



Hi there, my name is Lynne, and my business is called AngelSpeak. I refer to myself as a Modern Mystic and I offer a range of services such as Psychic/Energy Readings, Past Life Regressions, Shamanic Journeying, and Energy Healings where I may use Reiki, EDINA Healing Medicine, Australian Bush Flower Essences, Crystals and Tuning Forks. I am also a Paranormal Investigator and conduct House Clearings - where I remove earthbound spirits and negative energies and entities from your home or office or any other environment. I offer a number of courses throughout the year for Reiki Levels I, II, and III, Psychic Development, Spirit Communications, How to do a Card Reading, Ghosts and Entities, and Entity Removal and House Clearings. Basically though everything I do I do with the help and assistance of my spirit team, and we are a team in the respect that I can't do what I do without them and they need me to be the conduit to bring through the information and healing energies for our clients. I hope you enjoy this course and if you would like any further information regarding any other services I provide or if you are interested in any other courses please go to my website:

www.angelspeak.com.au

Psychic Development:

Hi, I'm Lynne and welcome. Thank you for joining me today in this workshop which is all about how to develop your psychic faculties.

Points covered in this workshop are:

- *Your energy system and the concept that everything is energy*
- *Your psychic faculties - and everyone has all of them*
- *Clairvoyance - clear vision*
- *Clairaudience - hearing*
- *Claircognizance - knowing*
- *Clairsentience - feelings, gut instincts and empathy*
- *Clairgustance - tasting*
- *Clairsalience - smelling*
- *Developing your psychic gifts*

Energy:

To really understand and work with our psychic faculties, we need to have a basic understanding of energy. So, the first thing we need to know and understand is that everything is energy, all around us, every you see, and feel is a part of the universal energy field". And, basically, energy is information, and it moves with a speed and frequency. So what does that mean? Well it means that everything in the universe vibrates, and it vibrates at it's own unique speed, and generally, the faster it goes the more subtle it becomes. We are all unique individuals and we have our own vibrational energy signature. All of life and everything around is made this way. The ground, the grass, the trees, the buildings, the sky, it's all made up of particles, which is information, and that information vibrates at its own unique frequency. Now the vibration can slow down or speed up. Sometimes when it slows down it can become more dense and sometimes when it speeds up it can become lighter or even unseen to the physical eyes. I'll give you an example:

Water; So water in its normal state is quite fluid, if you slow it down the particles aren't as active and you'll notice it turns to ice. If you heat it up again it once again turns to water, and if you keep heating it will turn to steam. When in this form the vibration is rather fast and as it gets faster is eventually evaporates and is unseen to the physical eyes. That's great, so why do I need to know all that you may be asking. Well, when dealing with you psychic faculties you are generally tapping into the more subtle energy realms. Those realms we can't see with our physical eyes. But just because we can't see them doesn't mean they're not there. Subtle energies are all around us, they are around people, places and objects. For instance, the human energy field, or aura. You can perceive the subtle energies of the aura with you psychic faculties, such as seeing or feeling. The different colours and feelings is the information vibrating at different frequencies and by tapping into someone's aura you can tell if they are sick or healthy, what their mental state is like such as happy or depressed or where in their body they may be carrying any blocked energy.

Developing your psychic faculties can help you on a day to day basis from everyday things to the more complex situations. So they can assist with making any decisions, big or small, from what will I wear today to what career suits me, who should I marry or how can I handle this particular situation. You can ascertain if someone is lying to you, you can avoid traffic hazards and know the absolute best time to start a new project, just to name a few. And the more you use them the stronger they get. I liken it to building up your muscles. If you want to build up your muscles, you generally go to the gym and you do weights. Your muscles get bigger, stronger and more efficient. Same if you start working on you psychic faculties, the more you use them the stronger they become, and just like muscles, we all have them. You have probably always used your psychic faculties but now are going to use them on a more conscious level, very exciting.

The other thing we need to know about our psychic faculties is this is how spirit connects to us, this is how they communicate and bring through information for us. So if you are wanting to connect to and hear from your deceased loved ones, guides, angels, archangels or ascended masters, using your psychic faculties is how you do it.

Asking for information:

I believe we are all asking for information all the time.

What career suits me, how should I handle this situation, should I date this person, should I buy this house, what food is good for me, the list goes on.

