

How to Read Other People for Intentions, Integrity and Character

Welcome to chapter ten of the Intuitive Awakening course!

In this chapter, I will give you a technique for knowing a person's personality, intentions and level of integrity – without even needing to speak to or meet the person. This is a technique I use in readings on behalf of clients.

The technique is called making an Energy Profile.

This method is especially helpful for personal relationships – preferably before the relationship even begins. I say this because once you get to know somebody, it becomes harder to be objective in reading them. This technique is particularly good for hiring people or choosing babysitters or home help, for example. I use this technique when hiring people I don't know to help me with my business.

HOW TO MAKE AN ENERGY PROFILE:

1. Get a pen, some paper, and a picture of the person you are reading and have it in front of you on the computer screen or wherever. If you do not have a photo of the person, you need to know what they look like and you need to be able to visualize the person clearly.
2. Now, do the breath-work exercise from chapter two to raise your vibration.
 - Firstly observe your vibration by going inside and exploring how you feel in yourself for a few moments. See if you can put a word on your vibrational/emotional state. It may be sad, annoyed, anxious, excited, content, curious, etc. What is the underlying emotion?

- Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
 - Then, go inside again for a few moments and check in with your emotional state – has it changed from what you felt before?
3. Next, close your eyes. Visualize the person whose character you're reading sitting opposite you at a table. If you're already sitting at a table or desk, you may wish to visualize the person sitting opposite you in that room.
 4. Now imagine taking their hands from across the table and holding each hand in yours. This connects you to their energy.
 5. See a golden white light just above your crown chakra (above your head). See this light turn into a large 'dome' that is directly above you. It grows downward and envelops you and the person you're reading in golden light. Now you both have a golden curtain of energy around you on all sides, and you are enclosed in this space with the person you're reading. If you prefer, you can also imagine putting up a tent around you both to create that space.
 6. Depending on how receptive you are in this moment, you may get some information, impressions or feelings in response to their energy straight away. If so, write them down. But you don't always get information right away. So it helps to ask specific questions too.
 7. Now it's time to ask some questions about the person to make a profile of them. Below you will find some questions you can ask.

TRUST AND HONESTY

- *"Would I trust this person with my treasured possessions, or with the things that are dear to me?"*
- *"Does this person speak their truth or hide their truth?"*

AGENDA AND INTENTIONS

- *"What are their intentions towards me?"*
- *"What are their intentions towards other people, in general?" / "What is their agenda?"*

CHARACTER

- *"What qualities/energies come to mind about this person?" (For example: caring, self-absorbed, strong-willed, sweet, compassionate, etc).*
- *"Does this person remind me of any of the archetypes discussed in chapter nine?" (For example: banner carrier, seeker of truth, or humanitarian).*
- *"Does this person remind me of anyone else I know? In what way?"*
- *"Is there anything else I need to know about this person?"*

Pay close attention if somebody you already know pops into your head when you ask these questions.

Spirit uses your own individual frame of reference – which is made up of your past experiences – in order to draw parallels between the person you're reading and people you've known in the past. For example, if you had a best friend growing up who was extremely controlling and she pops into your head from nowhere when you're reading someone, pay attention!

A NOTE ON AGENDAS AND INTENTIONS

If this is someone you know, you can ask what their intentions are towards you personally. When you ask this, you may get a feeling or an energy, such as feeling playful or serious or caring. For reading relationships, if I pick up on a very light-hearted, fun, playful energy when I tune into the person and ask the above questions, it usually means the relationship is a fun, casual connection. When you pick up on an energy that feels more stable, more mature, or serious, that usually means the person's intentions towards you are more serious.

Once you know what someone's intentions are towards you personally, you can also look into their intentions overall. We could also call this their agenda in life.

We all have agendas. If you had never heard of Mother Teresa or Stalin, and you knew nothing about them, and then proceeded to read their respective auras using a photograph, their agendas would show very clearly in their auras. Some people have an agenda to do good and serve others in the world. Some people have an agenda to do good and serve others, but in the way THEY think others should be served and helped – and not necessarily in the way those people want to be helped. Some people have an agenda that is more self-serving, and their agenda doesn't allow them to consider anyone else but themselves. Some people are affiliated energetically with a political or religious cause and that can give their energy a certain agenda. See if you can pick up on any of the above scenarios when you ask the question about agendas.

Again, do pay attention if a person you know springs to mind when you are reading someone else. Sometimes Spirit puts a person into your mind to help you to see the parallels between the two people's energy.

Write down everything you get on paper.

HOW YOU GET YOUR INFORMATION

Remember that information can come through in a variety of ways. The information can come through as:

- Images or symbols (if you get an image you don't understand—ask for further clarification)
- Impressions - just "knowing" what someone is like. These can be very subtle and hard to explain sometimes. Do your best to put them into words. You may also understand something about the person and get an insider's view of what it is like to be them, through empathy.
- Emotions (you may tune into how the person feels/their normal vibrational state)

- Physical sensations or reactions – if you feel physically sick when reading someone or feel another physical reaction, that is certainly something to take into account – but be sure to ask why you’re getting that feeling (it can mean more than one thing)
- Words and sentences you may hear

Don’t worry if the information you get doesn’t seem particularly ‘psychic’ to you. Faces tell us a great deal. Indeed, professional face readers believe that a face is a hologram of the soul. It reflects your soul out into the world, and it changes over time, as you change. I believe that we all know how to intuitively read faces. If you’re claircognizant, you may find it easiest to just ask yourself, ‘What does this person’s face tell me?’ and see what impressions you get. See what impression is there just before you have a thought.

Now it’s time to have a go at the exercise. Your homework is to choose one of the following pictures and try to make an energy profile of one of these people, by asking the questions above.

These pictures are given to you in a very specific order. It is best to start with someone towards the top, and work your way down. You can do all the exercises if you’re feeling diligent (this is recommended), but please do at least two. The more practice you get, the better you’ll get at this exercise.

(In the next chapter I will give you the results so you can check your answers).

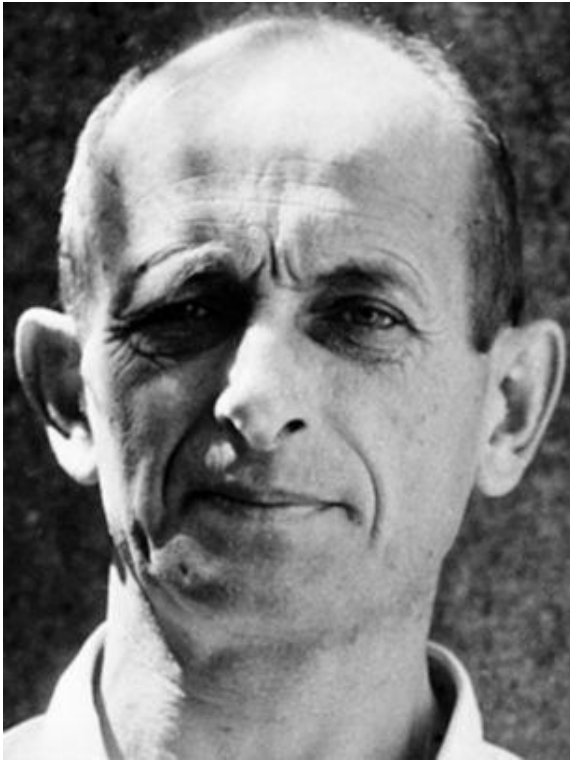
PERSON #1



PERSON #2



PERSON #3



PERSON #4



CUTTING PSYCHIC TIES AFTER A READING

I recommend cutting psychic ties once you're finished reading a subject (this is essential for the empaths among you).

Psychic ties are small connections that form between you and another person when you interact. They look like tiny threads, akin to webs of energy communication that form between us. They are created when you interact with someone else – this could be in person or at a distance, such as the people you watch on TV and those you read about in newspapers. You form psychic ties when you do an exercise such as this.

It is healthy to cut these little ties once you are done reading someone, so that you are no longer hooked into that person's energy.

