

THE PSYCHIC AWARENESS SURVEY

As you begin, it might be helpful for you to recognize how psychically aware you already are. Complete the following questionnaire, checking one choice after each statement.

	Rarely	Some- times	Often
1. When I am with someone I am aware of how they feel.	_____	_____	_____
2. If I meet someone for the first time, I form an accurate picture of what they are like.	_____	_____	_____
3. I am able to make decisions easily.	_____	_____	_____
4. I am aware when someone is manipulating me.	_____	_____	_____
5. I can tell if someone is lying.	_____	_____	_____
6. I can tell if someone is giving me a true account of a situation.	_____	_____	_____
7. I get involved with others' problems.	_____	_____	_____
8. I can see clearly why people have a problem with something.	_____	_____	_____
9. I can change my plans easily if I get bad "vibes."	_____	_____	_____
10. I can stand up to dominating energy.	_____	_____	_____
11. I am able to know what I want.	_____	_____	_____
12. I can say no to someone.	_____	_____	_____
13. I can express myself easily.	_____	_____	_____
14. I trust myself to make decisions.	_____	_____	_____
15. I ask others for advice.	_____	_____	_____
16. I conform to win approval.	_____	_____	_____
17. I take care of my body.	_____	_____	_____
18. I eat/drink/sleep to escape my feelings.	_____	_____	_____
19. I knew something was going to happen before it did.	_____	_____	_____

	Rarely	Sometimes	Often
20. I think of people, and they call me the same day.	_____	_____	_____
21. I sense things before they happen.	_____	_____	_____
22. I have “vibes” but ignore them.	_____	_____	_____
23. I am afraid of my intuition.	_____	_____	_____
24. My life has lots of coincidences.	_____	_____	_____
25. I believe I have a Higher Self watching over me.	_____	_____	_____

When you have completed the questionnaire, go back and look at your answers. Give yourself:

- 1 point for each “Rarely”
- 2 points for each “Sometimes”
- 3 points for each “Often”

If your score was 25–39:

You are not in the habit of reflecting on how people and situations affect you—this will change rapidly. As you open to your intuitive self, your sense of adventure and vitality will increase.

If your score was 40–59:

You are already quite tuned in to psychic energy, although you may not call it that. You may just consider yourself “hypersensitive.” As you work with the tools on this pathway, you will experience an increasing sense of safety, guidance, and well-being.

If your score was 60–75:

You probably realize that your awareness is exceptionally developed, but you may not trust it completely. Your work with these tools will help you develop confidence as you fully integrate your psychic ability into your daily life. You will learn how to drive the car instead of push it.