

Psychic Ability

Everyone has psychic ability; in fact, we all have psychic experiences daily. Being psychic is not about having some "woo-woo" abilities that one can only be born with. Many of us simply do not have the words or labels to identify what we are experiencing as "psychic experiences."

There are many myths that surround the ability to utilize our own psychic information. Many people feel and acknowledge that they have intuitive abilities. What they don't understand is that the only difference between being psychic and using your intuition is the level of trust you have that your intuition is correct. Trust is a major component when working with your psychic abilities. One must trust the information that is coming through - the feelings, the inner communication, the pictures and the "just knowing." By not trusting, you are in essence invalidating the information that is coming through to you from your higher self, your guides, and the universe.

When I was a kid, there was a TV show called the Sixth Sense that was about a crime fighting psychic detective. During a typical episode, there would of course be a murder, and the psychic detective would be called in to help. This is where things got interesting to me. When the detective would walk into the crime scene, he would see the victim being murdered, or he would see them floating around the room trying to provide him with a piece of evidence. At times he would pick up an item like a piece of paper and have a precognitive flash where he would see someone driving a car off a cliff. I thought this was too cool.

From that point onward, I started reading whatever books I could find on ESP, witchcraft (which was the only thing around in the '70's) and the paranormal. By the end of seventh grade, I knew that I had some kind of psychic ability, but I didn't know how to tap into it on a regular basis. My expectation was to see things floating around, to have these "experiences." I figured that if I kept reading, I would have to become "enlightened." By high school, I was turned on to tarot cards, and started performing readings for myself and friends. I thought for sure that I would become psychic by doing this. I was wrong. After many, many years of searching and studying, I found the Berkeley Psychic Institute, and thought, WOW, these people will teach me to be psychic.

My first truly validated "psychic" experience occurred while I was in a beginning healing class, learning to perform aura healings. We were instructed to pay attention to anything came to mind while we were doing the healing, and told that we should mention it to the person we were working on. That day, I happened to be working on the instructor of the class. There was a lot of energy sitting in her aura around the back of her head. The next thing I knew, I was saying bill, bills, bills. The class assistant looked at me and informed me that the instructor had finished paying bills just before class started. I thought this was a good start, but I still couldn't control it.

Needless to say, I immediately signed up and started in the clairvoyant program. The basis of the training was that you learned how to perform readings by working with the more experienced readers. As I sat with my eyes closed as instructed during my first real psychic reading, I waited for these things to start floating around the room. Well as you might imagine, this didn't happen.

A couple of weeks later, I went to one of the school's psychic fairs. I was really nervous. I knew I wasn't psychic yet, and I wasn't sure what I was supposed to do at the fair. Fortunately, they had teamed me up with a more experienced reader. Our first client was a woman who had a question regarding her relationship with her husband. As the

other psychic began speaking, in my mind's eye I was astonished because I was seeing everything she was talking about. After a while, I started to share with the client what I was seeing. The information was in essence the same, but it was from a different angle, from my perspective.

When the reading was done, a light bulb went off in my head. "Oh...that's what you want us to do... I've been seeing stuff like that my entire life."

No one had ever explained that this was the kind of "seeing" psychics experience when working on clairvoyant levels. It is in the mind's eye that you see things floating around the room, and it is here that you see the aura. I was ecstatic.

Our psychic experiences are controlled by the chakras. The chakras are energy centers within the body. They are how we process information from the world around us. Chakras can be likened to the aperture of a camera, in that they have the ability to open and close as they process information.

There are seven major chakras within the physical body that run along the spine. There are also chakras in the hands and feet as well as where median lines cross in the body as identified by acupuncture. Physiologically speaking, the major chakras are located where groups of nerves meet to form nerve centers. They are also related to the endocrine gland system, which includes the adrenal gland, thyroid and the pituitary gland.

While there are seven major chakras of the body, we will only be discussing the chakras that control psychic information.

Clairsentience Clairsentience is an ability of the second chakra; it is the ability to feel energy. The second chakra is located just below the belly button. The character Diana Troy on Star Trek, the Next Generation is an empath. Empath is another term for clairsentient. Diana feels things. On a more personal level, have you ever walked into a room and "felt" bad vibes, only to find out that an argument has just taken place? Or have you ever walked into a room that someone has just cleared, or where a healing has been performed, or where someone is in deep in meditation? You probably felt cleared, uplifted or that you were releasing energy and relaxing. You were processing that information through the second chakra. When you are feeling energy in this way, recognize that you are having a clairsentient experience.

Clairaudience Clairaudience is an ability of the fifth chakra; it is the ability to hear information. The fifth chakra is located in the base of the throat, just below the voice box. Many think that our inner dialog is just an overactive brain. We are, however, always receiving information on clairaudient levels. For example, have you ever tried to figure out how to do something and had "a little birdie" tell you what you should do? This is your clairaudience at work.

Clairvoyance Clairvoyance is the ability to see pictures in your mind's eye. It is controlled by the sixth chakra, which is sometimes referred to as the third eye. It is our ability to visualize, which should not be confused with our ability to trust or validate that what we are seeing. It is the most important tool you will use as you develop your clairvoyance. It is a tool we all use on a daily basis. Working with your visualization skills, flexing those visualization muscles, will make it easier for you to accept the information that comes in on psychic or clairvoyant levels.

As you continue to read this paragraph, can you picture or visualize what your house looks like, or your car? Can you see your bedroom or your office at work? Can you see the vacation you took as a child or the face of your first love? Can you see all of these things in your mind's eye clearly, easily, effortlessly? This is the place that you go to visualize. It is also the place where you see things on a clairvoyant level. Spiritual medium, dream interpreter, psychic medium, clairvoyant, counsellor, Support, guidance, Karen Ellyard, Gold Coast, Queensland, Brisbane, Reiki, Angel, Meditation and teaching

Knowing is an ability of the seventh chakra. It is the ability to just know stuff. The seventh chakra is located on the top or the crown of the head. When you work with information on knowing levels, you don't know how you know something, you just know. Since the seventh chakra sits on the top of the head, the body and the other chakras do not have the opportunity to process the information involved. You are saying something literally right off the top of your head. This is your knowing at work.

As you validate each psychic experience you have, you may find that you experience one thing one time, and then you might have a completely different experience the next time. Trust that each of these experiences is true for you. Keep with your integrity.

As you can see, working with your intuition is very experiential. It is not something that you can just read from a book. It is something that must be experienced first hand, validated, and then practiced and refined. Remember, we all have psychic experiences daily. What have you experienced today?

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