

How to Receive Psychic Information



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Everyone is at least a little bit psychic, but often the hustle and bustle of the world causes us to block out these thoughts and intuitions. If we don't block them out, we ignore them or at the worst become scared of them. Psychic phenomena are common, but you have to be willing to open yourself up to them and try to understand what is being relayed to you. It is through listening to intuition that we understand and develop psychic senses.

Mastering Psychic Abilities

1. Step 1

Slow down. If you want to hear what your psychic senses are trying to tell you, then you can't be running from one place to another, listening to your iPod and typing that report. You have to slow down and take the time to actually listen to what your senses are telling you. It doesn't have to be very long, just take an hour or so a day to sit back and listen to yourself.

2. Step 2

Open your mind. In order to take advantage of any psychic skills you have, you have to be willing to hear them. You have to ask yourself if you are ready to tear down the walls of fear and trepidation that you have built up and be willing to receive the information. You may think you want to hear it, but many people struggle with their subconscious feelings of the fear of the unknown.

3. Step 3

To clear your mind, use meditation techniques such as controlled breathing. The repetition of a phrase, or phrases, known as a mantra, can clear your mind of excess thoughts and the sights and sounds of the world around you. Once your mind is clear, then you can focus on understanding any pictures, sounds or feelings that come flooding in. These are your psychic abilities trying to manifest themselves.

4. Step 4

Think in the abstract. When you get to a point where you are beginning to hear, feel or see what your psychic abilities are trying to tell you, it will not likely be a literal interpretation. You have to learn to think abstractly about reality and see what the true meaning of the information is. Understanding the symbolism of the information

is key to mastering your psychic abilities. Psychic Medium, Clairvoyant Gold Coast, Queensland

5. Step 5

Listen to intuition over intellect. Intellect is about hard facts and seeing is believing, but intuition is that certain feeling you have about an item, person or situation. Psychic senses do not reside in your intellect, but in your intuition. You must learn to set your rational reasonings aside and be able to listen to how you feel or sense about something. Intellect sees that the apple is in front of you, intuition senses that there is a worm inside.

6. Step 6

Don't give up. Mastering your psychic abilities takes extensive time and effort. You will need to practice as often as you can and many times you will not interpret the information correctly, causing great frustration. Psychic abilities are like muscles, they will only get better if they are used over and over again.