

## How to Develop Psychic Abilities

With the pressures and stresses of modern society, we increasingly find it more difficult to slow down the mental activity of our conscious mind. A [psychic](#) is able to divert the conscious mind and begin to focus on the sub-conscious.

Our conscious mind often holds on to a range of preconceived ideas and conditioning that we have received throughout our lives. With all the pressures of day to day life we find it difficult to focus on anything else but our immediate problems and needs and our minds are full of thoughts.

A [psychic](#) has the ability to tap into the sub-conscious and connect with the universe to sense, see and often hear messages from the [spirit](#) world. Many people have had various psychic experiences but have put it down to coincidence or good luck. Some people who meditate regularly and are able to slow the conscious mind often comment on how they have felt a connection with the universe whilst others have been able to "see" in their minds visions of places and people.

Some psychics have maintained their abilities through out their childhood, teenage years and adult hood whilst others develop it further in later life.

The psychic can divert the conscious mind and contact the sub-conscious mind, which allows them to concentrate on the Universal consciousness. Within this cosmic force much of the information from past, present and future is available for those who wish to access it.

***"...we are all made from the same source and can all develop different talents if we choose to."***

For many of us Psychics are looked upon as people with a gift of seeing into the future. Some of them are viewed with a sense of awe while on the other hand others view psychics with suspicion and caution.

The fact is that we are all made from the same source and can all develop different talents if we choose to.

It depends on what talents and abilities we are conscious of and what our beliefs are. Some people believe that [psychic abilities](#) do not really exist for anyone and they therefore would ignore any form of intuition, impression or gut reactions. But for others they believe in that these abilities are available and are ready to accept and believe in their intuition and gut reactions much more readily. The more we accept and react to something the more it begins to happen to us and the more confident we become with it. Of course different abilities vary from person to person and so to do beliefs. If something has never happened to you it is hard to believe it is true. Psychic Medium, Clairvoyant Gold Coast, Queensland

But for those who believe and act on their impressions there is a huge ocean of knowledge available to them and once tapped and utilised this knowledge becomes stronger and more readily available

We have all fallen silently and stared in space during the day. Some people call it day dreaming but there are no thoughts present in our conscious mind. We are awake and in some cases still aware of our surrounds but we have no thoughts flicking backwards and forth in our minds. This is the state in which we are able to "pick up" a range of messages.

Have you ever sat quietly and the phone rings and you know who is on the other end? Or perhaps taken extra caution driving home because you have felt the need to be careful and almost had a severe accident but was able to avoid it because of the feeling you had earlier?

Many of us have these experiences daily but think nothing of it. The psychic who is aware of these experiences will continue to practice and focus on the sub-conscious in order to tap into the Universal Consciousness. In some instances a psychic is able to read the mind of others and predict events that will occur in the future.

In the last ten years we have noticed an increase in the interest of this ability and many new groups are forming which aims at teaching people how to develop their own natural abilities. The abilities are always meant to be used for the benefit of the universe as a whole and many psychics who have used these for evil or negative purposes have dearly paid the price.

### **Finally:**

If your intentions are good and full of love you will be able to use these abilities wisely. We all have the potential to develop our psychic abilities and to use them to enhance our professional, personal and [spiritual](#) life.

What is ESP?

ESP is Extra Sensory Perception. We are all aware of our five senses which consist of smell, touch, taste, hearing and seeing. ESP is known as the sensing or feeling sense which many of us under-utilise. We all have ESP abilities and for some we use it on a daily basis whilst others are totally unaware of this sixth sense.

We all have had some experience of ESP during our lives. Have you ever felt the need to ring a friend or member of the family when you have sensed that something is wrong? When you finally make the call your intuition or sixth sense has proven right. We are not aware of how it comes about but we just know that it feels right and have the need to act.

Other examples of ESP that occur daily are as follows:

- You have the need to call a particular person and they phone you first.
  - You know what someone is about to say.
  - You sense that someone is not telling you the whole truth.
  - You mistrust a person even though they appear to be trusting and honest.
- ESP can easily be proven to you in the short term. For example: the person who you mistrusted had cheated someone else you know or the person whom you knew what they were going to say states it to you.

For some people they use this sixth sense wisely on a daily basis and act on it, whilst for others they are totally unaware of their ESP abilities.

Our lives have become increasingly busy over recent years and we use our five senses on a daily basis. Due to the amount of information and decisions we make from day to day, it has become more difficult to be aware of our sixth sense known as ESP.

As we are required to use our minds to focus on our work, family and [spiritual](#) life many of these factors can distract us from our natural ability to use ESP.

Using your ESP abilities can assist you to predict your own future and provide you with answers to questions that may be troubling you.

