Chapter 1

Are You Psychic?

In This Chapter

• It’s true: you’re psychic!

• Mysterious words for everyday events

• Discovering your source of psychic power

• Honing your psychic gift

Let’s clarify what you already intuit: everyone is psychic. And that includes you! In this book, we’ll show you how to mine your special powers and use them in exciting and constructive ways.
Your psychic ability has been with you since the day you were born (or perhaps for centuries before you were born, but we’ll talk more about that later). We all enter the world with an innate ability to sense information that seems to come from outside, or beyond, ourselves. This ability manifests itself in many forms (almost as many as there are individuals). It provides insight and information as general as a gut feeling and as specific as the details of a future event.

Most likely, at least one of the following has happened to you. Each is an example of a psychic phenomenon:

- You anticipate when your phone’s going to ring, and you know who’s calling without – a distinctive ring or checking your Caller ID.

- You constantly find yourself in the right place at the right time. For example, the person sitting next to you in the jury pool happens to be a piano teacher and you’ve just inherited a piano!

- You buy a gift for a friend, only to discover that your friend has been looking for that item for some time without success and hasn’t told you (or anyone else) about it.

- You dream about a place you’ve never been before and discover, upon visiting it, that it looks just like you dreamed it.

- You’re teamed up with a new business associate with whom you feel instantly comfortable. Before the end of your first meeting, you’re finishing each other’s sentences.

But if being psychic is so common, why don’t we talk about it more often? For one thing, people in our Western culture aren’t encouraged to acknowledge and train their intuitive skills. As schoolchildren, we focus on mastering our ABCs and 123s. Most of us have never been required to take an emotional or psychic IQ test! Yet, according to a Pew Research Center survey, more than 60 percent of Americans believe in some form of psychic phenomenon. For now, rest assured that you are indeed psychic and that what you now need is the confidence to get started on developing this wonderful gift.
Psychic, Intuitive, or Just Plain Crazy?

Perhaps the vocabulary of psychic intuition is another thing that makes discussing “psychic stuff” difficult? Throughout this book, you’ll encounter some words that will be familiar and many that may not be. We’ll introduce you to telepathy, clairsentience, extra-sensory perception (ESP), psychometry, psychokinesis, remote viewing, channeling, precognition, the paranormal, and more. We’ll also look at the study of psychic phenomena, called parapsychology.

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**Definition**

**Parapsychology** is a branch of psychology that studies psychic experiences. The term came into use in the late 1920s, when the field’s founder, J. B. Rhine, created the first institute for psychic research: The Rhine Research Center, situated near Duke University in Durham, North Carolina.

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These days, the term “psychic” means many things to many people. It’s a word that has been around the block a few times, so it’s carrying some extra baggage. For one thing, “psychic” can refer either to the ability to transcend concrete knowledge or to a person who has this ability. For some people, the word “psychic” has a negative connotation. It’s not unusual for people to fear something that has no rational explanation.

When you’re “being psychic,” you’re accessing knowledge without understanding how or why that knowledge is given to you. You just know it! Being psychic is all about trust—trusting that your source of information is more powerful than your own imagination and trusting that it’s there for your greatest good.

In the field of medicine today, we’re seeing doctors embrace the power of the connection between our bodies and our minds to heal and nurture us. While high-tech computer and biomedical advances are changing the face of medicine, these breakthroughs coexist with a new respect for alternative medicine techniques such as acupuncture, chiropractic, and biofeedback.
Disciplines that combine mental and physical well-being (such as yoga, meditation, and massage) are enjoying a renaissance and some medical schools are conducting scientific studies into the documented healing effects of prayer. Doctors and scientists agree that there’s a lot they need to explore about how the health of the psyche and the soul influences one’s mental and physical health. So, let your fear of “psychic stuff” and/or the fear that others might not understand or worse, that they might think you are crazy become a thing of the past!

Sure, some psychic experiences can sound strange, but that’s often because they are hard to describe. One reason is because they occur in a nonphysical realm, which means that they aren’t concrete. You can’t touch them or take them home to show your mom. And it can be very difficult to prove them. One of the key lessons you’ll learn from this book is to have faith in yourself. The foundation of improving your psychic power is trusting yourself. As the saying goes, “Trust your intuition.”

