

Spiritual Practice

Developing Psi Abilities



Psychic abilities represent a spectrum of abilities, which we can refine and develop. This Spiritual Practice offers a process to use when you want to explore your innate psychic abilities and develop them at a deeper level.

Begin with meditation! Spend time in the Silence, affirming your intention to explore your psychic abilities, and inviting the appropriate experiences into your life.

Pay attention to random thoughts and feelings. Keep a journal to track thoughts and inclinations, as well as actual psi experiences.

Practice psychometric awareness. Psychometry is the ability of reading a person's energy field by touching his/her personal possessions. You may want to practice by touching objects that belong to someone you know first, and see if you sense any impressions of that person. You can also use objects at a flea market, thrift store, or second hand store.

Test your hunches. If you have a hunch about something, confirm it. *(For example, when your best friend is on his/her way to meet you for coffee, try to guess what music he/she was listening to in the car. Then, when your friend arrives, ask. Did you get it right? If your phone rings, before you pick it up and look at the Caller ID, visualize who might be calling. Then answer the phone and see if you were correct.)*

Be on alert for meaningful coincidences to occur. As you anticipate and expect psi experiences, you'll see more of them in your life!

Last but not least, be grateful for every Psi event you experience!