ESP is similar to those muscles that we have but never use. In order to use ESP on a more regular basis we need to increase our awareness and practice with various exercises to develop it further.

The people who accept ESP, utilise and trust in it, can use the ability to enhance their own lives and the lives of their loved ones.

How to Develop ESP?

We all have the ability to use Extra Sensory Perception (ESP) also known as our sixth sense. Many of us use it on a daily basis but because our minds are often distracted from day to day activities, we are often unaware that we have it or use it.

We all possess ESP abilities and the degree of perception will vary amongst individuals. Some people use ESP more than others but they are still unaware of it. Have you ever noticed a colleague or family member seems to be right all of the time or someone that seems to be able to read a person's personality without really knowing them?

There are various degrees of ESP and the more the you become aware of it the more you are able to develop it and utilise it. The first step in developing your ESP is to recognise it.

In order to recognise your abilities you need to begin to become aware of when this occurs.

Some examples that you may have had previously are as follows:

- Knowing when the phone is going to ring and in some cases who is calling
- Sensing that someone is lying although they do not appear to be
- Sensing that someone is ill or depressed without any apparent physical signor
- Predicating a future event

You may have had previous experiences in any of these in the past. Now to develop your abilities take note of when these types of events occur. As you become increasingly aware it will occur more often. Listen to that inner voice or act on your instincts and intuition when the situation arises. Believe in your own capabilities because if you start to doubt your abilities it will not happen as often.

You can practise some simple exercises to develop your abilities further. Ultimately you are the one who can nurture or stifle your ESP.

Try some of the following exercises and remember that like any new or unused skill takes time to develop. You have it already you just need to work on it to develop further.

Try to:

- Use ESP cards which contain symbols such as circle, square and wavy lines to accurately name the cards
- Accurately state simple words that have been written on a sheet of paper
- State a phrase or word that someone is thinking
- Sense a persons [emotion](#)

With items such as sensing emotions you may need to receive some verbal feedback in order to verify your emotions. You may feel it is accurate and as you begin to recognise it you also need to have verification to boost your confidence. The card exercises are an excellent tool for this as you are able to obtain instant verification.

Finally:

Remember that with any new skill you need to practice at in order to develop it further. Practice does make perfect and please do not feel disillusioned if you do not get it right the first few times. Your efforts will be rewarded and if your intentions are pure and not for evil purposes you will develop your ESP and be able to use it to have a more fulfilling and enriching life.

How Do I Know if Have ESP?

We all have the ability to use Extra Sensory Perception (ESP) also known as our sixth sense. Many of us use it on a daily basis but because our minds are often distracted from day to day activities, we are often unaware that we have it or use it.

We all possess ESP abilities and the degree of perception will vary amongst individuals. Some people use ESP more than others but they are still unaware of it. Have you ever noticed a colleague or family member seems to be right all of the time? Or someone that seems be able to read a person personality without really knowing them?

There are various degrees of ESP and the more the you become aware of it the more you are able to develop it and utilise it. The first step to discover your ESP abilities is to recognise it.

Let us now examine some examples of ESP that will assist you to determine if you are currently using it.

These examples often occur to individuals on a daily basis.

- Knowing when the phone is going to ring and in some cases who is calling.
- Sensing that someone is lying although they do not appear to be.
- Sensing that someone is ill or depressed without any apparent physical signs.
- Predicating a future event.
- Sensing that you will come into contact with a person from the past.
- Knowing that someone will have a small accident or fall.
- Predicting a horse to win at the races.
- Knowing about a newspaper article or event that will appear in tomorrows paper.

Some people can predict future events about themselves and others by using their ESP abilities. To assist with further [development](#) of their ESP skills they often will use some of the following simple exercises:

- Using ESP cards which contain symbols such as circle, square and wavy lines to accurately name the cards
- Accurately naming simple words that have been written on a sheet of paper
- Stating a phrase or word that someone is thinking
- Sensing a persons [emotion](#)

It has been proven that people who are lacking one of the primary five senses have the ability to use the sixth sense of ESP. A lady who is deaf and can not hear the emotions used in words will use her ESP skills to establish the emotion of the individual she is dealing with. Deaf people often comment on the ability to know how someone is feeling despite the ability to hear the words.

As noted earlier often what people say or project to us is not how they are feeling. By using ESP you can establish what is really occurring within the individual. Mothers are another good examples of users of ESP. They will instinctively know when their child is ill or troubled without any of the obvious physical symptoms.

Finally:

We all have the ability to use ESP on a daily basis. It is a powerful but accessible skill that many of us allow to lay dormant for many years. Once we recognise and develop this skill we can use it to improve the lives of ourselves and others.