

The
Psychic
Pathway

The Psychic Pathway

A Workbook for
Reawakening the
Voice of Your Soul

SONIA CHOQUETTE



HAY HOUSE

Australia • Canada • Hong Kong • India
South Africa • United Kingdom • United States

Originally published and distributed in the United States of America by:
Three Rivers Press, New York, New York. A Member of the Crown Publishing Group.

First published and distributed in the United Kingdom by:
Hay House UK Ltd, 292B Kensal Rd, London W10 5BE. Tel.: (44) 20 8962 1230;
Fax: (44) 20 8962 1239. www.hayhouse.co.uk

Published and distributed in Australia by:
Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015. Tel.: (61) 2 9669 4299;
Fax: (61) 2 9669 4144. www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:
Hay House SA (Pty), Ltd, PO Box 990, Witkoppen 2068. Tel./Fax: (27) 11 467 8904.
www.hayhouse.co.za

Published and distributed in India by:
Hay House Publishers India, Muskaan Complex, Plot No.3, B-2, Vasant Kunj, New Delhi
– 110 070. Tel.: (91) 11 4176 1620; Fax: (91) 11 4176 1630. www.hayhouse.co.in

Distributed in Canada by:
Raincoast, 9050 Shaughnessy St, Vancouver, BC V6P 6E5. Tel.: (1) 604 323 7100;
Fax: (1) 604 323 2600

Copyright © Sonia Choquette 1994, 1995, 2011

The moral rights of the author have been asserted.

All rights reserved. No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted or otherwise be copied for public or private use, other than for 'fair use' as brief quotations embodied in articles and reviews, without prior written permission of the publisher.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual wellbeing. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

A catalogue record for this book is available from the British Library.

ISBN 978-1-84850-271-0

Printed and bound in Great Britain by TJ International, Padstow, Cornwall.

This book is dedicated to my loving family who have created a circle of guidance, protection, teaching, and joy in my life. It is with deep appreciation and love that I thank you all for sharing the pathway of the soul with me.

ACKNOWLEDGMENTS

I would like to thank my mother, Sonia, for starting me out on the psychic pathway at the beginning of my life and supporting me spiritually throughout it all. I would also like to thank my father, Paul, who lives the meaning of unconditional love and acceptance and has been the loving foundation of stability in my life.

To Lu Ann Glatzmaier, my best friend and “soul” sister, thank you for exploring all the dimensions of the psychic pathway with me. To Joan Smith, thank you for charting our course with your astrological calculations and commonsense savvy. To Kathy Churay, thank you for your talent, humor, and grounding and for letting me be a part of your transformation. To Cuky, my sister, thank you for being like a second mother to me, nurturing me during the difficult passages and celebrating my victories.

To Gene and Mary Tully, thank you for being great grandparents and caring for my daughters while I wrote this book, and for your great son, Patrick. To my children, Sonia and Sabrina, thank you for being patient while I was working and for your humor and love when I needed inspiration.

And finally, thank you to the souls of my teachers, Charlie Goodman and Dr. Trenton Tully, for the guiding light and road maps on my spiritual journey.

Also, thank you to the wonderful people at Transitions Bookplace who first brought my manuscript to the public; to my agent, Susan Schulman; to my editor and publisher, Carol Southern, and her assistant, Eliza Scott; to Penny Simon, my publicist; to

Camille Smith, Joy Sikorski, and all of the other people at Crown who worked behind the scenes to make the book a success.

And, a special thank you to my dear friend, fellow psychic, student, and teacher, Julia Cameron, for her vision—and insistence—on my bringing *The Psychic Pathway* into the world. It was *her* psychic knowing that first noticed this book inside me seven years ago, and in her artist's way, she helped me lead it safely into the world.

The psychic pathway led Julia to create *The Artist's Way*. *The Artist's Way*, in turn led me to create *The Psychic Pathway*.

CONTENTS

Acknowledgments	vii
Foreword	xiii
AN EXCITING ADVENTURE	1
But What Is the Psychic Pathway?	7
The Basic Principles	9
How To Use This Book	10
The Psychic Awareness Survey	12
A JOURNEY INWARD	15
Be Open to Psychic Guidance	15
Expect Psychic Guidance	16
Trust Psychic Guidance	17
Act on Psychic Guidance	20
Where Psychic Energy Comes From	22
WEEK ONE: GETTING READY	29
How to Meditate	30
Keeping a Psychic Journal	33
Explorations	34
Charting Your Progress	39

WEEK TWO: CLEARING THE PATH	41
The Religious Training Block	41
The Ugly Duckling Block	54
The Intellectual Censor Block	59
Explorations	63
Charting Your Progress	67
WEEK THREE: TYING UP LOOSE ENDS	69
The Disorganization Block	69
Living at the Proper Pace	74
Putting on Earmuffs	81
Explorations	81
Charting Your Progress	85
WEEK FOUR: TRAVELING LIGHTLY	87
Where Are You Now?	92
Forgiving and Accepting	96
Easy Does It	107
Explorations	109
Charting Your Progress	118
WEEK FIVE: DISCOVERING NEW TERRITORY	121
Becoming Aware of Others' Energy	121
Grounding	124
Crystals and Other Grounding Materials	127
Just Imagine	129
Explorations	130
Charting Your Progress	133
WEEK SIX: CHECKING THE WEATHER	135
The Aura	135
Stormy Weather	139
Explorations	141
Charting Your Progress	145

