



A Guide To Psychic Terminology



Below are some commonly used terms along, with their meanings.

PSYCHIC SENSES

The majority of our psychic senses are an extension of our physical senses e.g. sight, hearing, smell, taste, touch but instead of using the physical sensory organs we use the psychic/spiritual equivalent in our minds. The sensory information received may be very subtle, like a quiet whisper in the back of your mind or it might be very strong and as if you were seeing or hearing with your physical eyes or ears. The type and strength of information received will depend on your own abilities and that of the spirit communicator (if you are working mediumistically).

PSYCHIC PROTECTION

This refers to the methods you can use to prevent yourself from being psychically harmed or bothered by unwanted negativity. This negativity can come from sources in the material world (people or places) or spirit world (spirit people or entities) and may be aimed at you specifically or just because you can sense them. There are many ways in which you can protect yourself, which you choose depends entirely on what resonates with you the most. Generally they are based on being positive as this repels negativity and/or creating a psychic barrier to prevent negative energies from accessing or entering your aura.

STILLING YOUR MIND

The intention here is to minimise and quieten the chattering of your conscious mind in order to enhance your ability to sense the information being received psychically. It is like trying to watch a TV with the volume turned down low in a room full of noisy people, the task is made that much easier if you can get those people to be quiet and less distracting.

GOING INTO YOUR QUIET PLACE

This is a mental exercise intended to help the formation of a link once you have stilled your mind. The quiet place can be anything you wish it to be, as long as you are consistent in what it is. The reason for this is because you are not only helping yourself, you are also indicating to spirit that you are ready and open to working with them. As an example I simply let my mind go into neutral and imagine a blank cinema screen, this is easy for me to consistently imagine and I have found that it helps me to immediately recognise any information being given.

EXPANDING YOUR AURA

The aura is an extension of our body in energy form and as such vibrates on many levels and frequencies. It naturally expands and shrinks as it reflects our mental, emotional and physical well-being at that moment in time. We can however deliberately expand our aura to help us link with others to order to gain or receive the psychic information we require. To do this simply imagine that your aura is a like a transparent balloon with you in the centre of it, now slowly blow up the balloon until the person you are working with is now inside your balloon too.

LINKING

This is where the aura of the psychic or medium overlaps with another aura, in doing so it allows them to receive information psychically. The other aura may belong to a living being i.e. human, animal or a plant, a spirit being i.e. a loved one, spirit guide or angel or an inanimate object i.e. building, a place or an object.

DRAWING IN CLOSE

When we ask spirit to draw in close we mean that we are asking for the spirit we wish to communicate with to come close enough to us that their energies are within our aura so that we can better link with them.

WORKING PSYCHICALLY

This is where you have linked with a living being or object. You are receiving information from their auras, so you may be able to see their past and present situations as well as their *possible* future situations. We emphasise the word possible because at all times we have free will and our futures change depending on the choices we make as we go through life. What is perceived as future situations is based on likely outcomes of previous choices made. On this level all of the information provided should be known to the recipient because you are accessing their memories.

WORKING MEDIUMISTICALLY

Working mediumistically takes the linking a step further, you will have linked with a spirit being and the information you receive will be coming from them, not the recipient. The spirit being should be 'tested' or asked to provide proof of who they are before their identity can be taken as stated i.e. just because they present themselves as a friend or loved one they need to offer memories and other person specific information so that the recipient can be confident of their genuineness before receiving a message from the person in spirit.

CHANNELING

This is when the medium permits their spirit guide or communicator to have a degree of control of their body in order for the spirit to give their message more directly and cleanly. The parts of the body controlled are normally the vocal chords (for speaking) or arm & hand (for writing or drawing).