

## The Psychic in All of Us



### *Awaken Your Inner Psychic. We've all got one hiding in there somewhere.*

Everyone is psychic. Yes, everyone.

This might seem like a stretch but think about it; have you ever been wondering about someone only to have them call or text you later that day out of the blue? Have you ever had a dream that felt so real you couldn't stop thinking about it? These moments, even if they are few and far between, are your mind, body and soul's way of connecting with the universe and utilizing your intuition and psychic abilities. We've all got them—it's just how much you choose to exercise and cultivate them that matters.

We've designed this newsletter to help you learn about your capabilities, focus your gifts, and strengthen your intuition. Regardless of your level, from beginner to expert, it's important to understand that everyone's been there. Even some

psychics who've studied the metaphysical world for 50+ years were at one point scared, alone, and confused by what they encountered at a young age. Many of them didn't even realize they were psychic; they just knew that they knew things. No one is immune to that kind of humility. We just ask that you keep an open heart and mind, don't be afraid to ask questions, and learn from those who've been in your shoes.

Inside we'll explore stories from Advisors and how they discovered and developed their gifts; an interactive quiz to help you learn what areas your mental or energetic strengths are in; important divination tools and how they're used; five Advisor-led podcasts on how to nurture particular abilities; a chance to *win a free reading* and more!

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# Advisor Talk: Everyone's Journey Starts Somewhere

From the very beginning when they first realized they had gifts, to the way they've developed these gifts and how they rely on them in everyday life, we learn that for some the journey is not always easy but it is always worth it! You might even find encouragement to embrace your own. If so, contact one of these Advisors whose story feels the most relatable.



## Faith x9292

*"The years prior to recognizing my gifts, I felt very alone and didn't understand how to control the intensity of feelings, thoughts and energy. When I was about 22 I set out on a two-year journey to find the connection to spirit I was longing for. I found mentors and explored programs, seminars, and religions. I found a meditation practice I've used daily for 25 years to connect with spirit and spirit guides—how to see a higher being in the greatest form of love. I was then naturally drawn to helping others who are just beginning to develop their gifts. I can help you navigate and process all the different messages you're feeling and hearing."*



## Delia x9106

*"As a light worker I feel truly blessed to be guided by the energies of the universe every day. Each morning I spend a few moments in meditation communing with my guides and angels. I always ask that they help me to see through the eyes of my heart to help me guide clients, loved ones and myself to find answers and growth in ways that speak to the highest good. I then set the intention to send healing, love, light and joy to all people, animals and places in the world that may be in need. As I get ready to move into my morning, I am filled with wonder waiting to see what spirit has to offer today. Forever grateful!"*



## Joy x7744

*"As a child I had almost no common sense so I relied solely on my intuition, empathic abilities and the voice of the presence within. If I didn't, my life was a mess. It wasn't that I didn't trust people, I had to trust myself and use my ability to sense what they were thinking and feeling and in what areas they were trustworthy. My psychic skills are a rudder that steers me on the path of life: Should I get in that lane on the road? Which line at the grocery store? Where is my escaped cat? Everyday my psychic skills cut time and save me from bungling up my life."*



## Lexi x8036

*"It's so important to use whatever gifts you're blessed with to help others along. Most of us have experienced some tough times where an act of kindness was not only appreciated, but necessary to help us navigate what has visited us. In my day to day life, I send energy to those who are finding life a struggle. There aren't any particular criteria; just the feeling that white light is needed. It can be people who are united by a tragedy, or a person you pass in the grocery store. Since the energy is universal, don't feel you need to pick and choose; send as much and as often as you can!"*



## Cynthia x8121

*"My earliest memories involve sitting around my maternal grandmother with my brother, sister and cousins as she read our palms, or as was generally called in those days, read our fortunes. My grandmother and her three sisters inherited their gifts from their Spanish mother and this gift has been passed on through the generations. My interest in astrology, cartomancy, dream interpretation, the tarot and ensuing psychic abilities naturally developed and grew under this familial umbrella. My great aunts offered readings out of their house. My love of helping others using my gifts started here. It's what we do!"*



## Aruna x9446

*"The development of my psychic skills involved a range of experience (intuition, life experience and deep engagement/trust in universal light and love) and study (literature, dance, tarot, Reiki, and energy healing). I'm so excited to use these gifts for guidance, peace and clarity! Healing has given me the most clear recognition and understanding of my psychic gifts. Gaining insight into our need to grow, understand and heal has worked to intensify the clarity and meaning of energetic impressions; it allows me to read deeply into situations. And it helps that I have an obsessive fascination with tarot, energy systems and relationships!"*