But I think a lot of the time the information we do receive is either dismissed or lost because we don't understand where it has come from or we haven't been taught how to receive psychic information.

First of all, a spirit doesn't just appear in front of you and tell you everything you need to know. If only it were that easy.

So basically we ask for information and then we receive the answers via our psychic faculties which, as mentioned before, run along your physical senses. So you may see, hear, feel, know, taste or smell.

Clairvoyance:

Clairvoyance is French for “clear vision”, and it refers to the ability of a person to gain information about a person, place or object via their inner sight. The information may come through as colours, numbers, words, symbols, or objects, and the information may come through your physical eyes, or via your inner sight or third eye, which is located between the eyebrows. Most people when they think of clairvoyance visualise a gypsy peering into a crystal ball and seeing into the future. And although you can use crystals to help to develop your skills, you can not only see into the future but you can also tap into past events, you can see information about an object, connect with deceased loved ones, or use it to do Remote Viewing, which is the ability to describe a scene that is taking place outside the range of your normal perception. This skill has actually been used by the military, and some government agencies for decades to gain intelligence information on everything from distant activities and events to location of weapons stockpiles. I guess you could call this psychic spying.

Some of the ways we can experience clairvoyance are as follows:

- **Dreams** — Sometimes people can have prophetic dreams where they will see a future event or receive information on a project or current event in their life. Usually these dreams are in vivid colour and intense emotions are also felt. When you awaken from the dream the experience tends to stay with you longer than an ordinary dream. Many people have visitations from their deceased loved ones in their dreams, because it is in this state that we are more relaxed and open to receiving these kinds of messages.
- **Daydreams** - People who daydream a lot and with whom visualization comes naturally, tend to be very clairvoyant, and due to this they are constantly using and strengthening this psychic power.
- **Aura's** - as I mentioned before when we were discussing energy that everything is energy therefore everything will emanate energy. But this is much easier to see around the living, such as people, animals and plants. Sometimes you will see the bright colours all around people and sometimes it may just look like a haze.
- **Sparks out of the corner of your eyes** — This is a very common way we can see spirits around us. You can see a flash of light in your peripheral vision, and then when you turn your head to look at it, it is no longer there. There is a reason for this and it has to do with the cells in our eyes. The cells in the centre of your eyes are called cones and they pick up colour. The cells around the periphery of your eyes are called rods, and they pick up black, white and all shades of grey, this is why it is easier to see spirits out of our peripheries.
- **Coloured orbs** - you may see small or large coloured orbs just floating around you or your space, and you may see one or many.
- **Shadows, dark or off white** - around people or places. This can indicate earthbound spirits/ghosts or entities. Earthbound spirits are the spirits of people who have died and haven't yet crossed over into the light, and entities (in this case) are negative beings who have not had a human life.

- **Seeing a vision** - This can be like a movie running in your head or you may just see a flash, but it may provide you with information about a person or situation, or gives you guidance about your life or in making changes to your life.
- **Photography Orbs** - This is the newest way in which spirits are making their presence known to us. They appear on photographs as "orbs of light".
- **Seeing signs** - Finding a feather (story about mum - Southbank), a coin, a stopped clock, number plates, billboard signs, moved objects in your home, lights flickering (electricity and plumbing), are some of the ways spirits try to get your attention.
- Learning via visualization such as watching someone or by videos.

How to develop Clairvoyance:








- Look at your hand against a wall and blur your eyes the see the beginnings of your aura. It looks bluish/white. The put your hands together and move them apart to make lines
- See if you can see peoples aura's (easier with a white background in a dim room)
- See if you can see the aura's around plants and trees and your pets
- Look up into a clear blue sky and relax your eyes. After a little while you will begin to see tiny little blobs of clear energy, sometimes with a little dark spot, that look like little worms. Apparently this is orgone, or universal energy.
- If you see an orb, instead of running away, stop and ask who it is. It may be a relative dropping in to say hi.
- Meditate - Now if you want to improve any of your psychic faculties meditation is definitely the key. It will enhance your concentration and allow you tap into the more subtle energy realms that are around you. This in turn will help to connect more easily to your higher self and soul, and your spirit team. It gets you out of a stressed state and into a state of relaxation so you will be more receptive to the energy and guidance as it comes to you.