The psychic tie-cutting prayer goes as follows:

1. Do the breath-work exercise (as in chapter 2)
2. Say: *"Archangel Michael, I ask you to clear all the psychic ties that may have formed between me and anyone I've engaged with in the past 24 hours/3 weeks/ over the course of my lifetime (depending on when you last did this). Please bring in new love, truth, light and power to me. Thank you."*

After an exercise such as this, I also recommend removing any energies in your auric field which don't belong to you. For this, you can simply say: *"Archangel Michael, remove from my aura anything that does not belong to me, remove from my aura anything that does not belong to me, remove from my aura anything that does not belong to me. Remove all external burdens, pain, fears and emotions, so that my auric field is 100% my own energy. Thank you."*

CHECKING YOUR RESULTS

At the beginning of the next chapter, I have given the names of the people in the pictures, along with an account of their lives.

In the next chapter, you will also be given other techniques for channelling your Higher Self and Spirit Guides, which involve dreaming, clairsaudience and claircognizance.

Automatic Writing, Channelling & Dreaming

Welcome to chapter eleven of the Intuitive Awakening course! In this chapter, I am going to cover various techniques which utilize your clairsaudience, claircognizance and the gift of dreaming.

Before we do, here are the answers to the exercises in the last chapter.

ANSWERS – PERSON #1:

The person in photograph #1 is Ned Kelly, notorious Irish-Australian bushranger and folk hero.

Edward (Ned) Kelly was born in 1854 in Victoria, Australia to an ex-convict Irish father and an Australian mother of Irish origin. He was the eldest of eight children.

Ned Kelly's family were poor 'selectors' farmers who eked out a meagre existence from land that they mortgaged from the government. They were often in trouble with the law, and considered themselves victimized by the authorities.

To comprehend the backdrop of Ned Kelly's early life, it is helpful to know a bit about the tensions simmering in Australian society at the time.

The Australia of the late 19th century was divided between prosperous **squatters** and impoverished **selectors**. A squatter was an illegal occupier of government-owned grazing land that went beyond the borders of recognized settlement.

The poorer selectors (i.e. Ned Kelly's family) were allowed to purchase land from the government; but the soil was often infertile, poor quality, and difficult to farm. In addition, they were required to invest in the land by improving the infrastructure of it – building

fences and buildings, etc. These conditions resulted in a great deal of tension between these two social groups; and in order to survive, the poor selectors sometimes stole stock from the wealthy squatters.

The police were politically and socially aligned with the ruling classes (the squatters), and there was much corruption in the police force during this era. This led to further victimization of the poverty-stricken selectors, and harsh sentences for petty crimes.

Here are some key moments in the young Ned's life:

- When he was ten years old, he rescued a 7-year-old boy from drowning, at considerable risk to his own life.
- Ned's father died from dropsy when Ned was 12, and he had to leave school to take over the role of primary breadwinner. As a teenager, he worked in timber cutting, cattle mustering, and fence building. Around this time, the family moved to Greta to be closer to relatives, who were often in trouble with the authorities.
- At age 14, Kelly spent two weeks in prison, after a Chinese pig farmer accused him of assault.
- Around age 16 Kelly was sentenced to three years in prison, when he was caught riding a stolen horse that was lent to him by a friend (the man who stole the horse only received a sentence of 18 months).
- Four years after his release, a police officer named Fitzpatrick accused Ned's mother of assaulting him, and Ned of shooting him in the wrist. The Kelly family claimed that they attacked the officer after he attempted to force himself on Ned's sister. The same police officer was later dismissed from the Victoria Police force for being a 'liar and a larrikin'. Ned was actually 400 miles away at the time of the alleged shooting.

Following this incident, Ned's mother was sentenced to three years in prison, and Ned went on the run from the authorities with a couple of friends. A significant reward was offered for Kelly's capture.

The Kelly gang evaded the police for several months until October 1878, when a group of police officers were sent out to hunt them down. Ned and his men came upon the officers' camp, and called upon them to surrender. A shoot-out resulted, and three policemen were killed. After that incident, the bounty on Kelly's head rose to a staggering \$8,000 (the equivalent of \$2 million in today's currency).

Over the next couple of years, the Kelly gang robbed two banks, and were assisted by many sympathizers in evading the authorities. During the robberies, Kelly left letters for the government that were intended to detail his side of the story, claiming that he and his family had been persecuted by the police, and by officer Fitzpatrick in particular. He also claimed he shot the three policemen in self-defence.

Ned was finally captured in 1880, following a lengthy shoot-out at a hotel with police. He was wounded several times, but did not die, as he was dressed in a homemade suit of armor and an iron mask. The rest of his gang were killed in the siege, however, and police eventually gained entry to the hotel by setting fire to the building. Kelly was sentenced to death, and was hanged in 1880.

Kelly was seen by many at the time as a 'Robin Hood'-style figure, who championed the poor man, robbed the rich, and stood up to oppression from the authorities. This impression was heightened by the armor he wore, which made him appear to be something greater than human, and nearly impossible to defeat. Yet others viewed him as little more than a criminal.

Ned Kelly lives on as a legend in the imaginations of contemporary Australians.

Character traits:

Ned was articulate, clannish, loyal, brave, determined, passionate, angry, and introspective.

ANSWERS – PERSON #2:

The person in photograph #2 is Cynthia Lennon, the first wife of Beatles member John Lennon.

Cynthia Lennon was born in 1939 in Blackpool, Lancashire. She met John Lennon at Liverpool Art College, where they were both studying in 1957.

They married in 1962 when Cynthia became pregnant with their son Julian, just as the Beatles were enjoying their new-found fame and celebrity.

The Beatles manager John Epstein wanted the marriage to be kept secret, so that it would not alienate the Beatles' female fans. As a result, Cynthia and her son were kept out of the public eye. In an interview, Cynthia elaborated:

"John was a famous popstar and it was all about keeping the legions of female fans happy. It wasn't good for his image to have a wife and baby trailing on his coat-tails."

They had a challenging relationship, as Lennon was away on tour a great deal. He was also prone to violent and abusive outbursts, and was frequently unfaithful throughout their marriage. Cynthia came to terms with these difficulties, remarking:

"I couldn't change him, I couldn't control him, so I accepted him as he was."

During this time, she became aware of a growing distance between them, as John became interested in hallucinogenic drugs and mysticism – interests she did not share.

Cynthia filed for divorce in 1968, after discovering Yoko Ono was pregnant with Lennon's child - their divorce was acrimonious.

In her later years she penned two memoirs about her time with Lennon, entitled *A Twist of Lennon* (1978), and *John* (2005).

Cynthia is of course most well-known for her relationship with Lennon and for her books, but she was also a painter, a designer and a restaurateur. She had a total of four marriages; the second was to an Italian hotelier, whom she divorced in 1973. She married a businessman in 1983, and her fourth marriage was in 2002 to a nightclub owner. Cynthia changed her surname back to Lennon in 1980.

Of her relationship with Lennon, she admitted:

"I have always been in love with John – I never stopped loving him."

Cynthia died of cancer in Mallorca, Spain in 2015. Of her life, she said: "I always...look on the positive side of things...I probably had one of the most fantastic lives that you could choose."

Upon tuning in, it is clear that Cynthia Lennon has plenty of good qualities. I felt she is: open, gentle, fun, playful, and accepting. I felt there was pain/sadness at the time the photo was taken.

ANSWERS – PERSON #3:

The person in photo #3 is Adolf Eichmann, who found his infamous place in history as the Nazi lieutenant colonel responsible for organizing the deportation and execution of millions of Jews during World War II.

Born on March 19, 1906, Eichmann did not do particularly well in school, although he played the violin and participated in various extracurricular activities such as woodcraft and scouting. His father enrolled him in a technical school as an alternative, but he dropped out without attaining a degree, and worked in his father's mining enterprise for a brief period of time.

Stints working for a radio company and as a traveling vacuum oil salesman followed, until Adolf joined the Nazi party in 1932. He worked for the party mainly on weekends until 1933, but when he lost his job at Vacuum Oil due to layoffs, he decided to return to Germany and pursue his new calling full-time (quartered next to Dachau concentration camp).

Eichmann eventually requested a transfer to the Sicherheitsdienst (or Security Service), where he studied the Zionist movement, learned some Yiddish and Hebrew, and became something of an expert on Jewish affairs. During this period he married his wife Veronika Liebl, and they eventually had four sons. He was posted to Vienna to help organize the emigration of Jews from Austria, and was promoted to Obersturmführer (first lieutenant) in 1938.

