

generally find it easy to access animal intuition. They usually have strong natural connections with their physical bodies. When someone is attempting to deceive you, your physical body usually senses this clearly. If you practice being aware of the sensations your physical body registers, you can avoid being deceived.

Many years ago I spent a winter and spring life-coaching 37 year-old Natalie. She lived with Rick, her partner of five years, in a small Victorian terrace house. Natalie was unhappy but couldn't pinpoint why. She wanted to marry, but Rick wasn't quite ready. They lived in a recently renovated home, with an established garden which was perfect for their Scottish terrier Chalky. In our weekly sessions, we explored different parts of Natalie's life, discovering how she might replace her unhappiness with joy.

It was a long, cold winter, so our meetings were often in the evening, as we sat huddled around a heater discussing Natalie's life. She outlined her experiences while I sipped black tea. After a few sessions I noticed that whenever Natalie mentioned Rick, her energy changed. It was as though, for a brief moment, she was shrouded in a mist, her thoughts fogged by her life's circumstances.

I asked her to describe Rick's movements in an average weekday afternoon. Natalie explained that he finished work as a personal trainer at around 3:00 pm and usually returned home, grabbed a quick sandwich and then went for a walk with Chalky. These walks usually lasted an hour to ninety minutes. I asked her how tired Chalky was when he returned home after such a long walk. She described him as usually bouncing with energy.

Something felt wrong when Natalie described the circumstances. A small dog is usually exhausted after a long walk. Her description of Rick suggested a man who used the appearance of a longstanding committed relationship to mask another set of circumstances. It was possible that Rick was having an affair.

I asked Natalie when they had moved to this address and she explained that they had found the house 18 months previously. Rick preferred the neighbourhood,

CHAPTER 8

Nourishing yourself spiritually

A truly balanced life requires that you nourish yourself physically, emotionally, intellectually and spiritually. Games and physical exercise might keep your physical body in balance, while friendships, a love relationship, positive social interaction with others and even listening to music can help nurture you emotionally. Reading books, watching films, engaging in interesting discussions and attending courses helps to replenish your reserves of mental energy, while meditation, silent contemplation, prayer or personal spiritual rituals nourishes you spiritually. Some activities which nourish you physically, emotionally and intellectually, also feed your soul or psyche.

Spiritual nourishment is an important part of intuitive development. When the spirit is under-nourished we can lose our way in life. Ongoing happiness is often the result of balancing both your spiritual and physical needs. Using the silver and gold keys analogy, the gold key unlocks the secrets of the physical world, such as an understanding of time, gravity and how effort is necessary to achieve goals in the physical world, while the silver key unlocks the spiritual world. While food, exercise and worldly challenges nurture your physical body, you are much more than your physical body. Within your physical body is your spiritual body which also needs nourishment through spiritual means.

A simple method for nurturing yourself spiritually is to sit in the sun for a few minutes. For fair skinned people early morning or late afternoon sun is best for this.

- ★ *When sitting comfortably, close your eyes and take a slow, deep breath.*
- ★ *As you draw breath into your lungs, visualise the sun, pouring down through your body, cleansing and rebalancing you.*
- ★ *As you breathe out, release any tension you may be holding in your body.*
- ★ *Feel the support of the earth beneath your feet and through the chair you are seated on.*
- ★ *Take a moment to become aware of how the air is also supporting you with each breath you take.*
- ★ *Repeat this breathing process for five minutes. If it's a winter's day, you might need to find a corner of the garden which is protected from the wind or a window which faces the sun if you don't have access to a garden.*

One of the most efficient tools for spiritual development is meditation. If you have attempted to meditate but had poor results, then perhaps you haven't yet found the right type of meditation for you. As there are hundreds of different types of meditations including dancing, running and chanting types of meditations, there are likely to be a few that suit you.

Meditation is often employed in psychic development because it serves several purposes. Meditation can:

