving 100% accurate psychic readings, see your clairvoyant, clairaudient, clairsentient, and/or healing abilities at the fullest capacity and take it one step farther. Most importantly start to FEEL those energies flowing out as you visualize what you desire. BE a part of the manifesting you *are* creating during this meditation. Do this daily and as often as you like. Stick with it and see your abilities grow. The benefit of a manifesting meditation and having the goal of psychic development is that you are killing two birds with one stone. You are meditating, which is key to psychic development. You are opening up to your guides, angels and Beyond. You are IN your “God-self”. As you do this, you will also receive messages. See what they have to say about you!

Questions & Answer

(Questions asked of me in the past)

In clairvoyance, do you have to have your eyes open or closed?

Well that is up to the individual and as well as how well practiced they become too. For me mostly I start out with my eyes closed and over time I have been able to still focus and get "images" with my eyes open. But still mostly with my eyes closed, it keeps the clutter out and you can focus. And there are other methods with your eyes open. Like staring at a Snowed TV Screen to zone out and 'receive'. Or staring into a bowl of water to 'receive' images. This is where the crystal ball comes into play. It's always been a divinatory tool that gets laughed at, but really it helps in focusing on "nothing" while the person is sitting in front of you. Let alone talking about the actual crystal and its aiding powers to help the psychic 'receive'.

Well with my eyes close I thought I saw a group of people huddled above me looking down at me but when I opened my eyes it went away...?

Yes, they usually come and go fast, and sometimes the same image will come back. This could be a symbolic image of your Spirit Guides letting you know they are here and here to help, as well as guide you. They work together for your goals in this life but you also have to interpret it too with how right it feels to you. Keeping in mind if you were focusing on a particular person...or just yourself.

I suggest you write the images down as you get them, or right after your meditations. In time the meanings can become clear to you. It's possible these were your Guides letting you know that you need more work to get contact with whatever it is you may have been focusing on, like just more meditating on receiving images and who knows could be sooner than you think, and if it actually does mean something to a deceased person you know, then ask someone who knows him to be sure.

To do clairvoyance do you do it before meditation after meditation or during meditation?

All of the above. It's not just about clairvoyance, it's about intuition and opening yourself up to the Universe, it's about opening up completely to everything. When you meditate you are more open to receive messages, but a lot of the times messages will come after meditation as well and they DO come before meditation as well, though we may or may not hear them sometimes. The more you practice at being open, the more you will hear of the messages the Universe has to offer. Images can come to you even when you don't expect it, and sometimes especially when you don't expect it. be open to receive anything and ANYTHING truly IS possible. You could get things empathically, or hear things psychically or sense them, so many areas to explore.

If you could do clairvoyance and clairaudience, couldn't you see visions and hear that vision at the same time???

Yes and No, but not necessarily. Sometimes you see and sometimes you hear, and sometimes they are both together, it's all up to your level and also what the Universe decides to "show" you and how.

How do you get the universe to show you visions?

Well they just 'come'. We are all one with the Universe, and you can either 'let it come' and see what WILL come, and/or both ask for the visions or whatever else you would like. Ask and you will receive, when you are ready or even right away. Set the Intention and it can come. When I meditate and/or give a reading I ask for whatever messages the person is supposed to hear/know, to come to me as clearly as possible, etc. This is for readings and for myself, when I have questions for myself and my life. Also keep in mind that

some people won't receive visions, or at least right away. You may receive messages in the form of sensing, hearing or feeling. All are possible ways to receive.

When I go to meditate do I now look for my Spirit Guide?

It's up to you if you would like to speak with them. You do not need to every time you meditate unless you want to. He/she will keep you safe and help you to grow! Sometimes they will appear to you without a request from you. Usually when they feel it's necessary.

They try to lead us to do what's right, don't they?

Yes... they will never make a decision for you... but will guide you

How does constant meditation prepare you for other things?

All ESP skills come with growth

How long should I meditate per day?

10 min a day to start, then let it grow from there. Or whatever you feel is best.

How intense should the meditation be?

Only as intense ... or as long as you feel comfortable with. It entirely up to you! 😊

Do you know how I can develop more patience?

With meditation. Don't be in a big hurry... you want quality and truth

When I try to meditate, monsters come into view. What does that mean?

You need to lift your vibrations. Nothing below you can harm you

Meditation will lift our vibrations automatically?

yes... breathing a few deep cleansing breaths will too...

How do I know if I can talk to others around me or not? I want to be able to talk with friend about this?

In talking with others about this, you will need to exercise a bit of caution. You can use your intuition to tell you if it 'feels' right to talk to certain people or not. But some just won't go for it. Definitely ask the Universe to also surround you (and/or the person you are thinking of talking with) in white light. Don't take from your own energy when asking for White Light to go to someone else, just see them in the UNIVERSES white light.