# These psychics explain some of the raw details behind their abilities.



## Dawn x9187

*"As a child psychic it didn't occur to me that I was different. I thought everyone had access to the support, information and company that I did. I was greatly saddened to learn that others found themselves often alone, without the small whispers of guidance and loving support. My metaphysical skills and I haven't always been in perfect harmony. They've often interfered in my life and I chose not to listen (to my detriment). Fortunately, we (my metaphysical skills and I) have learned to respect, listen and aid each other. I rely on their guidance and companionship. They live with me now as I move through my days and I am grateful."*



## Apollonia x9453

*"The development of my psychic skills and abilities continues to be a wonderful journey of meditation and connecting with my angels and guides. My love of art is what initially attracted me to the tarot with its beauty and symbolism. Music has also played such a big part in my spiritual development by providing the backdrop and atmosphere to connect all of these elements into a constant presence in my life. To add a little spiritual bling, I've always surrounded myself with a variety of crystals and Himalayan salt lamps to charge my environment with positive energies."*



## Amy x7886

*"I am a spiritual person, not only by nature but nurture. I begin my day with gratitude and appreciation. Each day I awake knowing in my heart that I am where I'm supposed to be in the here and now! I believe the universe always guides, directs, protects, and works through and with me. I invoke my angels, spirit guides, and beings of light who help me in turn guide and counsel people who call me every day. My heart is always filled with joy and excitement because I get to work doing what I love!"*



## Selene x8938

*"I was aware of my psychic abilities at an early age and would receive messages from spirit through recurring dreams that would eventually come true. When I was 12, I was gifted a deck of tarot cards and would practice on family and friends regularly. I read the tarot for many years and from time to time, still do. Throughout my career, there have been major progressions in my development after receiving Reiki attunements and using hypnosis, but mostly I find that the more I use these abilities, the more they develop."*



## Shannon x9081

*"Clients often ask me if I use my psychic gifts as an everyday thing. I wouldn't know what to do without them! We all have a need for information/guidance about the future. I feel very blessed to be able to provide that. Every morning I do a tarot reading. Even in the darkest times, it gives me hope, reassurance and peace. I also analyze my dreams every day to decide if they were clairvoyant or precognitive. This has brought clarity into difficult situations and given me many messages from the spirit world. I even use my psychic abilities to help me shop! If I feel a "pull" towards a certain store or mall, I always go there and find what I'm looking for. It's a big help during holiday shopping!"*



## Sonata x7581

*"My parents loved to restore old houses and we once lived in a renovated funeral home. I remember being able to see and hear the departed from a very young age which was very frightening since no one in our family ever mentioned it and I was sure it wasn't "normal." Therefore, I grew up fearful of my gift and didn't start using it until my late 30's when I had a very distinct calling. During a time of confusion and despair, I heard a spirit talk to me and tell me to stop crying, get a deck of tarot cards and start helping people. To say that I was stunned would be an understatement. I haven't stopped listening to the cards since."*

# What Are Your Psychic Abilities?

## Take the test to find out!

Do you often feel like your intuition is spot on? Or like you're being guided by a higher power or spirit? Maybe sometimes you just get a "feeling" that something is about to happen. Some people feel the emotions of others very intensely while others receive messages in their dreams. We all have a varying degree of psychic ability—some much more than others and in different areas.

If your ability can be strengthened and harnessed to help yourself and those around you, wouldn't it be worth doing so? This quick and easy test may surprise you by showing that you have psychic potential in an area you were completely unaware of. You've got nothing to lose and once you learn your strengths, you can start practicing immediately. Opening your third eye can take a lifetime, so it's best to start early!

Take The Test Here:

[www.psychicsource.com/article/other-psychic-topics/psychic-test-what-are-my-psychic-abilities/12211](http://www.psychicsource.com/article/other-psychic-topics/psychic-test-what-are-my-psychic-abilities/12211)

## Win a Private Session with a Psychic

The best way to develop even the smallest abilities is to start with advice from a professional.

