

1: COMMUNICATING THE PSYCHIC WAY

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About The Psychic Institute, LLC

The Psychic Institute compiled about a 100 Years worth of experience from over 30 psychics, mediums and healers.

It is now for the benefit of the reader to experience first class information and hands on techniques in developing psychic abilities.

Learning these abilities is a process.

The mission of The Psychic Institute is to provide easy to understand and hands on guidance to make it possible for anyone – even with very little experience to open the door to their Inner Psychic.

That is why The Psychic Institute offers wide variety of products to accompany this process:

Unleash Your Inner Psychic (special report)

Expert Interview Barbara Simmons – Psychic and Healer (audio and transcript)

Expert Interview Jan Saks - Medium and Animal Communicator (audio and transcript)

The Ultimate Guide to Unleash Your Inner Psychic (e-book)

The Ultimate Guide to Unleash Your Inner Psychic (Manuals and CD's)

The Ultimate Guide to Unleash Your Inner Psychic – Mastery
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The Ultimate Guide to Unleash Your Inner Psychic - Mastery
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TECHNIQUE # 1

Communicating the Psychic Way

How would your life change if you had the power to know what others are thinking?

Well, I know that my life changed dramatically, once I was able to understand others better and to communicate to them what was on my mind without saying a word.

Here are some of the areas where you could use your telepathic communication skills:

- When dealing with customers or coworkers, your conversations and meetings will turn out more productive.
- You will gain a deeper understanding of your spouse.
- When purchasing something, you will know if the salesperson is taking advantage of you or not.
- Your "people skills" will get better.
- If you can't reach a person, just pick up your "telepathic telephone".
- You will finally understand your pet.
- Your pet will listen better to your commands.
- The possibilities are endless.....

Sounds intriguing?

Then let's dive right into it:

I have divided the following section into three parts for you:

- A. Telepathy with other minds**
- B. Communication with animals**
- C. Clairaudience**

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A. Telepathy with other Minds

When you are using telepathy, you are communicating without the use of speech or body language.

That way you are able to reach someone on a deeper level.

Sometimes hidden agendas prevent people from conveying their true thoughts and feelings.

When you learn to communicate in this new way you will be able to see or hear these thoughts and emotions. And you will be able to convey your own true thoughts and emotions as well.

For example:

When I have an argument with my husband, there are usually 2 different agendas standing in the way of us solving our conflict.

Number one is the typical "All men are this...."
And "All women are that...." -agenda.

Number two is usually a hidden agenda that has been formed over the years of our relationship and is called the "You always..."-agenda.

With the use of telepathic communication I can see, feel or hear the true emotions my husband has in that moment, such as disappointment, sadness, desperation or simply the need for a hug.

Then I am able to send him this "mental hug"

That usually relaxes the situation a little and we are able to talk openly and with more understanding.

Because the hidden agendas are not there anymore.

By the way, for telepathic communication it is not necessary to be in the same room with the person.

The other person could be miles away and it will still work.

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Quick overview of technique:

When you are using telepathy, you receive information in the form of pictures, sounds, feelings and thoughts.

You are basically like a "radio station", and you can learn how to set the dial so that you can receive any information that you want.

You need to learn how to control these messages, by choosing which ones you want to listen to and which ones you want to send out.

The methods outlined here will help you to tune into the thoughts of other people.

How to Develop Telepathy

Let's start with a simple exercise:

Try to practice this with another person.

You both need to stand up.

Face the back of the other person.

Now channel all the emotions you would have as if you haven't seen this person for a long time and you want to give them a hug.

Remember, this is all happening in your mind.

The person with his or her back to you should tell you when the "mental hug" has arrived.

When finished, switch roles.

It's important to find someone to practice with so you can actually experience someone giving you a mental hug.

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If for some reason you don't have someone to practice with, try the following:

Think of a person you have a conflict with.

Now do this mental hug several times a day.

Yes, I know, its not easy..... but try for practice's sake.....

Then watch how the person's behavior has changed towards you.

Please do not continue if you haven't practiced mental hugs.

How to communicate the psychic way

There are different ways to communicate telepathically.

However one thing always remains the same:

You need to be in a relaxed state of mind in order to communicate.

It's important that you practice your telepathic powers with others. The first technique is ideal for two people.

- Step one – Buy a pack of zener cards or make your own. Zener cards are cards with symbols.
- Step two – Determine who will be the sender and who will be the receiver.
- Step three – Sit down on the floor facing each other. Get comfortable and relax.
- Step four – Shuffle the cards. The sender takes the top card, looks at it, and puts the symbol to memory.
- Step five – The sender focuses on the symbol and projects the image to the receiver.
- Step six – The receiver should clear their mind of all thoughts. Focus on the symbol that the sender is projecting to you.
- Step seven – When the receiver thinks he knows what the symbol is, he tells the sender.
- Step eight – Continue the exercise in the same roles of receiver/sender until the deck is finished. Now switch places.

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Do not continue if you have not achieved a 70% success rate.

