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| **The Newly Awakened***for the James Van Praagh Special Chat Area*Thank you for inviting me once again to share in your spiritual evolution! So many exciting vibrational changes are taking place that many are finding Spontaneous Psychic Eruption taking place in their lives. This can be confusing, exciting, disturbing and joyful all at the same time. Tonight I would like to address some very basic guidelines to assist you in enhancing and controlling your own gifts so that spontaneous psychic eruption does not cause DIS-ruption in your life! Let's take a moment to sit back, get comfortable and center, knowing that you are a powerful spiritual being within the universe with a purpose and the abilities to perform this purpose. You have access to complete and total knowledge of all that was, all that is, and all that will be. You are the sons and daughters of the royalty of the Universe, divinely guided and protected though all space and time. Take a deep breath in through your nose, breathing in pure white life. Exhale through your mouth a gray mist that includes all the stress of your day. Again, breathe in white, exhale gray. Experience a warm feeling coming from the top of your head, as if a hand is placed there - loving and gentle. Allow this feeling to move down your neck, down your spine to your tailbone area, feeling it split and continuing down your legs to your knees, to the souls of your feet. Feel it go deeper, into the earth; centering and grounding your energy and preparing you for this seminar tonight on The Awakening. Everyone has been given the bare minimum of intuition at the very least. In its most basic form it is called survival instinct. Polished and enhanced, it is known as psychic ability. Can everyone tune in, enhance and use their own intuition to better themselves and to assist those around them? The answer is Yes. The keys to successful interpretation however are confidence, discernment and the ability to give up control. Confidence can only be gained through experience. When someone is newly awakened they begin to see flashes of insight, a knowing of outcome, and a sensing of intent or agenda. To the very fortunate and perhaps more developed, these sensations in addition to others, allow them to form their psychic "impressions". Normally however, as one begins to tap into their own innate abilities, it is a slow and steady process of trial and error. Consider a concert pianist performing a piece by Mozart. This music was composed by Mozart, performed by Mozart and had the flavor of Mozart's very essence. When our modern day pianist performs the piece, he takes the music into himself and makes it his own. No matter how good that pianist is at duplication or impersonation, he still has his own energy within the sound, making it his own. And no matter how trained you are under someone's guidance, such as a spiritual teacher, or through a series of new age books and classes, you still will make this gift your own as well. The awakening process is a slow and steady technique that allows you to discover your own processes in what will and will not work for you and your intuition. Just as any teacher will tell you, different students learn differently. Some are more auditory and don't need to take any notes - they just need to listen. Some are more visual, and to grasp a concept they must see it (this is especially true of people with photographic memories). Some must read to grasp concepts, and so on. Just as no two learning abilities are the same, it would stand to reason that discernment processes using intuition would not be the same either. Why is this important enough to address here tonight? Because when building confidence in your intuition you will have failures and successes. Trial and error is the absolute best teacher a student of the universe can have. For example, the phone rings. As you pick the receiver up you KNOW it is Aunt Betty. Aunt Betty screams "Guess What!". Immediately, before the words are formed from her lips, you know she has purchased a new car. She then tells you that she has bought a new car. You ask her what color it is. Before she can answer you hear "Blue". Aunt Betty is totally unaware of your psychic revelations, but through trial and error for yourself, you have proved to yourself that this feeling of knowing is accurate. As our conversation with Aunt Betty goes further, she goes on to tell us that it was a 4 door vehicle, when in your mind's eye you had been seeing a 2 door coupe. This is not the point at which to get discouraged. In any learning process, if there is not a two-step-forward, one-step-back, then you are probably not allowing yourself to get the full measure of learning presented to you. Let's take a moment and do a little practice exercise. Hopefully you have secured an item from someone you know, so that we can work with the gifts of empathy and Psychometry. This is a beginning exercise that can be used to open you to the feeling of vibrations and energy. Let's begin by touching the item. Allow your fingers to drift over the item, knowing that there are tiny interpreters of energy in each palm and fingertip. Holding