Adolf eventually became head of the department charged with carrying out first the emigration, then the extermination of Jews once the war began in 1939. The original plans

involved relocating them to ghettos or a Jewish reservation, either in Poland or Madagascar, but this latter idea failed as Germany had not been able to confiscate the British merchant fleet to use in evacuation efforts.

Thus in 1941 the Nazi policy changed from deportation to genocide, and Eichmann was promoted to Obersturmbannführer, or lieutenant colonel. Following the Wannsee Conference in 1942, in which plans were drawn up for the "final solution to the Jewish problem," Adolf was made responsible for organizing transportation for the Jews, dealing with their confiscated belongings, and coordinating transportation to extermination camps. Under his supervision, large scale deportations were sent to concentration camps such as Treblinka, Sobibor, and perhaps most catastrophically, Auschwitz.

After the invasion of Hungary in 1944 and Eichmann's subsequent mass deportations to Auschwitz, 437,000 of Hungary's Jews were killed, either as a result of forced labor or murdered in the gas chambers. 75-90% of the Jews who arrived there were gassed directly upon arrival, with a total of between 5.5 and 6 million Jews exterminated by the end of the genocide. This number represented two thirds of the Jewish population of Europe. Eichmann is famously quoted as having said that he would "leap laughing into the grave because the feeling that he had 5 million people on his conscience would be for him a source of extraordinary satisfaction."

Just prior to the end of the war, Eichmann managed to slip away to Austria. He was captured by the Americans and held in various prisoner of war camps under false names until 1950, at which time he emigrated to Argentina under the name "Ricardo Klement," using forged papers provided by an Austrian cleric with Nazi sympathies. His family followed him to Buenos Aires in 1952, where he became department head at Mercedes Benz.

In 1953, noted Nazi hunter Simon Wiesenthal received information that Eichmann had been seen in Buenos Aires, and he passed that information along to the Mossad, Israel's intelligence agency. Working in tandem with the Shin Bet, Israel's internal security service, Eichmann was captured as he got off a bus returning from work on May 11, 1960. He was sedated and smuggled on a plane to Israel, dressed as a flight attendant.

Eichmann was interrogated at a police station in northern Israel over the course of nine months. During this period and his subsequent trial, he repeatedly stated that he had only been following orders, and showed a total lack of remorse for his actions during the war. In

1961 he was tried for 15 counts of war crimes and crimes against humanity, and the court concluded that contrary to his statements, he had been an enthusiastic supporter of the Nazi cause.

He was therefore sentenced to death, and following an unsuccessful appeal was executed by hanging on May 31, 1962 (having refused a last meal in favor of a bottle of red wine). His final words were:

"Long live Germany. Long live Argentina. Long live Austria. These are the three countries with which I have been most connected and which I will not forget. I greet my wife, my family and my friends. I am ready. We'll meet again soon, as is the fate of all men. I die believing in God."

Eichmann's body was cremated shortly thereafter, and scattered in the Mediterranean Sea. His trial and execution led to a greater awareness and discussion of the impact of the Holocaust, and the ability of ordinary men who claim they are "simply following orders" to be the catalyst for truly unspeakable consequences.

ANSWERS – PERSON #4:

The person in photo #4 is Wangari Muta Maathai - a Kenyan political and environmental activist who founded the Green Belt Movement for environmental conservation in the 1970's. As a result of this and other achievements, she was awarded the Nobel Peace Prize in 2004, becoming both the first African woman and the first environmentalist to claim that distinction.

Maathai was born on April 1, 1940, in the central highlands of Kenya. As a child, she attended St. Cecilia's Intermediate Primary School, during which time she learned to speak English fluently, and converted to Catholicism. In 1960, she became one of 300 of her countrymen selected in a program called the Kennedy Airlift, which allowed promising Kenyan students to study in the United States.

Wangari majored in biology at Mount St. Scholastica college in Kansas. After she returned to Kenya, she was offered a position as research assistant in the School of Veterinary Medicine at the University of Nairobi. In April 1966 she met her husband-to-be, Mwangi

Maathai, who had also been a student in America. They were married in 1969, and eventually had three children.

In 1971, Wangari became the first East African woman to be awarded a Ph.D. She was subsequently appointed to several positions at the University of Nairobi, such as associate professor and senior lecturer in anatomy – both also firsts for a woman in that country. And if that were not enough, she successfully campaigned for greater rights and equal benefits for women who worked as staff members for the university.

On top of all of this, Maathai became involved in a large number of civic organizations in Kenya, which led her to believe that environmental degradation was central to many of the country's issues. These ideas led her to begin a program of tree-planting that was intended to create employment, in addition to restoring the environment.

The first "Green Belt" of seven trees was established in 1977 in honor of World Environment Day, and eventually evolved into the Green Belt Movement. Maathai urged Kenyan women to plant tree nurseries wherever possible, using native forest seeds that they collected by hand, and she provided them with a small stipend for every tree that was permanently planted.

Maathai and her husband divorced in 1979, following Mwangi's complaints that she was "too strong-minded for a woman," and that he was "unable to control her." He demanded that she cease using his surname, but she simply added an extra "a" instead. After the divorce, Maathai took a job with the United Nations Development Programme that required extensive travel, and sent her children to live with their father until 1985.

In 1980, Wangari was elected as chairman of the National Council of Women of Kenya (NCWK). She ran for Parliament in 1982, but encountered significant political opposition to this move, some of which she considered to be illegal. She was disqualified to run on a technicality, and lost her position at the university as a result. But a partnership with the Norwegian Forestry Service allowed her to focus on the Green Belt Movement, and she was able to hire additional employees to expand her efforts. Eventually the movement became national, resulting in the Pan-African Green Belt Network. Representatives from many other African nations came to Kenya to learn how to establish similar programs of environmental restoration in their own countries.

Maathai's activism continued in the late 80's, as she stood in opposition to development of public parks and lands for commercial or governmental purposes. She and her supporters also campaigned for the release of political prisoners by means of a hunger strike, which was eventually successful, but did not make her a favorite of Kenyan President Daniel arap Moi. He referred to her as "a mad woman" who was "a threat to the order and security of the country," and it was only due to support from the United States that many of her efforts came to fruition.

Wangari also fought for democracy and fair elections in Kenya, striving to end many years of unfair voting practices and corruption in the government. She and her supporters formed the Movement for Free and Fair Elections, which met with limited success. But she was eventually elected to Parliament in 2002, as a candidate of the National Rainbow Coalition.

Already the recipient of numerous humanitarian awards, Maathai was awarded the Nobel Peace Prize in 2004, for her "contribution to sustainable development, democracy and peace." She continued her environmental and humanitarian efforts in later life, leading the United Nations Billion Tree Campaign, among many other projects intended to support peace, the environment, and women's rights.

Wangari died of complications from ovarian cancer in September of 2011, at the age of 71. Following her death, the Collaborative Partnership on Forests created the Wangari Maathai Award to recognize outstanding achievements in sustainably preserving, managing, and restoring forests. Her legacy thus survives her, and will continue to grow indefinitely, along with the many trees that owe her their existence.

I hope you enjoyed these exercises. Remember that practice is the key to success in this area!

Below you will find four more ways to communicate with Spirit. The claircognizants and strong dreamers among you will definitely want to give these a try.

AUTOMATIC WRITING

Automatic writing is one of my favourite techniques for channelling my Higher Self. It is a little different from the techniques you've learned so far, because it only uses claircognizance.

Through automatic writing, you can 'download' information from spiritual sources and transcribe it as it comes in, while bypassing the conscious mind. So the information comes into your mind in the form of energy, and your task is to translate this energy into words. Translating the information that comes to you into words is quite easy as long as the conscious mind is not involved in this task.

In order for this technique to be successful, it is necessary for the conscious mind to really be put to one side, as you enter an intuitive 'flow' state. If you have done any type of writing, you may have experienced this creative flow state – it happens when your words are flowing effortlessly, and you do not have to think about the structure of what you are writing. Your information just comes out in fully formed, coherent sentences that are perfectly structured. At those times, you may have surprised yourself with how quickly and effortlessly you produced the piece of writing.

Creative writers are practised in putting the conscious mind to one side as they channel their creativity into words, so writers tend to do very well with this process. In many ways, automatic writing is not so different from creative writing. The main difference is that through automatic writing, you are not channelling your creativity or your imagination. Instead you are channelling spirit. You can channel anything or anyone you like—God, your Higher Self, your Guardian Angels or your Spirit Guides. As long as you call on the source of guidance you'd like to hear from at the beginning of the session, it is possible to channel that source through automatic writing.