The next exercise works with your personal beach of time:

1. *Count down from 3 to 1 with your eyes open. You are now at your first psychic level.*
2. *Then you count down from 5 to 1 with your eyes open. You find yourself at your personal beach of time.*
3. *Now you are at the starting point for your telepathic communication.*
4. *Sometimes it is enough to just be at your first psychic level.*
5. *Once you are there, try to visualize the person you'd like to communicate with at this level.*
6. *Ask the person if you can talk to him or her.*
7. *Watch the reaction.*
8. *Is the face open and relaxed or angry and closed up?*
9. *If you are patient enough, usually the face is open.*
10. *Now you can ask a question or tell the person something.*

For Example:

Let's say, you have a conflict with someone you are working with.

In the beginning try be in another room from the person to do the following exercise.

Later on you will become so good, you'll be able to stay in conversation while you are telepathically communicating.

Go to the psychic level that works best for you.

Now picture the person at that psychic level.

See the facial expression and body language that the person displays.

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It could be a tense one or an open one. Sad or desperate

The first thing you might want to tell or show the person, is the way you would like the relationship to be. For example this could be a heartfelt handshake or a friendly hug.

Because that is, what it's all about. -> Keeping the end in mind

Remember, you are still in your psychic level.

Then tell the person your point mentally. Also tell them why it is so important to you.

Maybe you just want good teamwork, or you just want the person to respect and appreciate you.

Maybe you'd like to tell the person that you actually appreciate and respect him or her.

Now watch how the person reacts in your psychic level.

And then watch how the person reacts to you in reality.

The technique above is a very visual technique.

You might receive symbols instead of words when you try to contact someone.

What they mean is up to your interpretation.

Then if you would like to tell the person something, do so with a symbol as well.

Or it's just a thought that pops in your mind and you just know what the other person is thinking.

In this case you just "think to the person" what you'd like to tell him or her.

No matter how the communication takes place the other mind will choose your way of receiving incoming messages.

Whether it's symbols, movies, pictures or thoughts.

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Here is an Advanced Exercise

I want you to have different choices of communicating telepathically. Eventually you'll find your own unique way of doing this:

- Step one – Get comfortable and try to relax as much as possible.
- Step two – Close your eyes. Think of the energy that is flowing through your body.
- Step three – Visualize the indigo chakra that is located at your mind's eye or get in touch with your inner being, your inner psychic.
- Step four – Visualize a brick wall and walk towards it.
- Step five – Stop your visual body when you get really close to the brick wall.
- Step six – Try to visualize a weak spot in the brick wall.
- Step seven – Visualize your body knocking down the brick wall. Visualize a spurt of energy shooting out from your hand to aid you in knocking down the wall.
- Step eight – Once you break down the wall you will see a black void of space that is dotted with white flashes of light; this is your telepathic grid.
- Step nine – Recite your name three times.
- Step ten – Carefully listen to one of the white flashes. Try to imagine that someone is talking inside of your head. Determine what the flash of light is saying to you.
- Step eleven – Answer the white flash by projecting your message into the grid.
- Step twelve – Listen carefully to see if you get a response from the grid.
- Step thirteen – Your question to the grid should be "can anyone hear me".
- Step fourteen – If you receive an answer to your question listen carefully to what is being said.
- Step fifteen – Open your eyes.

Here is another helpful tip for solving arguments:

Just think to yourself:

" I am good and you are good!"

See what happens.

You can also use "I understand you and respect you!"

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Mile-markers:

As you practice telepathic exercises, you'll find that you grow stronger in your abilities to communicate with other people through thought. Some of the things that you will start to notice are:

- You'll find yourself communicating better with the people in your everyday life such as family, friends and coworkers.
- You'll find that you won't allow the moods of others to affect you. Because you are more in tune with the way they are thinking and feeling, you can deflect these negative moods away from you.
- You'll find that you have a better understanding of how you react to certain situations.

Once you start practicing certain telepathic techniques you'll find that you get better at them.

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Obstacles and Common Mistakes:

There are many common mistakes that you can make when you are learning how to use your telepathic powers:

1. Don't fall into the trap of forcing it.

If you're not receiving any images or thoughts, don't force it. Forcing telepathy will only lead to presumptions and that will most likely be wrong.

As you work with a subject take the time listen to their mind.

2. Be as relaxed as you can.

The more stress that you feel about connecting with someone else's mind the more frustrated you will become.

If you're not relaxed you're not going to be able to open your mind to the thought waves and patterns of someone else.

3. Don't try to take on too much at once.

Start by practicing the exercises outlined here so that you can build up your telepathic abilities.

Developing your powers takes time, patience, and consistency.

4. Don't question your abilities

For now accept every thought that enters your mind as telepathic communication. As you refine your skills you will be able to tell the difference.

There are no shortcuts when it comes to developing your telepathic powers.

Try to set aside a few minutes every day to meditate and to connect to yourself.

Choose a time that is most relaxing and when you are sure that you won't be interrupted. The more focused you are, the more success you will achieve.

Don't set your expectations too high and celebrate each small success.

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How to tell if you're doing something wrong:

You'll know if you're doing something wrong when you find that the images, symbols, and thoughts that you perceive from others are wrong most of the time.