the object in your hand take a moment to center yourself. Some prefer to close their eyes while doing this as it keeps down distractions. Others prefer to stare at a non-moving object to still your conscious mind, thereby allowing the subconscious mind to open to interpretation of the vibrations. Do whatever feels comfortable for you. Different people receive messages in a variety of ways. Based on your experience you may begin to get visual, auditory, sensory or even physical messages. This current exercise is not to get or interpret any messages at this time. It is merely to feel the energy of the item. At this point of your beginning development, you merely want to determine positive or negative vibrations. We will deal with interpreting those vibrations at another time. If you get overwhelming input from these items and they do present visions or other psychic stimulus, then most certainly do not discount it; log it for later reflection and validation. If you do not get psychic impressions however, don't be discouraged. We are just beginning our learning journey. Touching the item, center your focus on your palms and your fingers. Does the object feel warm, hot, cool or even cold? Where else can you feel this energy on your body? In the chest area? In the stomach area? Perhaps the forehead? Some may even feel it at the base of the spine. If you feel nothing, put the piece down, take a deep breath and try it again with the same object. Everyone feels in several different ways, Perhaps this is the first time you may have thought of it this way. When you are feeling with your hands, you are also feeling within your body. Now, that you are feeling the object, and hopefully a vibration to go with it, how does it affect you? Are you jittery and nervous? Pressured and hard to breathe? Calm and relaxed? What were your findings? Could you feel a distinct difference between each item's vibration? If you were to give the vibrations a label such as angry, joyful, depressed, confused, what would it be? The innate psychic ability that you were born with can be used to read energy and to decipher what you are sensing. You may use this psychometric exercise at any time during your development for a quick confirmation of your skills. So many times we are so hungry in our awakening that we run to read an enormous amount of books in a short amount of time, perhaps visit many intuitive counselors, or take our two flashes of insight and decide to set up shop, deciding to give our advice freely to all who would listen, as we are "tuned in." You must understand that this is a slow process. Like a fine wine, it gets better over time and aging and so to will your abilities. Many newly awakened intuitives let their excitement with their newfound confidence get a bit ahead of their learning curve, and miss some important steps along the way. The more "two-step-forwards" you take, the more "one-step-backwards" you will also have to take. This is a good thing, as through practice you can solidify your own experiences and abilities to identify correct information. Many of you know that I host a spiritual cruise. On our cruise we test our psychic readers. I bet you would be surprised to learn that they must pass three very rigorous reading auditions and even more surprising, accuracy is only 1/3 of their passing grade. My point is this. Accuracy is never enough to give a psychic reading. Presentation and tools given are just as important. All of us love to be accurate in our impressions, which immediately takes us back to ego - which we all have. There are some unwritten guidelines that should always be followed as you are awakening when receive your impressions or information. Tonight I will share some of these with you. **Number One.** You must always have a person's permission to give them a message. To share an impression, no matter how important YOU think the message is, without their permission is an invasion of their energy. Without their consent both personally and on a soul level, you are doing wrong and possibly harm to read their energy. Understanding that humankind is a curious race, it is rare that with a delicious carrot dangling out there in mid air such as "I have a message for you"that a human's personality will say "No, I don't want this message." But, as the old adage goes, curiosity killed the cat, and as the receiver of said message, they may "think" that they are taking it lightly and just thinking about what you have to say when in reality their soul will open like a flower to accept what you are giving them, putting it straight into their DNA. Can you see the enormous responsibility that you as an intuitive, wanting to share your messages, have? **Number Two: I call this the wreck-and-run.