

Praise for *Are You Psychic or Making It Up?*

“I truly enjoyed reading this book. I personally have spent years distrusting my own intuitive gifts and have found that when I merged the mystical part of myself with my more skeptical, scientific side, not only did my work as a doctor, teacher and author improve, but so did my personal life. Carole Lynne shows you how to merge the worlds in a beautiful and light way, offering you tools that will help you trust your experiences, dig deeper within yourself, and find the real truth hidden within your mystical gift.”

—Eva Selhub, MD, author of *The Love Response* and
Your Brain on Nature

“Carole Lynne’s new book candidly explores many challenges for those with psychic abilities living in our society. Her advice related to finding a ‘spirit friendly’ therapist is spot on. As a clinical social worker with a private psychotherapy practice I agree with her concern that authentic psychics could easily be wrongfully diagnosed with mental illness by a therapist who is unaware of the spirit world and abilities of psychics. She goes on to give practical tips for finding the right kind of therapist to support and guide psychics who are also often more sensitive than others to the world around them. This book is packed full of insightful information that is discussed among psychics, and we are fortunate that Carole has taken the time to write this guide for psychics and their friends and family members.”

—Cindy Williamson, licensed independent
clinical social worker

“Add Carole Lynne’s perspective on the unseen world to your world. In this book Carole Lynne illuminates a deeper understanding of what it means to be a sensitive in this world and the challenges and responsibilities of having psychic and mediumistic gifts.

“The experiences and wisdom she shares can provide readers with invaluable and trustworthy insights into their own spiritual happenings because her integrity as a Medium and dedication to a life of teaching shine through. I believe many will find comfort and guidance within these pages because we should all, sensitive or not, desire to live a more balanced life and to be more authentic in our actions.

“As a Reiki Master Teacher, Medium, and student of Carole Lynne, I know I will refer to her book in teaching my students how to develop themselves spiritually, personally, and as healers. I strongly recommend this book to those who are exploring their spiritual gifts, those who offer healing and messages to others already, and to their loved ones.”

—Amanda de Rezendes

“In my 30 plus years of as a physician and surgeon, I have experienced many unexplained phenomena which have filled me with awe and wonderment. Some of these experiences I have considered coincidental or happenstance, but many more I have felt a part of directly whether they be influenced by what I was feeling or thinking or I had a significant effect on the predictions or outcomes. I truly feel I have witnessed miracles. My wife and I have always felt we have had guardian angels, perhaps even a troop of them, who have unfortunately had to work overtime to help us out of many situations.

“When we first read about Carole Lynne, then met her for mediumistic sessions, we began to understand our personal energies and gifts that helped make more sense of what transpired. We appreciated Carole’s ability to help us understand that our religious beliefs were an integral part of these intangible ‘feelings.’

“Her latest book will help many gain a better understanding and awareness of these qualities we all possess whether you call them ‘intuition,’ ‘hunches,’ ‘coincidences’ or ‘psychic abilities.’ For some readers, it may open up a whole new dimension of understanding and possibilities. Carole has my respect, admiration and support of this valuable work.”

—Wendell P. Wong, MD

Before You Read This Book, a Disclaimer

This book is not intended to take the place of advice from spiritual directors, doctors, psychologists, or counselors. The author is one woman—a psychic medium and spiritual teacher—sharing her experience. Carole Lynne reminds her students and all who read this book that spiritual experience does not take the place of medical help. If you have physical, emotional, or mental problems that require the help of medical professionals, get the assistance you need. If you ever have thoughts that tell you to do anything negative or if you feel any negative energy within the messages you are getting, you may be having an emotional experience or hallucination that needs immediate professional attention. Authentic spiritual experience is positive and uplifting.

Foreword

Carole Lynne has written a truly meaningful and poignant book for the multitude of psychically sensitive individuals throughout the world. Few books have ever been written by such a prominent and internationally known psychic medium who, rather than focusing on her own skill and success, shows a genuine care and concern for the students on a similar path of psychic development and enlightenment. She not only helps students understand that they are likely to be more sensitive to life than many others but also helps them to have compassion for their loved ones who may not understand their psychic gifts. She teaches all of us who are psychic and mediumistic how to accept our own gifts, and then how to diplomatically gain the support of our loved ones who may be less like us.

Carole Lynne's work in the United States and Europe has grounded her with the realization that navigating between the psychic world and everyday life can often be challenging for students new to the energy of Spirit. With this in mind, she offers concrete guidelines to ensure success along the path of psychic discovery. These activities are coupled with

Ms. Lynne's insistence on the importance of working with a teacher throughout the developmental process.

Carole Lynne gently leads the reader through chapters that resonate with those who are experiencing an awakening of psychic phenomenon within their lives. Her words lift the senses beyond the logic and reason that can render the student unable to reach the altered conscious state of psychic experience. She shows us that there is no room for the ego during the engagement of Spirit by the psychic medium.

Carole Lynne is not oblivious to skeptics who do not adhere to the reality of psychic phenomena. Rather than citing the voluminous research conducted by doctors and psychologists or the supporting normative data from law enforcement and government security programs, she instead expresses a heartfelt concern for those psychic practitioners who continually suffer attacks from the unaccepting public. The ability to access altered states of consciousness is not regarded as a theory to Carole Lynne but as fact. She encourages those of us with spiritual gifts to be grateful for those gifts and to use them wisely.

The inherent friction between the interface of psychic consciousness and science echoes many of the paradoxes inherent in Quantum Theory, i.e., "every particle of matter is attracted by every other particle of matter"; "during quantum experiments involving the measurement of electron matter, the act of observing the experiment alters it by simply adding the observer." While science seems eager to accept the ambiguities of quantum physics when it attempts to define matter and energy, it often frowns upon the work

of the psychic mediums that are able to access energy by methods not yet investigated or proven by science.

I met Carole Lynne five years ago when my mediumship began to unfold. As a psychologist and medical educator working in an environment of cause and effect science, I was critical and unaccepting of the gift that I had been experiencing since childhood. Despite the evidence and accurate feedback I received, I continued to doubt. The lessons and guidelines reviewed in this book showed that my initial reaction was common to most mediums. Carole Lynne's experience and suggestions outlined in her book helped focus and guide me to my path as an evidential psychic medium. Nothing that I had learned during my doctoral education, career as an international educator, behavioral scientists or co-founder of a health care organization prepared me for the responsibility of serving others with the gift of mediumship. For this I am eternally grateful to Carole Lynne and extremely excited that others around the world will have the opportunity to be touched by her words.