This is because your own thoughts get in the way.

Practice the exercises and techniques outlined here so that you can start slowly and become more confident as you move along.

Try to get a high score with the basic exercises such as the Zener card exercise.

Relax, relax, relax....

Oh yes – did I mention relax?

How to know if you're doing things right:

There are many ways that you can tell if you are doing something right. You'll find that all areas of your life improve and become better. Some of the successes that you'll be able to notice include:

- Stress management: Telepathy is a good tool for stress management. You will be able to solve conflicts faster. Your focus and relaxation will allow you to be more calm and practical about the things that happen in your life.
- Improved relationships in life. You'll find that you are happier in all of the relationships in your life. This includes romance, family, children, friends and coworkers.
- Business matters. You'll find that your finances and business situation improve. Money, whether we want it to or not, is a deciding factor on what we can do in life. Having enough is one benefit that you'll receive from your telepathic powers as you learn to make the right financial decisions.

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Options:

Here are some ideas on how you can use your telepathic powers:

- **Pick up the telepathic telephone:**

Once I was late for a meeting with a client. His name was Brian. His phone was off and his voicemail was full. (Don't you love it?!) Before I left the house, I relaxed my mind by counting down from 3 to 1. I was now at my deepest psychic level. Then I saw Brian in front of me. "Brian, can I talk to you?" I asked mentally. I saw his face open and friendly. "I am going to be about 30 minutes late, so please don't worry..."

When I finally arrived, I apologized for my delay. "Oh, never mind," He said "I had a feeling that you'd be late, so I did something else in the meantime."

People who are not familiar with telepathy usually experience a gut feeling of the message.

- **When dealing with customers:**

Whenever I meet a customer, I want to understand the true needs of the customer to see if I can to offer the right thing for him or her.

However most of the time, customers like to play a "cat and mouse game" before they tell you what they really want.

In this case I use my telepathic powers to ask them mentally: "What do you really have in mind about this?" Once I receive the answer, I can act accordingly.

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How to Use Your Powers Responsibly:

Always use your telepathic powers responsibly.

This means that you shouldn't use your ability to harm anyone else.

You need to be careful about what you focus on, when you allow your mind to connect with the mind of someone else.

If you are thinking about developing your telepathic powers so that you can seek revenge on someone or harm someone, you may find that it backfires on you.

You can't harm someone by projecting your thoughts into their mind.

Every individual is strong enough to protect their inner self from outside thoughts.

They may allow you in long enough to read what they are thinking. But their own higher self will protect them from your negative influences.

The only way that you can negatively influence someone else is if they are open to this harm.

If someone is depressed or feeling low you may be able to project further thoughts of negativity into their minds.

This is because they are unprotected and unable to tell the difference between healthy thought waves and negative ones.

Remember:

What you give out –will come back like a boomerang. = Karma

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B. Communicating With Animals



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If you don't have a pet, please keep reading anyway.

You might belong to the 45% of the population that is somewhat afraid of animals.

This section will show you, how to overcome that.

For all others: This will be a real eye opener!

Would you like to know, what your pet is thinking?

Would you like your pet to tell you when it is sick or where exactly it is hurting?

Would you like your pet to listen to your commands better?

If you have a pet or your relationship with animals needs improvement, then the following pages will open the door to the wonderful world of animal communication.

I have to admit, I wasn't always a friend of animals.

As a matter of fact, I was terrified of them.

As a child I had a traumatic experience with a dog, which bit me in my throat. From that day on I was afraid of dogs.

Now in my adult life, I was determined to cure this phobia.

The first thing I did was get a puppy. A Golden Retriever.

Yes, you guessed it.

He is the dog in the picture!

His name is Buddy.

Back then, dogs were still those strange creatures to me. I simply didn't understand dog behavior.

I called my brother in Switzerland to tell him that I bought a dog.

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Right after hello, my brother says “Hey, did you get a dog? It’s a Golden Retriever, right?”

I was in total shock. He was the first family member I called to tell about Buddy. So he couldn’t possibly know.

I didn’t know that my brother had learned to communicate with animals telepathically. He started to learn it for his job as a horse trainer.

And let me tell you, his ability to talk with Buddy opened a totally new world.

He encouraged me to learn it for myself, and so I did.

Every time I meet a dog now, my fear is gone and I can relax with them.

What a relief!

Are you intrigued to learn how to do the same and more?

Great!

Not only the famous horse whisperers and pet psychics on television have this gift.

You do, too.

These “gifted” people are not different from you.

I sometimes have the impression that some psychics would like to maintain the illusion that only they have this gift. That they are born with it and that everybody else is, well – out of luck.

Let’s get rid of this myth!

Some psychics might be more open or more sensitive to the psychic world than others, but that doesn’t mean you can’t do it, too.

By now you have laid the base for your receptiveness by meditating and relaxing. This will be essential for the following chapters.

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Quick Overview of the Technique

The truth is that all animals communicate with each other telepathically.

That means the most effective way to communicate with animals is by using telepathy as well.