WEEK SEVEN: WHEEL ALIGNMENT	147
The Chakras	147
First Chakra (Base)	148
Second Chakra (Spleen)	153
Third Chakra (Solar Plexus)	157
Fourth Chakra (Heart)	160
Fifth Chakra (Throat)	164
Sixth Chakra (Forehead)	167
Seventh Chakra (Crown)	170
Rules of the Road	172
Explorations	173
Charting Your Progress	175
WEEK EIGHT: EXPANDING YOUR HORIZONS	177
The “I Am Psychic” Game	180
Explorations	187
Charting Your Progress	188
WEEK NINE: TRAVELING COMPANIONS	191
Angels	196
Runners	200
Helpers	200
Teachers	203
Masters	204
Joy Guides	205
Being Aware Of Your Guides	206
Explorations	207
Charting Your Progress	212
WEEK TEN: ASKING FOR DIRECTIONS	213
The <i>Yeah, But...</i> Syndrome	223
Inspirational and Automatic Writing	233
Explorations	235
Charting Your Progress	238

WEEK ELEVEN: USING YOUR COMPASS	241
The Pendulum	243
Playing Cards and Tarot Cards	250
The <i>I-Ching</i>	254
Rune Stones	256
Psychometry	257
Prediction Versus Probability	261
Explorations	263
Charting Your Progress	263
WEEK TWELVE: WELCOME HOME	265
Explorations	277
Charting Your Progress	277
A FEW LAST TIPS FOR TRAVELERS	279
HOW TO USE TAROT CARDS	285
The Major Arcana of the Tarot	294
HOW TO THROW <i>I-CHING</i> COINS	299
SUGGESTED READING	301

FOREWORD

It has been my privilege to know Sonia Choquette, and travel with her on the psychic pathway, for the past decade. I have long admired the artistry and creativity in her work. In my own work I have found her support joyous and invaluable.

Several years ago, seated at my writing desk, I received a telegram: “Call Sonia Choquette and ask her about her book.” I call such telegrams my “marching orders,” and I know better than to ignore them. So I called Sonia and asked about her book...

She was horrified.

If I was a closet psychic, she was a closet writer! It’s a toss-up whose closet was darker and scarier. After a little telepathic arm-twisting, I convinced her to show me “It.”

“It” was the nub of the book you hold in your hands.

From that day to this, my job has been to welcome Sonia’s book into the world. This was easy: I read it in nightly instalments like a thriller. I got to ask all the questions I wanted. She had the answers. We had the adventure of shaping this book together.

I have found *The Psychic Pathway* and the world of knowledge it contains to be magic.

I envy you your first steps.

—Julia Cameron
Taos, New Mexico

IN THIS SPIRIT

*What lies before us, and what lies behind us, are tiny
matters compared to what lies within us....*

RALPH WALDO EMERSON

AN EXCITING ADVENTURE

My name is Sonia. I was named after my mother, Sonia, a psychic, and I am psychic. For twenty-five years I have given psychic readings. For a decade and a half I have taught psychic development.

Perhaps more important, I have lived my own life on what I call the psychic pathway. I have developed my own psychic gifts, and I have learned to develop them in others. This means I have lived my life publicly as a psychic. The book that follows is a practical sourcebook, a developmental guide to nurturing your psychic gifts. It is the fruit of my life experience—and it works.

Let me tell you a little of my story before we begin.

I like the word *psychic* because no one knows exactly what that means, and it doesn't mean the same thing for any two people. For me, being psychic means being able to look at someone and know who they really are. I can see past the façade people stand behind. I can recognize their soul. I understand where their fears are, where their dreams lie, and where they must concentrate their growth. Most of all, I can see the ancient and beautiful self lying deep within the personality of each person I meet.

I've always been able to see the real soul inside each person, but it's been a long learning process for me to come to the understanding that that is what I had been doing all along. Even I wasn't really aware of what I was seeing at times, especially when those around me didn't know what I was talking about and laughed at me. I have done psychic readings for people ever since

I was a young child, starting as early as age eleven.

I didn't think about it in terms of being strange or out of place. Instead I look at it as a family trait. Since my mother, Sonia, is also psychic, our own family experiences were anchored around her psychic feelings about things. My mother's "vibes" determined everything we did as a family—whom we made friends with, where we would go. It was a way of life. My father, Paul, was a calm, loving man. He adored my mother and deeply valued her psychic feelings. None of us ever disputed my mother's intuition. She was always right. We felt safe and somehow protected from harm, and this psychic awareness began to manifest in me.

I was one of seven children, but perhaps because I was named after my mother, I really identified with her. I loved how she responded to everything around her on a very soulful, feeling level, and I wanted and tried to do the same from the youngest age I can remember. It never occurred to me not to look for or listen to my "vibes." Life without vibes would be like being blind or deaf. It was my primary sense, my primary way of experiencing life around me.

People frequently ask me how I came to realize I was psychic. I never remember realizing I was psychic, but after I began first grade it became apparent that what was obvious to me was hidden from others. It took me a few months to realize that my perceptions were different from those of others. I was constantly trying to fit my reality into the more limited framework of those around me.

For example, I recall that one day in May I woke up and felt as though I were going to be crowned princess. I was very happy at breakfast and told everyone what a special day it was. I was going to be crowned princess.

"Mom," I said, "please sew me a beautiful gown because I am going to need one for the special ceremony."

My brother laughed at me. "Yeah, princess of the stupid-heads!" *What* an insult! I just ignored them.

"*You'll* see! I will be crowned princess!" I put on my blue plaid

uniform and skipped to school. I was so happy.