Are they "aware" of your spiritual path and are possibly also "into" this type of thing??? If so, you can talk openly and frankly with them for the most part. If they are your truest friends, they will come from a place of respect regarding your path, even if they disagree. Same with those that are not of this particular path, you will treat them with respect and as you do is how it should be returned to you.

A discussion that happened on the Seeker Circle message board: A girl was saying that she couldn't talk to anyone about this psychic stuff. She was uncomfortable bringing it up with anyone, etc. I responded to her thought, "Yes, maybe right now talking about this with certain people may cause friction, but there may be a couple people out there you can talk with. Keep your eyes and ears open and feel people out, you can find a few close friends who you can share this with. Put the energy out there in the Universe that you are looking for someone to confide in and someone to understand and learn along with you. Good luck, you will do wonderfully. 'When the Student is ready, the Teacher will appear.'"

About how long would someone do meditation before they develop any reasonable skill?

All ESP development is simple. People make it hard :) It depends on each person. Let it happen, be true to yourself.

What if I receive messages in a way I am not ready for?

It's all up to your comfort zone. You do not have to receive "strong" messages, if more subtle messages are coming across clear enough for you to relay the message. Sometimes certain spirits will come through stronger than others because of their personality and their own energies being more advanced or not. Also, if you receive things a certain way that you are not comfortable with, ask your guides and the Universe to not do that to you. You do not have to be scared of it. They will not do anything you do not want to happen. You work together in this. You are just the "medium" for the person relaying what 'comes' to you.

Your guides will help you in evolving your skills. Also you can get online help (like now), as well as ask the Universe for a "teacher" and when you are ready a teacher will be provided. Whatever you are comfortable with will happen. So no worries.

One last thing, :) the Universe provides only that which you are ready for. So whether you know it on the surface or not, you are ready. Now it's the 'accepting it' that can get in the way. :) Don't let it get in the way. :) Be who you are and accept what is brought to you, it will help aid you in relaying messages to others and yourself. Again, be true to you! :)

Meditation Q&A

You have to decide if it's real to you: "To Thine own self be true"

When I go to meditate, do I now look my Spirit Guide?

Yes and no. It's up to you if you would like to speak with them. You do not need to connect with them every time you meditate unless you feel you need or want to. He/She will keep you safe and help you grow!

They try to lead us to do what's right, don't they?

Yes...they will never make a decision for you...but will guide you

How does constant meditation prepare you for other things?

All psychic abilities come with practice and growth. This not only aids you in opening up psychically, but spiritually as well. Added benefits are having a clearer mind during your daily activities, peace of mind, lower stress levels, etc.

How long should I meditate per day?

10 minutes a day is a good starting amount, and you can let it grow from there. Of course if you can meditate longer than 10 minutes, awesome!

How intense should the meditation be?

Only as intense or as long as you feel comfortable with. It's entirely up to you. ☺

Do you know how I can develop more patience?

With meditation. Don't be in a big hurry... Let it come to you when it's time. We are all on the correct path, so don't worry or try to rush. Rushing will only hinder your growth and cause blockages. You don't want quantity, you want quality and truth.

When I try to meditate, monsters come into view. What does that mean?

It does depend on what your intentions for the meditation was. If it was to read someone or yourself, it may have a symbolic meaning, depending on the specifics of the vision. Or it's quite possible that you need to lift your vibrations. The more you meditate and think positive, the higher your vibrations automatically become. Always remember, nothing below you can harm you.

Meditation will automatically lift your vibrations?

Yes...breathing a few breaths will too! ☺

About how long would someone do meditation before they develop any reasonable skills?

All psychic development is simple. People make it hard. ☺ It depends on each person and what has already been developed within them. We are all at different stages in our life and all have different paces that we will take with our practice and development. We all have individual goals. Whatever your goal is, it **will** happen for you, if it hasn't already. Let it happen. Be true to you.



"I AM DESERVING OF ALL THAT IS GOOD"

Many Ways ONLY Positive

There are as many ways to develop your psychic abilities as there are psychics. The main technique that works is learning to relax and listening to your intuition. How you do this is up to you. True psychic ability comes from within, with practice and patience in learning to listen to it.

It will not tell you to harm yourself or anyone else. If it begins to suggest this, get professional help from a qualified person. If it gets scary, or you become afraid - STOP IMMEDIATELY. As long as you are comfortable, keep going.

"I AM DESERVING OF ALL THAT IS GOOD"

is a perfect affirmation to begin your day in a prosperous way.

Session 5

Awakening Your Psychic Abilities and Spiritual Awareness
with Maggie Anderson
www.SpiritualCompassConnection.com

MEDIUMSHIP 101: How to Give Your First Readings

Article by: Anonymous

You recognize that you may have the gift, the question now becomes, "how do I develop my gift so that I can give meaningful readings too?" The answer, given to me long ago by my spirit guide, Sea Eagle, is simply "you learn by doing."