"But I don't speak 'dog'," you might think.

That's not a problem.

Here is a general rule for any kind of psychic communication:

Every being (people, animals, spirits and so on) will choose your language to talk to you.

For example:

If you are a **visual** person, then they will choose to send you pictures, movies and symbols.

If you are an **aural** person, then you will hear a voice speaking to you in your language. This means if you'd like to communicate with an animal from a different country, you will still hear the voice in your language.

If you are a **feeling** person, you will receive emotions and physical sensations.

This means, when you communicate back to them, you will want to send feelings and emotions.

In some cases you will receive just a thought and you will know for certain that this is what the animal wants to tell you.

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Characteristics

It is also important to understand the rules of the animal kingdom.

Rule #1 Aggressive behavior

Animals have no mean or evil intentions.
They will react aggressive only for the following reasons:

- Fear
- Stress
- Their owners protection
- Territory
- Or pack order

Some animals are express the above emotions more and some less.

Rule#2 Pack order

A pack order is the hierarchy within a group of animals. That includes also their owners.

It is an ongoing process and is determined by age, gender, territory and won battles.

For example:

If a younger dog meets an older dog, then the older dog is the leader.

When a male and a female dog are eating, the male dog will eat first.

If a dog visits another dog in its house (territory) then the hosting dog is the leader.

Then there are the animals that challenge the hierarchy.

The challenge can also involve the owner of the pet. It is important for the owner to reinforce the pack leader position. After battles between animals the hierarchy could change and a female dog could dominate over a male dog and so on.

Keeping these rules in mind, you will now be able to understand that some fights between pets are necessary. (with limits).

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Telepathic communication with animals is not intended to “humanize” animals, even though the temptation is clearly there.

It is intended to give you a greater understanding of how animals “tick”.

5 Steps to Get “Online” With Your Pet

With the following exercise you will learn how to convey a simple request to your pet.

It is the simple command of “come!” that most pets would follow. You can however choose whichever command your pet knows best.

Step 1: Keep an open mind, relax and meditate in your quiet space.

Step 2: Try to tune out any other thoughts or noises and go to your basic psychic level or beach of time.

Step 3: Mentally say the name of your pet and visualize him or her looking at you.

Step 4: Make sure, your pet looking at you in an open manner.

Step 5: Now let’s make the request for them to come to you mentally: See it like a movie, your pet is coming towards you. Don’t say the command. Just think it and wait. Relax.

If it doesn’t work right away try to thank the pet for looking at you.

Baby steps – remember?

You can also use these steps when you give other commands in your daily life.

If it still isn’t working, try to picture him/her following the command instead of just giving the command verbally.

You will notice how your pet will follow your commands better.

Do this several times throughout the day.

Now go back again to your personal beach or basic psychic level and try to ask your pet a question.

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You will receive very simple images in the beginning.

For example:

Many times Buddy showed me the movie "running in the fields" or that he had "to go".

These were the basic needs he had at the moment of communication.

One of my first real communications with animals was with our neighbor's barking dogs.

When Buddy was little, every little noise could distract him from doing his business in the backyard. (I was trying to teach him not to do it in the house.)

So every time he tried to go in the backyard, the neighbor's dogs started to bark like crazy and Buddy got scared.

Now keep in mind, I was just in the beginning of animal communication and still terrified of other dogs.

But I decided to resolve this problem the psychic way.

The next time it happened, I walked with Buddy over to the neighbor's dogs.

It took all my courage.

There was a Yellow Labrador with a small white Poodle. Both were barking madly, especially the white poodle.

Poor little Buddy was very scared.

So I began to tell Buddy mentally, that there is a protective chain link fence between the two dogs and us and they couldn't get out.

Buddy relaxed a little.

For a moment all three dogs were quiet and were just staring at each other.

Then the Yellow Lab started to wag his tail.

I had the feeling that Buddy introduced us to the dogs, because the Yellow Lab looked me right into my eyes.

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So I told the Yellow Lab mentally: "Look, you are the smarter one here.....every time you guys bark, Buddy can't do his business. Would you mind stop doing this?"

He wagged his tail and I saw him smiling mentally .

From that day on Buddy was able to do his business in the backyard without distraction and the three dogs became friends.

That's when I realized that animal communication really works.

Note: It is important to always look at animals with a loving and respectful eye.

Which brings me to another great way to solve these little conflicts:

Territorial conflict solution

My husband and I had been invited for a couple of weeks to stay with my in -laws in Europe.

For our stay, my brother in-law Joseph and his dog Ben cleared their bedroom and were staying in his girlfriend's house.

Ben used to sleep in Joseph's bedroom.

When we arrived with Buddy, Ben and Joseph welcomed us in their house.

But the moment we entered the bedroom, Ben was growling and barking – he even tried to snap at Buddy.

It was obvious that we entered his territory.

I decided to solve this by telling Ben the following: "Ben, we respect your territory. May we have the permission to stay here for a couple of weeks? After that we will be gone." And I pictured how we left the room after our stay.

Ben started to wag his tail and everything was fine from that moment on.