In fact, Lynn believes the words “psychic” and “intuition” are interchangeable. In her practice, for instance, she refers to herself as an intuitive consultant. The word “intuitive” sheds new light on being psychic because it focuses on discerning truth through a direct — albeit unexplained — source of knowledge (as compared to receiving information from a supernatural force). “Intuitive” suggests that the information sent or received finds its origin inside one’s self. So, if you work on developing your ability to think and feel intuitively, you’re being psychic.

**How’s Your Psi These Days?**

*Psi* (pronounced “sigh”) is the study of psychic phenomena from a psychological perspective. It’s another term created in an attempt to talk about the abstract concept of being psychic. The *Journal of Parapsychology* defines psi as “a general term to identify a person’s extrasensory motor communication with the environment.” The *Journal* was created by a group of researchers who were trying to prove the existence of extrasensory perception (ESP).

In general, psi isn’t a word used everyday — but it’s sure the buzzword within the psychic community! You might want to save it for an impressive opening line at a party. But
we want you to avoid getting too attached to any specific terms for the psychic experience so that your mind will have more freedom to welcome and explore the many intuitive messages that come your way every day.

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Definition

Scientists who study psychic phenomena created the term *psi* as a neutral (that is, a more scientific) way to refer to psychic experiences and abilities. Psi is a letter of the Greek alphabet and the first letter of the Greek word *psyche*, which literally means “breath” in Greek and refers to the human soul. Having *extrasensory perception* (ESP) means that you are able to perceive someone’s thoughts, situation, or issues in life without using one of your five “ordinary” senses.

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Do You Have It?

Like many people, you’ve secretly wished you could read someone’s mind, see what was happening with a loved one on the other side of the country (without the use of the phone or e-mail), or receive guidance and insight into matters of your healing and spiritual growth. Although most people, especially those without any training, are not open to experiencing these types of mental feats, everyone does have a psychic sense (including you!).

Lynn once asked a physicist whether he believed in psychic intuition. His answer (the short one!) was “No.” His long answer, however, reveals something interesting. This physicist postulates that psychic awareness relies on an accumulation of knowledge and the ability to predict outcomes successfully based on that knowledge. It’s a little bit like playing the odds — the more inside information you have, the more accurate your choices and the greater chance you have of beating those odds. So, according to our physicist friend, if you have intuition, you’re consciously applying knowledge you’ve accessed and processed in an unconscious, unexplainable manner that science has yet to catch up with.

Ever Had a Psychic Experience?
Because you’re reading this book, we’ll assume that you are among the 60 percent of Americans who believe in psychic phenomena. But maybe you’re in doubt about whether you’re psychic yourself. Consider the following questions:

- Do you get hunches about things coming up in your life?
- Do you sense what is going on with other people’s feelings?
- Have you ever known about future events before they happened?
- Do you feel physical sensations (knots in your stomach or an all-over heaviness, for example) that alert you when you’re making a decision that’s wrong for you? Do you honor those physical clues?
- Do you feel physical sensations (tingling or lightness, for example) that alert you when you’re making a good decision? Do you honor those sensations?
- Are you aware of how your intuition speaks to you?
- Do you receive information through kinesthetic (physical) sensations, through more cerebral hunches, or through feelings and emotions?
- Do you check in often with your intuition when you need information?

Did you answer “Yes” to any of these questions? If so, this confirms the answer to the question you’ve been asking yourself all along: “Am I really psychic?” Doubt no more! The answer is “Yes.”

In future chapters, we’ll talk about why you answered “Yes” to some questions and how you can use each question to develop your psychic intuition. Everybody has a unique way of getting in touch with his or her own psychic abilities. Throughout this book, we’ll help you discover the best ways to tap into yours. We’ll give you insight into the various forms of psychic ability and help you understand where your special talents fit into this awesome, yet undeniably real, range of powers.
When first getting in touch with your personal psychic skills and strengths, be aware that there is a wide range of possible ways to receive information. Some people might feel a physical sensation in the body, others might experience an emotional change, and still others might hear a voice or see an image. The possibilities are infinite because they are all unique to each individual.

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Are You Aware?

Each individual receives psychic information in his or her own way, and the way it arrives can change depending on the situation. If you’re stressed, you may develop a headache as your body’s way of saying, “Get some rest.” If you’re about to say “No” to a great career opportunity, your stomach might tighten. If you shouldn’t take that walk in the park after dark, you might feel a prickly sensation at the back of your neck. If you’re asking for intuitive guidance about a decision, you might get a warm feeling at the thought of a good decision.