Ever caught yourself thinking, "Oh my, I must be psychic!?" If you think you've had a psychic experience, no matter how big or small, we want to know about it! Many people experience small flashes of intuition, dreams that end up coming true in real life, or oddly deep empathic feelings. If you're by no means a professional psychic but you've definitely had an "out of the blue moment," **share your experience with us and you could win a free reading to discuss and develop your abilities.**



### How to Enter:

1. Visit our Facebook page starting October 6th
2. Look for the post with the contest rules/announcement
3. In a short comment, tell us about your personal psychic experience
4. A winner will be chosen October 10th

**Good  
Luck!!**

# 5 Psychic Tools You Should Be Familiar With

*Your intuition and subconscious are paramount when it comes to providing and receiving insight on life. But sometimes you might need a little push in the right direction or a tool to bridge the gap between your conscious mind and spirit. Also, by using tools to aid your divination practice, you'll discover new avenues that help you connect with spirit. Providing spirit with a tool to convey messages ensures that the messages can come through as clearly as possible.*

## Dowsing

In the article “Dowsing Rods Help Locate Lost Items, Spirits, and Measure Auras” Psychic Hannah explains that she discovered dowsing rods a few years ago while taking a Feng Shui class. They can be used to locate water, measure auras, and locate spirits or lost items. Hannah recommends that every home have a pair of copper dowsing rods to at least help them locate lost objects. Learn how to use them and where you can get a pair for yourself in Hannah's article coming soon on PsychicSource.com (keep an eye out in your email!).



## Pendulums

If you're looking for a simple “yes” or “no” answer, pendulums are the perfect tool. They are a form of dowsing which provide another great way to tap into your subconscious and use your own vibrations to bring inner truth to the surface. Just choose which direction (side to side or back and forth) will represent “yes” and which will be “no” and let the pendulum do its work. Be patient at first; it may take some time to provide a definitive answer.



## Cards (Angel, Oracle, Tarot)

Whichever type of card you're drawn to, all of them are used to tell a story, typically about the future. There's a lot of overlap between Angel, Oracle and Tarot cards. The main difference is that Tarot cards follow a particular structure, typically containing 22 Major Arcana and 56 Minor Arcana cards. Oracle cards are used more loosely and do not have a set number in their decks. Angel cards typically have an angelic theme with titles or explanations. The Tarot may be more challenging to learn but can also be extremely rewarding with practice.



## Runes

One of the most primitive types of divination, runecasting consists of a sack or pouch filled with stones, tiles, or something of the like, with symbols representing an ancient alphabet. Each symbol has a different meaning, and like the Tarot, is interpreted as part of a story or message in a layout/spread. Once you choose a layout to use, draw the appropriate number of Runes from the pouch. The Runes you pull may represent your intuition, your conscious mind, or the future, depending on the purpose for which you are using them.



## Scrying

Similar to other divination tools, scrying requires practice. To make informed decisions or learn about your future, you can use anything reflective (a crystal ball, a mirror, a piece of metal or a bowl of water) to scry. It's important to do this in a quiet, safe place free of distractions. Meditate in front of your scrying tool until you're fully relaxed. Open your eyes and concentrate. You might visually or mentally see any type of symbol. Do some research to understand what it means and with practice, your “vision” will become more pronounced.



# Develop Your Psychic Abilities: 5 Free Podcasts

## Where should you start?

Psychic “powers” are very similar to muscles. They need to be exercised, challenged, and controlled to get the most effective results. You wouldn’t expect to lift 10 times heavier after just one workout and you shouldn’t expect to become an experienced psychic overnight. While the skills may come easier for some, anyone can do it! This process can be a fun, gratifying, and exciting journey.

As most of you know, there are many different types of professional Advisors requiring different techniques to cultivate their unique gifts. The steps one must take to perfect a specific skill can vary greatly. Psychic mediums may want to learn how to control when spirits can contact them or how they receive messages (wouldn’t it be nice to be able to reach a spirit on command?) while empaths are usually trying to find ways to protect themselves from the pain and negativity that they absorb from others. Intuitives may receive “feelings” or “hunches” without knowing what they mean or how to channel this energy, and clairvoyants need to work to focus, clarify and interpret their “visions.” As you can see, these gifts are intertwined but have their own properties. Once properly harnessed, some will allow you to provide insight on which path one should take or avoid and others will help you communicate clearly and elaborately with Spirit. But this all comes with proper training, exercise, and knowledge.

## Let’s meet the psychics who are going to guide you:



**Psychic Sadia**  
x8659

### **Learning to Control Absorbed Emotions**

From a young age, Sadia experienced overwhelming emotions and physical sensations from those around her. It became difficult for her to be in crowded places, especially hospitals. Through meditation, Sadia learned how to “protect” herself from the intense feelings of others. She has also developed a daily meditation, which she walks through in her podcast, to release negative energy and excess emotions on a daily basis. It’s important to learn how to separate your own emotions from the emotions of others so as not to be bogged down by negativity (especially if it isn’t your own!). Sadia’s meditation is even perfect for those who aren’t empaths but are looking to release stress or get through a hard time.