HERE IS THE PROCESS YOU CAN USE FOR AN AUTOMATIC WRITING SESSION:

1. Bring up a blank Word document or get a pen and paper (I prefer typing as it is quicker for me, but feel free to choose whichever you are most comfortable using).

2. At the top of the page, call on the source of guidance you'd like to channel. For example, write *"My Higher Self/Spirit, please be with me"* or *"My Spirit Guides, please be present"* or *"My Guardian Angels, please be with me"*. All you need to do is call on the source of guidance and you can access it.
3. Choose one or more questions to answer and write them out underneath the source of guidance that you're calling on for the session. Set a timer and give yourself one minute to answer each question. So, if you have four questions, set a timer for four minutes.
4. If you wish, at this point you can raise your vibration. This does help to quieten the mind, especially if your mind is very chatty. Here is the breath-work exercise you can use to do this:
 - Observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your vibrational/emotional state.
 - Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
 - Then, go inside again for a few moments and check in with your emotional state – how has it changed?
5. Begin writing an answer to each question. Always begin with *"My spirit says"* or *"My spirit is telling me"* (if you are channelling your Higher Self), or *"My Spirit Guides are telling me/my Spirit Guides say"* if you are calling on your Spirit Guides. If you are not 'getting' anything, keep typing – write about how you aren't getting anything, and break into a monologue if need be. For example: write out *"My spirit is telling me, my spirit is telling me, my spirit is telling me, my spirit is telling me"* until you actually 'get' something coming through.
6. When you have finished writing, go back over what you have written. If it is not very coherent or easily readable, try to pick out the common themes and underlying threads. You may want to edit the information until it makes sense.

7. If there is something you don't understand in the written material, feel free to ask *"Is there any more information I need to have around this?"* or *"Is there anything else I am missing around this issue?"* and continue channelling.

SOME TIPS AND REQUIREMENTS FOR AUTOMATIC WRITING

TIMING

Automatic writing works best when you do not have time to think about what you are writing. I recommend you use a timer and give yourself a maximum of one minute to type an answer to a question, that way you do not have time to think about what you have written.

PRODUCTION AND INTERPRETATION

Automatic writing is composed of two stages: the writing and the interpretation. Just as you need to interpret dreams that you have, often you need to re-read the channelled information and draw out the themes and threads underlying it.

PUT THE MIND TO ONE SIDE

Do not allow the thinking mind to interfere and punch holes in what you have written. The more you can repress the thinking mind during this exercise, the more insightful the writing will be.

In addition, allow yourself to explore and play with this technique, and do not put pressure on yourself to 'get' something. In order to get comfortable with it and be experienced in using this technique, you will need to give yourself permission to 'get it wrong'. When I am doing a reading, my mind can occasionally butt in with objections while I am channelling. The mind does not want you to look silly or be wrong, thus this is a risky exercise to do for the conscious mind. So do expect some objections from that part of you. Bring the energy of lightness, play and exploration to it, as much as you can.

After you have done this exercise a few times, you will become familiar with the 'voice' of your Higher Self or Spirit Guides, and you will develop a sense for whether or not you are in fact channelling them. Usually you need to do it several times before you develop that sense. So give yourself time to explore with this. My Higher Self speaks with more authority than I do in my writing voice, for example. The information channelled from my Higher Self is very high vibrational, with an expanded understanding and perspective. When I say that the information is high-vibrational, I mean that it raises my vibration and usually comforts, guides or clarifies in some way that feels good.

Doing this exercise is a bit like flying up to the sky, taking a bird's-eye view of a situation and coming back down to earth to deliver that clear and insightful perspective. Because you are taking in a broader perspective when you ask your Higher Self for information, your Higher Self or Spirit Guides may start bringing in other issues that are linked to the issue you're discussing. They may begin to draw comparisons and make analogies using their expanded perspective.

HOMework

Your homework for this chapter is to choose three questions to answer in three minutes, following the process given above.

I find that 'issue' or 'problem' questions are very good to use for automatic writing. For example, questions like: *"How can I improve my relationship with X"* or *"What are the root causes of such-and-such a situation?"* So, if you have some questions like those, you can use them for this exercise.

Your second piece of homework is to return to chapter four and do one more exercise that you have not yet done, for four days running. Please do not skip this second exercise – it will help to further prepare you for the exercises that are coming up in the next chapters.

ALTERNATIVES TO AUTOMATIC WRITING

Below I have included a couple of channelling exercises for the clairsaudients and claircognizants among you. If you are claircognizant or clairsaudient and you still haven't found your favourite way to connect with Spirit, I highly recommend you try these out!

CHANNELLING EXERCISE #1: CLAIRCIGNIZANCE

This first exercise is for claircognizants. It is one of my favourite ways to connect with Spirit if I am in a rush.

Here are the steps:

1. Take a question that you formulated in chapter one
2. Raise your vibration using the breath-work exercise from chapter two
3. Bring stillness to your mind with a few minutes of meditation or binaural beats
4. Open your chakras (if visualizing is not your forte, you can also intend to open each one by verbalizing it - for example, saying *"root chakra, please expand now"* - and feel them opening)
5. Call on your Higher Self and Spirit Guides and ask them to be with you (*"Higher self, Spirit Guides, angels, please be with me"*)
6. Ask a question
7. Pay attention to the first thought/impression/idea that pops into your head in response. Note: sometimes impressions can be subtle – almost like the sense we get before we even have a conscious thought.
8. Thank your guides and close your chakras

CHANNELLING EXERCISE #2: CLAIRAUDIENCE

This second exercise is a very simple yet very effective one that utilizes your clairsaudience.

Here are the steps:

1. Take a question that you formulated in chapter one (one that you wanted an answer to)
2. Write down your highest intention for your question – what you do want to know?
For example *“I want to know the next steps in my business”* or *“I want to know how to improve my relationship with my sister.”*
3. Then put your hand on our heart and ask your question out loud and in the very same breath, say: *“My spirit guides say...”* and speak your answer without thinking. Don’t even give your brain time to think between the question and the answer.

GETTING GUIDANCE THROUGH DREAMS

If you did well with the dreaming exercise in chapter four, I recommend that you work on expanding this gift even further. Dreams are an incredibly powerful source of information from the spiritual realm.

Dreaming as a spiritual gift has a long history in indigenous cultures. The word shaman in some Native American languages means ‘one who dreams’, and dreams from the strong dreamers in some indigenous tribes were considered spiritual guidance for the entire tribe.

Dreaming is actually a form of spiritual ‘travelling’ – a way for us to visit part of the spirit realm (the astral planes) in our sleep.

Dreams can:

- Give us guidance, warnings and encouragement
- Show us any hidden or buried desires
- Reveal past lives

- Highlight areas that need to be healed
- Connect us with our deceased loved ones, spiritual teachers, Spirit Guides, animal guides and ancestors

Below you will find some examples from my own life of connecting with Spirit in dreams.

A HEALTH WARNING

I dream that I'm in a very rickety house that is being blown around by strong winds outside. The house looks like it may fall apart at any moment. There is a man with me who is helping the house to stay upright and intact as a structure. He shakes his head and says "this is what happens when you're deficient in vitamin B12." Nutritional deficiency testing later reveals a vitamin B12 deficiency.

A PAST LIFE DREAM

Since I was a child, I have had dreams of murdering people by accident, or of discovering bones and body parts hidden in my house, and realizing in horror that I am the one who has killed these people.

In the most recent murder dream, I dream that I am in the U.S. and helping a friend to murder someone. I realize I am going to go to jail and I feel awful about this. I wake up and realize these are past life dreams and I need to go and visit a past life regressionist to resolve these past life situations.

In real life, I go to the US and get a past life regression and discover a perpetrator lifetime where I tortured and killed many people as a jailer in Africa. I let go of this lifetime, forgive this past life character and experience a healing in the area of self-worth.

Here are some spiritual dream experiences my students have reported:

ANDY'S PERFORMANCE DREAM

I dream that I'm singing (not particularly well) in front of an audience that is clearly enjoying my flawed performance. I don't know why the audience are dancing and singing along to

the song with such enthusiasm because I know I'm not a good performer. I feel uplifted by their enthusiasm and begin to lose myself in the performance.