The morning went as usual. Sister Mary Ellen, my first-grade teacher, didn't seem aware of my big event, so I figured she wouldn't have anything to do with it. I just waited.

At noon, right after we returned from the lunchroom and right before nap time, Sister Mary Canisius, the school principal, came into our class with three beautiful eighth-grade girls. Sister Mary Ellen had all the first-grade girls line up against the wall, and the three eighth-grade girls studied us. Then each one walked over and picked a girl. My best friend, Susie Cain, was picked. A girl I didn't like, Stephanie Montoya, was picked. And finally, the most beautiful girl of all picked me!

Then Sister Mary Ellen and Sister Mary Canisius told us that our school was having a May crowning ceremony for the Blessed Virgin Mary. The three eighth-grade girls were the May queen and her attendants. We, the three first-graders, were the May princesses. We were to dress in formal dresses, wear beautiful flowers in our hair, and lead the school parade in the May Day pageant.

This was it! I was picked to be a princess! And by someone I had never seen before in my life! Needless to say, my brothers heard about this one.

Another useful discovery from my school days was that I knew whenever our teachers were planning any sort of surprise test. It was never like a light bulb going on. It simply occurred to me on the walk to school. I would just be walking along, thinking of nothing in particular, and it would float into my head—test today! I loved it.

The hardest thing about being psychic when I was young was that I was always conscious of the thoughts of my classmates, especially those about me! As you might imagine, some of them thought me quite weird.

In retrospect, perhaps we were. I grew up in a crowded sensual house. My mother was an artist in many ways. She painted and sewed, did photography and interior design, and raised seven

children, all the while maintaining an elegance and grace. My father was artistic, too. Over the years he completely remodeled the home we lived in.

Our home emphasized the creative, the beautiful, and above all, the imagination. We all worked hard to reach within ourselves and pull out something extraordinary. My brothers and sisters became musicians, artists, designers, travelers, and inventors of the beautiful. I simply became psychic and used my creativity to look for and guide people to find the beautiful and extraordinary in themselves.

When I was a teenager, I became particularly clairvoyant and began to see future events around people. When I held an object that belonged to someone, visions came across my mental screen, a little like a movie. I could see, feel, even hear future events of distant occurrences as if I were right there. It was exciting but inconsistent, so I began *trying* to stabilize or control my psychic abilities through concentration.

Even though I was getting psychic information, I pressed deeper into things. I read. I studied. I practiced. I apprenticed myself to master teachers. Eventually my readings reflected my discussions about why certain events occurred. First I saw only events. Next I could see how events were set up, offering me a bigger picture.

For example, I wouldn't just see a person getting married next year. I would see that person going back to school and marrying someone he or she would meet there. I would see that the marriage would occur because they had common goals.

Gradually with much work, I went from what, to who, to how events unfolded, but I still yearned for more understanding. Ultimately I kept on pressing until I could *why* life formed for each person as it did.

I began to see the deep soul behind all the layers of self-consciousness we wrap ourselves in. By continuing to look deeper and deeper into how life unfolds, I found myself seeing into the very essence of people. I saw what they longed to express,

what they feared, how they were going about things, where they struggled with values, and how their creativity was manifested into the events of their life. I recognized the beauty of their life and worked to show them how to tap into their joy. These abilities have been mine for many years now.

Of course I can still predict the future, but now that prediction comes from seeing creative energy set up the future. It's the same as seeing a cut tulip in a vase on a table or seeing a tulip bulb being cultivated into a beautiful flower. The more I try to see, to know, to understand, the drama of each person's life, the more apparent it becomes to me who the soul is that I have the privilege of meeting that day.

For example, today a woman came to me at noon. She had white hair and pretty skin and was dressed casually in slacks and sensible shoes. Everything in her tone, her movement, her demeanor, indicated she disapproved of herself for letting herself come to my door. In fact, she seemed angry. That was the surface energy, and I ignored it. I have long ago let my ego step aside in this process. She had allowed herself to be here. It was that self I would address.

She was so edgy that I asked her to shuffle my tarot cards. I didn't intend to use them, but the task would distract her mind. I closed my eyes and saw a flaming red bull, the red of anger and pain. I could tell she was a retired social worker. She had never married, lived alone, and was poor. She was depressed, even suicidal, and terribly trapped by the unfortunate condition of her good health. She had become paranoid. Being poor, she lived in a low-rent situation amid crime. The city frightened her, and being in her seventies, she had no opportunities, or so it appeared.

My Higher Self said this woman was sad because she'd come to earth to do spiritual, even religious, work to help people. Instead she'd turned down the road of the mind and become a social work administrator and become caught up in an endless bureaucratic nightmare that denied the sacredness of life. She'd adopted a

contemptuousness for those whom her soul had come to heal. Consequently she'd found herself stuck in a sea of lost souls, with no viable way out. At seventy-one she still had a chance to fulfill her soul dream of spiritual ministry if she would only stop calling herself "social worker" and start calling herself "soul worker."

Gently I began to ask her questions along the lines indicated to me.

She did admit that she had spent twenty-five years studying yoga, Buddhism, service to others, and really had wanted to be a nun, but her family had scorned such an urge, and she'd substituted social work for the convent. It hadn't worked. Her life lacked gratification because on a soul level she wanted a spiritual, even sacred, life, not an intellectual, analytical one.

