

DEVELOP YOUR

Intuition

with Becky Walsh

We are living in a time of spiritual revolution. As part of this revolution I would like to help to clear up some of the confusion that exists in the minds of many people as to what a psychic actually is.

No matter how far we try and move from the outdated stereotypes that have always been attached to mystics and psychics over the centuries, the idea of people with unnatural powers still persists. This is simply not the truth: any person can learn to develop psychic

ability. To be psychic is, at one level to be in tune with energy, aware of it and able to make use of it at will. We call someone psychic if they seem to be in receipt of information that they could not apparently have obtained through the normal five senses, for example the common experi-

ence of knowing that someone you know is about to call you just before the phone starts ringing.

So why isn't everyone psychic? In a nutshell, because they believe that they are not. What you believe, and what you expect will be what you experience in your reality. Most of us, despite being born with some vestigial trace of these abilities lose connection with them as we mature, as happens with any unused ability. Children who see "imaginary friends", beings that, in a physical sense are not there, usually lose this ability early on through being socially conditioned to see a certain version of the world. The adult tells the child that since the imaginary friend is not there in a physical sense, he is not real and therefore not there at all; merely a figment of the imagination.

To reclaim your "psychic" inheritance, you simply need to expand your awareness of yourself and of the universe of which you are an integral part and to embrace your nature as an energy being.

The Chakras

Chakras are centres or wheels of energy, located on the midline of the body. The chakras supply much of the colour and energy of the aura. The word chakra comes from Sanskrit and means wheel. There are seven main chakras and they each have different colours associated with them and are associated with different aspects or levels of the self. When the subtle energy levels of the Chakras are in harmony then the physical body maintains equilibrium and a positive relationship with the mental, emotional and spiritual bodies.

1 - Root Chakra – Also called Base, Kundalini, Red

The Root chakra is grounding and feeling connected to the earth. This chakra is linked with sexual energy.

2 - Sacral Chakra - Orange

The Sacral chakra is about feeling and emotion.

3 – Solar Plexus Chakra - Yellow

The Solar Plexus chakra helps you pick up others energy.

4 - Heart Chakra - Green

The Heart chakra is about love.

5 - Throat Chakra - Blue

The Throat chakra is about self-expression and talking.

6 - Third Eye Chakra - Violet

The Third Eye chakra is about insight and visualisation.

7 - Crown Chakra - white

The Crown chakra is your connection to the spirit world.

As well as the seven main chakras there are minor chakras on the palms and on the soles of the feet. Invisible energy lines known as meridians connect all the chakras. Meridians, like the veins and arteries which carry our blood, are channels of energy that run through the body.

As I have said everyone is psychic, but not everyone is a medium. A medium is someone who has developed the ability to communicate through the medium of mind with other spirits to a highly sophisticated degree. This means a medium can contact the spirits of those in other dimensions of space and time, including that which we commonly call "the afterlife". They are a medium in between two worlds.

To be psychic is a general term to describe a state of heightened awareness and receptivity which is entered into in search of wisdom and enlightenment. It involves understanding and trusting your intuition. It is a process of allowing what comes to you in a given moment to be the truth of that moment. In this way it is in service to truth. It involves having sensitivity to subtle energy and the information that energy can carry.

The way to tune up your vibration to make yourself more sensitive, is by opening the Chakras.

Exercise – Chakra Meditation

Sit, with your back straight either cross legged on a cushion on the floor, back against a wall if you prefer, or on a straight backed chair. Choose a time when you will not be disturbed for this process.

Rest your hands lightly on your lap, thighs or knees with your palms up if that's comfortable. Take a moment to focus your attention on your breathing, make sure it's soft and regular and you are in the most relaxed space you can be.

When you are ready, imagine sending roots down from your feet, though the floor, though the foundations of the building and right the way down into the earth. Let these roots travel until they get to a natural end, and when they do make an anchor from them. Know that you are safe and grounded in your connection to the earth.

Feel the earth's energy, rising up through those roots as you breathe. You can see this as a colour or light if you like. Feel it as the energy coming up through the roots, up through your feet, up your legs up, to the base chakra, feeling that bright red energy open up before you. You can see this as a flower opening or a right light being switched on.

Pull the energy up to the Sacral Chakra which now opens up Orange before you in the same way.

Breathe the energy up again to the Solar Plexus which is a bright yellow energy standing out from your body in the centre of your chest.

Send the energy up to your Heart Chakra which is a Green energy and some say with a hint of pink.

Breathe the energy up again to the Throat Chakra which is a turquoise blue opening up before you.

Breathe the energy up again to your third eye and see the eye open with a beautiful violet colour.

Breathe the energy up again to connect with the crown chakra in a display of bright white energy. Know that this is connecting to the spirit world which is above you and all around, surrounding you.

Take a moment to sit in that energy, your own energy and feel what this feels like.

When you are ready open your eyes. Have a look around you. Does the room seem brighter, more colourful?

If you are not grounded you may feel a bit dizzy or sick working with this kind of energy. Don't worry it's very normal if you do. Just send your grounding roots down again and repeat the exercise.

Tip: Sometimes practicing this at first can be a little complicated. If you have trouble visualizing the colours, visualize the energy to start with coming up through your body and opening your chakra centres. Once you can achieve this easily, develop the colours and then see the centres as flowers opening.

If you see the colours differently to how they are explained, again don't worry. Sometimes the clarity or depth of colour can be an indication/reflection of your own wellbeing.

When we are open the energy feels great. But if we walk around in everyday life like this, it makes it easy to pick up negativity. It is really important that you learn to 'close down' these centres properly each time you have finished any psychic work or finished exercising in this way.

Activity: Just as you have visualized the energy moving up through your body, opening up the chakra centres, visualize going back down, seeing the centres petals close, or seeing the colours as lights being dimmed and switched off. You can even imagine doors on the centres slowly closing. Some psychics and teachers recommend leaving different chakras open, but we recommend closing all of them for the beginner.

Remember to feel the energy rooting and anchoring itself to the ground (earth).

This Opening chakras meditation can be found to listen to on: <http://www.lightofspirit.co.uk/Openingthepsychicvibration.html>

Becky is here to answer your questions. If you feel like a psychic sponge always picking up others emotions, your aura feels wonky or you want to tune into your psychic ability Becky Walsh teacher at the college of Psychic studies and author of 'Advanced psychic development' has the answers. www.lightofspirit.co.uk

