

Excerpt from Chapter 7
"Psychic Tools for Life"

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EXCERPT FROM PSYCHIC NAVIGATOR

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Living a psychic life is an ongoing process of perpetual development, one of learning to trust and listen to your inner guidance. You must accept that life is your ultimate teacher and try to live to the very best of your abilities—after all, what you do with what you have is what truly matters. And since we're all uniquely different in how we interpret signals and receive guidance, I urge you to seek your own experiences so that you acquire your own awareness. In turn, you'll be able to make up your own mind about which spiritual path you want to follow and can then assemble your own psychic toolbox.

Intuitive or psychic information can sometimes come from out of the blue, as if it has a mind of its own. It may be the answer to a question you asked days ago; or you could be taking a shower, drying your hair, driving to pick up the kids from school, or raking the leaves when intuitive information registers in your conscious mind. No matter how you receive it, when you follow your inner guidance, choices and decisions seem to flow smoothly. Remember how it felt to follow a hunch that you just knew was right. You were probably pretty excited, and might have even felt a positive charge surge through your body as synchronicities and coincidences seemed to take you by the hand and guide you toward your goal. On the other hand, when you ignore your inner guidance, a feeling of stagnation can occur—life can appear to be out of sync and discordant, and you're not likely to feel that positive charge surrounding your actions.

In this chapter, I want to provide you with some techniques that you can incorporate into all areas of your life. (Once you've learned them, I'm sure that you'll go on to create more of your own.) Most of them only take a few minutes, so you'll be able to tap in to your abilities instantly and effortlessly, no matter where you are or what you're doing. These exercises are for times when you're not able to do a full meditation or you can't wait until conditions are perfect—they're meant to jump-start you into using your newfound inner guidance.

You can now start to navigate your own psychic path, lead a life of fullness and purpose, and show the world how truly amazing you really are!

Making decisions doesn't necessarily come naturally to everyone—after all, we live in a world where it's easy to get someone else to make them for us. Of course, there are some things we should just leave to the experts, but I'm talking about those determinations we're capable of making if we just tap in to our inner guidance. When we make a decision based on intuition, we trust our feelings, and when this happens for the first time, it's like a turning point—from that moment on, our confidence builds and we don't look back!

For further information about John Holland,
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