Carole Lynne, who is an ordained minister, commissioned healer and certified medium in the religion of Spiritualism, has volunteered many hours to serve in churches in the United States and Europe. Above all, however, Carole Lynne is devoted to her family and community. While gifted with paranormal skills, she remains a normal, energetic and kind woman to all who are drawn to her as students. She travels extensively to teach and to participate in her family's charitable foundation that provides food for infants in India.

Carole Lynne is a compassionate and ethical woman who stresses to her students that being a medium is a sacred gift. It is not to be exploited as a sensational activity designed to excite the curious. The gift of mediumship is a stepping-stone on the medium's spiritual path, not the end of the journey. She reminds us that we are a spirit living in a physical body. As Carole Lynne writes in her closing poem, "find the seed of divinity in your soul."

This book will point the reader in the correct direction.

Dr. James Deary III, MA, ED.D.
Psychologist-Educator-Medium
North Palm Beach

Introduction

Am I Psychic or Making It Up? Survival in a Skeptical World

We live in a skeptical world where those who do not have the psychic experiences that we have often think we are making up these experiences. In fact, we ourselves question whether we are making them up and starting to “lose it.”

The truth is, there really *are* such things as psychic and mediumistic experiences. Our psychic gifts allow us to know things about others, and our mediumistic gifts allow us to communicate with the spirits of those who have passed on. My years of experience as a psychic medium and teacher have proven time and time again that I am *not* making it up. Having said that, it took me many years to be able to make this statement!

We need to not only understand the spiritual gifts we have been given, but also learn how to get along with others in our skeptical world. Let’s face it—some of our best friends and lovers are non-psychics, and if we cannot get all of them to believe us, we want them to be supportive.

The good news is that *you can* understand yourself and *you can* communicate with many of your loved ones in a way that will encourage them to be supportive. As the

saying goes, “you can’t win ’em all.” But I believe you can win most of them if you take the right approach.

I’ve spent decades adjusting to my psychic and mediumistic gifts—first as a student and then as a professional. I want to share with you the tools I have developed that enable me to live a balanced life *as* a psychic medium. I want to teach you how to educate your loved ones so that they understand you. While they may not accept your beliefs, you can encourage them to be understanding and supportive. *This is not an easy task, but it can be done.* I am doing it and you can too.

Balance must become our mantra. Say that word over and over. We who are spiritually gifted need to work at balance in our lives. We need to manage the special gifts, needs, and responsibilities that come as part of the package. After all, we *do* live in two worlds: we are aware of physical life on the earth plane *and* the eternal life of the spirit. *We have twice as much territory to manage.*

Many of you have been writing to me for years to let me know how *confused* you feel about the psychic experiences you have, how *alone and misunderstood* you feel when people in your life do not understand you, and how *traumatized* you are when it occurs to you that the special gift you have been given comes with huge responsibility. I know how you feel because I have been there. I have struggled up this mountain of confusion and gleefully reached the top. While I do not have all the answers, I have many of them. I have transformed from a young woman who ran away from her psychic and mediumistic gifts into an older

woman who has accepted her spiritual gifts and is grateful for her ability to help others.

Now I have reached the part of my spiritual journey where I invite you to join me at the top of the mountain, where you can feel safe and happy to be psychic!

First, learn to understand yourself and the psychic and/or mediumistic experiences you have. **Second**, learn how to take special care of the sensitive person you are—body, mind, and spirit. **Third**, learn how to talk to your loved ones and friends about your spiritual experiences diplomatically, rather than running into the living room screaming at the top of your lungs that you see a spirit in the basement. **Fourth**, learn to get the help you need from teachers both inside and outside of the Spiritualist community. Also learn how to evaluate whether you need additional emotional help from what I like to call a “spirit-friendly” therapist.

As you learn, you will be better able to make a decision about *how you do or do not* wish to share your spiritual gifts. Some may want to use their spiritual experiences only to enhance their personal lives. Others may want to help others in addition to helping themselves. The goal of this book is to help you understand your gifts, find the education you need, and learn to talk to your loved ones. Believe me: you CAN learn to survive in a skeptical world.

You’re Part of Our Psychic Community. You’re Not Alone!

You may be different, but you are definitely not alone. There are many others who have both psychic and mediumistic experiences in what I call “our psychic community.” This

is not a formal community where we wear nametags and badges. None of us would want to be part of that kind of community, right? I am describing a group of us who have similar spiritual experiences and challenges to cope with. We can help each other! Welcome to our club!

Every Community Has Its Language

As we work together I will be using terminology that might be unclear or unfamiliar to you. I want all of us to be on the same page, so to speak.

Understand from the get-go that the word “psychic” is used in many different ways. A woman doing tarot card readings may be described as a “psychic.” Some use the word to describe the work of a medium—a person who communicates with the spirits of loved ones who have passed on. The “psychic experience” can mean anything from a spiritual dream to a premonition. Unfortunately, there is quite a bit of variation in the use of the word within the psychic community.

In this book I will use the word “psychic” as a general term that covers both psychic experience, mediumistic experience, dreams, and a range of other spiritual experiences. Sometimes I will distinguish between what is psychic and what is mediumistic. A psychic experience occurs when you have visions of people who are *living*, or receive information (of which you have no previous knowledge) for yourself or others through your psychic sense. When your experiences relate to information about or visions of *those who have passed on*, you are having what many in our profession call a “mediumistic experience.” You will

understand how I am using these two terms by the context in which I use them. For instance, when I am speaking about the spirit of a living person communicating with the spirit of another living person, this is a psychic experience. When I am speaking about the spirit of a living person communicating with the spirit of someone who has passed on, this is a mediumistic experience.

While it is important that you eventually understand the difference between a psychic and a mediumistic experience, you may not understand what you are experiencing when you are first opening up to the world of spirit. It will be difficult for you to try to attach the correct labels to your experiences too early in the process. Don't worry too much about labeling these experiences. For one thing, you will ultimately find that people around the world do not agree on the labels anyway. It is more important that you understand the *value* of each experience than it is to attach a label to it.

When I refer to what many name "God," I will use words such as Divine, Divine Consciousness, Spirit, Great Spirit, Guidance, and Source. For me, these words describe the same spiritual Source in the universe. We each come from different backgrounds and may use different terms to refer to the God of our understanding. Please use the name for God that speaks to *your* soul.

May I be your mentor?

Allow me to guide you as you learn to understand and manage your spiritual gifts while living in a skeptical world. Together we will make great progress! I invite you to take this journey of understanding spiritual experience with me. Let's begin.