TAKE COMFORT AND GATHER YOUR COURAGE THROUGH THE EXPERIENCE OF OTHERS:

I found it very comforting to read the biographies of celebrity mediums. Nearly all of them, Sylvia Brown, Rosemary Altea, James Van Praagh, George Anderson, include within their stories examples of remarkable readings they've given. Most of these mediums have devoted entire sections within their books to case studies. Reviewing the work and experience of others will help you understand what kind of information you can expect from the spirit world and how it should be presented during a reading.

There are many on-line open readings given by professional mediums that you can observe. Mediums hold open readings as a means of demonstration. The point is not to give everyone watching a reading, but rather to 'showcase' their abilities, in hopes of soliciting reading work. Many mediums who earn their livings using their psychic abilities offer open demonstration readings that you can observe on-line.

Observing open readings is an excellent way to see live, up-close and personal, what kind of information is received from the spirit world and relayed to the living in our world. I recommend that you observe an open reading in a chat room, and later, when you feel ready you can use the same hopeful guests for practice in developing your own abilities.

HOW DO I START?

It takes a lot of courage to attempt your first few readings. No one wants to feel like a fool, a fraud, or even worse, relay hurtful information to the grief-stricken. Realize that you will not be alone in giving your first reading, your spirit guide will be at your side, not only to help you telepathically receive, but to help ensure that you relay the most positive, healing messages possible. You may see what can best be described as little wisps of white clouds, moving about your computer screen. Affectionately known as "floaties," these clouds are actually energy impressions left by the spirits in attendance.

Your spirit guide will assist you whether you have identified him or her or not. It wasn't until I began giving readings and teaching other mediums to develop their abilities that I "met" my spirit guide.

A developing medium I will call "Louisa," wrote to me recently and described her first attempt at giving a private reading in a chat room:

"I took Terry aside and tried to give her a reading in a private message. I don't know what happened. I froze!!! I was mortified!!! I was sweating and feeling like a complete idiot. I got a clear vision of Terry's love of her life, Craig. She was getting very excited as I described him to her perfectly. Then, WHAM!!! I got distracted and went blank."

Louisa's experience is about par for the course. Our lives are about conquering fear, in all its forms. Developing your mediumship abilities is no different than many of the other challenges you'll face in everyday life. Louisa gave Terry a vivid description of her lost love. Terry will never forget Louisa's exacting vision of Craig, given to her by a virtual stranger, who couldn't possibly have known him in life.

Craig's physical description may have only been one "thing," but it was nevertheless, a GRAND initial SUCCESS for Louisa.

Not everyone will experience tremendous fear, but if you do, you can overcome it. Here's a foolproof, fearless, virtually painless way to approach your first readings. Say you are observing another medium giving open readings on-line in a chat room. There is one medium and a hundred hopefuls present and waiting. It's obvious that most of the people waiting aren't going to get a reading tonight. You realize that you will only develop your own abilities by doing. You scan the names of those in the chat room until your eyes focus on a name. Recognize that your spirit guide is helping you select the most receptive candidate possible, and trust in that.

Click the selected person into private message and introduce yourself. "Hi, my name is Karen. How are you tonight? I am a developing medium. I don't want to get your hopes up, so let me explain; Sometimes I get the things that are wrong, sometimes I get nothing, and sometimes, I get incredible, wonderful things! I can't promise you anything but would you like me to try a reading for you?" Of course they answer "YESSSSSSS!!!!!!" Then you remind them, "There won't be any hard feelings right, if I can't get your person tonight? They graciously respond, "Of course not!"

Now you're set. There is no pressure, merely a win/win situation. If you connect for them, wonderful, if not, then you've entertained them while they waited in vain to be picked by the "real medium." Can you accidentally hurt them? Of course not, you've already told them that you are sometimes 'wrong.'

DIAL THE SPIRITUAL PHONE NUMBER...

Now it's time to attempt a connection with someone in the spirit world, the next dimension, Heaven World, whatever name you choose for it. You will need to dial the person's "spiritual phone number" to make the connection. When I first started, I asked for the loved one's complete name, date of birth and date of passage. If you find something else works for you better, then use it. This is just how I started. *(No information should not have to be given for real hits!)*

I then stared at the name and dates given, and, for lack of better earthly words, I began to try to IMAGINE what the loved one looked like. The process of trying to IMAGINE is what actually pulls the spirit's earthly IMAGE into your mind. Remember, especially if you start to blank; stay calm, retain your composure... type in 'waiting' to signal that you are working on the connection. Remember, your spirit guide is beside you, bringing the person you're "calling" to you. Remember to imagine, because to IMAGINE brings the IMAGE IN.