** In my travels on the psychic circuit, meeting thousands of psychics and observing their various methods of divination - this method of reading is by far the most heinous in my opinion. I have seen beginning mediums give messages as if they were trained, disciplined, educated professionals - that have opened wounds, deep and angry, within people. They thought they were doing good work and were so impressed with themselves that they could connect with the deceased that they could not understand why Claire burst into tears and was visibly shaken when they told her in an audience reading that her grandfather had a message for her "Your grandfather says "I am sorry, I love you and have always loved you." Did they ask permission, asking "Can I come to you" or "Can I share with you", or even "Do you want to hear from your grandfather"? Claire had finally grown comfortable with a feeling of safety, now that her grandfather was dead. She had experienced 15 years of horrifying made-for-TV-movie style abuse from this man. The last thing that she consciously wanted to hear was his confessions of love. It was premature; and the message was issued without both soul consent and conscious personality consent. When I later spoke with the reader who gave Claire this information and explained the woman's upset, she was at first horrified - you didn't have to be a psychic to see that! Then, she shrugged her shoulders and went on to say "Maybe that was what she was supposed to have gotten." Cop out! Just because we are dealing with spirituality, does not mean we are allowed to take the spiritual escape route of "it was meant to be". We have responsibilities, not only as spiritualists, but also as compassionate human beings to operate from compassion and integrity. When this is askew, the ego is running the show. There is an enormous responsibility in doing this work. I have also heard readers say, "They are insisting I tell you (fill in the blank)." As an intuitive or a medium it is your responsibility to control yourself. You are no one's puppet, whether it be Angels, Spirit Guides or the Deceased. It is irresponsible to pass this "they are insisting" on to the living without their soul's permission. Please be very careful and check and double check yourself and others on this. Now lets say you have asked permission of the soul and the ego (conscious mind, personality) for permission to address them or to share your impressions with them and they have agreed. What is the next step? Give the message exactly as you hear it. Take yourself completely out of it. Bring it out of your mouth as quickly as you see it, feel it, taste it or sense it. Each time a pregnant woman asks me the sex of her child, I am ONLY correct if I don't think about it; if I go with the very first impression. Even just considering it, taking two seconds to look her over, will skew my impression and cause me to be wrong. So thinking about or trying to rationalize the messages that you are getting or trying to place it, will many times make it incorrect. Say exactly what you hear first. THEN, you may, and this is only briefly, attempt to decipher what you are talking about, but primarily that responsibility falls to the receiver of the information. Now, onto tools. As we awaken and want to share our visions or impressions, oftentimes the receiver wants "more". It is not your responsibility to have to spend hours explaining a metaphysical concept or explaining the laws of the universe (unless you want to). Hopefully, you have explored many resources, such as new age books, videos, workshops, retreats, online spiritual centers, online resources, special prayers that work for you, special ceremonies that work for you, and more. This information gathering prepares your tool belt to help you give the most benefit to those you are trying to help. This is where follow-up with your impressions is so very valuable. If you are courageous enough to give an impression, be responsible enough to back it up with tools. Know your tools. Know what works. Pass on resources to others so that they can become educated as well. Where do psychic abilities come from anyway? We realize we are born with them, and in the past ten years there has been a global awakening to the afterlife and to the paranormal, with many thanks going to the pioneers and the trailblazers in our genre such as James Van Praagh and John Edward. We realize through study and practice that our psychic abilities will grow and expand. The intensity and the rate of growth can be increased with the study of metaphysics, which is the study of all things universal, spiritual and paranormal. Consider a lumber mill. Envision a piece of wood being shaved; crafted, polished, and made ready for assembly where perhaps it will be made into an alter where people would worship, or a table where a family would eat. This board IS metaphysics. What it is used for is up to the receiver of the board. Now consider the sawdust on the floor. It is the residue of the board. So it is the same with psychic abilities. Psychic ability is the residue of metaphysics. Now, the word residue makes it sound as if it is unnecessary; non-useful and unwanted. But just ask a circus how useful sawdust is. It has a purpose and fulfills a need, just as psychics do in our world. You now understand your responsibility, your discernment, and your need for tools. What can you expect when you begin to truly offer yourself as a student of the universe to undergo your own awakening? **Change, Change, Change.