ONE

Understand Your Psychic Self



OF COURSE YOU DO NOT understand what is happening when spirits that look like living people start appearing in your mind or in front of your face. Of course you are freaked out when you receive a message in your mind that tells you to slow down at the next intersection, and then you see a truck run the red light. You know if that message had not come to you, the truck would have hit your car.

Most of us who are psychic are understandably freaked out when the spirit world starts letting us know it is with us. The spirits are calling out to us, and if we are able to understand what is happening, perhaps we can accept our spiritual gifts and the “calling” we are experiencing. This is not a time to start thinking about so-called “spooky spirits,” as we have gathered many of those scary images from TV and movies. If we can walk the spiritual path and not get caught up in the sensationalism that the

word “spirits” brings to mind, this time many of us call “spirit knocking on your door” can be a period of spiritual transformation. Take a deep breath, know you are safe, and start learning about the experiences you are having.

Understanding Our Experiences

It is likely that you have had *some* of the experiences listed below, but not all.

- Visions of people who have passed on
- Vivid dreams of people who have passed on
- Out-of-body experiences where you feel your spirit is in another place or dimension
- Ability to read the minds of people around you
- Extremely empathic feelings for another person’s physical or emotional pain
- Visions of the future that actually come true
- Feelings of dread when meeting certain people
- Warning messages in your mind or strong feelings that have saved your life or the life of a loved one
- Seeing a word in your mind that seems to appear everywhere you go
- Remarkable coincidences involving hearing songs in your mind or on the radio, TV, or Internet
- Objects moving inexplicably

- Objects appearing that were not there before
- Bells ringing for no reason, electric appliances that are not hooked up turning on, telephones and doorbells ringing with no explanation as to why or how
- Feeling that spirits are around you because the air feels “dense”
- Feeling as if a spiritual presence has touched you
- Songs or poems being composed by you in total, as if these pieces were simply “in the air” and all you did was reach up and grab them
- Feeling upset or elated after visits to spirit occupied locations (sometimes called “haunted” or “healing”)

I could fill pages with these experiences. We will explore some of them now.

Three Important Guidelines

You may feel quite confused and overwhelmed when you have your first psychic experiences. Knowledge is power. As you understand your experiences, you will be empowered to cope with the unusual things that are happening to you and around you. The following guidelines will help you evaluate each experience.

Guideline One: First Look for a Logical Explanation

Every time you have a psychic experience, first look for a *logical* explanation of the experience. For example, that light

going off and on in the hallway without anyone touching the switch may be caused by a short in the wire and not by a spirit. Observe the pattern created as this light goes on and off. Does the light seem to blink when you talk about a certain subject? If you say out loud “If you are a spirit, please prove it to me by blinking on the count of three: one, two, three, blink,” does the light blink? Be a good spiritual detective, and do not automatically scream, “There is a spirit here!” each time a light does something unusual. I would not assume that I was communicating with a spirit if the light did not respond to me in a way that made me feel there was an intelligence of some kind communicating with me.

The bell you hear ringing inside your living room, where there is no physical bell present, may in reality be a church bell in the distance and not an angelic sound. I hate to say it: when you can’t find your car keys and you are sure that a spirit moved them from the coffee table (where you left them) to the kitchen counter (where you finally found them), it may be that you simply forgot where you left your keys. The world of spirit has nothing to do with it.

Don’t be discouraged by my skepticism. We will be exploring what happens when an authentic psychic or mediumistic experience occurs. I am sure you agree that you do not want to say you have received a communication from the world of spirit before you explore the many possibilities of how an experience may have been created.

Too Many Unexplained Experiences?

Many of us have come to the conclusion that indeed, some experiences *cannot* be explained logically. When the source

of the sound of that bell cannot be explained logically, *then* you may want to consider whether you are hearing an angelic sound.

Once, when I was first opening up to the world of spirit, I heard incredible music in the living room. I assumed a radio was on. The only problem was, I could not *find* a radio! I asked my husband, who was sitting next to me, “Honey, is the radio on? Do you hear the beautiful music?” He looked at me strangely and said he did not hear a thing. By now, many years and psychic experiences later, when I say I am hearing beautiful music and he does not hear anything, he simply asks, “What are they playing today?”

Guideline Two: Allow Yourself a “Yup Moment”

When a possible psychic experience cannot be explained logically and you have a strong sense that spirit is communicating with you, you can legitimately allow yourself to have a “Yup moment,” as in “Yup, this is *not* a coincidence.” Psychically, you may be tapping into another level of reality or entering a different dimension than you ordinarily live in during a “normal” day. I don’t want to say that we psychics have abnormal days, but I will say we have extra-sensitive days, when very unusual things happen. Yup, we sure do!

Guideline Three: Do an Ego Check-In

As you have psychic experiences, check in with your ego every now and then to make sure it is not making you feel like a superstar. It is all too common for those of us who are discovering our psychic natures to have *ego expansion*

attacks. We start thinking we are special, unique, and better than other people. We may even start to see the stars of Hollywood in our minds and dollar signs in our dreams. “There I am on TV, the most famous psychic in the world.” Or “There I am being flown to Europe to meet with royalty because they want a reading with me.”

We are *not* better than other people because we are psychic. Repeat this to your ego over and over. People have different talents. Some are incredible football players; others are talented musicians; some are brilliant students. If you are psychic and/or mediumistic, this only means that you have a *particular* talent. Unfortunately, the general public is fascinated by anyone who is psychic, so it becomes all too easy for us to get big heads. As my mother always used to say, “Watch it, kid.” Allow me to be your psychic mama and tell you to watch out for your ego. Ego check done, psychic mama lecture over.

Dreams, Out-of-Body Experiences, Premonitions, and Visions of Those Who Have Passed On

Dreams

My dreams fall into four categories: junk dreams, vivid dreams, lucid dreams, and nightmares. Compare your dreams to mine. Do you have similar kinds of dreams?

Junk Dreams

I invented the term “junk dreams” for my regular, every night kind of dreams. *All* the junk of the day shows up in these dreams. When I wake, I feel as if my brain has been

trying to process things that have happened to me or that I have been thinking about. The colors in these dreams are not vivid and I do not hear music. Often the storylines are very confusing. When I am anxious, there are several recurrent themes: losing my handbag, getting lost, and realizing I never graduated from high school. I am not one to try to understand junk dreams. I'm not drawn to reading books that interpret the meaning of dreams. However, if you are interested in analyzing your everyday junk dreams, you will find many books and professionals specializing in dream analysis.