When I see a person in spirit, I see them in my mind, after trying to IMAGINE them. The spirit person in my mind looks like an old memory, only the memory doesn't belong to me. To give yourself an idea of how a person in spirit will look, recall a memory of a child hood friend from long ago, whether you have your eyes open or closed, and this is how you can expect to 'see' a person in spirit.

Next as you "imagine" the person, bringing their image into your mind, go ahead and describe the person you are "seeing." You will be surprised of how accurate you are... you're doing it! If the description doesn't fit, don't despair, it doesn't mean you can't be a psychic reader. It's happened to me too, plenty of times. I will cover this situation later in the "trouble shooting" section. You'll find that tuning in on the 'right spirit' is simply a matter of persistence and courage, as is success in all of life.

WHAT KIND OF INFORMATION COMES TO A DEVELOPING MEDIUM?

The examples I will give you now are from some of my earliest readings. During your initial attempts, your

goal is to relay at least one piece of "evidence" which will prove, beyond a shadow of a doubt, that their loved one has truly survived "physical death." Your hoping to hit on that one real ZINGER to which they invariably respond, "OH MY GOD!!!!" (Or, OMG!) Any initial reading in which you encounter that kind of feedback, even if it's only for one thing, is a HUGE SUCCESS.

EXAMPLES OF REAL ZINGERS.... EARLY READINGS....

In your early readings, you will get used to seeing odd things. It's up to you to find the courage to deliver the messages that you see. Here are some examples from my earliest work. These I have never forgotten, nor will those lucky enough to have been on the receiving end of these communications. Although bizarre, these messages gave folks absolute proof that their loved ones continued to live on after "death."

MESSAGES IN PIECES - PSYCHIC SIGN LANGUAGE:

Never pre-judge the information you receive. You might think, "Oh Geeze, that is Soooo Stupid!!!" But you'll be surprised to learn that the strangest visions are often the most important. If you have a strong vision in the beginning that does not make sense when delivered, consider these examples. In my early readings, the symbols occasionally need to be put together, almost like some psychic form of sign language. So study the next examples and remember, it's all about having courage to deliver the messages.

Symbols, Words And Walks Through The Woods:

I was reading for a widower and had contacted her husband. Physical description had matched, and a few names I gave related to her family, those here and in spirit. Next I saw, in my mind, a green leaf and underneath was written the word "spearmint." The widower was awestruck as she explained her departed husband had an annoying habit of picking wild spearmint leaves out of the woods and presenting them for her to taste. There is very little chance that I could have guessed a symbolic combination like this that would mean so very much to her. In the end, what was at one time her husband's annoying habit, became a symbolic communication providing absolute proof of his soul's survival.

An Airplane Makes Magical Music:

I was reading for a mother and was contacting her departed son who had passed in his late twenties. I saw a vision of an airplane, and noticed the color was silver, which appealed to me as a 'hint.' Next my vision focused in on the wing of the plane.... I told the mother of the vision. The mother at first couldn't relate. Then it hit me, to put the two pieces together and I relayed "Silver Wing, " or "Silver Wings." The mother revealed that her son had been a member of the Green Berets, and their theme song is, "Silver Wings." Tearfully, the mother explained her son had learned to play this very song on his trumpet, which had been a proud achievement for him. This was the part of her reading in which the mother knew, without a doubt, that she had indeed heard from her son.

VISIONS THAT SEEM TO RIDICULOUS TO RELAY:

Meaningful Shoelaces:

Still fearful of giving live mediumship readings (in person), I used to read tarot cards instead. One woman, hearing of my mediumship abilities, begged me to try to contact her high-school sweetheart, "Rabbit." Rabbit had died in his early 30's from Aids after infection from a dental office. I told her we could try to contact her friend, after all, what would we have to loose? I was as bored by the tarot cards as she must have been.

To my surprise, I saw her friend very clearly, giving a perfect physical description, including the type of clothing he typically wore. Rabbit relayed several pieces of significant information. I clearly heard the song playing in my head, "Sweet Sixteen." The woman revealed to me that Rabbit had attended her sweet-sixteen party.

Then, I saw an image of someone tying a set of shoelaces. It was a vision only of hands, tying a pair of generic looking tennis shoe laces, and that's it. I ignored the shoe lace vision as it seemed too ridiculous, much less embarrassing, to relate. I proceeded with a few other tidbits of information given to me. A second and third time, intermittently, I received the same vision of someone tying shoelaces. Finally I said, "Well, I've seen this now three times so I guess I'd best tell you; I see a person tying shoes."

The woman's eyes clouded up in tears of joy, she looked a bit stunned. The woman revealed that all through high school her departed friend Rabbit had made fun of the unusual way she tied her shoes. At this point in the reading, the woman jumped up from our table and ran out to the back deck to tell her husband she had just spoken with her departed high-school sweetheart. She was overjoyed, and hubby, stunned by his wife's emotional state, seemed a bit jealous!