The good news was that it was still possible for her to find peace. It meant she had to stop scorning the souls around her hooked on drugs, reproducing countless babies, living on welfare. Instead she had to minister to their souls, give them dignity by showing basic love and kindness. Her mission was not to save them, help them, change them—just simply to salute the good within them. That is the job of a soul worker. And when people do their job and fulfill their spiritual goals, they become peaceful and secure. Joy wells up from within.

I added the unimportant details of a coming change in apartment, money from a rebate, and a trip to San Antonio at Christmas, details that amused her. But what helped was not the details, but allowing her to reframe her perspective on life so she could see where her work needed to be done.

Helping people see their souls' work is *my* soul work. The psychic details now serve only to get their attention. My real work, after gaining their attention, lies in teaching them to look into their own experience with a wide-open heart and helping them to become content.

I do readings three days a week, three times a day. I also teach psychic development workshops and write. That's all I can

do without taking away from my family, and it works. I see my readings and teaching as a part of my responsibility. (The writing is part of my delight.) I still must go through all the cycles of personal work and growth as well. It's a constant juggling act.

When I am finished with my three clients a day, I have lunch, put away the laundry, pick up my children, and simply become a mom again. Oh, I also find my way to an aerobics class three times a week. My work is so esoteric that for balance and grounding I do something with my body. It shuts off my hyperawareness and brings me home to my own responsibilities to my marriage, my children, my body, my life.

My life is normal, but extraordinary. Normal in that I face all the challenges, hassles, upsets, and responsibilities that any married person faces who owns an old home and is raising kids. Extraordinary in that I am very conscious of the point to all this effort—to learn to love others and myself, to honor my true soul desire, and to enjoy myself. I'm not gilded in glitter, twirling around a crystal ball. I wear jeans and T-shirts, like to watch *Seinfeld*, and listen to REM.

In other words, being able to see the soul doesn't require you to dress for the prom. That's silly—harmless, but silly—and usually a way of substituting drama to compensate for lack of substance. True psychic sense is founded in common sense above all.

BUT WHAT IS THE PSYCHIC PATHWAY?

When I talk about psychic ability, people conjure up widely differing ideas and beliefs about what "psychic" means. Some people imagine that it bestows upon a person extraordinary abilities to know all things at all times. Some think it's like having X-ray vision. Some people think it gives one the ability to know the future or the past, including past lives. Some people believe it means seeing ghosts or talking to dead people. Some people believe it's a great power. Others feel it's an evil affliction. What we can all agree on is that

rarely do any two people hold the same beliefs on what “psychic” means, so let me begin by establishing what I mean when I saw “psychic ability.”

The word *psychic* comes from the Greek work *psyche*, meaning “soul.” Therefore psychic means “of the soul.” In following the psychic pathway, you are following the pathway of the soul.

What is the pathway of the soul? It is the pathway of life lived with the belief and understanding that you are a soul, and that spiritual growth is your primary purpose. It is the understanding that your true essence is spiritual, and that your physical body is your instrument of expression just as a piano is an instrument through which music is expressed. The piano is designed to be capable of expressing beautiful music, but without the understanding and discipline of a talented and developed musician playing it, the piano may sit silent or worse yet, if played carelessly, will send out awful and discordant noises. The piano expresses the creativity and awareness of the musician. It does not create the music, it channels the music.

An evolved and knowledgeable musician creates beautiful sounds that soothe and inspire all who hear its vibration. The same holds true for people. We are souls, here on earth to express our divine gifts of creativity. Our physical body and our mind are our tools, our instruments of expression. The creative force behind these miraculous instruments is our soul. If we are knowledgeable and conscious of our true spiritual essence, we too send out beautiful and soothing vibrations that inspire and heal all who are around our vibrations, including ourselves.

The psychic pathway is the pathway of leaning how to express our highest degree of creativity and love in this lifetime. It is the pathway of living life receptive to spiritual assistance and conscious of all the plans of energy we share with each other, with higher planes, and with God. The psychic pathway is not the usual pathway so many follow, focused on the ego, feeling alone and frightened by others. It is a spiritual pathway focused

on connection to God, on our creative purpose, and on spiritual growth. It is the pathway of the extraordinary life.

Psychic development is training your awareness to expand and receive more information from others, from astral planes, and from God than it receives now. It is learning how to expand your consciousness and to better understand how your instrument of expression—your body—receives energy. It is the art of evolving your physical body into a highly sophisticated receiver of vibrations, thus giving you much more accurate information to work with as you interact with others in life. It is training your mind to be open and receptive to the subtle planes of energy that constitute psychic activity. It is living a life that communes with spirit, sees into things rather than looks at things, and is open and responsive to the guidance of God at all times.

If you walk the psychic pathway, you live in the world differently from the ordinary person. You look at life differently and respond to it differently. You know that you will be helped with each experience you face, however difficult. It is the pathway of trust and belief. That is what we mean when we talk about psychic ability.

Difficult psychic skills, such as clairaudience, clairvoyance, telepathy, and precognition, are like different melodies a pianist plays on the piano. Each is beautiful, and some may be more appealing to you than others. You will learn to play all these “melodies,” to express all these psychic faculties naturally, if you remember that the musician, the creator, the true you, is divine soul, a beautiful reflection of God.

THE BASIC PRINCIPLES

1. Psychic gifts are gifts of the soul.
2. We are all souls; therefore we all have psychic gifts.
3. The development of our psychic gifts is our birthright.