As you see, respect comes first. Then make your request.

Of course we could have ignored everything I just said and punished Ben for his behavior.

But he would have waited for his moment to seek revenge, when no one was looking....

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2 Ways to find out if Your Pet is Sick

Are you trying to make sense of an illness and your pet's behavior alone is just not telling you enough?

There is a sure-fire way to get to the bottom of things!

ASK!

When you have the impression that your pet might be ill, ask your pet to show you.

There are 2 different ways to receive this message:

1. You can either tell your pet mentally, to put the pain into your body.

or

2. You can tell your pet to show it on their body.

Here is an example for the first option:

Once I went to the dog park with Buddy. Later that evening he had been behaving kind of depressed and sad.

He was about 4 month old back then.

You might know that look that your pet gets when it doesn't feel well.

So I asked him to put his pain in my body.

All of a sudden all the muscles in my legs started to hurt and they felt really heavy.

Please always check with your vet when you are under the impression that your pet might be ill.

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So I went to the vet and I didn't tell him anything.

He did several checks and he told me that Buddy had overworked his leg muscles and that he just needed to rest.

So that is one way to do it.

Here is another:

Once Buddy didn't want to eat the whole day, which is kind of unusual for him.

So this time I asked Buddy to show me his pain on his body.

I received the image of his body with a black spot on his belly. It looked like a shadow.

An hour later he threw up.

In his vomit – sorry for the disgusting image – was a handful of wood pieces.

He ate a whole piece of wood!

I know from other pet psychics that every animal is different. Not every animal can show their pain on their own body. Their only way of telling you is by putting their pain in your body.

If you are concerned about feeling the pain, don't worry you can shake the pain off.

Just tell the animal that you've got the message and it can stop telling you.

Sharing telepathic communication with your pet on a daily basis, not only strengthens your psychic abilities and your relationship, but also gives you the opportunity to practice those skills in a safe, trusting and risk-free environment.

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How to practice with friends

You can ask your friends if you can practice on their pets. They know their pet and can confirm if you got the messages right.

By the way, this also works over the phone.

And it even works when their pet is sleeping. (Because their spirit is wide awake)

Sometimes you are right sometimes you are wrong.

When practicing with your friends try not to analyze the message while you receive it. Just tell your friend what you see, feel or hear.

Sometimes your friend might not understand right away what their pet wanted to tell them until later.

Ask your friend to tell you, if you were right.

Again you are trying to deepen your skill. And the more your mind receives the message that it can actually communicate with animals the better you will get.

ALWAYS TRY TO REMEMBER THAT IT WILL TAKE PATIENCE, TRUST, PERSISTENCE AND ENCOURAGEMENT ON YOUR PART! DON'T GIVE UP.

- Do not censor your feelings when receiving messages.
- Do not let your enthusiasm and eagerness awaiting intimidate them. Stay relaxed and calm, stating specifically what you want and why.
- Let the message come to you.
- Do not try to influence or interpret it.
- Do not force it hover over your pet to see if you are getting a response. This will make them anxious and they might not communicate with you due to stress or a fear of disappointing you. Be as natural and spontaneous as you can.

1: COMMUNICATING THE PSYCHIC WAY

Here is another way to practice:

Is your pet used to seeing you coming home at the same time every day?

Try to come home at different times.

Make sure somebody is at home to verify your pet's behavior.

When you leave work, send your pet the mental message that you are running a little late and that you can't wait to see him or her. Picture yourself walking through the door.... and greeting him or her.

Watch what happens.

Mile-markers

Once you have practiced the exercises with your pet you may experience the following:

- You will be connecting with your pets on a whole new level.
- You will notice that your pet listens to you more.
- You will feel a certain understanding with your pet. Your relationship will be at ease.
- If you were afraid of other animals you'll notice that the fear lessens.
- You will be able to detect your pet's health issues quicker and more precisely.
- You will know without a doubt, that the message comes from your animal (not from your conscious mind or intervention).
- You will experience the joy of an ongoing and deeper connection with your pets.

1: COMMUNICATING THE PSYCHIC WAY

Obstacles and common Mistakes

1. One-way-communication

In the beginning some students are only able to send messages, but unable to receive messages.

Some students only receive messages but seem unable to send messages to their pets.

This is quite normal.

With time you will be able to do both.

Keep practicing. It seems like I am repeating this a lot, but procrastination is one of the biggest obstacles.

A good support for you is your BOOK OF WISDOM. Here you can write down your small and big successes. This will keep you going.

2. Fear of our pet's answers

A student once told me "I am afraid that my cat is telling me that I am not doing a good job with her..."

Solution:

In the beginning tell your pet, "Please tell me all the positive things about us."

Later on, when you are more secure in your connection, you can open up to other messages. And I highly recommend you do so.

Pets can have great insights into our situations. And their wisdom is the wisdom of the spirit world.

3. Our ego gets in the way

You might be tempted to let your own thoughts enter the messages from your pet.

Solution:

1: COMMUNICATING THE PSYCHIC WAY

Awareness is the first step. The moment you notice it happening, discard, relax and open your mind.