** One of the main things I tell my students when taking them on for study, is that I can guarantee them that their lives will shift and change in a very real and a very dramatic way. The primary reason this happens is that when you being to study the universe, metaphysics and even psychic abilities, your perceptions change. When those perceptions change, your own personality changes. Things that were desirable to you at one point may no longer be desirable. Your tolerance level may increase or decrease. This is perfectly normal. Your sleep patterns may change. Our Spirit Guides love to work with us during our "dream time", as when we sleep we raise our vibrations to a place of in-between, which is a meeting ground for us to work with our celestial helpers. Many times people find that their dietary needs change. More times than not, I have seen people shift from being strict carnivores into the world of vegetarians almost overnight. I am not one of them incidentally - I like my steak! Those of you who have studied my soul mate work understand that we attract people within our soul mate group to us such as lovers, friends and teachers. When we change our perceptions, this also can change our attractions. This may bring in a whole new set of soul mates. There may be a clearing out of some old relationships that do not fit your vibration any longer. This too is normal. We thrive best when we are among those who are of our same vibration or higher. With your awakening and your surrender to the universe comes a certain peace inside of you. No matter how many trials at once that you may walk through, that center is still strong and steady. With the understanding that we are all One there comes a compassion for others (by understanding another's actions there can only be compassion). And finally, I feel that the greatest gift that awakening yourself can offer, is the security of knowing that you are truly loved and necessary in the scope of all that is known as the universe. I do have an online class that you can join at any time. I am offering 17 monthly topics and training. Please see my website for the complete syllabus. This is a mult-media learning environment (audio, video). And as an ethical psychic, I do want to practice what I preach and leave you with a list of some very helpful tools I have discovered during the journey of awakening. **BOOKS** **James Van Praagh**[*"Looking Beyond: A Teen's Guide to the Spiritual World"*](http://www.amazon.com/exec/obidos/tg/detail/-/0743229428/qid%3D1093422493/sr%3D1-5/ref%3Dsr_1_5/104-6299247-7525566?v=glance&s=books)Although this book was written for teenagers, I have recently just finished it myself and find it very useful for adults as well who are just beginning their metaphysical journey. Of course, all of JVP's books are excellent, but I particularly prefer this one for beginners. **Marcy Calhoun**[*"Are You Really Too Sensitive?"*](http://www.amazon.com/exec/obidos/tg/detail/-/0931892104/qid%3D1093422617/sr%3D1-1/ref%3Dsr_1_1/104-6299247-7525566?v=glance&s=books)This was one of the first new age books in my library. Marcy even examines the thought of psychic ability and demonstrates that there are no two psychics who are the same. Using various combinations, she has determined that there are over 600 varieties of psychics! **Louise Hay**[*"You Can Heal Your Life"*](http://www.amazon.com/exec/obidos/tg/detail/-/1561706280/qid%3D1093422567/sr%3D1-1/ref%3Dsr_1_1/104-6299247-7525566?v=glance&s=books)This book covers everything from choosing your life to empowering your soul to make the changes necessary for your growth. **CD WORKSHOPS** I've noticed that recently JVP has several different learning CD's out (4-set CD). Being the responsible teacher that he is, I'm sure his work will assist you on your path. And of course, I have my own products. Each workshop I present is on a CD format with 5 existing titles. By the end of production there will be a total of 24 workshop CDs, offering a well-rounded metaphysical education. These CD's can be found on the Product link at my website as well. **SPIRITUAL RETREATS** Spiritual Camps offer some of the best speakers the metaphysical industry has to offer. I have presented at Lilydale in New York, so this is the only spiritualist community I can speak of. I will tell you that once you cross the gates into Lilydale you are totally immersed into the environment of everything spiritual. Everything from the post office to the medium's homes to the diners reflects spiritualism. You are totally immersed in the energy; it's a tangible thing. There are power places within our world that hold special spiritual significance. Many times a spontaneous awakening of your spirit can occur while visiting these various sites. Spiritual travel is a way to become immersed in the energy in a spiritually safe environment so that you can grow in peace. Some of these places are Sedona, Mt. Shasta, Egypt, and the Myan Ruins. And finally, Spiritual Cruises are also fast becoming retreats on water. I know that James does one or two a year, as do I. Thank you for inviting me to be a part of your evening tonight. I hope with your newfound knowledge of responsibility, discernment and tools that you will choose to go forward with your learning and intuitive development.  |

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