

Chapter 2

Take the Leap: What It Really Means to Be Psychic

The steps we take on life's journey are fraught with ups and downs, misconceptions and falsehoods, unexpected realizations and unprecedented understandings. Life is learning. Even our ability to observe firsthand events correctly is impacted by the inability of our brains to record more than five specific facts at one time. The other facts—rightly or wrongly remembered—are filtered out of our recollection. Our observations are also influenced by our worldview and past influences, not actual facts. The realm of psychic and otherworldly happenings, like our observations, can't be definitively defined. But in spite of that, the world of psychic phenomena has thousands of followers, and the people who believe in an active, unseen world practice its teachings.

What we do know about this area of life is that such belief structures are part of our culture. The world of active spirituality, of psychic seeing, mediumship, and other psychic modalities, is growing. Just as many people are interested in religious principles and inspirations, many are interested in the mysterious realm of the supernatural. In the past, people thought something was wrong with anyone who thought about psychic or spiritual matters. Now people are curious. They are in the midst of reconsidering any information they've learned about the universe and the world of the unseen. There is a new wave of investigation into such things as intuition, hunches, instinct, unusual awareness, and the possibility of a sixth sense.

Malcolm Gladwell, in his book *Blink: The Power of Thinking without Thinking* takes a long, hard look at the power and presence of the seldom-understood phenomenon we call intuition. We can't conclusively explain intuition, but researchers like Gladwell have taken a stab

at it. His argument suggests our mental processes work quickly and automatically, using an overabundance of information acquired over a lifetime. He puts forth a theory that expert judgment and instantaneous decisions are often accurate without the benefit of extensive knowledge. He also looks into factors that prevent us from using our intuition knowingly and investigates the influences that appear to destroy this mechanism of human intuition.

Others also believe intuition is the result of a lifetime of experiences—an exposure to information residing in our subconscious until the accumulation of that information can be used. These people believe our minds have the ability to archive all types of information we don't log in on a conscious level. They believe we pick up information subconsciously, never really comprehending it—body language, tone of voice, a particular look, or something out of place—and this is the root of intuition.

To others, however, intuition is a knowing or sensing that comes from within because we are a part of a universal mind, and it comes without the benefit of rational explanation. They believe intuition is an unnamed something that operates beneath our layers of logic, something that works as our conscious and unconscious minds communicate in unexpected ways, an unconscious reasoning that propels us to do things without telling us why or how. In the book *Steve Jobs*, by Walter Isaacson, Jobs, an inventor and pioneer of the computer revolution, called intuition, “more powerful than intellect.” Intuition, for both camps, is the sum of our intellectual ability, acquired knowledge, past experiences, and sensory perceptions. For some, it also includes psychic input.

Whatever intuition is, it is not instinct. Instinct is an internally driven, fixed pattern of behavior exhibited in animals in response to a specific stimulus. It is an inborn impulse, a motivation to action. Salmon swim upstream and fight strong river currents in response to a

compulsion to return to their birthplaces and spawn a new generation. Salmon do this in response to instinct, not intuition. Intuition is an experience unique to humans.

Intuition not only uses our mental senses to inform us, but it also uses our bodies to send us unique messages. You may have heard it said, “He makes the hairs on the back of my neck stand up.” That is intuition using your physical body to signal something may be wrong or needs your attention. It may be telling you the person or situation in question is unsafe. Intuition might be a tingle, a feeling in your stomach, or an unsettling emotion. It is intuition sending you a message.

To people like Gladwell, intuition and foreknowledge are scientific in nature. To those who believe in otherworldly existences, it is spiritual. While it may seem incompatible to forge a link between the common, everyday experiences of intuition and the trained and developed powers of a psychic, psychics tell us intuition is the foundation upon which psychic abilities are built.

Regardless of where the truth lies on this issue, our culture actively encourages us to rely on rational judgment as the only true expression of reality. We know, however, that purely rational assessments aren’t always accurate. We have all experienced instances where emotional input has aided in the discovery of a truth or the reality of an event or situation. Intuition is a worthwhile guide for evaluating situations and informing decisions. It has the ability to take us to unexpected destinations without the benefit of logic.

If you have ever had a gut feeling that turned out to be true or had a sudden impulse to do or not do something but later discovered you should have listened, you were using the intuitive insights with which we are all endowed. Given that intuition lives in the realm of the unexplained, you may be able to conclude (in a broad sense) that you already have the

foundation for acquiring psychic abilities. All individuals are born with a tendency toward a psychic mind, whether they know it or not or believe it or not. Psychic abilities are an integral and important part (albeit a small part) of intuition.

It is quite possible for individuals to make the conscious decision to develop, rekindle, or magnify the powers of their intuitive voices, their psychic minds. This book is written to discuss what it means to be psychic. The path to the supernatural world of the psychic begins by expanding and fine-tuning intuition and then paying close attention to the seen and unseen worlds that surround us. Wayne Dyer, internationally renowned author and speaker on the topics of self-development and spiritual growth, like many in his field, believes current scientific investigation around the mysteries of matter and energy proves it is quite possible there is more beyond what our logical minds can consider.

For many, religion is the answer to universal truth and a connection with supreme intelligence. Current statistics report a majority of Americans believe angels and demons are active in the world. Eighty percent believe miracles happen, and 92 percent believe in God. To others, cultivating and establishing psychic abilities will aid in a search for the power of a universal mind and a universal spirit that unifies us all.

The acquisition of psychic abilities is not simply the pursuit of a psychic mind. It is more about embarking on a journey of self-discovery to awaken an innate desire to understand the universe and the unseen world. It is not a question of being more intuitive than anyone else, and it is not a question of being endowed with more psychic abilities than anyone else. It is only about you and whether or not you want to engage in an exploration of the spirit realm or acquire psychic abilities by becoming familiar with the practices of the psychic world.