Vivid Dreams

These dreams are *amazingly* brilliant: they are always in color and make me feel as if I am traveling into spiritual realms that are very different from the environment I am used to living in. Often I feel like I am flying above landscapes of vivid shades of green and lakes and skies painted an iridescent blue. Sometimes I see people I have known who have passed on into eternal life. Other times I see people or figures I have never known who have spiritual messages for me. I wake up knowing I have been in a beautiful place. Sometimes I feel warm all over, as if I have been hugged by the universe. What a wonderful feeling!

I receive a vivid dream as a spiritual gift. I wish I could have them regularly, but they do not come to me that often. Naturally, I pay more attention to vivid dreams than junk dreams. The messages I receive are often important: they cause me to transform and change my life. If

you are interested in learning about my important spiritual dreams, read my book *Cosmic Connection: Messages for a Better World*.

If you have a vivid dream, when you wake up, *immediately* write down any messages that came to you. If you saw beautiful sights, make drawings. I am so glad that I documented my important spiritual dreams. Every time I look at the notes and pictures of my vivid dreams, I am able to recall the dream and how I felt when I woke up.

Lucid Dreams

These dreams are also vivid, but there is an important difference. I am dreaming, yet I am *awake* within the dream and can say to myself “Oh, I am dreaming.” I can see my physical body lying on the bed while I experience my spiritual body flying over a vivid scene within my dream. I am having what many call a “lucid dream.”

I have dream-traveled as near as the rooftop next door and as far as distant planets or spiritual realms that are not material in substance. People who have passed on and spiritual guides come into these dreams. They are working to help me with my spiritual development. I often hear beautiful music that is unlike any earthly music I have ever known. I wake from these dreams knowing that my spiritual body has traveled into realms apart from the earth plane. Sometimes, at the points when these dreams begin and end, I feel a wind pass over me as my spiritual body leaves my physical body. I feel the wind again when my spiritual body re-enters my physical body. I do not have

these special dreams very often, but when I do, they are transcendent experiences.

If you are interested in learning more about lucid dreams, read books on both lucid dreams and out-of-body experiences. My favorite author on this subject is Rick Stack. I first read his books and attended one of his workshops in the 1980s. Do an Internet search for Rick Stack and you will find his books and online videos.

Nightmares

I *wish* this kind of dream did not exist, but it does. Darn it! Most of us call our frightening dreams “nightmares” and they are a pain in the neck, sometimes literally. In a nightmare, we are running away from someone who is trying to kill us; we are on a plane about to crash; we find out that our significant other is having an affair. I think I can speak for all of us when I say that *we all* hate nightmares! When I wake from a nightmare, I am often shaking and my heart is pounding. I have learned over a period of time to tell myself “calm down, it was just a nightmare.” The only good thing about a nightmare is the moment when one wakes and feels incredibly relieved that “it was just a dream.”

Occasionally nightmares can be empowering. Lately, I have been having nightmares about fighting with a snake, and I am winning the battle. And when someone is trying to attack me, I am scaring the attacker away. When I wake from this kind of dream, I am still shaking but I feel triumphant!

I have been able to reduce the number of nightmares I have by asking the spiritual guidance around me to keep

me safe from such negative energies during the night. I listen to spiritual music before sleep and avoid watching or reading about violence of any kind. Scary TV shows before bed can easily create nightmares for me, and I rarely watch anything too scary, no matter what time of day it is. I like to keep up with the news, but sometimes I have to read it on the Internet instead of experiencing the violent film clips on TV. As a psychic, I am more sensitive than many people, and when I watch violence, I feel as if I am right in the middle of it. Do you have similar experiences? I am not advocating that we stop facing the reality of our violent world or try to hide in an ivory tower of meditation. But as extremely sensitive people, we may need to restrict how much violent TV we allow ourselves to watch.

I pray that if my spirit travels during the night, it will go to the realms of the higher energies. These prayers have helped; I have far fewer nightmares.

Become a Dream Detective

Keep a diary of your dreams. Notice the differences in the dreams you have. They may be like mine or entirely different. Do some dreams seem to be teaching you what you need to know while others are trying to process things you may be upset about? As you keep your dream diary, do you notice any patterns? Perhaps you'll notice many of one kind of dream but few of another. And if you decide to open up more fully to your psychic and mediumistic gifts, you may notice your dreams begin to intensify. You may feel as I do: that your spirit is traveling through many universes and learning from those in the world of spirit.

If you have a deep interest in understanding your dreams, discuss them with a teacher or therapist who specializes in dreams. In chapter 4, read more about finding the right helpers: spiritual teachers, groups, and “spirit-friendly” therapists.

Out-of-Body Experiences

Some psychics and mediums have what many call “out-of-body experiences.” I have had quite a few of them. The first took place when I was nineteen years old. It is possible that I had earlier experiences when I was asleep or that I do not remember, but in this experience, I was fully awake.

I was living in a dormitory in New York City called the Rehearsal Club. All of the residents were performing artists like me at the time. One day, my roommate and I were talking about psychic experiences and decided to do a psychic experiment. We shrieked with laughter as we started because as far as we were concerned, we were playing a game. We sat near the door to our room and placed a chair at the far end of the room near the window. Our intention was to sit near the door and project our spirits to that chair so our spirits would *meet* on the chair. With a bit of trepidation, I focused on sending my spirit to the chair, and so did my roommate. All of a sudden I felt my spirit fly out of my body and land on that chair, where her spirit was already *there*, waiting for me. It felt to me as if our spirits *flew* to that chair while our physical bodies *remained* near the door. I was astounded and frightened as I wondered if I would have trouble getting my spirit *back* into my physical body. I was aware that the two of us did not know what

we were doing, and perhaps I was imagining this whole episode or having a hallucination.

The truth is, I will never know what happened that day. Maybe I did have a hallucination, or maybe I had a genuine out-of-body experience. I was not educated about such matters at that time. What I do know is that I became very frightened of ever trying something like *that* again. My friend and I were *playing* with psychic experience. It was not something we should have been doing without the guidance of a psychic teacher.

I ran away from all that was psychic for about twenty years. It was in the late 1980s that I began to explore my psychic nature again. By that time I was smart enough to know that I needed to find a teacher to study with. I understood that my exploration of the world of spirit was *not* a game and that I shouldn't take the journey by myself. I needed qualified teachers to help me. (Obviously, I did get off that chair and back into my body, as I am here to tell the story.)