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Separating Questioning from Questing

To start learning where your psychic potential fits in on a grander scale, you need to know where you’re coming from. For starters, examine your existing attitudes and beliefs toward the amazing and mysterious world of psychic stuff. Chances are you will feel a mixture of curiosity, anxiety, fear, doubt, and eager enthusiasm when thinking about being psychic. All of these feelings are normal, especially when you’re exploring new territory.

Think about all the input you’ve received over your lifetime about the psychic realm. The popular media tends to view psychic phenomena with an equal measure of suspicion and fascination. Popular TV shows tap into the public’s strong desire to investigate the nature and truth of psychic experiences and events. In movies and television, though, psychic phenomena tend to be larger than life – often with supernatural or paranormal qualities attached. (They do have to entertain, after all!) But harnessing psychic power in your own life is not so
extreme, scary, or out of this world. Being psychic can be an everyday way of being — another part of who you are.

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**Mixed Messages**

Beware of becoming overly eager in your quest for psychic intuition. Don’t let wishful thinking or personal ambition convince you that desired — but possibly inaccurate — information is meant to be a psychic blessing. Like any skill, psychic development takes practice. It might take a while for you to distinguish between intuitive insight and wishful thinking.

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Traditional religions have a wide range of viewpoints on psychic matters (not all of them positive). Your own parents, depending on their religious backgrounds, probably downplayed psychic impulses or spurned them for fear of putting “silly” ideas in your head. Yet, each great religious tradition from Buddha to Mohammed to Jesus Christ has a tradition of prophecy and miracles.

How often have you stopped to think for yourself about what being psychic really means?

**The Soul Connection**

Perhaps the intuitive messages you receive can be looked at as gifts from the universe offering to guide you along a clearer, smoother path. Perhaps they originate from an all-seeing and all-loving God who speaks to you through these impressions. Or, perhaps they are entirely physical biochemical sensations brought on by body chemicals that scientists are only just discovering. Experts have no answers to these ponderings. Explore your beliefs so that you can resolve any possible barriers that could prevent you from opening up to something new — your own incredible psychic potential!

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**Guided Intuition**

Always know that you are in control. Although some psychics insist that the future is etched
in stone, we believe that your choices and decisions matter. Intuitive information forms messages you receive from your higher self, offering guidance rather than an ultimatum. You’re in control of your own destiny!

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“I Know, but I Don’t Know How”

A common expression among many beginners – and even masters – in the world of intuitive insight is, “I know, but I don’t know how.” If you’ve ever had this sense, you’re definitely on track. But what does it mean?

You’ve probably had a moment when you stopped short, struck with a thought that seemingly came from nowhere. Perhaps it had no relation to any topic you had on your mind, and yet the information later proved accurate. Once you gain a little experience with receiving intuitive information, you’ll be able to say, “Ah ha!” with the full confidence that the information is something that comes from a source beyond your five senses. You may never be able to describe your source, but you can get better at recognizing and using this type of knowledge.

Intuition as Life’s Teacher

Your intuitive messages are your soul’s instructions. They guide you to make correct decisions according to your higher purpose. The messages you receive might give you information about how to proceed in life, offering suggestions for taking your next steps (large or small). Or, they might provide insight into what lessons you should be learning from your experiences. In addition to positive growth in your personal and spiritual lives, your relationships with others can also benefit. Psychic insight can grant us greater understanding, empathy, and compassion for others. It informs us about our world in new ways, giving us a fresh perspective. I like to refer to intuitive information as “an instruction package for planet Earth.” But don’t worry too much about reading the entire world. When you start seeing your immediate surroundings, the larger world will come to you.

Neophyte to Master: Honing Your Intuitive Talent

Remember one thing: keep an open mind! As you begin tapping into your psychic information, you’ll discover it’s a hit-
or-miss proposition at first. It might take you some time to sort out which messages are meant for you. Eventually, you’ll tune into the method of sending or receiving information that works best for you. You’ll also start to get a good sense of when an intuitive message is truly coming to you loudly and clearly.

Here’s an image to help illustrate it. Envision your intuitive powers as radio signals. The power is always there; you just need to know how to tune in. For some, this tuning-in involves a concerted learning effort; others might just hit the best position on the dial right off the bat. With a little effort, anyone can soon gain access to a usable frequency. You just need a few lessons on how to fine-tune your psychic receptors.