He's Got the Whole World, In His Hands:

I was reading for the mother of a teen-aged son, who had passed as a result of an illness. I received many pieces of information that the boy's mother found meaningful. It wasn't until the end of the session that the real-zinger hit. I saw the boy, standing. The woman's son stretched out his arms. A vision of a world appeared, between her son's arms, spinning slowly, and, like a globe of the world, appeared as slightly transparent. As I described the scene, the boy's mother was overjoyed! The mother explained that she'd had a habit of telling her son that she loved him "more than the world." This spinning-world vision gave the mother ultimate proof of her son's survival in that it upheld a common theme known only between the two of them.

TROUBLE SHOOTING:

When I began giving mediumship readings, I did have some troubles. Often, when the connection appeared to be wrong, right off the bat, I thought that maybe I should give up, end the reading and shirk off into a corner and pout. This is a natural response, especially when you're just beginning. If you find yourself facing a recipient who is replying, no, no, no, to everything you offer, don't be discouraged. Here are some examples, in the form of short stories that help you understand that most readings can eventually be successful ones. You must simply be persistent, patient and, here's that word again, courageous.

The Truck Driver and His Shiny New Rig:

A young woman asked me to contact her deceased father. At the beginning of the reading, I immediately saw a wiry truck driver, about 5'9", standing proudly in front of a brand new, shiny red tractor-trailer. The man appeared so happy, but I was disappointed to find that this truck driver hadn't matched the woman's father at all. I panicked, because, to make matters worse, this was one of my very first readings for which I had accepted payment. I thought about abandoning ship, but then decided, since I was going to give her the money back if I couldn't connect, why not just keep trying for a while?

So, I tried again. I concentrated very hard on clearing my mind. One technique I use that works is I picture a TV set with the screen on a fuzzy station. Then, I mentally 'click' the channel to a working station, and "imagine" the person's loved one again. This time I got a large man, over six-foot, which appeared to be of Native American descent with black hair and brown eyes. BINGO! It was her pop. From there the reading went really well. In the end, she said I'd hit on all five aspects of her father's life that were most important to

him.

I also saw a vision of a bow and arrow that looked like a toy, for children. The woman told me she had just purchased the toy I'd described for her son the previous weekend. It appears that pop was happy and watching over his daughter and, all in all, was one of the best, most accurate readings I'd given up until that time. Who was the truck driver? I don't know and it doesn't matter. The point is if at first you don't succeed, try, try again.

TWINKEL, TWINKEL LITTLE STAR:

I was giving a reading to a mother who had lost her twenty something daughter in a car accident. During the reading, I passed along several tidbits that were recognized by the mother. However, over and over again, I got the image of a star. The mother, although kind, could not understand any connection related to a star. Over and over the star symbol appeared, even the song "Twinkle, Twinkle Little Star" played in my mind. Each time, the girl's mother drew a blank. I finally gave up, as it seemed the same symbol continued to come and each time it was refused.

The next day the girl's mother emailed me. She had completely forgotten, during the reading, but had now recalled a connection to the star symbol. The girl's Uncle had participated in an organization where you can purchase and dedicate a star to someone who has died, as a memorial. This was a rather large gift; the purchase of a star is apparently quite pricey. The mother apologized for not recognizing what her daughter was telling her earlier.

Mediumship Question & Answer

This is a different form of Psychic Ability. You will tap in to the Other Side with Spirits that have crossed over as well as Ghosts (Earthbound Spirits). In Mediumship you are tapping in through energies of the person you are helping here on earth and also of the Spirit you want to reach. Both of these energies are also called the "Soul's Signature". Each of us have a unique signature. A special color our own, a number, a feeling of *knowing* that this truly is the person. That is their Soul Signature. Through this connection with the spirits, you are going to receive mental images, sounds/voices, feelings, etc. Whatever your strong point is, will come through clearest. For Mediumship Clear-seeing is (I think) one of the most common, but all abilities are important to strengthen and receive messages. You serve as the "medium", the person that both "sides" come to, in order to communicate to each other. ☺

What's the difference between a Psychic and a Medium?

Well, there are Psychics and then there are Psychic Mediums. All Mediums are Psychics, but not all Psychics are Mediums. Not all Psychics choose to be Mediums. But sometimes they can't help but bring through that aspect of their reading into it. Psychics can be psychic about your past, present and future, but do not always choose their path in Mediumship (in contacting those on the Other Side).