Clairaudience:

Clairaudience directly translated is “clear hearing”, and like Clairvoyance you can hear the sound with your physical ears, or you may hear it with your inner ears in your mind. Clairaudience can include hearing sounds such as music, or ringing in the ears, as well as voices, you may also hear unintelligible sounds, names, words or phrases. Sometimes you may notice the ringing just in one ear for a short period, or you may hear popping or buzzing sounds. When hearing voices they may sound like someone is standing right next to you talking to you (even when you are by yourself), or its inside your head. Sometimes when people hear voices they become concerned and fear they may be having a mental health problem, or fear they are just talking to themselves, as it is their own voice they can hear. You can always discern whether you are hearing psychic information, self-talk or wishful thinking by the information you are receiving. Psychic information or information from your guides and angels is loving, kind and helpful, and leaves you feeling good about yourself and others. It has a sense of being right for you, can be useful, valuable and fun. On the other hand, self-talk or mental problems are usually very negative in nature and generally leave you feeling bad about yourself or others. Always listen and discern whether the information is positive or negative in nature. You may also have the ability to channel by using your clairaudient skills. You may hear the words of a highly evolved spirit quite clearly and then be able to pass on those messages. Once again check the information that’s coming through as you could also be connected to a trickster or negative spirit.

Many of you have already had a clairaudient experience. Have any of the following happened to you?

-  Upon waking, you hear your name called by a disembodied voice
-  You repeatedly hear a song, either in your head or on the radio
-  You hear a loud, high pitched ringing sound in one ear
-  You overhear a conversation in which a stranger says the exact thing that you needed to hear
-  You just “happen” to turn on the TV or radio at the exact moment that a relevant discussion is occurring
-  You hear your deceased loved one’s voice, in your mind, in a dream, or outside your head.
-  You hear a disembodied voice giving you a warning or a life-enhancing message, or you may hear the voice of a living loved one, and it turns out that they were going through a difficult situation at that time.

- ✚ *You can hear footsteps walking around your home, and you are home alone.*

- ✚ *You hear the telephone or the doorbell ring. No one is there, but you can sense that your deceased loved one is trying to get your attention.*

- ✚ *You learn more from listening such as hearing an audio book rather than reading the book,*

How to develop Clairaudience:

- *Listen to your intuition, that inner voice, what's it saying to you?*
- *Ask a question, to your higher self and guides and ask for the answer to come clairaudiently. You may receive the answer as a voice in your head (yours or a spirit voice), a repetitive song, conversation on the radio or with friends, family etc.*
- *Close your eyes and listen to the sounds around you. Try to isolate the sounds and really focus on them. What can you hear, cars, birds, crickets, leaves, voices etc.*



Claircognizance:

Claircognizance is 'clear knowing', when you know something to be true and correct without knowing how you got that information. It is the knowing of something that may have happened in the past, present, or future, and many times you will just "know" the answer. You don't know how you know; you just know. You may be unable to back up your knowledge with fact, or you may not know how you gained that certain information. And in this way you can be lucky, because the answers to the questions that you ask internally just suddenly appear, the information is randomly dropped into your head and you know without a doubt it is the truth.

Claircognizance can come in the form of predictions or premonitions, a feeling of certainty or correctness. You may have knowledge of certain places, events, situations, or people without having received the information via a traditional manner. Those who have natural claircognizant abilities are generally logical, have busy minds, and enjoy thinking things out.

Claircognizance is connected with your crown chakra, and can manifest in many ways, for example: -

- ✚ Knowing if somebody is lying to you, even though you may not have anything concrete to back up your thought. And you will know, without any explanations from anyone if someone is genuine or trustworthy.
- ✚ Knowing you need to take an alternative route to work, then finding out later there had been an accident on your normal route.
- ✚ Or stuffing something into your bag and not knowing why, then needing that object later on in the day.
- ✚ You receive information that comes in like turning on a light bulb, it can suddenly flash in your mind. Like a sudden ah ha moment, the penny drops, and the information is suddenly there.
- ✚ You may receive inspiration at random times of the day such as when you're washing the dishes, driving, shopping, or visiting friends, or the inspiration may pop into your head in the middle of the night (which is actually quite common). Have you ever woken in the middle of the night with some amazing ideas or plans for your future, only to find you can't remember the specific details in the morning, and you can't believe it because it was so clear and made so much sense the night before, how could you possibly forget. I've done that a few times myself and always kick myself in the morning, so I would say the best thing to do is always write down the information as soon as you get it. That way you bring it into this reality. What you do with it once it's here is totally up to you but at least you haven't forgotten it.
- ✚ Deja Vu, also a French word that literally means 'already seen'. You know when you have an overwhelming sense of familiarity in a certain situation, like you have already been there done that, but you know you haven't. I have heard that that is the soul's way of letting you know you are currently on track.
- ✚ You finish people's sentences for them because you just know what they were going to say, or you

don't want to watch a movie because you already know how its going to end.