How to tell that you are doing something wrong

Well, there is the obvious one:

1. If you give your pet a mental command and it doesn't respond.

Solution:

Go back to square one.

Do your relaxation techniques and start with mental hugs.

2. Be careful, what you wish for....

When you see your dog with your cat, you might think to yourself that they will run around chasing each other, causing havoc around the house, jumping on furniture, etc.

What happens next should come as no surprise, as this 'self-fulfilling prophecy' comes to life in your living room.

They picked up on your thoughts.

Your thoughts can become a command for your pets. So be careful what you think.

By the way, this works the same way with small children.

If you think to yourself "I hope she doesn't touch this crystal vase..."

The next thing you know, your child is thinking, "Hey, great idea, let me touch this vase...".

Here is another example:

When you are afraid of a dog and you picture the dog attacking in your head, the dog will think: "Oh, that's what you want me to do? No problem!"

And depending on its aggression level the dog will try to follow your "command".

1: COMMUNICATING THE PSYCHIC WAY

Instead, take a deep breath and relax.

We tend to stop breathing when we are in fear.

Then think to the dog: "What a good dog you are! I respect you and want you to respect me. You are such a nice dog!"

How to tell that you are doing something right

1. If you are getting unexpected answers or messages, definitely NOT from you. It is in all likelihood from your pet.
2. If your pet actually follows your commands
3. If the voice you hear is not yours, then you know that your pet is talking to you.

10 Ideas to use Animal Communication in Your Daily Life

1. You can better prepare your pet for vet and other trips.

Some pets don't like to be left alone at home alone.

Next time when you leave, send a mental message that you will be home soon. Send the picture of you coming through the door and greeting him or her and your pet will be able to deal with your departure better.

If you have to leave your pet for an extended time, send your spirit over.

Here is an example:

I was flying from America to Europe. (Remember, my in-laws...?)

Buddy was in a crate in the belly of the airplane.

Whenever he contacted me that he missed me I pictured myself in the crate next to him and hugging him.

1: COMMUNICATING THE PSYCHIC WAY

That made it so much easier for him.

You can do the same, when you leave your pet at home or board your pet for vacation.

2. You can ask your pet for advice. Yes - you heard right. Pets sometimes have a more objective view. And believe me, they know what is going on in your life.
3. Your pet can be a great warning system. It can warn you from other humans, dangerous animals or other situations.
4. The healing powers of your pet.

Most pets have healing powers. Next time you are sick, tell your pet that you don't feel well and watch what happens.

You will notice that your pet is trying to be near you more often. Pet him or her.

You will receive their healing energies.

5. Your pet can be therapeutic for emotional wounds.
6. Your pet can be psychic. Go ahead ask them for some predictions, and soon you will find out that they were right.
7. You can communicate with your animal over any distance. So don't worry when you are not with them. It works just the same.
8. You can communicate with your pet when its sleeping. When our body sleeps our spirit leaves our body to do the spiritual work that needs to be done.
9. Pets can provide comfort when you have lost a loved one.
10. If you had a pet that has passed on, you can start communicate with him or her.

You can practice in a safe environment, with a willing and trusting partner that will not laugh at you if you fail.

Do not worry if your animal friends are getting the right message or not!

They will!

1: COMMUNICATING THE PSYCHIC WAY

The following **questionnaire** will help you to clarify your goals for animal communication

Please refer to THE BOOK OF WISDOM for this questionnaire:

Questionnaire

Communicating with Animals

1. What would you like to know from your pet?
2. What would you like to tell your pet?
3. How well is your pet listening to you?
4. Is your pet currently sick?
5. Is your pet behaving strange lately?
6. Would you like to ask your pet a psychic question? What would it be?

As usual journaling your successes will speed up your psychic development. :o)

1: COMMUNICATING THE PSYCHIC WAY

How to use your powers responsibly

Do not use them to manipulate, harm or experiment with your pet or animal, nor to embarrass or scare them.

This can backfire and you can lose the trust of your pet.

Always come from a loving, caring and respectful place.

You will realize with time that pets and other animals are wise and patient with you when they know that you respect, love and care for them.

1: COMMUNICATING THE PSYCHIC WAY

C. Clairaudience

Clairaudience is the ability to hear voices from the spirit world.

It is part of your telepathic communication.

In the following section you will learn a few more techniques to strengthen your telepathic ear.

Quick overview of the technique

These messages you hear can come from:

- Entities
- Spirit guides
- Crossed-over loved ones
- Pets
- And also mothers can hear their messages while pregnant and until the child begins to talk.

When you hear them they can sometimes accompanied by a sensation, feeling or even a fragrance.

It is the spirits way to alert us of their presence by triggering memories.

Also warnings of crisis are typical with clairaudience.

If you have ever experienced any of the above mentioned phenomena, you probably attributed it to your imagination or being overly tired.

Learning to open up your mental ears can be extremely exciting as you start developing your psychic powers.

1: COMMUNICATING THE PSYCHIC WAY

Here is an example of clairaudience:

When I was a teenager, I got my drivers license and my first car.

I had both for about 3 weeks.

