

With any ability to develop, it must be taken seriously for its development, especially if concerns the temple of our beings (spirit). We are living in times of awakening of consciousness, spirituality and we can say that these matters are of **psychic** nature. As more and more of us lean towards our psychic intuitions will come to see, it is part of each and every one of us and it has always been within us. Yet the flow of modern life discourages such activity as nonsense. And we have evolved to only believe when we have proof. Do you remember a time when without using any of your five humanly senses, you somehow knew there was somebody thinking of you, and to your surprise they rang. That's a basic psychic ability, and we often disregarded as a coincidence. Also through out our lives we are confronted with so many coincidences. Having an open mind will make us realize these are not simply coincidences, rather psychic abilities.

Whenever we consider psychic intuition or psychic abilities, we need to recognize each of us have this unique ability within us. Although there are barely few people, who wish and have power over this ability. Since our premature development years we have been educated about our humanly senses. These are smell, touch, hearing, tasting, and seeing. Various devout groups might also go further than these senses to explain intuition, gut feelings, and ever fascinating dreams. We all have times when we have a dream that later makes us think, I've dreamt this before; or sense the presence of someone near us, without us actually seeing them. This is a type of psychic ability is not unusual to an intuitive people.

Do we all have Clairvoyant Ability? Many people believe we were all born with psychic or clairvoyant abilities. However as we grow in the world we start to follow the mainstream way of thinking and overlook our potential for clairvoyant or psychic powers.

What is Clairvoyant Ability?

A clairvoyant ability is seen as a spiritual gift and there are ways we can all develop these powers and unlock our own potential.

Exercises to Boost Clairvoyant Abilities:

Try these exercises to uncover your hidden clairvoyant ability.

1. The first one is an obvious one that we have all done and no doubt shown some success at.

When the phone rings next time try and visualize who is calling before you answer. Try this regularly and see if your success rate improves. Could you be exploring your clairvoyant ability?

2. This one you can try with a friends help. Try to predict what the number of the dice will be before they roll it. Perhaps start by just trying to predict odd or even. This can help you develop intuition.

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3. To further develop your intuition and precognition try to predict events and scores at your favorite sporting event or when watching a game on TV. Start by predicting the winner and as you gain confidence move on to predicting the score or other match statistics.

4. Next time you are in a queue at say the bank try to predict which window you will get called to. With practice you should be able to improve this prediction.

5. To develop remote viewing clairvoyant abilities try to imagine before a business or social meeting what the other person will be wearing. Start with concentrating on colour and as you practice move on to greater details.

Write down your thoughts before the meeting so that you are sure to be honest with yourself.

6. When you are standing at the bar waiting to be served try to predict what drinks the person ahead of you will order. This can heighten your intuition skills.

7. Next time you are in the lift or elevator play a game at guessing which number button each new person who enters will press. This can help you develop precognition, clairvoyance and telepathy.

8. Another easy way to practice is with a friend and a pack of playing cards. Get your friend to turn over one card at a time and you just start by predicting red or black. If you can get your success rate up to 75% then expand your skills to predict the actual suit of the next card.

Clairvoyant ability can be developed with practice and patience. Try not to force the issue but incorporate these and other little exercises into your everyday life to learn to broaden your thoughts, develop your intuition and allow your natural clairvoyance to develop.

What is Clairaudience Ability?

Clairaudience, or accurate inner listening, occurs when the attention is focused on an inner center such as spirit, nucleus of identity, ensouling entity, chakra within a vehicle, etc. Here, the attention listens to the inner center, and it gives information and guidance. Distracting elements also arise in clairaudience

Step 1. When you have 15 minutes spare within the day, preferably when your not tired. Close your eyes and listen to the environment around you. If you feel you need to adjust your seating or your bedding then do so.

Step 2. Listen acutely to any sounds in the room.

Step 3. Take a couple of deep breaths, relaxing more as you exhale.