At the time of the dream, I'm struggling to write an article for a national newspaper – an amazing opportunity for me, however part of me fears my writing skills are not sufficiently honed for me to write for a newspaper of this calibre. When it's published, it's a hit with the "audience", who send me plenty of positive comments in response. I can see the dream was an encouragement from Spirit to let go of my fears.

SARAH'S GUIDANCE DREAM

In my dream, I was in a house with a spirit being who seemed very wise. The spirit took me to go and see a huge crack in the wall of the house, which had been caused by some kind of natural disaster. It was clear that the house was no longer safe to live in. The Spirit told me that the 'foundation' I have in the house and town where I'm currently living is not sound, and this was not the right place for me to settle and build a life.

I already knew this under the surface. A few months later, I found out my husband was not who I thought he was in a variety of ways, one of which was, he was having an affair. I decided to end our marriage and later moved overseas.

LESLIE'S VALIDATION DREAM

I dream that I'm very pregnant and about to give birth. I go to a maternity hospital and give birth to some baby tomatoes. The midwives tell me this means I'm about to give birth to a real baby soon.

Next, I black out and when I regain consciousness, the midwives hand me a child that I know is not mine. They insist it is my child, but I feel nothing and do not want it. In the dream, I know I've made a terrible mistake having it and beat myself up for having changed my life permanently in a way I never wanted for myself.

In real life, I have recently decided not to have children. I sometimes get little reminders such as this which help me to know I'm on the right track for now. Also - I can't eat tomatoes. They don't agree with my constitution. Interesting symbolism!

HOW TO CULTIVATE YOUR DREAMING GIFT

1. Engage as much as possible with the dream world

When you have a question about your life or need guidance, bring it to your dreams. Write it down before bed, and ask your Higher Self and Spirit Guides to help you. You can word this intention any way you like and speak it out loud. Personally I usually say something like: *"Higher Self, Spirit Guides, angels, please help me to find out X. Thank you."*

The more you ask for dream guidance and pay attention to it, the more dreams you will have and remember.

2. Decode your dreams with help from Spirit

Use the other techniques in this program to ask what any given dream means. I recommend techniques such as meeting with your guides via the visualization in chapter seven, or the methods in chapter eleven.

This is a useful exercise to do when you have just woken up from a dream, and when you have a bit of time to tune in right there and then.

3. Keep a detailed journal of your dreams

Doing this helps you to keep track of the themes that come up over time.

4. Give your dream titles (like a movie or TV episode)

Often this helps you to bring out further meaning from the dream, or sums up the message of the dream in a useful way.

5. Pay attention to the symbolism in your dreams

Spirit often communicates with us through symbols. But our symbols may be completely different from someone else's, so it pays to ask Spirit what certain symbols mean rather than use a dream dictionary. (A good example of this would be Leslie's dream of giving birth to baby tomatoes. She doesn't like tomatoes, whereas someone else might love them).

6. Pay attention to the emotional content of your dreams

How do you feel in your dreams? How do you feel when you wake up? Remember to pay attention to both the objective events and the subjective experience within the dream, as both aspects can be relevant.

7. Avoid alcohol, caffeine, drugs and rich foods before bed

Be aware that these may interfere with receiving clear spiritual guidance in dreams. Some prescription drugs may also interfere with dreaming.

WHEN YOUR DREAMS MAKE NO SENSE

Not all dreams are meant to be interpreted. This is sometimes the case for those who have the 'Dream Master' soul specialization.

Dream Masters are souls who volunteer in the astral planes around Planet Earth, as a service to Spirit. Most Dream Masters choose this specialization before they even incarnate, and this is a specialization that shows in a person's Akashic soul record.

WHAT ARE THE ASTRAL PLANES?

The astral planes are also the place that our souls visit when we are asleep and when we dream.

We visit the astral planes to have certain learning experiences which we can remember as dreams. Have you ever had a dream that you woke up from, feeling you learned or realised something? Dreams are real energetic events which take place in the astral planes and they are an important part of our spiritual growth and learning.

An example: let's say that on the soul level, you wish to experience taking revenge on somebody. However, for whatever reason you do not wish to have this experience in your human life. It is possible to have this experience in the astrals, and remember it as a dream. In this way, you are still able to learn from the experience just the same, only it has not actually taken place in your human life.

A Dream Master is a soul who will play a part in your dream learning experience. For example, the Dream Master could play the part of the soul who has wronged you, so that you can learn and grow from that experience of taking revenge, just as if you'd experienced it in your real, human life.

Some Dream Masters do not remember their dreams at all. Other Dream Masters report having very vivid and nonsensical dreams. The latter is very common and Dream Masters need to remember that many of their dreams are not meant to be interpreted or analyzed, since not all of their dreams are meant for them to learn from.

Around one third of my Akashic Record Reading clients have this soul training, and they are often the ones who are not strong dreamers – they either do not remember their dreams, or their dreams tend to make no sense. They are too busy serving others in the astrals to have a lot of spiritual dreams.

How to Use Your Intuition in Decision-Making

Welcome to chapter twelve of the Intuitive Awakening course! In this chapter, I will give you two techniques you can use to make wise decisions. There is no homework for this chapter – this is more of a reference chapter, should you find yourself in the future with a decision to make, and not knowing what to do.

The first is a technique that consults your chakras. The second technique uses your dowsing skills and claircognizance to get more specific information about your options.

PART ONE: ASKING YOUR CHAKRAS

In chapter five I mentioned that the human energy system is an amazing source of guidance. This is because your energy body is packed with information, and this information is centred around your chakras. Each chakra contains needs, preferences and desires, along with negative “stuff” to be healed.

If you have a decision or choice to make, you can ask your own chakras for their guidance on the decision.

Here is an example of what I mean: let’s say that you have been offered a better job in a foreign country. You are not entirely certain of whether to accept the offer or not. It has pros and cons. By asking your chakras, you can get clear on what exactly those pros and cons are, and which ones are most important to you. You can talk to your chakras and find out what each chakra feels about the proposed move abroad. When I am doing a reading for a client who has a decision to make, I will often talk to each of their chakras to find out the pros and cons.

Each chakra is concerned with a different aspect of human life, and will give feedback based on how you are doing in that area. You can think of the chakras as different parts of you that will all chime in to help you make a balanced and well-informed decision.

The **root chakra** is your **inner financial advisor, and survival expert**. It will give feedback based on your material survival, finances and need for grounding. In the example above, the root chakra may not like the option of moving abroad because of its destabilizing effects. Alternatively, the root chakra may comment on the possibilities of making more money and feeling more 'at home' in your environment.

The **sacral chakra** is your **inner sensualist**. This is where the abundant inner goddess or inner god lives. This is also the centre of sexuality. The sacral chakra will give feedback based on abundance, possibilities for fun, stimulation, play and creativity.

The **solar plexus** is your **inner sovereign** (queen or king). This is the energy centre of personal power and getting things done. This part of you likes to have things very much within your control, in balance, and likes to have clear boundaries with and some independence from other people. This chakra will give feedback based on sovereignty, order and control.

The **heart chakra** is your **inner lover and healer**. This is the part of that gives and receives love and seeks healing. Your heart chakra will give feedback based on needs for emotional fulfilment and love, possibilities for exchanging love, and its need for self-nurture and self-love.

The **throat chakra** is the **spokesperson**. This chakra is concerned with honest communication and opportunities for self-expression. This chakra will have something to say about balance in the area of communication – including a need for honest self-expression and authenticity in any choice you make.

The **third eye chakra** is the **inner seer or dreamer**. This is the part of you that dreams and envisions the future it wants to create. This is also the centre of clairvoyance and intellect. This chakra will give feedback based on opportunities for opening up intuition, and trusting your intuition. The third eye also seeks opportunities for learning from experiences and finding new perspectives. So, opportunities for thinking and reasoning will also be sought by the inner seer.

The **crown chakra** is the **inner 'priest' or 'priestess'**, where the connection with the divine is made. The crown chakra will give feedback based on your spirituality, and opportunities to connect with spirit and live your spirit.

HERE IS THE PROCESS FOR ASKING YOUR CHAKRAS:

1. Begin by raising your vibration, grounding yourself (sending a grounding cord to the core of the Earth) and then opening your chakras.
2. Open the root chakra and ask your question, for example *"What will the effects of taking this job be on my root chakra?"* Notice the response you get. It could be an image, a word, an intuitive thought, a feeling, or a physical response. If you get an image, physical response or a feeling, make sure you explore the feeling further and ask what it means.

