

## Practical Tips for The Intuitive World

**Are you a self starter in the world of Intuition? Are you trying to use your intuitive skills on your own? Are you puzzled and confused with the Extrasensory Perception impressions you receive? Are you finding it difficult to interpret what you do receive, let alone, act on it?**

It takes a great deal of study, focus and dedication in order to use it in a helpful and accurate way in your everyday life. It is just like any skill you want to acquire, whether it be skiing, computers, foreign language, or math, you must learn the basics so that you have a foundation on which to build. You can develop it through training, commitment and practice. (Ask about individual training or workshops in Practical Intuition)

**I thought I would answer a few of your questions and give you tips to help guide you through the maze.**

**Question:** Do we all have ESP? We all have innate psychic abilities, some more than others. It is found in all cultures, religions and countries around the world. It is a natural form of communication and we are using it all the time.

**Question:** Is it compatible with Christian principles? Yes, it is found in both the Jewish and Christian traditions. Visions, prophecies, healing, precognitive dreams, are all found in the old testament. The halos we see in ancient paintings are the bio-energy fields or auras we learn to see and feel around people today.

**Question:** How do I protect myself from negative psychic influences? It is really quite simple. Know that ESP does not control you, you control it! Just as you decide whom and what to let into your home, so too, can you decide what to let into your consciousness.

**Tip:** If you have ghosts in your home that intrude in your life and you feel they are a negative influence, do as you would any total stranger off the street, demand that they leave.

**Tip:** If the vision is of a loved one, ask them if they are there to help you. If so, you can count on them to guide you in a very easy and gentle manner. Just call on them, they'll be there.

**Tip:** Another means of protection is to surround yourself with a positive energy field or spiritual protective white light. It will dissipate anything negative that may come in.

**Tip:** Don't forget that one of the best protections is a questioning mind. Skepticism can be a very healthy and useful tool. By using one or all of these methods, protection should not be an issue.

*A Quiet Mind Is An Intuitive Mind*