Though for me, I think that it should all be one in the same. Like Sylvia Browne, she has ALL aspects of psychic readings together, Mediumship as well as your life as it is now, etc. So hopefully that answers your question. In your query to find a Medium, you will have to ask the Psychics you contact if they also do Mediumship. :)

It should bring closure for you to hear that your loved one truly is okay. But I can tell you now, whether you find a medium to confirm this or not, they ARE okay. They ARE on the Other Side awaiting your arrival only when it's YOUR time to go. They watched over you and are always with you, a guide in their own right for you. :)

What's the difference between Physical Mediumship and Mental Mediumship?

Mediumship takes two forms:

Physical Mediumship: Physical phenomena is of such a nature that it is usually demonstrated only at private séances. Any person sitting with the medium can hear or see what is happening. By means of raps, audible voices or materialized figures. The spirit people convey intimate information about themselves, their recollection of their earthly lives and details of their lives in the spirit world.

Mental Mediumship: Most common form of mediumship. Mental phenomena is demonstrated through the mind of a medium. Mediums identify three forms of mental Mediumship:

1. **CLAIRVOYANCE** the medium sees the spirit
2. **CLAIRAUDIENCE** the medium hears the spirit and/or thoughts of the spirit.
3. **CLAIRSENTIENCE** the medium senses the presence and the thoughts of the spirit. As well as can receive smells, touch or taste from the Spirit. For example, the smell of a cigar or the taste of a cookie or the feel of a spirit touching your arm and/or textures of a variety of things.

Mental phenomena is the type most often demonstrated in public. Trance Mediumship is a form of Mental Mediumship in which the medium is overshadowed by the spirit communicator and allowed to speak directly through the medium.

What if I receive messages in a way I am not ready for?

It's all up to your comfort zone. You do not have to receive "strong" messages, if more subtle messages are coming across clear enough for you to relay the message. Sometimes certain spirits will come through stronger than others because of their personality and their own energies being more advanced or not. Also, as I've stated before, if you receive things a certain way that you are not comfortable with, ask your guides and the Universe to not do that to you. You do not have to be scared of it. They will not do anything you do not want to happen. You work together in this. You are just the "medium" the person relaying what 'comes'.

Your guides will help you in evolving your skills. Also you can get online help (like now) and ask the Universe for a "teacher" and when you are ready a teacher will be provided. Whatever you are comfortable with will happen. So no worries. Hope I helped!

One last thing, the Universe provides only that which you are ready for. So whether you know it on the surface or not, you are ready. Now it's the 'accepting it' that can get in the way. (Don't let it get in the way. (Be who you are and accept what is brought to you, it will help aid you in relaying messages to others who truly need to hear the message. Again, be true to you! (

There is not always a message to go with Mediumship readings. Sometimes the spirit(s) in question will only give you details about themselves regarding looks, etc. But will not go further into details about their "message". Sometimes their message is just to give what they looked like on earth and some of their characteristics, this alone being a message that yes, they did and still DO exist on the Other Side and that there IS the "Other Side" to go to once you shed your physical body.

Sometimes the Spirit you want to connect with may not come through. So Loved One's may not come through, and some will, and those that do, sometimes do not have a message to tell, except to prove they exist and then to go on with their eternal life on the Other Side and wait for our turn to come back to them.

How will I receive my messages for others? – Symbolism, Factual

Messages can come to you in the form of a movie. They can come to you as images, broken up. Sometimes they are literal. Other times (as with the "Silver Wing" example in the previous article) they are puzzles of symbols that you use your psychic influence and your intuition to guide you to the correct answers. They may come in the form of thoughts or feelings or even still an intuition/'knowing'. Don't beat yourself up. If it's not clear, ask for another message that is clearer to obtain the same outcome for the sitter. If they are persistent, you of course relay exactly what you have received to the sitter. And although your guides and others Spirits will attempt to show you something that they know YOU will pick up on and interpret a certain way, they will also show you things that they and the Client know something personal about and you will relay what you see.

John Edward has an example from his guides. He is a big movie buff and his guides know to show him things from movies, knowing he will interpret things based off of his way of thinking. Others have a symbol system. Where a different colored flower will mean an event, like a white rose means anniversary, and a pink rose is a birthday, etc. And sometimes they will show you people in your very own life and at first you haven't a clue what that could mean. It could mean that the Client knows someone with your shown family members name or that they know someone with those character traits (usually this is the case with me). The more you practice with this, the more you will understand how you will receive the information and how you will interpret it. This practice is not only for you, but also your guides. They will know what to send to you and how. They will attempt to assist as Spirits come forth to relay messages from beyond.