- ✚ *You prefer learning through books or via writing, any way in which you can use your cognitive skills.*

Claircognizance can be tricky to trust, and many people feel that it is just their imagination and that they are making it all up. Well, I'd like to say it is your imagination, but isn't that a great way for spirit to communicate with you - by putting the information directly into you mind. Obviously if the information you are receiving is detrimental, negative or just feels wrong, then discard it. But, if the information is for yours or someone else's highest good and greatest purpose, is positive and uplifting and just feels right, then go ahead - trust and enjoy.

How to develop your Claircognizance:

- *Clear your mind and relax, then ask your higher self and guides a question. The answer will come as a thought, idea, or inspiration. You will feel like you just know the answer.*
- *When you receive ideas, inspirations and new thoughts always write it down. This is a great way to bring through information from the higher realms into the 3rd dimension.*
- *Try automatic writing. You will need pen and paper, or you can use your computer. Sit and relax and ask your question, then when you're ready start writing without consciously focusing on what you are writing about. And don't forget, the more relaxed you are, and the more you trust the process the easier it is. I'm the answers will surprise you.*
- *Play with some cards. Get out your favourite oracle cards or even a deck of normal playing cards and grab a few of them out (face down of course). Put them on the table and ask your guides what cards you've picked. See if you know colours, what's written on the cards etc. Get as much info as you can before you turn them over, oh and don't stress if you get if you get wrong. Just keep practicing. You can also try this with your song playlist, see if you know what song is going to play next.*



Clairsentience:

Clairsentience is 'clear feeling' when a person can sense others emotions, needs, or physical conditions. It's similar to empathy, where a person who is clairsentient can experience deep emotions or physical symptoms from another as if it is their own, but the difference is clairsentients not only feel the other persons emotions and take this into their body, but they can also receive insights around these emotions, and you can feel all those responses from someone who is in the room with you or on the other side of the planet. Clairsentient's can also sense energy in the atmosphere or may pick up on the 'residual energies' of people, places or animals and not be aware of it. For example sensing the atmosphere of a house as soon as you enter it. It may feel spooky or unfriendly, or you may just feel irritable, tense or afraid for no apparent reason. You may even suffer from a sudden headache, stomach ache or nausea. When you leave the premises those symptoms may disappear just as quickly as they came. The opposite is also true; if you enter a sacred space or a home where the family expresses a lot of love for one another you may feel light, happy, warmth or tingling sensations, calm and at peace.

Clairsentience is an important skill to develop as it can offer protection. Have you ever met anyone for the first time and felt uneasy, sick in your stomach or tight in your chest even when that person is being very pleasant towards you. These may be warning signs. We all have that inner knowing, but how many times have you ignored the warning then regretted it later.

Some of the ways in which we can experience clairsentience are:

- ✚ You can sense the energy in a room or an environment. Any space can hold residual energies of the events that have previously happened there. For example, if you walk into a room shortly after someone has had an argument in there you may feel the anger, resentment or frustrations as soon as you walk in. If there has been a major negative event occur in a space such as a murder, suicide, sudden death or acts of violence, or if it was an old battle ground then the energies experienced at such a place may be overwhelming when you feel those energies running through your physical body.
- ✚ You have extraordinarily strong 'gut instincts' and your instincts are always right, and this can be about anything that's happening in your life. Your body can't lie.
- ✚ Big crowds can be totally overwhelming for you because you are picking up on so many different energies
- ✚ People can't hide their true intentions from you. If they have a negative agenda you will feel it as something isn't right. Kids and pets.
- ✚ You can physically feel with your body what is going on in someone else's body. For example if they are in pain you can feel that pain in the same place. This also is true when dealing with deceased loved ones. On the flip side though, this can be a great gift when you are doing healings for people because you feel exactly where you need to direct the energy flow.
- ✚ You are extremely sensitive to other people's emotions, and even when they tell you they are fine with a happy face you can feel they are far from fine. Once again this is also the case when connecting with spirits.

