

liefs about being psychic. Are they supportive? Or do they need to be changed? In what way? The answers will become clear to you in the following quizzes.

Reflections

Before we go forward, let's explore your past to find what hidden beliefs influence your psychic receptivity. Do not overthink on this exercise. Reflect on these questions and answer as honestly as you can.

What does being psychic mean to you? _____

Was your mother psychic? Or intuitive? _____

Did your father get hunches or "gut feelings"? _____

Could you openly discuss intuitive feelings in your home and be taken seriously? _____

As a kid, could you freely share your feelings about people with your parents? _____

What did your religious training teach you about people who were psychic? _____

Why do you want to be psychic today? _____

Where would you apply this ability in your life? _____

Do you carry any fears about sharing your intuitions with others? _____

Psychic Heebie-Jeebies

Many people carry very negative images and ideas about psychics that interfere with their natural development. Make a list of your worst fears about psychics.

Psychics are _____.

Psychics are _____.

Psychics are _____.

Psychics are _____.

Psychics are _____.

The General Consensus

Do not be surprised if your list looks pretty frightening. Among the common negative beliefs I've encountered in my life as a psychic are notions such as these:

- Psychics are fakes.
- Psychics are Gypsy scam artists.
- Psychics are scary.
- Psychics are mind-readers.
- Psychics are delusional, unstable human beings.
- Psychics are weird.
- Psychics put curses on you that are very expensive to lift!

The Surprising Truth

What you will come to discover as you walk the psychic pathway is that being psychic can be:

- | | | |
|-----------------------|---------------|------------|
| helpful | inspirational | protecting |
| safe | healing | prosperous |
| kind | creative | balanced |
| spiritually affirming | practical | fun |

The Reward

List some areas where being psychic can make your life easier.

Being psychic will help me _____

Soul-Searching

Do you see yourself as a soul? _____

How do you feel about seeing yourself as a soul? _____

If not, what do you see yourself as? _____

Truth (No Consequences)

Answer the following questions as honestly and as definitely as you can.

What keeps you from trusting your intuition? _____

What do you believe will happen if you do trust your intuition? _____

Does your intuition come to your attention when facing a decision? _____

Does your intuition come to your attention at all? _____

Do you feel comfortable telling people about your psychic feelings? If yes, why? If no, why not? _____

If yes, how do people respond to your intuition? If no, what kind of response do you think you'll receive if you let people know what your intuition tells you? _____

Do you like the word *psychic*? What kinds of feelings does this word evoke in you? _____

Do you listen to other people's intuition? _____

On a scale from one to ten, how important would you rank your intuition when dealing with issues in your life? _____

What is number one in terms of influencing your behavior? _____

When faced with a problem, what is the first thing you do? _____

Do you try to solve problems by yourself, or do you take them to another authority? _____

If you go to someone else, who is it? Husband? Wife? Boss? Friend? Therapist? Clergyman? Whoever is there at the time? _____

Why do you go to these people for help? Are they helpful? _____

Do you agree with their opinions? _____

Do you feel relaxed taking a problem elsewhere, or do you feel it makes matters worse? _____

What kind of religious training have you had? _____

Are your spiritual beliefs fixed, or are they changing? _____

How do you feel about this? _____

CHARTING YOUR PROGRESS

Continue to reflect on the above explorations over the period of this entire week. Review them every day and see if the answers change depending on circumstances. Then answer the following questions.

How many days this week did you meditate? If not every day, what kept you from it? _____

How many days this week did you make entries in your psychic journal?

What was your favorite entry? _____

If you didn't make any entries, what kept you from it? _____