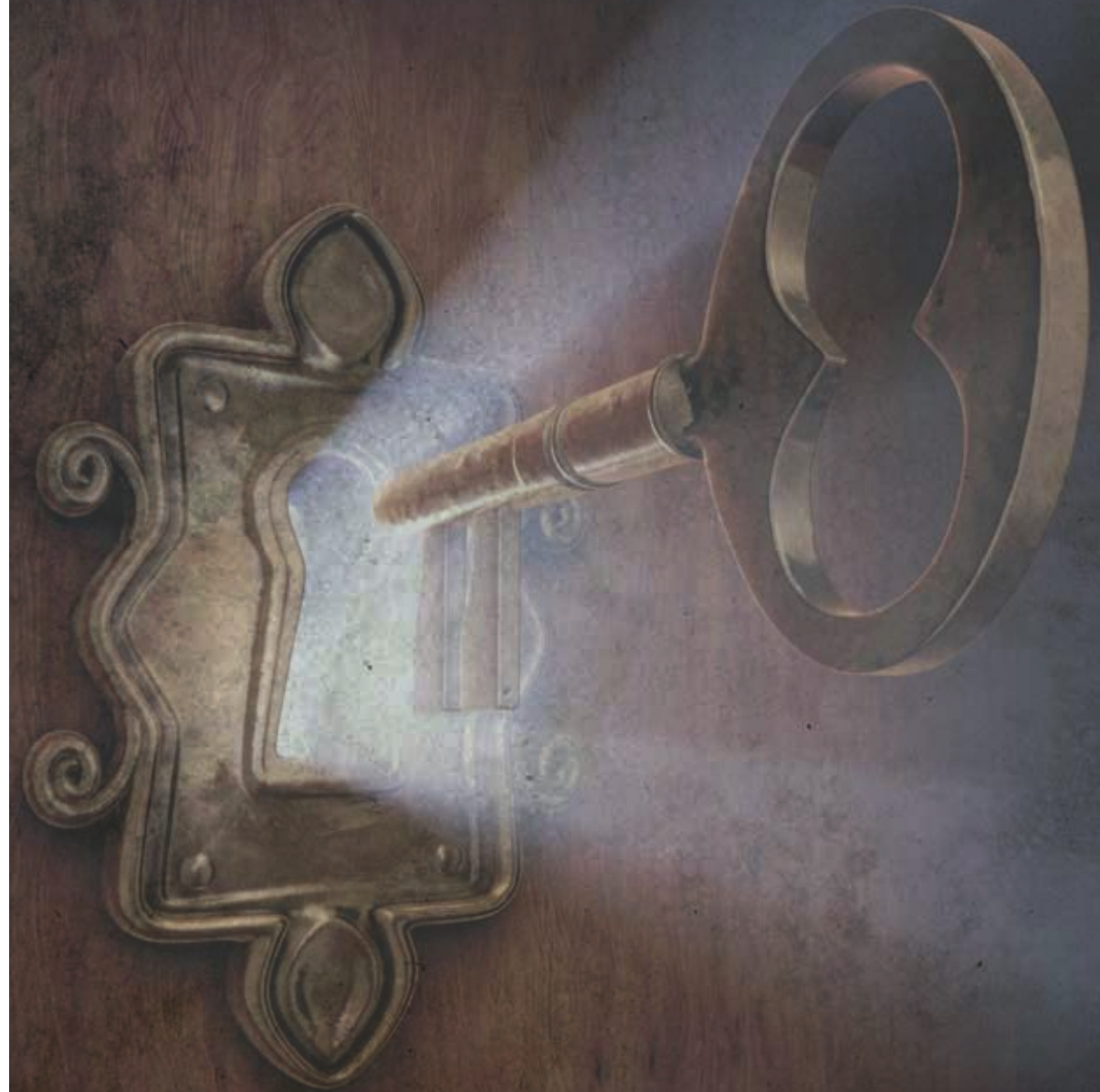
- ★ *Still your mind and free you from your daily worries or concerns.*
- ★ *Re-centre you.*
- ★ *Nourish your spirit.*
- ★ *Be used for psychic and spiritual cleansing.*

- ★ *Practice expanding and then contracting your energy five or six times, ending with your energy contracted to your physical body.*
- ★ *Many people who are naturally intuitive have personal energy which is permanently expanded to encompass their environment. They are at risk of depleting their energy reserves and of becoming un-centred by the thoughts, feelings and desires of others in the environment unless they contract this energy.*

A colleague tells me that she cannot shop at the local supermarket after 9:30 am because if she has to stand in line at the checkout, she is immediately aware of the concerns of the people standing in line with her. A 30 minute trip to purchase a few groceries can be exhausting because she has not properly contracted her energy field.

Conversely, when we are ill or exhausted we contract our personal energy naturally to preserve what limited energy we have at our disposal. I can recall times when I've had a bad cold and stumbled into the local shopping centre to purchase food and medicines, only to find everyone walking directly into me as though I was invisible. Because my energy was so contracted, I became invisible to fellow shoppers.

With practice, it is possible to remain aware of your circumstances while being centred in your physical body. The practice of expanding your awareness to fill a room is something children do. Many naturally intuitive people have carried this practice over from childhood. If you have a child or several children visit you for the day, notice how empty the house feels once they have departed. Children fill a room with their energies as the sense of boundary of the average child is not well developed. This is evident if you watch a young child touch everything within his reach as he explores his surroundings.



for danger but it wasn't attuned to opportunities. Because Jessica had trained her intuition to enable her to survive impending threats to her well-being, she wasn't as motivated to seek opportunities.

Simple psychic development games

- ★ *Guessing how many letters you'll receive in your mailbox when you arrive home (or guess the number of emails, phone messages etc.)*
- ★ *Guessing the gender or the identity of the caller before you answer the telephone.*
- ★ *Taking a moment at the beginning of each day to identify a possible theme for that day. This might be a single word, such as deadline, news, frustration, opportunity, laughter, friends or health.*
- ★ *Matchbox game.*
- ★ *If you are in a practice where you regularly have clients for counselling sessions, for psychic readings, massage or healing sessions, take a moment at the beginning of each session to finish this sentence in your mind. 'The issue today is...' then complete this sentence. 'The underlying need today is...' Take a moment later to notice if the client's needs and issues have been correctly identified.*
- ★ *Guess which supermarket queue will move fastest (notice people in each queue and observe who finishes first at the checkout).*
- ★ *In a traffic jam guess which lane will move most swiftly, measuring the progress after 500 metres or at particular landmarks.*



Sound is very effective in films. From romantic violins as lovers embrace, to the long haunting sounds of a cello to underscore someone on screen who is longing for a past love, we respond to sounds even when we are unaware of them.