Premonitions

Among the most upsetting experiences for newcomers to the psychic realms are premonitions, particularly if they involve a warning that something upsetting may happen. Premonitions that someone will be in an accident or pass on to eternal life (what most people call “dying”) can be extremely anxiety-producing. Of all the psychic experiences one can have, a difficult premonition is most likely to make you want to run away from your psychic sensitivity and scream “I do not want to be psychic!” You are not alone

if difficult premonitions bother you. Most of the psychics and mediums I know have a hard time with them.

Your Beliefs Regarding Destiny

Your beliefs may impact the way you respond to premonitions. For instance, people who believe that everything in life is pre-destined do not appear to suffer as much when they have premonitions. For these people, having advance notice about what is going to happen and either avoiding it or being prepared for it is just part of the whole scheme of things—for these people, these events were *meant to be*. For instance, clients of mine who are destiny-believers will deeply grieve the death of a younger person, but ultimately they seem to have an acceptance that what happens in life is the will of God. Clients who do not have that belief may have a much more difficult time; some never accept a tragic death. With all due respect to those who believe in destiny, I am simply not in their camp. For me the death of a young person is a complete tragedy and happens not because God destined it, but because we are human beings with physical bodies, and sometimes our bodies become sick or are injured by others. Even though I am a medium, I suspect that if a young loved one of mine died, I would have a very hard time coping.

The subject of destiny is *very* controversial. My objective at the moment is not to try to convince you whether all is destined or not. For our purposes, it does not matter what you believe. What *is* important is exploring *ways to cope* if you are having premonitions. You have to make a choice about “what to do” when you have one!

How to Cope with Premonitions

First, take a deep breath and realize that many people have premonitions. Assess the situation and decide if there is anything you want to *do* as a result of having had this premonition. Your decision may depend on what *kind* of premonition you had.

Simple and enjoyable premonitions:

- I have a feeling that Mary will call me tonight.
- I sense I am going to run into Ron in the next week.
- I think my boyfriend will give me a laptop for my birthday.

Because there is nothing scary about these premonitions, there is no need to take any action at all. Most likely you will enjoy the premonition and then see if you were right. Waiting to find out what happens is fun. If you do get that call from Mary, run into Ron in the supermarket, or get a laptop from your boyfriend, you will be very happy—especially with the laptop!

But what about the scary premonitions:

- I have a feeling that my plane will crash if I fly to Chicago next week.
- I sense that someone in my family is going to die soon.
- I do not think my friend should go hiking tomorrow because something bad is going to happen to her.

Scary premonitions cause most of us to panic. We do not know if the premonitions are real or if we are simply fearful about flying, death, and our friend's safety. What to do? Cancel the trip to Chicago? Fearfully wonder who is going to die? Tell our friend to skip her hike? It is not fun to have these kinds of questions running around your frantic brain. I know—I have experienced terrible anxiety related to premonitions.

I've had years of experience with premonitions, so allow me to share my personal decisions about "what to do." I am not suggesting that you make the same choices I made, but as you read about them, pay attention to your reactions. They will help you get in touch with your own best choices.

Premonitions about Death

I have had premonitions about death. Some turned out to be true; others did not. I did not always realize that I'd had premonitions about the deaths of loved ones until after the passing had taken place. As I looked back, I realized I had been preparing myself and there was a part of me that knew what was going to happen. I have also had very clear premonitions about death, and sometimes my premonitions have been very exact.

However, when I was much younger I had many so-called premonitions that turned out to be *nothing but fear*. I can think of two people who I just *knew* would die before their twenty-fifth birthdays. One is now in her seventies and the other is in his fifties. Those premonitions were not real. They were fearful thoughts that appeared to me as premonitions. Because I had no metaphysical education at that

time, I could not evaluate my so-called premonitions. I was frightened. This kind of fearful experience made me want to stop having premonitions and stay away from anything that people called “psychic” or “paranormal.” In fact, if I had been better able to deal with these experiences, I might have given in and accepted my psychic nature long before I finally did. If you can benefit from my coping mechanisms, you may not have to run away from your psychic self.

So how do you know if a premonition is authentic? I wish I could tell you, but honestly, *you cannot tell 100 percent of the time if a premonition is real or fear-based.* In my experience, most of the premonitions that are real just drop into my mind; there is little emotion attached. It is as if a message is floating by and my mind just picks it up. Premonitions that turn out to be fears usually come to me when I am in an emotional state.

Premonitions about death cause a terrible dilemma: is there anything you can do to prevent the death? Should you warn someone? What is your responsibility? It’s as if burning coals are suddenly placed in your hands and you have to act fast.

I came to the conclusion that the moment of death is between the person who is dying and God. It is not my decision or choice. And it is not my responsibility to tell anyone about my premonition unless there is a very good reason to do so. For instance, if I knew there was something wrong with someone’s car and they did not know, I would prevent them from taking a road trip the next day. But this is not a premonition. This is a concern I am having based on the *fact* that this car is not operating properly. If I had

a premonition that my friends might be involved in a car crash, I would have to keep my mouth shut and hope that my thoughts were fear-based. I will add that there can be exceptions to this rule. If I had a *very* strong premonition that did not seem fear-based, I would consider sharing it. As you can see, decisions about what to do with scary premonitions are difficult, to say the least!

I prayed for several years for God to stop giving me premonitions about death unless this information was useful to me in some way. If it was important that I knew or that I passed the information to someone else, then I would accept these premonitions from God. Since I have prayed on this, I have not had premonitions about death unless they are useful. For instance, if I am giving a reading and a woman asks if her sick mother will die soon, and I know the client has to travel halfway across the world to see her mother, then I might receive a message from spirit telling me to advise that this woman visit her mother soon, as you never know when she might take a turn for the worst. This is a reasonable and accurate statement. I do *not* state that I sense the mother is going to die soon, because I may be wrong. I feel it is irresponsible to make statements about when someone is going to die, because I have no way of proving to myself that I am having a thought or emotion of my own *or* a true psychic prediction.

Having shared my personal choices with you, let me tell you that some of my colleagues disagree with me. They would tell their clients when they thought one of the client's loved ones was going to die.

Premonitions about Illness

When I have premonitions about the health of another person, I do not share them. It is not my business to diagnose. As with premonitions about death, many psychics and mediums feel it is okay to share their feelings about the health of others. I think is totally irresponsible unless the psychic medium is an experienced medical intuitive who works hand in hand with the medical community so there is a doctor who can *verify* a psychic medium's premonitions about a client's health.