Note that chakras may give conflicting feedback about a proposed choice or decision. This simply means that there are pros and cons to the choice, which affect you in various areas. Making a note of the all responses you received from each chakra will help you to sort through the pros and cons and get a sense for which ones are most important.

If you only take note of what one chakra says about your decision, you might be getting a very one-sided answer. Read any chakra you feel drawn to. You may even ask your pendulum which chakras have something to say about the decision.

PART TWO: DECISION MAKING THROUGH DOWSING

You can also use your pendulum to help you to make good decisions. This is a process I often use to help me make difficult decisions. It's slightly more structured than the last process, which is why I like it.

Let's take the example of the decision mentioned above—receiving a job offer to work for a company abroad.

Here are the steps to figure out whether this is the right decision for you:

1. **Write down all your options.** Set a timer for one minute and do some 'intuitive brainstorming' – a brainstorming session that puts aside your conscious mind. It is a good idea to put aside your conscious mind for this exercise, because it has a different idea of the options that are available to you than your Higher Self does. So, ask your Higher Self to give you all the options available to you. Try to come up with as many as five. Write down anything that pops into your head in one minute.
2. **Next, decide on your desired outcome(s).** What are you looking for in this new job and move abroad? More money? More excitement and adventure? See if you can pinpoint the exact class of energy you are attempting to bring in through this decision—for example, abundance, adventure, freedom, security.
3. Then, **make a list of the main pros and cons** for each option.
4. Next, **get out your pendulum**, it's time to do some dowsing. If you don't remember the process for dowsing, here it is:
 - Begin by doing the breath-work exercise to raise your vibration: Observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your vibrational/emotional state.
 - Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
 - Then, go inside again for a few moments and check in with your emotional state.
 - Next read the following prayer:

"I ask that this pendulum relay answers from my Higher Self at all times during the questioning. I also ask that all information be in truth and accuracy, and 100% aligned with my highest good and the highest good of all."
5. Now ask the following questions for each possible choice:

- *“Is this decision aligned with my Higher Self? If so, to what extent?”* Get a percentage.
- *“Is this decision aligned with my desired outcome to earn more money and have more adventure in my life and if so, to what extent?”* Find a percentage.

PERCENTAGES AND WHAT THEY MEAN

Here is some information to help you to interpret the percentages that you get:

75–100% aligned with your Higher Self – this is usually a desirable option that will bring a lot of growth or fulfilment.

Anything above about 60% – this is still fairly positive and an OK option – not ideal, but fairly good.

Anything between 50 and 60% – this is ‘lukewarm’ – not ideal but not disastrous either.

Anything below 50% is not an option that will bring you sufficient growth opportunities. A very low percentage (below 35%) is something that can actively lead you away from your goals and desires in life, and take you down paths which are dead-ends.

Putting all of this together and looking at all of the information combined will give you a greater level of clarity and will help you to make a more informed decision. In addition, doing the intuitive brainstorming can help you to see new options that you didn’t think of before.

This is the end of chapter twelve. As I mentioned before, there is no homework for this chapter (unless you happen to have a decision you need to make right now, in which case – go for it!)

Reading for Other People

Welcome to chapter thirteen of the Intuitive Awakening course!

Now you're on the final chapter. Let's rewind to what you've covered so far. From chapter seven onwards, you learned various techniques for communicating with your Spirit Guides and for reading for yourself – such as automatic writing, channelling techniques using clairaudience and claircognizance, and connecting with your guides via meditation.

This chapter is all about how to use these techniques to read for other people. Please note that it is not a complete guide to reading for others professionally. Instead it is a collection of tips and processes that you can use to do accurate and helpful readings for friends and family.

I recommend that you read for at least one person besides yourself, as this is an important part of expanding your abilities through feedback, and growing in confidence.

WHAT DO YOU NEED TO READ FOR ANOTHER PERSON?

Firstly, it is helpful to have the person's full name. I also ask for photos of my clients as I find it allows me to tune into their energy more easily. So, ask for a photo of your sitter if you are reading for someone you have never met before. If you know what the person looks like and you're familiar with their energy, you will not usually need a photo.

TECHNIQUES YOU CAN USE TO READ FOR OTHERS

1. I ALWAYS BEGIN A READING FOR SOMEONE ELSE BY TUNING INTO THEM VIA THEIR PHOTO

You used this technique in chapter ten to gauge character, intentions and levels of integrity.

If you do not have that technique memorized, please refer back to chapter ten for the step-by-step process of how to do this. If you are reading for another person, you can ask any questions you like once you have tuned into them. Depending on what you are good at 'picking up', you may notice their current vibrational state, especially if it is very low. You may pick up on any chakra imbalances, such as lack of grounding in their life. You may pick up information about them on the soul-level (for example, that they bring the energies of kindness and compassion in the world). You may feel a strong masculine or feminine energy, or you may sense a great deal of power coming from them. Do not worry if you pick up very little – sometimes there is not always a lot of information that is forthcoming. Other times, there can be a great deal of information available to you. It depends on the sitter too, and their level of openness. Even if you do not pick up anything right away, this is still a great technique to connect you to their energy, and will stand you in good stead for the rest of the reading.

If you don't have a photo of your sitter, you can visualize them instead, as long as you know what they look like.

Once I have tuned into the sitter's energy, next I tune into their Spirit Guides to get their questions answered.

2. USE THE SIX-STEP PROCESS FOR TALKING TO SPIRIT GUIDES (FROM CHAPTER SEVEN)

The process for talking with someone else's Spirit Guides is pretty much identical to talking to your own Spirit Guides. The main difference is: after you have opened your chakras (which is step three in that process), you include the following prayer:

"I call on the Spirit Guides and Guardian Angels of <name> to be here with me. Please give me the information that serves <name> most right now. I ask that all guidance be 100% in truth and accuracy, and in the highest good of all. Thank you."

You then follow steps four, five and six, as usual (fly to the sacred meeting place and ask your question).

Remember that when you are reading for others, it is much easier if you have specific questions to ask on their behalf. Tuning into someone's Spirit Guides and expecting a

relevant and accurate message from them (without asking a specific question) can be difficult, so if you do this, do not be surprised if you get nothing in response. If your sitter doesn't ask any questions, you can ask *"What information does my client most need to have right now?"*

Remember to take note of any reaction or response you have to this question, whether it's an emotion that sweeps through you, a physical reaction in a certain area of your body, words or sentences popping into your head, a realization that you have about the sitter (that seems to come from nowhere) or an image coming to you. Overlook and discard nothing during this process, no matter how subtle it may be. Write it all down.

I would recommend that you do this process sitting, with a pen and paper close at hand (and have your questions written on the paper), so that you can record your impressions and anything that comes through in response to the questions.

If you do not like this visualization process, you can substitute it with the automatic writing/channelling techniques from chapter eleven instead. They all work well for getting information to pass on to other people.

3. HELPING OTHERS TO MAKE DECISIONS

If your sitter gives you a question which involves them having to make a decision, you can use your newly-acquired dowsing skills to look into their question.

Ask the sitter for two or more possible options. You may get a sense straight away for which one sounds or feels good to you, and the others may seem 'off' or not so good. Do not discard what you think might be your human impressions or judgments about someone else's path. You will probably find that the pendulum confirms your initial impressions. For this part of the reading, you would need to follow the protocol for dowsing given in chapter eight. For each possible option, ask the question on behalf of your sitter:

"Is this decision aligned with my sitter's Higher Self and if so, to what extent?" Ensure you dowse for a percentage so that you can give your sitter a very specific answer.

PERCENTAGES AND WHAT THEY MEAN

Here is a reminder of what the various percentages typically indicate:

75–100% aligned with the sitter’s Higher Self – this is usually a desirable option that will bring a lot of growth or fulfilment.

Anything above about 60% – this is still fairly positive and an OK option (not ideal, but fairly good).

Anything between 50 and 60% – this is ‘lukewarm’. Not ideal but not disastrous either.

Anything below 50% is not an option that will bring your sitter sufficient growth opportunities.

A very low percentage (below 35%) is something that can actively lead the sitter away from their goals in life, and take them down paths which are dead-ends.