When my son (an auditory person) was small he loved stories and he went through a phase of wanting scary stories about a storm. The whole purpose was for me to scare him and then return him to safety, without leaving the sofa. One night I decided to give him a bit more of a scare than usual. I began with: "It was a dark and stormy night... No – darker than that!"

He gave me a frightened look as if to say, 'How did you know how dark it was in my mind?'

I persisted. "Phinnaeus the bear had walked off into the woods and fallen asleep. He awoke with a start. What was that sound? He stood up and began to walk down the path to the clearing."

At this point I walked over to the piano. I used two low notes on the piano to represent the bear's footsteps. "He trundled slowly down the path. Suddenly he heard a noise." At this point I thrust my hands across the piano keys, filling the room with a discordant sound. My son sat bolt upright looking suitably terrified.

Auditory people find it easier to hear the voices of spirit guides and the internal voice. They sometimes hear music when reading for others

"Phinnaeus began to walk more quickly now," I continued and the piano notes quickened to underline his pace. "Becoming scared, Phinnaeus broke into a run, looking behind him to see if he was being chased in the eerie dark night. Branches of the trees seemed to reach out to him, clawing, straining, tugging at his matted fur. His heart pounded in his chest and ..." At this point the notes on the piano were quickening, until a small pale hand tore my fingers away from the keyboard. An alarmed face looked up at me and I knew the story was too much for a small boy.

The following evening, he asked for another scary story and when I began, he pointed to the piano. "Go on, the whole story," he demanded and I repeated the tale from the previous day. He tore my hands away from the keyboard for several days, requesting it again the next day. One evening when I told the same story without the growling piano, it didn't seem to scare him at all. A week later I heard those same notes played on the piano while I was writing. I walked into the living room to see him looking up at me expectantly, wanting another story.

Visual intuition

This relies on visual images. This is perhaps the most effective form of intuition as images reveal much more detail than sounds or feelings. As the saying goes 'a picture is worth a thousand words.'



It can be tempting to forgo the bath, especially after a long flight and hours spent locating your luggage, securing a taxi and standing in line at hotel reception to check-in but the salt bath improves your sleep at night significantly. When you consider all of the factors working against a sound sleep at night including unfamiliar surroundings, a strange bed with a mattress which may be too firm or soft for you, temperature and humidity levels (if you are in a foreign country), your body clock being out of sync with a different time zone or stress about a business meeting, conference or guest appearance you might have the following day, it is essential that you have the best sleep possible for your circumstances. You might add a few practical additions to this process, such as ear plugs. These proved useful when I spent several nights in a hotel opposite the airport in Los Angeles, where a flight landed opposite my hotel every 90 seconds, day and night. In disbelief, I stood at the window with my watch in hand counting. Finally I decided to imagine each 747 covered in wool as though I was counting sheep.

Cleansing for couples

If you are part of a couple and the only partner who regularly cleanses, then how do you maintain your spiritual balance? If your relationship partner isn't interested in maintaining his or her psychic hygiene, you may need to cleanse more regularly to remain centred. If you don't regularly cleanse yourself and your environment, you become a sponge for your partner's dross.

Bleary eyed Tara slouched in the chair, stifling a yawn. She seemed puzzled about how tired she felt. Tara complained of bad dreams every night and poor sleeping patterns, despite regular meditation and a healthy lifestyle, which included a daily walk and three yoga classes a week. She also completed an ocean swim every Sunday, throughout winter and summer.

"I feel like an old woman and I'm only thirty five," she said desperately. We looked further into her life for sources of dross. We canvassed the usual possibilities including sharing her home with strangers or co-tenants who didn't meditate, working in a negative environment, regular consumption of alcohol, downstairs neighbours who regularly consumed alcohol or drugs and psychic cords to needy friends or work colleagues.





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CHAPTER 18

Psychic energy cords

Psychic cords are thin cords of energy, usually invisible to the naked eye, which extend from the physical body, linking us to other people. These cords can be used to transmit to or receive information from a friend or a family member to whom we are corded. You don't even need to know someone to cord that person. If you see someone attractive in a crowd and want to get to know that person, you'll probably form a cord to that person through your desire.

It is possible to train yourself to see these cords through meditation or by attuning yourself to do this intuitively. Psychic vision is similar to memory vision in that you don't see with your physical eyes but instead with your mind's eye. If you recall a favourite beach, a café or the face of someone you care about, you can see this in your mind's eye. This is the same method used to see clairvoyant images.

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For people who experience difficulty 'seeing' in their mind's eye or visualising, there are some techniques which can improve visualisation abilities. These include:

- ★ *Visualisation exercises.*
- ★ *Memory exercises.*
- ★ *Art classes.*