So *what* are you to do if you have visions or premonitions about illness developing in a loved one, friend, or co-worker? In my opinion there is not much you can do unless that person complains of pain or appears significantly unwell. Then encourage that person to get medical help. Even if the person is telling you about his symptoms, you may not want to admit that you had a psychic vision of an illness, because you may scare the person, making him feel worse. Fear will not help. You are better off keeping those psychic visions to yourself and giving the person support.

What if you are giving a reading and have a psychic vision of an illness? This is an important question that those of us who give readings ask ourselves all the time. Should you decide to give readings someday, you will be faced with this dilemma.

When I have visions of illness within the body of a client, I usually silently pray to spirit that the client will mention something about a pain or symptom. It is amazing how the world of spirit helps; usually the client will at some point in our consultation tell me about specific

symptoms. She may even ask me if I am picking up on an illness. At that point I tell her that I am not allowed to diagnose and because she is having symptoms, she must see a doctor. It is extremely important that I do not make a big deal of this, because it is so easy for a psychic medium to frighten a client with comments about health. I have to realize that I am not responsible for my client's health. I am not a medical intuitive working closely with a doctor. If I were, I would share more with the client, but medical intuition is a specialty and I would never diagnose unless I had studied with one of the best medical intuitives in the world. Since I have not done that, I have to withhold many of the health visions I have.

Readers Giving Premonitions Often Create Fear

I had a horrible experience when I first sat in a mediumship circle in 1994. A student medium in our spiritual circle told me she could see that a certain kind of disease had developed in my body. I was terrified for years even though I have not had any symptoms of that disease. It was wrong of her to give me a message about my health. The teacher corrected her immediately and reminded her that we are not allowed to diagnose when we give readings.

Another time, an astrologer in India gave me a reading during which he told me when I was going to die and what was going to cause my death. When I waltzed blithely into this reading, which was given in a fancy tourist hotel, I had no idea that I would receive this kind of information. To be honest, the reading freaked me out and still does to this day. Will I psychologically make myself sick at the age of

death he specified? Giving this kind of information is not ethical, and there may be no truth to it anyway. As a psychic medium I will not *ever* behave as this reader did.

Perhaps it is good for me to have had these bad experiences. Because I *am* a reader and teacher, these experiences have made it absolutely clear to me that I will not diagnose clients or predict the time of their death or the death of their loved ones. I realize my approach is conservative, but I feel comfortable with these decisions.

As a practicing Spiritualist, I believe that we can receive guidance from spirit for others and ourselves. I also believe that spiritual healing is a positive force and that when used in conjunction with medical care, it can be very effective. We have healing services in our churches. But we never diagnose.

We Do Not Always Know How to React to Premonitions

So far I have not cancelled a trip because of a so-called premonition and I am still here to tell the story. I would not choose to call a friend and tell her to skip her hike because I had a scary premonition about her. Having said this, it is possible that one day I will have a premonition that is so vivid and compelling that I will cancel a trip or try to talk a friend out of doing an activity.

It is only fair to add that sometimes the premonitions we receive *about ourselves* are extremely helpful. For instance, in my younger years I would not pay attention to premonitions that certain people would be dishonest and hurt my feelings. I wanted to see the best in everyone. Over the years, I came to learn that these premonitions (or

warnings) should have been heeded. The people my premonitions warned me about turned out to be dishonest and *did* hurt my feelings. As I get older, I pay more attention to the premonitions that relate to me and my well-being. While I realize that a premonition may be incorrect, I no longer dismiss it so easily. I understand a source of wisdom is warning me and knows things that my conscious mind cannot know.

Anything is possible where premonitions are concerned; the bitter truth is that we cannot always feel totally comfortable with what we choose to do with them. Know that as you become more knowledgeable about your psychic and mediumistic gifts, you will become more confident in your ability to make good decisions regarding your premonitions. However, coping with premonitions may never be easy.

Visions of Those Who Have Passed On

Not all psychics have visions of those who have passed on. If your gift is purely psychic, you may have vivid dreams, out-of-body experiences, and premonitions. At times, you may know what others are thinking or feel you receive predictions about the future. If you *also* have visions of people and pets that *have passed on*, then you are having mediumistic experiences as well. My spiritual teachers taught me that all mediums are psychic but not all psychics are mediums. This does not mean that it is any better to be mediumistic. We are not involved in a contest or competition.

I was aware of my psychic gifts for most of my life, but it was not until I was in my forties that I became aware that

I was also a medium. My first vision was of the spirit of my dog who had passed away. The vision looked like the shape of my beloved standard poodle, wrapped in plastic wrap. I didn't just see the image within my mind—I saw it *objectively*. I saw the spirit of my dog move across that room just as I would see a living dog moving, except I knew *this was a vision* because I could see through it.

The second time I had a vision that I could see outside myself (an objective vision), I was with my best girlfriend. I saw a vision of her grandfather standing by the refrigerator in my friend's home. When I described what I had seen and heard, she told me I had given an accurate description of him. I was also able to supply his first name. I was in total shock.

Quite frankly, I did not take my first two visions too seriously. I told myself, "Well, I probably wanted to see the vision of my dog, and perhaps my friend had told me about her grandfather years ago, and suddenly this information that was already in my mind turned into a vision." But these first two visions and those that followed aroused my curiosity enough to motivate me to join a development circle in a Spiritualist church. By then most of the visions I was having were *subjective* visions, within my mind's eye. But the information they contained was just as accurate as in the objective visions of my dog and my friend's grandfather.

And as I sat in circle and had visions of those who had passed on and brought their messages to other members of my circle *whom I knew nothing about*, I realized that these visions were real. At first I thought I must be making lucky guesses, but I reached a tipping point at which I knew that

they were not guesses. I told myself if I was *that* good at guessing, I should go to a casino and win millions.

I finally had to admit to myself that there was *no way I could guess so much* about my classmates' loved ones. As other students in the group understood more and more of the evidence I brought them about their loved ones in spirit, I accepted that I was a medium.

How to Evaluate Your Visions

If you are having visions of those who have passed on, the best way to *verify whether these visions are real* is to join a mediumistic development circle. I highly recommend going to the sacred setting of a Spiritualist church. You can also find teachers outside of the religion of Spiritualism who bring a sacred energy to the development of mediumship. You are most likely to find these teachers at spiritual or New Age centers.

If you cannot find a setting where your visions can be verified, it is impossible to know what is really happening. Being with a group of friends who verify your visions is risky because sometimes the members of the group *want* your visions to be real so badly that they accept them too easily. Better to be with a hard-nosed teacher who will only accept good evidence as proof that spirit communication is taking place.

