



Psychic Development: Manufacturing vs Receiving

It is my intention for you to begin your psychic development by discerning between a thought you manufacture (create) and a thought that you receive from the higher dimensions. Intuition uses the creative centers of our brain and filters through our frame of reference within our mind tool. To strengthen this muscle, it will take consistency and determination. At the end of this training you will learn how to trust yourself to receive information and to interpret it. You will learn how to intend to receive guidance for your day and to receive information for another person. This practice will assist you with fusing the intuitive and logical centers of your brain, so you may make decisions that are for your highest good.

Supplies

1. Journal or Paper
2. Writing Utensil



Week 1

In the first week, you will learn to familiarize yourself with the state of receiving information. Information is channeled by what is easiest for you to understand through your frame of reference. You will learn how to diffuse the logic center of the brain to allow the intuitive/creative center to strengthen.

Procedure

- I. Time: 15 minutes daily
- II. Begin in a quiet space with your pen and paper. Ideally, you will want to have a quiet mind. It is easiest to do in the morning when you first awaken because this is when you have the least amount of mind chatter.
- III. Set a timer for 15 minutes. Make your intention for this practice: that when the timer starts you are receiving information. What you are seeing, hearing, feeling, and knowing is not of you – you are not manufacturing the experience.
- IV. Gaze at the paper and write down everything. There is no right or wrong – do not judge anything. Have no expectations about what you should or should not be experiencing. Just familiarize yourself with allowing your mind to flow freely like a daydream.
- V. Be easy on yourself. Each day you do this it will get easier to flow into this state of consciousness.
- VI. Thank yourself for completing the practice and for beginning your psychic development.



Week 2

In the second week, you will begin to interpret what you receive. This is for you to trust in your power of interpretation.

Procedure

- I. Time: 30 minutes daily
- II. The first half of your practice will be the same as Week 1.
- III. The next 15 minutes is for you to record your interpretations on a new piece of paper. You may construct this however you may like. I suggest numbering what you recorded then list the numbers on a new page.
- IV. Trust in your interpretation - just as you did not judge what you initially received.
- V. Thank yourself for completing the new phase of your training.



Week 3

In the third week, you will ask to receive a message that pertains to your day. You will learn how to refine your intention as you communicate with the higher dimensions for a specific purpose. This is to train you to observe how your intuition can apply to your daily life.

Procedure

- I. Time: 45 minutes daily - 30 minutes in the morning & 15 minutes in the evening
- II. You will now make an intention to receive a message that pertains to your day.
- III. Repeat Week 1 & 2 for a total of 30 minutes. Record what you receive and your interpretations.
- IV. The remaining 15 minutes is designated for you to reflect on your day. Write down the events of your day on a new page. Then review your recordings and interpretations.
- V. Ask yourself: What immediately stands out? What applies to your day? Do you have any new interpretations of your recordings that apply to your day?
- VI. Thank yourself for dedicating the time to strengthen your intuitive muscle so you may live a life where you respect your intuition.



Week 4

In the final week, you will be practiced in receiving information from the higher dimensions. Now you are tasked to receive information for another person.

Procedure

- I. Repeat your daily practice however you may wish for you now have learned the basics to immerse your intuitive abilities into your conscious mind.
- II. The next step will require you to request permission to receive information for person you are reading. Intuitive work must respect the person's energy. You may perform this remotely or in-person.
- III. Make the intention to receive information for the person's highest good. You are trained to put yourself in the state of consciousness to trust, to receive, and to interpret.
- IV. You may take as much time as you prefer. Write down what you receive and then share the interpretations with the person.
- V. Request for the person to validate what you received and if your interpretation is accurate.
- VI. Thank yourself for being vulnerable enough to share your intuitive abilities and the other person for the opportunity.

Congratulations!

You successfully began training yourself to tune your consciousness into a state to receive information for yourself and for other people.