4. Psychic gifts are messages from a divine source, directing us toward our own divine nature and its highest creative expression.
5. The development of each soul's psychic gifts is not selfish; psychic gifts benefit us all.
6. Psychic gifts bring light and healing to us all.
7. The psychic pathway is born in love and results in understanding.
8. The psychic pathway is gentle, powerful, and *always* noncoercive.
9. The psychic pathway does not flatter the ego; rather it supports the soul's true essence.
10. Exercising psychic gifts is fun.

HOW TO USE THIS BOOK

First of all, I encourage you to use this book playfully. Psychic exploration is best undertaken with a spirit of adventure. I will be sharing with you a variety of tools that I have learned, discovered, and invented over time, both as a psychic and as a teacher. These tools have worked for me, and they can work for you. As you will soon discover, the pathway is laid out carefully and has a predictable and natural progression. Psychic development is predictable and natural—as long as you remain willing to be surprised.

Of course, many of you reading this book already suspect that you are psychic. Unfortunately your experience of these gifts may not have been pleasant or consistent.

This book offers you a foundation upon which to build and a course that is safe, reasonable, and guided. While we will go up slowly, each step will offer you immediate feedback and visible results. Each step builds upon the previous step—the process itself will encourage you onward. Throughout the text I will be sharing with you stories of my experience as both a teacher and a student,

as well as the experiences of my students and clients.

As you set out on the psychic pathway, it is important to be both lighthearted and serious in your commitment. The rewards of the journey are exponential to your efforts.

While the psychic pathway is intense, it is not *time-intensive*. You will find that this journey asks of you only about a half hour each day. Additionally, about once a week you will need to commit another hour-long block of time for further “explorations” and to chart your progress.

In the first part of the book, you will acquire basic tools for balance and strength. Next, you will clear away the past and present obstacles to your psychic growth. Then—and only then—you will get down to the nuts and bolts of building your psychic tool kit.

You will eventually learn the full psychic repertoire of skills: how to see auras, clear auras, balance chakras, work with guides, do readings, and more. We will, however, move into this work carefully. As I tell my students, “You will have to build a platform before you can have a show.”

Allow yourself to work with me in trusting this step-by-step approach. Psychic energy is powerful, and I have seen too many people rush into psychic work without laying a foundation. Such a full-speed-ahead approach actually throws them backward. As you will discover, the pathway is built on a twelve-week course that I have developed and refined—initially solo and later with my husband, Patrick—over fifteen years.

Please know that the psychic pathway will give you a new perspective on old issues and emotions and will ask you to draw new conclusions. It is also reasonable to believe that you may encounter resistance from others. Therefore, commit to discretion and self-protection using the tools in this book, including excellent self-care—adequate sleep, diet, exercise, and recreation—for the duration of the journey.

I do not believe in “quick fixes,” but I do believe in miracles. As a teacher, it has been my great joy to witness the spiritual

awakenings of my students. I have witnessed the miraculous unfolding of many lives.

My greatest reward comes when my students remember who they really are. In this sense they become teachers, reminding me of our essential unity as each of us journeys toward the true magnificence of our souls.

For too many years—perhaps centuries—the psychic pathway has been shrouded in mystery and cloaked in secrecy. Fear of persecution and a misplaced sense of exclusivity have often distanced my colleagues from the central truth that we are *all* psychic. I hope this book will open the gateway and welcome all souls who wish to develop their natural gifts.

With this understanding of what the psychic pathway is, let us begin our walk.

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-	Often
	times		
1. When I am with someone I am aware of how they feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. If I meet someone for the first time, I form an accurate picture of what they are like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am able to make decisions easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am aware when someone is manipulating me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I can tell if someone is lying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Rarely	Some- times	Often
6. I can tell if someone is giving me a true account of a situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I get involved with others' problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I can clearly see why people have a problem with something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I can change my plans easily if I get bad "vibes."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I can stand up to dominating energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am able to know what I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I can say no to someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I can express myself easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I trust myself to make decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I ask others for advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I conform to win approval.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I take care of my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I eat/drink/sleep to escape my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I knew something was going to happen before it did.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I think of people, and they call me the same day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I sense things before they happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I have "vibes" but ignore them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I am afraid of my intuition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rarely Some- Often
times

24. My life has lots of coincidences.
25. I believe I have a Higher Self watching 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.

A JOURNEY INWARD

In order to initiate psychic development, you need to tell your subconscious mind that you intend to be psychic. The best way to communicate this intention to the subconscious mind is through gentle repetitive suggestions.

The four necessary decisions you need to make and convey to your subconscious mind are that:

- you are *open* to psychic guidance,
- you will *expect* psychic guidance,
- you will *trust* psychic guidance, and
- you will *act* on psychic guidance

BE OPEN TO PSYCHIC GUIDANCE

The first intention you must establish is, “*I am open to my intuition.*” This sets up your frame of mind to be receptive. Intuition and psychic energy are subtle. You need to create a mind-set that allows for these subtle influences to enter your field of awareness. Ask yourself: Am I open to psychic feelings? Am I comfortable thinking of myself as psychic? Am I mentally flexible enough for psychic energy to influence my behaviour?

An attitude of openness is the beginning of psychic development. Psychic energy and psychic feelings are repressed by a closed mind. If you are reading this, you are probably interested

in psychic ability, but are you truly *open* to it occurring for you?

It is important to see yourself as a *naturally intuitive receiver* of psychic guidance. The truth is, you are presently being psychically influenced all the time. It happens when you are around strong-minded people. It happens when you think about someone, only to have them call the same day. It happens when you spontaneously change your plans for no reason and chance upon a very important discovery by doing so. It happens with every “coincidence” you experience. If you reflect on your own life, you may recall many events that were psychic, that you may have not acknowledged consciously. Therefore you can see how being open to psychic energy is positioning your mind to allow you to acknowledge psychic energy when it does occur rather than dismissing or minimizing its significance, as you may have done up until now.