Unexplained Coincidences, Haunted Houses, Spiritual Sites, and Mind-Reading

As psychics, we have so many different kinds of unusual experiences. Not only do we have unexplained coincidences,

but we may have stronger reactions to haunted houses and spiritual sites. Add to this list our awareness of the thoughts of others, and it is easy to see that we have a lot to cope with! But with understanding, we *can* cope and we *will* cope.

Unexplained Coincidences

Some coincidences are common and we do not tend to get too excited about them. For instance, say I take a walk in my neighborhood everyday and run into the same neighbor three days in a row, at different times of day. This is coincidental, but not hard to explain. We live in the same neighborhood, we both take walks in that neighborhood, so it is easy to believe we will run into each other occasionally, even three days in a row. Other coincidences are not easy to explain. For sake of discussion, let us call them “unexplained coincidences.” Unexplained coincidences can be fun, interesting, comforting, intriguing, and even terrifying. Each of your unexplained coincidences may be different in character.

The most outstanding unexplained coincidence I had was after my father passed to spirit. My dad was my first singing teacher and one day within my mind I heard part of a difficult jazz song he had taught me. A little later that day I heard the same song on the radio in my kitchen. A few hours later I had to take a taxi, and guess what the driver was singing? You guessed it: the same song. Later on that evening I went to a restaurant where a recording of the song was playing. This all happened on the same day, and the song was not a popular one—it was an old song from the 1930s! “Is this the spirit of my father communicating

with me?” I wondered. The truth is, there is no way to prove that it was the spirit of my father. I happen to believe it was!

Many of the stories of unexplained coincidences I hear from my clients are hard to explain. From my point of view, it is possible that these clients are having spirit visitations from their loved ones. Their stories involve “signs” such as music, letters or numbers on license plates, birds, pennies, rainbows, and butterflies. I believe that these signs are meant to signal to my clients that the loved ones are present. Often, the signs are given *multiple times* to get the client’s attention.

While I suspect that multiple signs are evidence of a spirit visitation, there is no way to prove it beyond a doubt. But if I were receiving multiple signs, I would believe they were from my loved one. I say that so easily today, but it has taken me years to believe the authenticity of these signs. I needed to accumulate years of experiences with my *own* unexplained coincidences and hear the many stories of my students and clients before I could believe that our loved ones communicate with us through signs. I have always been hard to impress, and the world of spirit has had to show me tons of evidence over many years.

It is assuring and rewarding when, during a reading, a communicating spirit is able to verify a client’s experience with multiple signs. When the spirit that is using me to communicate with a client tells me about the multiple signs *before* the client has said anything about the signs she is receiving, I am convinced that I am getting this information *from the spirit* and not from the client.

Scary Unexplained Signs

I have a hard time when a client calls and says something like “It has rained every Tuesday afternoon for the past three weeks and I sense that this means I should not drive on Tuesdays or I may have an accident. What do you think, Carole Lynne?” For me, this client is taking a coincidence and turning it into a superstitious experience.

Another example: a client tells me she regularly dreams that something terrible is going to happen to her. She wonders whether she is simply experiencing her fear through her dreams or if a spirit is trying to give her a warning she should pay attention to. Personally, I would go crazy if I thought all bad dreams were warnings. Most of us have bad dreams occasionally, and some of us have the same bad dreams over and over. There is no way to absolutely prove what these dreams mean, despite all the books on dream symbology.

Each one of us has a choice as we try to come to an understanding of our recurring bad dreams. I know someone who stays in the house all of the time because of her constant bad dreams about going out. I, on the other hand, am more comfortable arriving at the conclusion that I just *do not know* what these dreams mean. I am going to go about my life as usual. I am more likely to pay attention to warnings I feel are from my “*inner guidance*” than I am to warnings from bad dreams. Having said that, there is always the chance that I will have an exceptional experience that will cause me to respond differently. If my inner guidance tells me to pay attention to a bad dream because it is really a warning, then I will pay attention.

Haunted Houses and Sacred Sites

I sometimes wonder whether the thousands of people who visit “haunted” sites are actually creating the energy that pervades such places. I am quite opinionated on the subject of haunted sites and will cut to the chase and tell you: do not go there! If you want to attract a lot of negative energy just for the thrill of it, be my guest. But for those of you who want to lead a calmer, less sensational life, stay away from the for-profit commercial places labeled “haunted.” I make an exception on Halloween and visit neighbors who make their houses look scary for the holiday. But I do not visit for-profit haunted places, ever.

When hundreds of people gather at a site where they expect to see a ghost, and they focus on these scary feelings, accentuating the experience with an occasional scream or two, are they responsible for creating an energetic vibration that remains in the walls of that house? If so, that house will feel more haunted each week as hundreds of tourists leave imprints of their spooky feelings there. Perhaps *originally* there was a spirit who caused some trouble there, and when someone decided to make it a tourist site, the people who visited kept *adding* to this spooky energy with their own vibrations. My fantasy is that some perfectly well-adjusted spirits stop by the “haunted” site, look at the tourists gathered there, and say to each other, “My, my, these people are seeing things and saying we have done things that we would *never* do! We don’t screech like that.”

Keep in mind that a house that is said to have spirits in it is *not necessarily* creepy or haunted. I had a spirit in my house at once, but I was not afraid and I did not consider

my house to be haunted. I have been to houses occupied by spirits who need help leaving the house to go towards the light of the Eternal Life. I do not think of these houses as haunted, and I have no problem with visiting them. But I do not go to houses that are trying hard to be scary in order to attract customers. These houses may attract spirits that I do not feel like hanging out with.

Sacred Sites

Among my favorite sacred sites are the Notre Dame Cathedral in Paris, the Matrimandir (Temple of the Mother) in Auroville, India, and the Holy Rosary Church in Makawao, Hawaii. These sacred sites and others like them may have become more sacred because of the *thoughts and prayers* of those who visit them. *Originally* an extremely advanced spiritual person may have visited a site, and then over the years thousands of people came from all over the world to pray. As the prayers were offered, the site *became* more holy. The prayers of the visitors are blended together into a beautiful and sacred energy that one can feel the moment one enters the site.

Visit the Sacred, Dodge the Spooky

Some people love anything spooky—the scarier the better. If that is what attracts you, then you will look for a teacher who thrives on sensationalism. However, I think becoming involved in the *sacred* aspects of spirit communication is a lot healthier. Your energy will vibrate at a much more spiritual level, therefore drawing higher spiritual energies to you.