**Psychic Elijah**  
x8233

### **Balance Creates Clarity**

Everyone has the ability to develop their clairvoyance, according to Elijah. Clairvoyance is simply seeing something in your mind using solely your intuition (as opposed to memory). While it sounds easy, it still takes coaching to learn how to control the mind via meditation. Elijah’s meditation walks you through not only the steps to clear your mind and get to know your third eye, but to also honor yourself and your intuition. He will help you balance your sixth chakra to find clarity and vision.



**Psychic Leena**  
x7951

### **Accepting The Voice Within**

To Leena, intuition is extremely important because it separates spiritual truth from wanted truth—it’s the feeling you get when the Divine is trying to share a message with you. But sometimes it’s hard for us to use, trust, or believe in that “gut feeling.” While the feeling can be instantaneous, it can also be tapped into through meditation. In Leena’s podcast, she guides you through the process of unclogging your channel of perception so that clarity can filter in. This will allow you to ask for wisdom, strength and patience to grow spiritually.



# with Guidance and Exercises to Work on Your Own Abilities.



**Psychic  
Ricky**  
x8106

### **No Two Are Alike**

Every medium is different. In Ricky's podcast, he offers various techniques that he has developed over the years that resonate with his own individual spirit, but he explains that it's important that you adapt these variations to fit your own needs. To Ricky, it's imperative that every medium studies Natural Law. More than just a philosophy, it's a concept that will enrich your life and help you refine your gifts. Because we never stop learning and growing, you should never restrict yourself to one type of religion or tradition. Always be open to new educational opportunities to enhance your gifts, just as Ricky continues to do.



**Psychic  
Betty**  
x7514

### **Practice Makes Perfect**

We all have spiritual abilities lying dormant within us. It's time to wake them up with Betty's help! Through a guided meditation and a specific mantra, you'll get in touch with your higher, spiritual self. Betty's podcast contains four visual exercises that will help put you in tune with the universe and strengthen your psychic abilities. Practicing this type of spiritual focus will help you to train your brain so that eventually you'll find your connection with spirit becoming easier and easier.



**\*\*PODCASTS COMING THIS OCTOBER ON PSYCHICSOURCE.COM\*\***

## **Get a New Perspective on Your Abilities**

Contact an Advisor whose skills you most relate to. Learn how they came this far.

**October 11th and 12th**

Two days of savings\*

**Save 15%**  
per minute when you  
try a new Advisor.

No promo code  
needed

## **Improve Your Connection with a Spirit for Halloween.**

Contact a professional medium to get advice on where to start.

**October 29th - 31st**

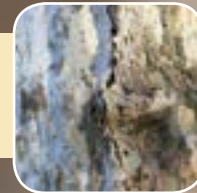
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\*Unlimited offers, for existing members only.  
Not to be combined with any other offer.

## Strengthen Your Psychic Awareness



by *Psychic  
Harland*  
x9433

### *Tried and True Tips of the Trade*

So you're one of the lucky people in the world who's not only psychic but has recognized it for what it is (and that you're not crazy!). Congratulations! Being psychic is fun and helpful but finicky. It likes to decide for itself how psychic it allows one to be. Otherwise we'd all be psychic with equal gifts in equal amounts.

Here are some exercises you can do to enhance and strengthen your psychic awareness:

#### **1. WRITE IT DOWN**

Keep a small book, pad, or a memo on your smartphone handy. When you meet someone for the first time, write down your immediate feelings with either a happy or sad face. Do this with everyone you meet. Later go back and see how right you were.

#### **2. BELIEVE WHAT YOU SEE**

When you have a vision, believe it to be true. Don't be afraid to tell someone even if they don't believe you...especially if the dream is about them. You can save lives this way!

#### **3. INSTINCT OVER EMOTION**

Remember, emotion is of the brain where instinct is of the spirit. If you listen to your flesh, you will be flawed. In other words, emotion is of the brain and only as old as you are. The soul is eternal and has "been there, done that." So if you listen to the eternal soul you get eternal wisdom. Flesh will only give you the knowledge of this one little teeny tiny (everyone squint) teeny weeny little lifetime and that doesn't help us much at all.