Being open to your psychic ability is the first step on the psychic pathway. It is the beginning of what will make your experience different from that of the close-minded person. It is the shift that will allow your life to be assisted by psychic ability and by the divine assistance of angels, guides, teachers, and God.

EXPECT PSYCHIC GUIDANCE

The second step is even more bold, more intentional, than the first. Once you are open to psychic guidance, you must move on to expect it! This may seem presumptuous to the old conditioning of your mind, but if you realize that your soul is living in a psychic receiver, the instrument called your body, it makes perfect sense that you should expect psychic communication. You are designed to receive this communication. It’s natural.

Imagine for a moment that your body is like a radio receiver. It is designed to pick up and relay psychic vibrations, just as a radio is designed to receive and relay sound vibrations. Being open to psychic ability is like turning on the radio receiver. Expecting psychic communication is like turning the dial, the tuner, to a clear

band of communication with your Higher Self.

The dial that tunes this band of psychic guidance is your attention. When you tune your attention to the realm of psychic activity, you can expect to receive this relay. If a radio is turned off, it will not receive and relay sounds that are being transmitted even though the sounds are always being sent. By being open, you turn your field of awareness “on” to psychic energy. By expecting it, you tune your attention to a particular band of psychic vibration called your Higher Self.

Ask yourself:

- How often do I check in with my intuition when faced with a decision?
- Do I expect my intuition will be available to me as I need it?
- When I experience a psychic feeling, how do I react? Am I comfortable with it? Does it feel natural? Am I surprised? How does this feeling come across?

By making the decision to expect your Higher Self to guide you, you are placing both your attention and your intention directly onto your conscious station to your Higher Self. This shifts your orientation away from the energy outside of yourself coming from other people or from appearances as the basis for your decisions and places it primarily on the guidance coming from your Higher Self and your guides. By making this shift, you become a person who responds to life, rather than one who reacts to it. Expecting psychic guidance realigns you with your natural heritage and affirms that you are a spiritual being directed and assisted by God at all times.

TRUST PSYCHIC GUIDANCE

The third step on the psychic pathway is to *trust* what your Higher Self conveys to you. This step may be harder for some people to

take. You may have a difficult time or struggle with your intuitive feelings because these feelings may not be supported or confirmed by appearances by your beliefs. Or you may not want to trust your psychic feelings because they are telling you something you may not want to hear.

For example, suppose you meet a new man or woman for the first time, and you are really attracted to him or her for reasons of appearance, personality, or charm. And supposed that in spite of your strong attraction to this person, your psychic feeling is *not* as enthusiastic and warns you to be careful, cautious, and to get more information before you open yourself to this new person.

What would you do, especially if you are lonely and want a new friend? Would you ignore your feelings and proceed ahead enthusiastically, wearing blinders? Or would you slow down your emotional enthusiasm and take more time getting to know this new person before you become attached?

I know that can be a difficult choice. People, especially sensitive people, are very easily carried away with their emotions. They make decisions based on first appearances or on a strong desire to see everything through rose-colored glasses. Being psychic requires that you refrain from jumping to conclusions before “checking in” with your Higher Self—and it means trusting your intuition, even when your desires and appearances urge you to do otherwise. It is the act of listening to the relay you have gone to the trouble of turning on.

Psychic guidance is God’s gift to you. It is the collective voice of your Higher Self, your guides, your teachers, your angels, and the divine. To receive such a gift and have it work for you, you have to value it by listening. You have to accept that your intuition is there to help you, guide you, inspire you, protect you, teach you, lead you, and support you. It is a loving and beautiful force. But it is gentle. It will *not* override your free will or your emotions or manipulate you in any way. You have to listen to this influence and recognize that these psychic feelings, although inconvenient

at times and frequently confusing, are a sacred counsel and should be not only trusted, but, even more, appreciated.

Walking the psychic pathway takes courage. It takes courage to let go of the egocentric viewpoint of appearances that says we are made up only of body and mind, that our worth is measured by our acquisitions, that we must fight and fear other people and strive to gain power over others. To walk the psychic pathway means to trust in yourself, in your psychic ability, in the counsel of God's helpers, to strive in every way to recognize that your soul is a true essence, and to see the soul in everyone you encounter.

To lead the psychic life takes courage to stand apart from the majority and direct your life from within, focused on your inner counsel. It means taking risks and being patient as things unfold. It means making the decision to put your trust in the spiritual direction you receive.

Reflect on your own past psychic experiences and ask yourself:

- Did these feelings turn out to be accurate?
- Did this psychic feeling help me?
- Did I trust it? If not, what did I trust?
- Would I have been better off had I trusted my intuition? How?

For all the years I have been teaching psychic development, and for all the years I have lived on the psychic path, I have never known intuition to have harmed me or anyone else. True intuition, the natural voice of the Higher Self, seeks only to assist you in your growth. Most people acknowledge, in hindsight, the unhappy consequences of ignoring their intuition, but when they do trust it, it almost invariably is to their advantage.