How to develop Clairsentience:

- *There's lots of ways of developing your clairsentience, a fun way to start is by creating an energy ball. First of all activate your palm chakras, then start to sense a ball of energy in your hands.*
- *Try sensing peoples aura with your hands. Have them sit on a chair then connect with their energy by placing your hands on their shoulders. When ready, walk away from them, a couple of meters, then and walk back towards them with you palms facing them. You will get to a point where you start to feel resistance - this is their aura or energy field. Now try to get a sense of that person, how are they feelings, are there any temperature differences etc.*
- *With your index finger, draw patterns onto your palm, close your eyes and see if you can feel it.*
- *Ask a friend to bring you a photograph of someone you don't know, living or deceased. Hold the photograph between your hands and feel what your body is telling you about this person. What were they like, can you pick up any character traits, emotions, personal details etc.*
- *You can also do this process with a person's jewellery, family air-loom, or anything that holds sentimental value to the person, this is called Psychometry and Psychometry can involve all your psychic senses. The definition of Psychometry is touching an object to pick up psychic impressions either about the object or about the person who owns the object, and you can access information from the past, present or future. This is also an interesting way to get a feel of places you visit such as old estates or castles.*



Clairgustance:

Clear tasting, this is when you can taste something that is not physically in your mouth. Like when you are doing a reading for someone and you suddenly taste apple pie in your mouth, and they tell you it reminds them of their nanna who used to bake the best apple pies in town. Clairgustance can also be helpful for medical intuitives as they can get a taste of a certain substance that may assist them when diagnosing and treating a patient. For example they could get the metallic taste of iron in their mouth if the client is iron deficient, or they may taste various substances that may be having adverse reactions with their client. Finding out this information can greatly assist with finding the best possible treatment and cure. I've also heard that clairgustance is also being used by psychics who work in forensics. By using these skills they are often able to find clues on how a person died, how they were kidnapped or even murdered.

Clairalience/Clairsalience:

Clear smelling, or the ability to smell something that is not in the environment, and it is actually a lot more common than you think. Have you ever thought about a person, time in your life, or a place and then perceived scents that you associate with it, such as the smell of your deceased grandmothers favourite flower, or have you ever been able to smell tobacco smoke, looked around for the culprit only to find there is no one smoking anywhere near you, then you remember it's the anniversary of your uncles death and he was quite a heavy smoker. You can also encounter smells that you would associate with a place of work such as the smell of cut timber from a timber mill, or detergent from a hospital. Your deceased loved ones will communicate with you in any way they can, this is the power of clairalience, and spirit will use your memories of a smell that you associate with a person, place or time in your life to connect with you. Now you don't always get nice smells such as freshly baked bread, perfume, flowers, chocolate or coffee, you may even encounter foul smells such as body odour, wet dog, faeces or rotting flesh, and having spent many years as a paranormal investigator, these smells, including sulphur, can be associated with malevolent hauntings.

How to develop your Clairgustance and Clairsalience skills:

- Get a friend to pick out some different foods and spices, then put a blindfold on and see if can guess what everything is by smell and taste. Get similar items such as kale and lettuce, orange and mandarin, thyme and rosemary, and see if you tell the difference.
- When you go grocery shopping smell the fruit and veggies, when your out and about try to isolate the different smells around you, such as cut grass, decaying leaves, car fumes, fresh bread from the bakery.
- Ask a friend to call you and while on the phone get them to eat or drink something. Tune in and ask your guides to help and see if you can taste what they are having.

Everyone is Psychic:

We each have a dominant mode or a combination of ways in which we receive psychic information, and as you now know, our psychic senses follow through our five senses i.e. seeing, hearing, feeling, knowing, smelling or tasting. So how do you normally receive and interpret information?

Are you a visual person, do you understand information better if it's been shown to you via images, colours or symbols?

Or do have a keen sense of hearing or have an affinity for music or sounds?

You may be someone who always follows his or her "gut instinct" or have you have ignored a certain feeling and regretted it later. Maybe you can sense how someone is feeling without that person having said anything to you.

Or you are a "know it all". You don't know how you know but you just know without a doubt that you have the right answer to a question.

Becoming aware of your strongest psychic senses will you to tap into the unknown and to receive psychic impressions and understanding. You can also develop your other senses to really open up your intuitive insight.

