

## Psychic Shielding and Clearing

Discovering psychic abilities can be exciting. At the same time, increasing these sensitivities can leave us open to other people's physical and emotional state of being. As tempting as a glass of wine may be to drown out the excess of what we want to experience, shielding and clearing can preserve our own emotions, while helping us to gain more control of the information we do get!

There is no such thing, no matter how much money you spend or how far away you travel, as learning to become psychic overnight. Even a week or two, regardless of what someone may promise, is cutting it short. The good news is, we get to spend a great deal of time with one of the single best teachers of quality understanding, personal experience!

Though you may have already noticed sensitivity to other peoples' emotions, as you continue developing your psychic side, you will begin seeing even more of this increase by just thinking about them or being in their presence.

There are certain measures that can be taken to protect yourself from becoming a psychic sponge, before, during and after being exposed to the public or people who can be difficult to take.

One of the first and probably most obvious things that can be done if your goal is to increase psychic awareness, is to treat what you are doing like anything else you'd put time and energy into by taking what you are doing seriously. You don't need to spend extra energy retracting your steps by telling yourself you're imagining things or panicking, thinking you've opened Pandora's Box. Something has taken the time to bring this area of your life to your attention, trust that same thing to be as real and respectful, the more familiar with it you become.

The following visualization exercise will help to filter and even repel negative and invasive energies. This can be done before going out in public or being in the presence of someone who has the tendency to bleed over into your energy field.

- 1.) Start with a quiet place in your home or wherever you're at and breathe in and out deeply, to the count of 10.
- 2.) Envision a brilliant field above you where God provides for your angels and guides to conjoin and protect you.
- 3.) Imagine a chord streaming down from this field to the crown of your head, working its way to the tips of your toes and holding you in snug but gentle comfort. You can call upon an increase or decrease in protective radius by envisioning two crystals between your thumb and index finger and tapping them together.

Alone, this exercise is a very powerful tool. With clearing, it is even more beneficial. One I enjoy the most is what I like to call, "Swiss Cheese" visualization. It's simple and to the point and gets the job done. Any information and thought coming in, is required to pass on through.

With any of these processes, there should be no fear as to losing information or numbing yourself to it. Real information will always be accessible. Really, we are only dealing with timing. Hoarding, again, like anything will undoubtedly produce less. Psychic Medium, Clairvoyant Gold Coast, Queensland

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