TIPS FOR CHOOSING A PRACTICE CLIENT

I personally recommend reading for a complete stranger. Online communities, such as SpiritualForums.com are great for finding practice clients. When you have found a practice client, ask them to send you three questions for you to cover, and use the reading process given above to answer their questions.

Make sure you get feedback on the information you got for them – this is really important as it helps you to improve as a psychic.

GUIDELINES FOR READING FOR OTHER PEOPLE

1. NEVER TELL SITTERS OR CLIENTS WHAT TO DO

I know that this one is probably insulting your intelligence a bit, as someone who has gone through this course and has probably respected the free will of other people just fine so far! But it is worth covering here—just in case someone who is reading this needs to hear it.

WHAT CONSTITUTES 'TELLING SOMEONE WHAT TO DO'?

When I say 'telling someone what to do', I mean: making comments on an option or encouraging a client to take a certain path. All we need to do is pass on the information from Spirit and nothing more.

If we encourage a client to take a certain path after we have passed on the information, then we are effectively projecting our own values onto the client and telling them what to do. All you need to do when helping clients, friends or family to make a decision is give them the information, explain what it means, and leave it at that. Obviously everyone is capable of assimilating the information and drawing their own conclusions from it, so we don't need to do that for them.

2. DISCOURAGE ANY KIND OF DEPENDENCE

This applies mostly to reading for friends and family.

You may think that it is slightly premature for me to be giving this kind of advice out to someone who is giving what is possibly their very first reading to another person. However, in my experience it is very common for people to see you as some kind of 'oracle' right from the beginning, simply because you have developed your psychic abilities. Some people don't like making decisions and prefer that other people do it for them. That is one reason why people can become addicted to psychics.

To make sure this does not happen (and it IS common – even in the beginning), do not allow others to see you as more special than they are because of your abilities. Encourage them to remember that you will mostly be telling them things they already know – effectively, the wisdom you channel is already inside them, and they can access it too. I also tell some clients that it is best to wait a couple of weeks before they get another reading – this is one way of encouraging the client not to depend on me as an intuitive.

3. ENCOURAGE ENERGY EXCHANGE

Be open to receiving something in return for any readings you might do. Why not say yes to any kind of abundance that comes your way from those for whom you read? It is very nurturing to have an exchange of energy like this.

It IS wonderful to help other people in this way, but do not do it at your own expense, energetically. Also remember that doing readings is very mentally tiring at first - you may have noticed this! It does become less tiring as you gain more experience, but as a beginner, readings will use up a big chunk of your energy.

4. ALL READINGS (PAID OR UNPAID) SHOULD ALWAYS BE CONFIDENTIAL

The trust that you have with a sitter or client (paid or unpaid) should always be sacred, no matter what they tell you. If you ever violate this trust and pass on confidential information about a sitter (even if the sitter is a friend or a family member) to anyone else, you will often no longer be allowed to access spiritual guidance for that person. Sharing confidential information will affect how effectively you are able to connect to the Spirit Guides in future. They may simply refuse to cooperate with you. So do be aware of the responsibility that doing readings – even informal ones – can bring.

5. READING FOR OTHER PEOPLE VS. READING FOR YOURSELF

You may find that reading for others comes more easily than connecting to your own Spirit Guides or Higher Self. This is quite common, and it is due to the level of objectivity that you can have when you are reading for someone else, especially if the sitter is a complete stranger. Sometimes our emotions and attachments can cloud our own communications with Spirit. As an aside, I personally find that the best technique to use for myself, in times of emotion and low vibration, is automatic writing.

HOW TO GET THE MOST OUT OF THIS COURSE IN FUTURE

Here are a couple of tips to help you to benefit from this course for a long time:

1. HAVE A DAILY OR WEEKLY ROUTINE FOR CONNECTING WITH SPIRIT

Some people like to make talking to their Spirit Guides a regular practice, and others like to do it as they need it. The best way for you to continue to expand and progress in this area is to practice and keep communicating with Spirit. I can't emphasize that enough. The ability to communicate with Spirit is a bit like speaking a foreign language. If you want to be able to do it, you will need to practise – otherwise you can get a bit rusty.

2. DISCARD THE TECHNIQUES THAT DIDN'T WORK FOR YOU

My second tip is just to throw out anything that didn't work for you. There may be one or more exercises on this course that did nothing for you. If that is the case, don't be afraid to just stick to the exercises that did work for you. There is no point struggling with something that doesn't bring you results!

Developing the Mindset to Be 'Successfully Psychic'

In the previous chapters, you learned how to develop psychic abilities. The know-how is one part of it. Just like other worthwhile endeavours, like having a successful business or building wealth, there is a mindset element to psychic development – certain attitudes and practices which can help you to be successful.

In this bonus chapter, I am going to tell you everything I know about the attitudes and practices that can help you to be successful and confident in your psychic abilities.

#1: BRING AN ATTITUDE OF PLAY, LIGHTNESS AND EXPLORATION TO IT

Many people go into their psychic development with an attitude of heaviness and fear. They believe they are psychic, but they are afraid underneath that they might be found to be inadequate or perhaps not very psychic after all. The whole endeavour can quickly become very heavy and unpleasant when we start believing this, or comparing our progress against other people.

In order to combat this, I advise students to see this period in their psychic development as an 'exploration' and play period. Give yourself permission to play and explore. Whenever you feel yourself slipping into that fear and heaviness, just remember why you chose to do this course. I'm sure you're not doing it to impress yourself or to impress others. You're using this course to get clear on which gifts you have, what you're good at, and what you might be not so good at (which of course is useful information to have, too). Every exercise you do in this course is helpful, even if you feel like you fail at it. I personally have tried many techniques and not all of them worked for me, but they all helped me to get clearer on which types of exercises are helpful for me, and which ones are not. You will be the same. All exercises can be helpful in this exploration phase, even if it's as a process of elimination.

What if you find yourself feeling anxious or inadequate while doing an exercise? If you're chronically worried about 'doing it right', I recommend using the following process:

PUTTING UP A CIRCLE

When you feel inadequate, anxious, or worried about 'getting the right answers', your chakras find it difficult to remain open. In fact, your whole energy body contracts under the weight of that fear. In order for you to tune in and get messages, your energy must be relaxed and able to open. It is clear that this state of fear or inadequacy is actually a self-fulfilling prophecy, because it actually stops you from tuning in! Then you can become convinced that you are not very psychic. That is not a good place to be in, because it keeps you stuck.

IN ORDER TO PREVENT THIS FROM HAPPENING, HERE'S AN EXERCISE YOU CAN DO:

Close your eyes and visualize in your mind's eye drawing a big circle around yourself, with you standing in the middle of it. The circle can be about two metres away from your body. This is your space to explore and even make mistakes if it helps you to learn. Putting up this circle before you begin helps you to remember that this is your space for exploring and playing. When you think thoughts such as *"I'm not sure if I'm good enough,"* see the circle get a little bit smaller and contract, so keep those thoughts at bay and push the edges of the circle outwards again to give yourself more energetic room.

Keep an attitude of *"I have a right to get it wrong and make mistakes."* You probably won't make as many as you think, but you do need to give yourself permission to explore with this.

#2: BE OPEN TO GETTING IT WRONG

Most people who explore their psychic abilities are concerned about 'getting it right'. This is completely understandable. After all, you are developing your abilities so that you can get accurate information that serves you, right?

Here is the tricky thing. In the beginning, you cannot be too concerned about 'getting it right'. I just went through the reasons for this in point number one. As I mentioned, excessive 'performance anxiety' makes your energy field close up, and makes it harder for you to get any information.

Secondly, in the beginning, it's likely you are going to get it wrong at some point. When you are starting out, you are just learning what your intuitive voice sounds like, and you are familiarizing yourself with the different sources of guidance. You need to give yourself the room to experiment, and part of that might be stumbling at some point.

Later on, you may still be preoccupied with what information is from spiritual sources, and what might be from your ego or thinking mind. Here are some guidelines and actions you can take, to help you to distinguish between the two:

PRACTICE AS MUCH AS POSSIBLE

New professional intuitives learn to distinguish between ego and genuine intuitive information pretty quickly. They do this because they get so much practice and feedback. If you're getting intuitive insights in a vacuum and never communicating them to anyone, it makes it difficult to know whether they're accurate or not. This is why I highly recommend you have a go at reading for another student on this course. I say that because reading for yourself is also devoid of feedback because you already know yourself. So it helps to have feedback from an outside source, to help you to gain confidence in your abilities.