Key Tips to Remember:

1. Don't ask for personal information, if you can help it – maybe a first name if a connection is hard to obtain. Make every attempt not to obtain personal information. Try everything first! It's less believable for the sitter if they are giving you the information.
2. You may even incorporate psychometry in a mediumship reading. If you are someone who connects better by touching the energies, do this. Whatever is easiest for you. So (if possible for the sitter) have them bring in a personal possession of the person they would like to tap into. From there you can attempt to make a connection.
3. As with any psychic reading, if the sitter is not open or too much of a skeptic to hear the message, it also may be hard for you to make a connection. If the client is insistent on this connection, make them aware of their own state and inform them of needing to relax and be open. Lead them on a mini-meditation. A few deep breaths and things should open up easier for you both.
4. You learn by doing, so get out there and practice. Practice in person, online or over the phone. Whatever you are comfortable with and in time you will be unstoppable.
5. Persistence, practice and let go of your fears! You draw near what you fear. You can stop at any moment during a reading and just breathe. You want the Client to benefit greatly from this reading, as much as they do. They will not mind you taking a moment (even if you have to go over the time limit-if you have a limit).
6. Not all Spirits will come forward for all Clients. It's imperative you inform your clients prior to attempting to connect. Even on the Other Side we have free will. So some Spirits may be too busy, still adjusting or just do not want to visit at that particular moment. You may connect with other Spirits. By telling your Clients up front how this really works, they may not be as disappointed or try to stiff you in your rightly deserved fee.
7. Your way is the best form of reading. Find your niche and use it often. It's what works best for you that will help you enhance and grow expediently with your abilities.

When do I contact my deceased loved one?

(a Client may ask this of you as well)

It is my belief and experience that there is no "set" time frame for spirits. Also, there is no time frame for us as the soul's here on the Physical plane. Meaning, it is up to the individual. My friend's father died and only five days after his death he was able to come through in a Mediumship reading I had received. And this is someone who really wasn't "into" psychic stuff, or I should say never talked about it. So he was able to adjust quick enough to contact.

But a friend of mine who died almost 13 years ago now, was only able to come through to me after 10 years. I think that was because I was too emotional over his death to see the signs he CONSTANTLY tried to send me for years. I finally "woke up" and saw them. :) Now this could also be because he wasn't ready and was healing and/or because I was still too emotional to really be OPEN and "hear" the messages he MAY HAVE BEEN SENDING ALL ALONG in those 10 years!

So although some people who cross over may need more time than others to heal from this life, we also have to consider our OWN healing after their death and consider how emotional we are in trying to "hear" the constant messages they try to send. It's possible they have communicated already but you may not have realized it. A picture dropping to the floor, a scent they loved, anything subtle as not to frighten you. :) I hope this helps. So I would suggest some light meditating in order to become open to 'hear' their messages to you. Try right away, whenever you are ready and ask for your loved one to send you a message. It may take them and/or you a while to see it, but it will come and maybe sooner than you think. :)

So again, I say it's up to the individual in their own time (on the Other Side) as well as how open the other person on THIS SIDE is able to receive the message(s).

Session 6

Awakening Your Psychic Abilities and Spiritual Awareness
with Maggie Anderson
www.SpiritualCompassConnection.com

Communicating with Spirit Beings

Over the years I have communicated hundreds of times with spirit beings, including loved ones who have passed on and spirit guides. The following points sum up the essence of what I've learned from this contact.

1: Love is the key to contact and communication. In my experience, contact comes through our hearts. Our minds are busy with interpreting (or blocking) the energies and feelings we receive from spirit realm, but our minds are not the primary avenue for the communication to happen. Spirit beings tell me that they primarily perceive what is in our hearts and are much less concerned with what is in our minds.

2: Human realm and spirit realm interpenetrate. We don't really go anywhere to contact spirit beings, nor do they really go anywhere to contact us. Human realm and spirit realm exist on different frequencies, sort of like radio waves have special frequencies. We just need to learn to tune into each others' frequency or vibration.

3: The veils between human realm and spirit realm are growing thinner. I believe that this is one of the most exciting and hopeful developments of our times. The frequency or vibratory rate of our planet and of human beings is changing. Our frequency is growing ever closer to that of spirit realm. That's why more and more people are having contact with spirit beings. Also, contact will continue to deepen and become easier in the years ahead.

4: Communication with spirit beings is much easier when we listen deeply and trust what we receive. Spirit communication is a subtle art. Paying attention to very subtle signals is very, very important. Trusting (and not dismissing) the subtle signals you receive is equally important. Patience is also very helpful.

5: We don't have to die to be with our beloveds. As I said above, love is the key to contact, not death. None of us truly know what our relationship with our beloveds will be after we leave our bodies; we can only know what our connection is with them NOW. Death only changes our external forms. Love transcends the limitations of our forms NOW.

6: Spirit beings are incredibly alive and can communicate with us in many, many ways. Spirit beings have communicated with me through body sensations, all kinds of emotions, images, dreams, symbols, thoughts, coincidences, subtle feelings, impressions, smells, tastes, sounds, music, intuitions, feelings of passion, feelings of intimacy, and more. There are innumerable stories of them affecting physical plane objects like lights, electronic equipment, etc. The more I commune with them, the less I find myself thinking of them as "dead." They are definitely vibrant and full of energy!