Psychic feelings sometimes make us aware of our own shortcomings, and this recognition enables us to do something about them. Psychic ability supports your growth, but not at the expense of other people. Psychic guidance seeks only to return

you to your divine heritage. Psychic ability can be trusted to guide you and help you in every way to express your creativity, but it won't be there to manipulate others on your behalf. So, in being willing to trust your intuition, you must also be willing to give up wrong beliefs or erroneous conclusions. You must be spontaneous and flexible and be willing to redirect yourself midstream if your Higher Self suggests that you do so. Trusting your psychic voice will change the way you are in the world. It requires that you be willing to stop, change, redirect, or even abandon a plan completely if your intuition suggests it, without letting your ego get flustered about it.

If you were on an expedition in a foreign land, didn't know the terrain very well, and had a limited time to achieve your goal, would you welcome an expert if he or she unexpectedly volunteered to show you the best and most beautiful way to explore the territory? Or would you reject the guidance, stick to the map, and fumble on? Either way would be okay, but the guided tour would be a lot easier, more fun, and more enlightening.

You are given that kind of opportunity when you choose to trust your intuition. And your experience in trusting this guidance will verify for you that it is indeed trustworthy! The final decision you must make and convey to your subconscious mind is that you are willing to *act* on it.

ACT ON PSYCHIC GUIDANCE

Acting on your psychic feelings is the leap of faith that will propel you forward into the world of the extraordinary. Every time you make a decision to act on your intuition, you are telling your subconscious mind that you are serious about your psychic faculties, and you are telling your Higher Self that you trust and value its counsel. You are affirming to your guides and teachers that you will incorporate their guidance into your affairs. But above all, you release yourself from living your life through the

limited power of your ego and place the power of your life into the hands of your soul and into the hands of God.

Acting on your intuition is an act of surrender on the part of your ego—not an unreasonable or foolish resignation, but a conscious and wise leap into the counsel of an infinitely higher form of reason than that of your limited personal awareness. Acting on your intuition is making the choice to allow your life to be directed from a divine source, as opposed to being directed by your small, fearful ego.

Choosing to act on your intuition in no way relieves you of the responsibility of doing your work in life. I must stress that psychic energy will not be available to those who are manipulative. Avoiding responsibility is a form of manipulation. Rather, you must continue to focus and concentrate as hard as ever on any goal you may be working on, but the reward of this effort is that psychic ability becomes an added assist with which to move you toward your goals. Psychic ability, the Higher Self, becomes a partner to your reason, leading you to faster, more efficient ways to achieve what you set out to do.

Choosing to act on your intuition is the final shift into being in the world differently. It is the necessary step toward setting up an extraordinary life. Going back to the analogy of the radio receiver, when you are open to it, you turn on your receiver. When you expect it, you place your attention like a tuner onto the band of energy called your Higher Self. When you trust it, you pay attention and value the psychic guidance being relayed. You “listen,” if you will, to the music. When you act on it, what happens is like what happens when you listen to beautiful music coming from a radio. You find yourself moved by it, and you allow yourself to express it. You begin to dance.

Acting on psychic energy is dancing the “dance of soul.” Your life becomes a spontaneous flow of movement, carried by the beauty of the transmission. It becomes a life where you are carried from moment to moment with a conscious awareness of the spiritual

vibration of divine energy. Life is free of self-consciousness, anxiety, and fear. A life lived on the psychic pathway is a life lived in peace and inner security.

WHERE PSYCHIC ENERGY COMES FROM

It is easier to train your sense to notice your intuitive impulses if you have an understanding of where those intuitive flashes originate. In every psychic development class I teach, I ask the students where they think psychic or intuitive feelings and impulses being. Some answer, "From my subconscious mind." Others say, "From my Higher Self." Some believe, "It's dead people talking to you," or, "Your guides."

If you are going to convince your mind to listen to your intuitive feelings, your mind has to value those feelings. Your mind requires an acceptable reason to value psychic feelings. The best way to convince your mind to pay attention to these feelings is to introduce it to where these feelings come from. After all, there is a big difference between listening to Joe Nobody's opinion on something and listening to a highly knowledgeable expert. Whom would you listen to?

Ask yourself:

- Where do I think my psychic information comes from?
- Why should I listen?
- Do I think it's trustworthy? Do I think it comes from a helpful and knowledgeable source?
- Am I comfortable tuning in to it?

It's important to ask these questions. The good news is, the answers are very specific and enlightening.

Actually, psychic energy comes from various sources. Our conscious minds have been trained to focus on one broadcast

on our sensory radio—the broadcast of our five-physical-sense relay. But there are other relays broadcasting that we can, and spontaneously do, tune in to now and again, which give us our psychic information.

The first of these psychic relays comes from our own *subconscious* minds. Our subconscious minds are like giant computers taking in thousands of bits of information every day, information that slips past our conscious attention yet nevertheless is perceived and saved for a future moment. Every detail of every experience that we've had since the beginning of our lives, and in our past lives as well, is stored here and held unless released spontaneously by some necessity. It would be overwhelming for our conscious minds to process every detail of every event, so the mind allowed unneeded information to slip unnoticed into this huge storage library. But if the subconscious is jogged by need, or by visualization or relaxation, the subconscious will release back to the conscious mind necessary and helpful information.

An extreme example of this is in the case of an accident or crime witness. The events witnessed may have occurred too quickly or have become clouded over by the attendant wave emotions of surprise or shock, and the details were lost. But if this same person were to relax through hypnosis, his or her recollection would become nearly perfect because the subconscious memory can be accessed.

This also occurs in everyday events. Perhaps you have been mulling over a problem for weeks, coming to no specific solution. Then suddenly, when daydreaming during another task—watering the lawn, taking a long drive—a solution will pop into your head. This relaxed frame of mind is a *receptive* frame of mind, and in this receptive state your subconscious can scan its stored information for possible solutions. If it does find one—"Eureka!"—you'll have a psychic flash.