Step 4. Listen and be open and receptive to your thoughts.

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Step 5. Note down afterwards your experience, keeping a log, for reference to look back on.

Exercise 2 - Listening to another's thoughts

Step 1. Ask a friend or a member of your family to join you.

Step 2. Face each other in a seated position

Step 3. Relax and be receptive and open minded.

Step 4. Ask your friend to relax and to be open minded.

Step 5. Imagine your self within a conscious bubble or balloon. Extend your bubble or balloon to encompass your friend.

Step 6. Ask your friend to speak out aloud a few times within his/her mind a fruit, color, or object of some nature.

Step 7. While your friend is doing this, listen and be open and receptive to your thoughts.

Step 8. Note any other form of impression you might receive as well, as it could be a form of message.

Step 9. Ask your friend what he/she was thinking out aloud and check it with your thoughts you received at that time. Do not worry if you do not get it first time. Within time you will be successful.

Step 10. Swap roles and ask your friend to have a go.

Step 11. Note down afterwards your experience, keeping a log, for reference to look back on.

Exercise 3 -- Out with Nature

Step 1. For this exercise take a quiet, gentle walk at a comfortable pace within nature (I.e. Park, Forest, etc).

Step 2. Listen to the birds, the insects, the elements (I.e. wind) for about 30 minutes.

Step 3. Take a deep breath in, hold for a few seconds and then exhale. Take a couple more deep breaths.

Step 4. Find somewhere where you can sit. Close your eyes and again listen to the sounds of nature around you. Be receptive.

Step 5. Note down afterwards your experience.

With anything it takes patients and practice and with this it's no different, the harder You work at something the better You become at it, So go on and give it a go You may be surprised with what You get.

What is Clairsentience?

Exercise One: Filtering emotions

Just like we have done our basic white light visualization meditation, there are a couple of other things you can do that will help you to avoid taking on the "stuff" of others. Envision a sort of bubble that is transparent that surrounds you. This bubble acts as a filter, allowing only that which you allow to flow through. Before doing psychic work, or before going around a group of people, sit quietly and state your intention. " I will only allow positive energy that

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is for my highest good to flow through me, and I will not take on other peoples emotions or illnesses" something of this nature. Word this to your liking. This bubble has a reflective surface, so anytime you feel negativity coming on, envision it bouncing off of this bubble. Many think these visualizations seem silly, and at first yes, they do, but silly or not they work, so give them a shot ;).

Affirmations can help a lot also. As you get ready to step out the door to do your shopping or go into other public places where you may pick up "stuff" from others, take a moment or two and use some positive affirmations, similar to what we used as a declaration of intent in the first exercise. I will let you come up with your own affirmations that you feel work for you. The key to a good affirmation is to keep them as positive statements.

Exercise Two:

For this exercise you will need a buddy. This can be someone from the psychic awareness group, or a group of your choice who don't mind you using this Ebook in their forum, or a family member or friend who is willing to work with you. If you need help finding a buddy to do these with feel free to e-mail me and I will see if I can find someone to work with you through one of the forums.

Before beginning the exercise, you may choose to do whatever protection ritual or shielding you usually do. You should have your partner remember and visualize something from the past. Have them really focus on this place in detail, seeing and feeling all that is there. They should do this for five minutes.

As they do this, close your eyes, (so that you aren't reading facial expressions or body language) and after the five minutes, tell the person what you sensed in regards to how they were feeling in this memory. If you get any visuals or anything else share that as well, but the primary goal should be to feel what the other person is experiencing.

Record the experiences in your journal, (keep the identity of your buddy private if you share your journal with anyone) noting any hits and misses etc, and what you learned. Try to do this exercise at least three times, you can use the same partner, or a different one.

Now there are many other psychic abilities, but these are the main ones to focus on. i hope this Ebook has been helpful in your journey.

Giver of The Light

[**New York Psychic**](#) The Messenger