7: Spirit beings welcome our prayers and loving communications. I have been told and shown on many occasions that our prayers have a definite impact on those who have passed over. And we do not hold back our loved ones when we contact them as long as our intent is positive. Indeed, they wish we would contact them more often.

8: It is possible for human beings and spirit beings to not only have contact and communication, but also to maintain and develop relationships. My late wife once called our relationship an "angelic partnership." Since then I have found a number of other people who feel they have a conscious, ongoing spiritual relationship with a beloved who has passed on. So it is possible for human beings and spirit beings to maintain connections which pierce the veils that used to separate us. One of my late wife's favorite sayings is "anything is possible."

9: We are all spirit beings. Some of us have bodies; some don't. I truly believe that the differences between human beings and spirit beings are miniscule. I realize we've been taught that

heaven is far away, or that the other side is a separate realm, or that physical death is the end of things, but the more I commune with spirit beings, the more I learn that the primary difference between us is that of wearing or not wearing a body. It's like the difference between wearing clothes or not wearing clothes. In other words, we are much more alike than we are different!

10: Love is eternal, and so are we.

Bob Kaplan shares the insights, inspiration, joy and love he has discovered on his spiritual path via his website, youaredivine.com, which offers many articles on spirit communication. To reach Bob by email, write to him at youaredivine@bellsouth.net.

Recommendations:

It is strongly recommended that you become a part of an Intuition Circle. If you only do this once, it should be enough proof to you that we all have the ability to become psychically aware. This can consist of 2 to 4 people. (Maybe more, up to 12, any more than that is just too many to receive any information intuitively. You know the saying, quantity isn't always quality.) Anyway, with this circle you can practice on one individual at a time. Each person being the focus in turn, the others see if they can get any messages or images regarding a specific question or just in general for that person. While focusing on the person, you will receive intuitive thoughts and/or images. You will tell what you have received to the group, and then the others will also tell what they have received. There will be a discussion on the points. The person in question will provide some feedback on what was said about them. After about 15 minutes (or however long it is deemed necessary) on a person, then you will move on to the next person. You will be amazed at what you receive!!! Here is what a friend of mine had to say about his first time in an Intuition Circle: "Let me tell you...I truly enjoy doing this and it certainly boosts my morale regarding psychic phenomenon...to see that "I" could actually do it." He went on to say that this will spark some people and build their confidence. I completely agree with him. Now, if at first this is too fast for you, do what I have done and practice online. Get a group together online and do a circle that way first. Then progress to practicing in person, as that will help you receive the most information. :)

Also James Van Praag talks of a Development Circle, which is slightly different in organization and goals. James Van Praag's goals with a Development Circle is for Mediumship. Although I'm sure you can use this for other goals on psychic awareness as well. His thoughts on a Development Circle are to get at least 8-12 people. No more than 12. Always keeping the same people in the circle, meeting once a week for at least 6 months. When meeting, always meet in the same room, sitting in the same chairs, placing the chairs in a circle. Apparently, this is to help Spirit build your energies and make contact. Holding hands is not necessary, as you are in a circle. You can have music, no words, soothing and positive. No distractions, quiet, turn the TV and Phones off. Candlelight if you wish. Although James states in his book (Heaven and Earth: Making the Psychic Connection) that it is actually better to have it as bright as possible to make contact with spirit. But for a Development Circle you may want to dim the lights till you progress. Wear light clothes that are not constricting. As this could also be a distraction. Start off the meeting with a prayer by the leader of the group, then go around the circle for everyone to say their own prayer. Then close your eyes, go into a meditative state and receive what information you can receive for a time. The leader of the group will end the meditation session when he feels the time is right. Once done, then you will go around the room stating what information you have received. You could have picked up on others in the room, other spirits for others in the room, etc. Then the leader will end the session with a prayer.

No matter what your strongest ability is, they need a focal point. Right now they have no focal point, so it is sporadic in trying to prove to you that you really do have this ability. This is something you can expand on and use to help people in the future. Do you meditate often? As you practice on these visions you can perfect them and know who the outcome is meant for. Now, what you need to do is practice on actual people, to have that focal point. For the people you practice on be sure to protect yourself first and make sure your angels and spirit guides are there to make sure all negativity is not received by you and sent back from 'whence (sp?) it came'. Say the invocation on the first page of this packet. Surround yourself in white light (a quick visualization). And then focus on one person at a time, what you get will be for them. You can do this for yourself as well, to get to know what your guides and the universe wants you to know about yourself, etc.

**For free articles, Monthly Newsletter, Soul Coaching
and more pleases visit my website:
Maggie Anderson | www.SpiritualCompassConnection.com**