**Everyone Has the “Gift”**

Everyone is born with some degree of psychic ability. It’s not a sacred gift intended only for a few select geniuses. Just like studying piano or training as a soccer player, anyone can do it. Of course, the occasional prodigy does surface in these areas now and then, and the same is true with psychic abilities. But you can’t all be Mozart, Pele, or the Amazing Kreskin—and you needn’t expect to be.

As with any other skill or talent, the more you use your psychic abilities, the better you’ll get. (If you dread the thought of practicing anything, here’s some consolation: practicing your psychic powers is much simpler than lugging a tuba to lessons or getting dressed for a hockey game.) As you become more confident and in control of your intuitive abilities, the better able you’ll be to trust your psychic insights when making major life decisions.

Although you may not be able to locate your neighbor’s missing dog or predict tomorrow’s lottery jackpot numbers, with effort and concentration you’ll soon find yourself accessing your own powers of psychic intuition. Over time, you’ll gain confidence in what you “know” and will learn more about where and how that knowledge comes uniquely to you!

**Intuition Exercise: Practice, Practice, Practice**

Now that you’re convinced you have this tremendous gift, get ready to use it. In the upcoming chapters, we include
exercises to help you find the right psychic path for you. We focus on the many aspects of psychic ability. Somewhere in there, you’ll come upon a method(s) of being psychic that works for you. Try to be aware and open to this connection to your own psychic talent. We’ll help you tune in to your intuitive side. And don’t forget: practice makes perfect.

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Are You Aware?

Does psychic intuition run in your family? Just as musical virtuosity and athletic finesse tend to be genetic, psychic talent also appears to have a genetic component. Indeed, research indicates that it seems to skip a generation. My family is proof: my grandfather contacted my mother late in life (he hadn’t been in touch with her since she was 12) and revealed that he was a professional psychic. (To test this out yourself, give Granny a call and ask her if she has always had uncanny insight into people and their situations.)

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Let’s start now. Sit quietly and comfortably in a straight-backed chair with your hands resting on the tops of your thighs, palms facing down, and your feet flat on the floor. Close your eyes. Breathe in deeply, letting the air fill your abdomen. Breathe out slowly. Repeat this for five deep, full breaths. Quiet and center your concentration on the breath flowing into and out of your body; feel your heart beating. Remember that in Greek, psyche or soul is literally “breath.”

Imagine a ball of your favorite color. In your mind’s eye, see this ball of color floating over your head. With each inhale, see the ball of color move closer to you. See the ball of color sliding down and filling your head. As the color fills your head, it relaxes your nerves and your muscles. Feel the color relaxing your scalp, your forehead, your brain, your ears, your cheeks, and your tongue. Feel the color filling and relaxing your neck and your throat.

The color moves down into your shoulders and relaxes them. It fills and softens your arms, elbows, forearms, and wrists. The color flows into your chest, relaxing it. Your rib cage, lungs, and heart relax. The color flows into your abdomen and down your back. Your spine relaxes, and your
stomach relaxes. The color fills your pelvis and hips, relaxing them. It flows down your legs and relaxes your thighs, knees, calves, and ankles. The color fills and relaxes your feet and your toes. You are completely filled with your favorite color, and you are completely relaxed and focused.

Stay like this and feel the peacefulness in your body and your mind for as long as you like. When you are ready, breathe in — and then, as you begin to exhale, imagine the color starting to fade. Let the color fade slowly with each exhale, leaving you both relaxed and energized. When you are done, open your eyes.

You can use this exercise any time to help you relax and focus. Remember that an open, clear mind is a psychic mind.

The Least You Need to Know

• Everyone — including you — is psychic.

• The words “psychic” and “intuitive” can be used interchangeably.

• Each individual has a unique way of tuning into his or her own psychic abilities.

• Our intuitive talents can provide guidance in every aspect of our lives.

• Although developing psychic power is not difficult, the more you practice, the more accessible it becomes.

Lynn A. Robinson, M.Ed., is a leading expert on the topic of intuition. Through her work as an intuitive advisor she's helped thousands of people discover their life passion and achieve their goals. Voted “Best Psychic” by Boston Magazine, she’s also a bestselling author whose latest book is Divine Intuition: Your Inner Guide to Purpose, Peace and Prosperity. She's also the author of, LISTEN: Trusting Your Inner Voice in Times of Crisis and Trust Your Gut. To learn more about her books and intuitive readings, visit http://LynnRobinson.com