PAY ATTENTION TO YOUR FEELINGS WHEN YOU PICK UP INTUITIVE INSIGHTS

To me, as a clairsentient, inaccurate intuitive insights feel discordant. They just feel "off". A few times during readings, a thought has entered my head that seemed like an intuitive thought, but as I opened my mouth to say it, it felt wrong and discordant, and that is a feeling that stops me dead in my tracks. Try vocalizing your intuitive insights out loud, and see how they feel in your emotions and gut.

As a contrast, accurate intuitive insights tend to come with an 'energetic signature' that I have come to recognize. My energetic signature for accuracy feels like something between certainty and excitement. So pay attention to the feelings you get when you pick up

information. After a while, you may notice the same positive feeling accompanies intuition time after time, to help you to distinguish it from information from other sources.

PRACTICE RAISING YOUR VIBRATION BEFORE RECEIVING INFORMATION

If you raise your vibration before you 'tune in', you're much more likely to receive real, accurate information. Raising your vibration really does help you to access a whole different range of information that you don't have access to otherwise. So at those times when you're in the middle of connecting with Spirit but you feel unsure of what you're 'getting', just raise your vibration and then see if you get the same information.

#3: TRY NOT TO CARE WHAT OTHERS THINK

The chances are, if you're studying psychic development, you know someone who is a skeptic and who would consider you crazy for believing in the spirit world.

This is a very charged issue for some people. If you think about it, there is no wonder! It is not so long ago that being psychic (or even just interested in the spirit world) would result in being murdered for being a witch or committed to a mental asylum. Historically, there is a lot of fear energy around this issue. However, no one is going to burn you or me at the stake this time around.

The way I deal with this issue is by refusing to get into debates or discussions. I have my beliefs, and the other person has theirs. Discussing them is unlikely to bring the other person round to my point of view and vice versa. And what would be the point anyway? The world is more interesting for having lots of different people in it who have various viewpoints.

And if I find myself around someone who cannot respect my spiritual beliefs, then it is not someone I want to spend time with anyway. I feel it is important to have tolerance for all religious/spiritual beliefs, and it's a big red flag for me when a person does not hold that same value.

#4: TAKE CARE NOT TO NEGLECT YOUR HUMAN SIDE WHILE DEVELOPING PSYCHIC ABILITIES

When you launch enthusiastically into any new project, imbalance can occur as you focus strongly on one area of life while neglecting another. This can happen especially when you begin psychic development, because you're opening your upper chakras and focusing on the spiritual side of life. If you spend a lot of time doing this, it can bring about imbalance in the lower chakras (the chakras relating to the material, human side of life).

HERE ARE SOME SYMPTOMS THAT YOU ARE EXPERIENCING IMBALANCE:

- You feel light-headed or spacey
- Your mind is hyperactive and you can't stop thinking and analyzing
- You are experiencing more highs and lows than usual - your mood swings between feeling ecstatic and feeling low

If you find yourself experiencing any one of these symptoms, make sure you take a break from psychic development for at least a couple of days and do something completely unrelated to spirituality. This helps to turn your abilities off for a day or two. At the end of chapter five, there are also suggestions for stimulating the lower two chakras – the root chakra and sacral chakra. Implement some of these suggestions. If you find that your mind is overactive, it can also help to take a bath with a cup of sea salt added to the water.

In addition, make sure that you do not neglect your human needs when reading for yourself. Occasionally I have taught a student who cannot achieve stillness in the mind because they are tired, hungry or distracted by noise. In order to obtain intuitive information you must have a still mind, and stillness cannot be achieved while your body has an unfulfilled need, such as tiredness or hunger. So, do bear that in mind. You also need to tune into spirit in a quiet and tranquil environment. I personally cannot do readings in an environment where there is any kind of noise.

HAVE A 'SHUTTING DOWN' PROCESS

If you find that you are feeling light-headed or spacey on a regular basis, make sure that you draw a clear distinction between having your abilities turned on and having them turned off. When you are done practising psychic awareness, remember to visualize your chakras closing their petals like a lotus flower. You could also see your power body (mentioned in chapter six) coming back into your body after you have been out exploring the Spirit realm.

#5 RELEASE EARTHBOUND SPIRITS

I discussed earthbound spirits extensively in chapter two, so feel free to go back to refresh your memory about those.

I would like to give you a prayer to release earthbound spirits from your aura and home. You can use this prayer for removing astral entities from your home or any other place that you frequent, such as your workplace.

I periodically use this process for my home and car when I sense the presence of an astral entity. I also clear hotel rooms and friends' houses that I am staying in.

Being able to help astral entities to cross over (and clearing them from your space) is an excellent lifelong skill for any intuitive/empath to have!

HERE ARE THE STEPS:

1. First, call on a Divine being – do the breath-work exercise.
2. Next take a few moments to tune into yourself and feel how you feel in your emotions, in your body and in your mind right now. What is your intellectual energy like? (scattered, focused, tired, etc). What do you notice about your body and about your emotions?
3. Then say the following prayer:

I call forth all astral entities in my aura/home/car/workplace/pendulum, for healing now. This is a ceremony to bring you release and relocation. Dear one(s), you are healed and forgiven (repeat this line until you are sleepy, sigh, yawn or until you feel that the entities have crossed over. It usually takes somewhere between 10 seconds and five minutes). If you'd like to check with your pendulum when you think the process is complete, you can do so.

Each of you is one with your own Higher Self, your Divine nature.

You are filled with and surrounded by Divine Love.

You are filled with and surrounded by Divine Truth.

You are filled with and surrounded by Divine Light.

You are free from fear, pain and the Earth's vibrations. I now call on Archangel Michael (or whichever Divine being you chose at the beginning of the session) ***to take each of you personally to your next right place of expression. Go in peace.***

4. Cut all psychic ties

I call on Archangel Michael (or whichever Divine being you called on before) ***to shine a light into all psychic ties between me and the entities I've just helped today. Cut and dissolve those in every dimension. Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.***

5. Close off your aura

I call on Archangel Michael to fill and surround me with Divine Love, Divine Truth and Divine Light, and to close off my aura to all but my Higher Self and those beings of the highest vibration who are with me at the choice of my soul.

6. Once again go inside and feel how you feel right now – what is the deep underlying emotion? What is your mental energy like? How does your body feel? Sometimes there will be a big difference.
7. Thank the Divine being you called in at the beginning.

EXPLANATION OF THE PRAYER'S WORDING

Everything in this prayer is designed to soothe the entities and encourage them to cross over. The underlying emotion of the prayer is peace and love.

Through this prayer, the entities are reminded that they are Divine spirits with another place to be. You remind them that the Creator loves them. You remind them of the truth of who they are. You remind them that they do not have to be tied to the earth's vibrations anymore; that they can release their pain and fear. You also remind them that they are forgiven from anything they feel they did wrong in their most recent lifetime. Any resistance to crossing over is healed.

These spiritual cleansing techniques have their origins in an organization called 'Teachings of the Inner Christ'.

HOW DO YOU KNOW IF YOU'RE TALKING TO AN ASTRAL ENTITY/EARTHBOUND SPIRIT?

You will probably not ever come across an earthbound spirit, especially if you use the prayer above and use the exercises in chapter two for protection. To help you to identify an earthbound spirit, here are the most common behaviours associated with these beings:

- Pretending to have information they can tell you, but then it is not forthcoming. They tend not to give you straight answers.
- Telling you that you're limited in the choices/courses of action available to you, and encouraging you to believe in your own limitation. On the other hand, your Higher Self and Spirit Guides will encourage you to see that you have many choices and paths available to you.
- Encouraging you to believe in the power of negative forces
- Encouraging you to abdicate responsibility for your life
- Flattering your ego and encouraging you to think that you're superior to others
- Encouraging you to feel sorry for yourself
- Frightening you

This is the end of the chapter on mindset. I do hope this chapter has answered any questions you may have had about anxiety and fear as it relates to your psychic abilities.

Please let me know about your successes with this program. I would love to know how the course went for you. You can email me anytime at anna@annasayce.com

I hope you will use the techniques you learned on this course in the months and years to come, so that you will continue to expand and develop your abilities.

I also wish you a great deal of success and enjoyment in using your psychic abilities in the future!

A handwritten signature in cursive script that reads "Anna".

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