This type of psychic experience happens most often in your work, or in an area that you've spent a great deal of time learning

or reading about, or in an area of natural interest. The fact is, you may have acquired bits and pieces of useful knowledge along the way, information that would provide an answer or solution. Your subconscious mind can take in and rearrange these bits and pieces and create new and significant relationships among these bits of understanding. The solution lies in finding new relationships to old information.

All this occurs below your conscious awareness. Can you believe that your subconscious mind not only records your experiences perfectly, but can also combine different records, thus creating solutions that couldn't be found just in examining the pieces? Yet it does, naturally. Through proper training, you can develop a far greater access to this stored information than you ever believed possible.

The second type of psychic experience is with *telepathic* connections to others. How many times in your life have you found yourself humming a tune silently in your head, only to have someone next to you start singing the same tune out loud? How many times have you been thinking about someone and had them call within a short time? How many times have you taken up a new interest, like skiing, cooking, or sewing, only to find people with the same newfound interest popping up all around you? Psychic? Yes—*telepathic!*

We are all silent radio stations, broadcasting our own tunes, and even though we are not conscious of it, we do like to harmonize with one another. We gravitate naturally toward people playing “our tune,” and together we amplify our broadcast. One of my spiritual teachers once told me that we are always telepathically tuning in with many, many others—up to six thousand people at any given time—even though it is usually not conscious. It sounds incredible, but this is what creates mass consciousness. Groups of people band together and “group think” about things: pro-lifers, animal rights activists, rebels, and fundamentalists, to name a few. People think in blocks all around the world, and these blocks of

mental energy float and move in space, influencing political ideas, religious beliefs, and social and moral values.

Telepathic connections can be useful and amusing, as in the case of the telephone from the old friend you were concentrating on. If you are lazy and undiscerning about your thoughts, however, you can become a psychic garbage pail, in which all sorts of negative or mass beliefs settle and take over your mind. An example of this is the telepathically relayed belief that cities are now extremely dangerous and suburban areas are safer. Many people telepathically accept this belief as fact. In reality, some aspects of city living are dangerous, and some are vitalizing and marvelous. The fact is also that many suburban areas are riddled with dangerous people, and one is not really in any more or less danger in one area versus another. Safety is governed by awareness more than geography. If you are susceptible to negative mass beliefs, you will overcome this problem when you begin your psychic development. You cannot be psychic if you are mentally lazy.

You'll need to snap out of your dreamy state and *be here now*. If you have a sharp focus to your mind, telepathy will automatically become more specific, filtering away unnecessary and unconsciously unexamined "group thought," and will attract only what is helpful to your focus. One way to do this is to set goals so that you will focus your attention and eliminate mass thought influences. Setting goals keeps you free of collective negative emotion and attracts telepathic support. As part of our work on this pathway, we will be working to set and refine your goals.

The third and most interesting source of psychic energy is from the *superconscious* plane of energy. Every one of us has, as our spiritual birthright, access to a Higher Source of knowing and loving guidance. This Higher Source is actually composed of several distinct levels of spiritual guidance. These types of psychic impulse influence your future and the present choices you make that will set up your future.

This level of psychic guidance influences your perspective and

helps you look at your choices from a new point of view. These kinds of communications are felt as warnings, urgings, new ideas, inspirations, breakthroughs in understanding, desires to redirect your life, a need to stop or let go of what you are doing, or a need to commit or go forward with what you are hesitant about.

Remember, these types of psychic experiences are loving but not flattering to your ego; stable, consistent, and unwavering but not coercive; subtle but distinct. They will always leave you feeling reassured, relaxed and certain of yourself, in spite of appearances, if you listen and pay attention. Additionally, these types of psychic feelings help you with questions in love and relationships, health and well-being, and creativity and purpose in life and above all will help you find inner security and spiritual peace of mind.

Let's face facts. Your conscious mind will be more amenable to listening to these impulses if it is given a reason to listen. After all, your conscious mind would like to consider itself reasonable. If it accepts and understands the reasonability of listening to your intuition, it will do so far more easily. You would not ignore the advice of an expert if you were building a house, would you? Especially if the advice were free? And painless?

It is just as foolish to ignore the assistance of your psychic guidance as you build your life, especially knowing that your psychic sense is offering you a solution from your subconscious mind, from a telepathic relay, or from the loving guidance of your superconscious. The psychic experience comprises all these sources of assistance.

Essentially what psychic development involves is becoming keenly aware of what is going on around and inside you, here and now. By tuning in to your little psychic impulses, you will notice what you heretofore may have ignored. Once you make this realization, you can begin your development.

Have you ever had a hearing test? If so, do you recall (when wearing the headphones) that all your senses perked up to hear the barely audible beep that sounded for but a split second? Or

an eye test, where you wore a patch first over one eye, then over the other, while scanning a screen for a teeny blip of light moving over the area? These exams are designed to test your ear and eye sense acuity. The more acute, the more subtle the beep or flash you noticed.

Psychic development requires the same acuity. Relax and enjoy, notice impulses you otherwise overlooked. Don't worry that you are imagining things. You aren't. You are just redefining your sphere of awareness and allowing it more room to play.

Once you understand where your intuition and psychic feelings come from, you need to learn how to gain freer and easier access to these channels of the subconscious, telepathic, and superconscious broadcasts, so that they are available when you need them. That is the purpose of this book.