One morning I stopped on an intersection on my way to work.

I was waiting to make a left turn. It was raining and a little bit foggy.

When I thought everything was clear, I stepped on the gas and was making the left turn.

All of a sudden I heard a female voice scream at me "Stop!"

I was so surprised, that I actually did stop.

In that moment a car hit me from the left on the front of my car.

It caused the other car to totally spin out of control and crash against a hill.

Thank God, the other driver was unharmed.

To make a long story short:

If this voice wouldn't have warned me, I would have pulled out further and the car would have hit exactly where I was sitting.

The police later found out that the car was going 85 miles per hour. It would have killed me.

Until today I don't know if it was my guardian angel or a spirit guide. Honestly, it doesn't really matter. It saved my life.

This was my first experience of clairaudience.

It sounded like a person was sitting behind me shouting in my ear.

Of course there are many different ways you can receive these messages.

It can be in the form of a vision, a smell or a feeling.

1: COMMUNICATING THE PSYCHIC WAY

Characteristics

When information comes through clairaudience, the process varies.

Here are just some examples of what you may experience:

- You may sense some initial sensation, quickly spreading through your mind and body. You may even experience some pressure on top of your head (which is seen as the access-point or 'opening' of the crown chakra (energy center)).
- Your sense of touch might also be triggered, like a sudden chill, a tingle or your hair standing on end. Or other physical sensations, like your heart beating faster.
- Emotions like fear, anxiety or stress might also occur.

This is a so-called 'heightened' state.

Try to remain calm and relaxed.

Go to your basic psychic level.

Claim your center and your safety - ban the fear - and listen.

1: COMMUNICATING THE PSYCHIC WAY

4 Steps to actually do the technique

Step #1:

As with all techniques, meditate daily and ban stress from your life.

This will open the channels.

Step #2:

Try at night to hear everything you can hear. Like the breath of your spouse, the ticking of a clock, maybe some crickets outside or frogs. Really focus on everything. Now focus deeper on the sounds that are more subtle.

Step # 3:

Practice this every night to sharpen your hearing. I personally started to put earplugs in my ears after a while to test my psychic hearing. That's when it happened. I started to hear sounds that normally I could not possibly hear.

Step #4:

Now you can do the same with psychic seeing.

Try to see everything you can in the dark.

This will sharpen your vision

Every time you receive a message, even if it's just a thought, say thank you.

The psychic ability to 'hear voices' or 'see visions' is mystical and trance-like. It occurs more and more frequently if you open up to it.

This psychic ability has a rich tradition and runs deep throughout the threads of time and through all cultures from around the world.

Spiritual séances often utilize this technique to conjure and communicate with the spirit world and crossed-over souls.

1: COMMUNICATING THE PSYCHIC WAY

How to practice with friends

After practicing the technique for a while you can meet with like minded friends to see how far you are.

You can set up a sort of séance.

A nice twist to the experience would be, if everybody puts earplugs in their ears to make sure it is psychic hearing.

Sit in a circle, have some meditative music playing and start to get yourself in a meditative state and later into a trance like state.

You could use the personal beach of time or just focus on something in the middle of the circle. It can be anything. A crystal ball might be nice, or a precious stone.

State your intent clear in your mind, such as "what would you like me to know?"

Once you are finished you can exchange your experience.

The nice thing about practicing with like minded friends is that the energy is multiplied and might result in more intense experiences.

Seeing visions and/or hearing voices of angels or entities shared in a circle of like-minded friends, can help you understand, explore or soundboard your gift with others.

On your personal, spiritual journey, this might be your specialty or just one of the many skills and talents you get to master throughout your process.

If you want to take advantage of your medium-like 'hearing' skills for your own benefit and for the benefit of others, there is nothing standing in your way.

"Becoming aware' or 'hearing' the message is just half of the process. Making sense of its meaning and significance is what it is all about.

A good way to interpret meanings is to write down right away what you hear without analyzing it. Then read it to your friends and see how you understand it.

1: COMMUNICATING THE PSYCHIC WAY

Mile-markers

- You will know if you have clairaudience when the voice you hear is definitely not yours
- And when you write all the messages and interpretations down. After a while you look back and check off the ones that have been right. If you score more than 80%, you have developed the skill.

Obstacles and Common Mistakes

Don't expect to hear these voices **ALL** the time.

Then you are setting yourself up for an immense disappointment.

It will come to you with time.

Warning!

1. When a voice is telling you to do destructive, violent or any other harmful actions you have to go back to the protective measures in the preparation section.

There are sometimes negative forces out there that don't have good intentions.

This is crucial. You want to clearly stay on the right side of the track here.

1: COMMUNICATING THE PSYCHIC WAY

How to tell that you are doing something wrong

In the beginning, misinterpretation is very common.

Just write the messages down as they come in and then monitor what happens.

With time you'll see a pattern for what each message means.

If you want to tell anyone the message, tell them only what you heard or saw. This person has to draw their own conclusions.

How to tell that you are doing something right

You will hear the messages more often.

You will improve your life and the life of others because of the received messages.

You'll ask for help on important decisions and you see that you made the right ones.

Just make sure you get all the facts first. (See Donald Trump) ☺

You will be able to combine clairaudience with other techniques and get even better in your psychic development.

1: COMMUNICATING THE PSYCHIC WAY

Options

Here is another visualization for you:

See or envision a radio. You are slowly turning the dial, looking for a station to hear the message.

Keep turning the knob until you hear something, then focus or zoom in, listening to the messages that follow.

More examples for daily use

Helping others to heal the passing of a loved one is probably one the most gratifying ways to use this gift.

By answering the questions of the ones that were left behind the people you are helping are finally getting closure. They will heal much faster from the loss they experienced.

Of course you will be able to use this gift for yourself as well.

In a way you can always stay connected to the person you lost.

Here is an example on how this can help:

A friend of mine lost her mother before her wedding. She really wished that her mother would have been there. My friend was able to use this technique and have her mother at the wedding in spirit.

From now on you will be able to see, hear or feel the spirit.

I personally like the show "John Edwards – Cross Country".

You can watch, learn and get inspired.

The Ultimate Guide To Unleash Your Inner Psychic!
SECTION 2: SEVEN Techniques

1: COMMUNICATING THE PSYCHIC WAY

Please refer to THE BOOK OF Wisdom for the following questionnaire:

Questionnaire

1. Which are the sounds you have heard so far?
2. Which images have you seen so far?
3. What did the voices tell you?
4. Who would you like to contact you?

1: COMMUNICATING THE PSYCHIC WAY

How to use your powers responsibly

- You might get buzzing or ringing in your ears! But this is normal.
- You might even hear sounds like tapping or clicking.
- Just be aware, as you venture into this realm of psychic exploration, you will find all your senses heightened and changed.
- Nature can help you strengthen your psychic hearing.
- Do not use this power to manipulate others. Use your talents and gifts, not for exploitation, but for the good of the Universe, others and the cosmos.

CONGRATULATIONS!

This completes the section about psychic communication.

On the following pages you'll find useful checklists.

Go ahead and see how far you've come already!

Enjoy!

And remember:

Live Your Life to The Fullest!

1: COMMUNICATING THE PSYCHIC WAY

CHECKLIST

TELEPATHY WITH OTHER MINDS

- ☐ Make sure you relax and meditate once a day
- ☐ Practice the “mental hug” with someone.
- ☐ Practice the zener card exercise with someone.
- ☐ Go to the personal beach of time or your basic psychic level for your telepathic communication.
- ☐ Make sure the person you’d like to communicate with shows you mentally that they are willing to communicate with you.
- ☐ Do the advanced Exercise on page 16.
- ☐ Your general communication with others has improved.
- ☐ Celebrate each small and big success
- ☐ Relax and take your time.
- ☐ You are making better business decisions.
- ☐ Your relationships improve.
- ☐ Pick up the telepathic telephone.
- ☐ You are more successful with customers.
- ☐ You did the questionnaire.
- ☐ You wrote down your experiences.
- ☐ You are using your powers responsibly.

Congratulations! You finished the first section of
Communicating the Psychic Way!

1: COMMUNICATING THE PSYCHIC WAY

**CHECKLIST
ANIMAL COMMUNICATION**

- ☐ Remember the rules of the animal kingdom
- ☐ Relax, as usual :o)
- ☐ Request a command mentally from your pet
- ☐ When your pet is sick, ask to put their pain in your body or show it on their body
- ☐ Practice with pets of your friends and confirm what you receive
- ☐ Come home at different times and tell your pet you are coming home
-> Have the result confirmed by someone
- ☐ Your pet listens to your commands better
- ☐ You have a better understanding of your pet
- ☐ You are not afraid of animals anymore
- ☐ You hear a distinctly different voice when your pet is telling you something
- ☐ If there is only a one-way-communication have patience
- ☐ Ask your pet in the beginning to tell you only positive things about your relationship
- ☐ Don't let your ego get in the way
- ☐ Tell and show your pet that you are with him or her when separated for extended time
- ☐ Do the interactive questionnaire
- ☐ Journal your small and big successes

**Congratulations! You finished the second section of
Communicating the Psychic Way!**

1: COMMUNICATING THE PSYCHIC WAY

**CHECKLIST
CLAIRAUDIENCE**

- ☐ When you experience clairsaudience you felt some pressure on top of your head, a sudden chill, a tingle your hair standing on end.
- ☐ You did the exercise at night to see and hear in the dark very closely.
- ☐ You tried a séance with your friends to experience clairsaudience together.
- ☐ The voices you heard were definitely not yours.
- ☐ You wrote the messages down and compared your notes after a while with the reality. -> You scored about 80%.
- ☐ Protect yourself from harmful voices. -> See Preparation
- ☐ You hear the voices more often.
- ☐ Your life improves because of the received information.
- ☐ You did the "radio-visualization"
- ☐ You did the questionnaire on page 43 in your Book of Wisdom
- ☐ You used your powers responsibly.

Congratulations! You finished the last section of
Communicating the Psychic Way!