I've never had any problems with so-called negative or evil spirits. I wonder if life as a psychic and medium would be different for me if I was drawn to the sensationalism of haunted places. Think of the expression "like attracts like." As you make choices about who to study with and which spiritual circle or class to sit with, consider: wouldn't you prefer to hang out with the more *spiritual* spirits?

In fairness to those psychics and mediums who work in so-called haunted houses: there are many who feel it is important to investigate these houses to research the phenomena that occur there. This is important work; sometimes a location is called "historical" rather than "haunted." I am comfortable visiting historical houses to seek out spirits who can give me messages about the history of the location. I prefer to call these houses "spirit-occupied" rather than "haunted."

If you do not stay away from sensational and spooky places, do not blame me if you get yourself into psychological trouble. If you are more sensitive to the energies around you than the average person, you need to stay away from spooky places and people. Let those who are less sensitive have fun at haunted houses.

FYI: My grandkids may think I am a bore and a bit stodgy. When they ask me about ghosts, I tell them that ghosts are beautiful spirits dressed up in their Halloween costumes. They are having a fun evening called Halloween and they are not really scary. A six-year-old who wants to scream and have a scary time may find me to be not only old but also old-fashioned. So be it!

Mind-Reading

I first heard about ESP, or extra-sensory perception, in the 1950s. ESPs are perceptions that we do not receive from the so-called “normal” five senses: sight, smell, hearing, touch, and taste. When I noticed, at around age thirteen, that I was reading the minds of some of my friends, I called it ESP. More often these days, at least outside the scientific community, ESP is called *psychic communication*. I assume most scientists still prefer to use the term ESP in their scientific studies about these phenomena—the word “psychic” can still raise eyebrows in the halls of science.

Many of us who are psychic have experiences in which we feel we are picking up on the thoughts of others. We will think about a certain subject and suddenly the person we are with will start talking about the same subject. In this case, we may have *heard within our minds* the thoughts of the other person just before the person began to speak. If we have this kind of experience regularly, we begin to understand that we have psychic abilities.

On the subject of ESP ethics: I think it is wrong to attempt to pick up on the thoughts of others unless they have scheduled an intuitive reading with me. I am not interested in prying into the thoughts of those around me. If I pick up their thoughts without trying, however, I do not blame myself.

Where Do You Go from Here?

Okay, so you are not imagining that you are psychic! Where do you go from here?

We've looked at some of the psychic and mediumistic experiences many of us have had. If your experiences have been troubling you, I hope this chapter put you at ease. Always remember that while it is important for you to understand and own whatever psychic and mediumistic experiences you have, *it is your choice as to what you do with these spiritual gifts*. You do not have to develop your gifts unless you feel *compelled and called* to do so. Some of you may not wish to verify your experiences or do anything to develop this aspect of yourself. I know many who have had incredible visions of their loved ones and have absolutely no desire to become mediums for the purpose of communicating with the spirits of *other* people's loved ones. They are grateful for the visitations from their *own* loved ones. Many people with this attitude do not have visions that extend beyond their own loved ones.

Those who have *many* visions of spirits—not only their own loved ones, but the loved ones of people they do not know—have a harder time deciding “what to do” with this spiritual gift! If you are having many visions, my advice is to take these first experiences in stride. Take a “*let's wait and see what happens*” attitude. The truth is, you may be in a phase of your life where you will have visions of spirits, and this phase may or may not last. If these visions continue for over a year, *then* make a decision about whether to find a psychic or mediumship teacher. *Again, you are in charge of your life*. You have options even when spirits are trying to communicate with you or through you. *You do not have to listen to spirits just because they are spirits any more than you*

would have to allow strangers to come up to you on the street and monopolize your time with chatter.

What if you happen to be a scientist on the verge of a breakthrough? Do you really want to distract yourself by going to a psychic or mediumistic development group? Or what if you are a busy parent who is not comfortable exploring spirit communication around your kids, and on top of that you are part of a religion that will not tolerate your studying anything psychic or mediumistic? Many people who have spiritual gifts are simply not living a lifestyle that allows them to develop their gifts comfortably. Be honest with yourself about what will make you most comfortable as you incorporate your spiritual gifts into your life.

Each Question Leads to Another Question

As we explore whether there is proof of psychic and mediumistic experience, many questions emerge. We cannot scientifically prove that these experiences are “real,” which leaves us open to insults like “quack” and “fraud.” In our defense, let me say that scientists want psychics and mediums to be able to bring repeatable experiences on demand. This is not possible. What spirit is going to communicate through the exact same medium to the exact same client and say the same things said in five previous readings?

At this point in history, I feel we have enough evidence to prove that *we do communicate* with those in spirit. Mediums have been able to present so much evidence about those who have passed on—evidence of which they had no prior knowledge. We can’t simply chalk this knowledge up to good guesses. But we do not yet have the scientific

instruments to prove *how* this takes place. There remain many unanswered questions about spiritual experience and spirit communication.

I feel it is more responsible to be open about what we know for sure, and what still needs to be proved. This approach does not make me look as smart as I could look if I made sweeping claims about spiritual experiences, but I feel comfortable with my approach. *I absolutely believe and know that the spiritual experiences I have had are real*, but in some cases, I have to acknowledge that I base my beliefs on my own numerous experiences. I cannot state them as scientific fact.

Intellect and Intuition

Many highly spiritual people do not believe that intellect is the highest authority. They believe that Truth is beyond what the intellect can understand, and put spiritual experience and intuition above intellectual discovery. For many of us raised in the Western world, it is hard to get our heads around this idea. However, those of us who are experienced psychics and mediums have had experiences that have proven to us that there is a lot to learn if we allow ourselves to go deep within and receive guidance from a Source that cannot be proven by science.

My goal is not to convert you into any particular way of thinking. My hope is that you can find a way to be comfortable with the gifts you have received, and make choices about how you want to use or subdue them. When you accept your abilities and make choices about how to use or not use them, you will live a more balanced and emotionally

healthy life. If you choose to share your gifts with others, that is a good choice. If you are more interested in doing other things with your life, that choice is just as good.

I wish I could put all our psychic and mediumistic experiences into a box, wrap it, tie it up neatly in a bow. Our mission would be accomplished; we would understand everything (or at least think we did). I wish I could sound smarter by saying we can understand all spiritual experience. On the intellectual level, there will always be experiences we do not understand, and we will struggle to arrive at the Truth.

However, if we develop a strong connection with the Divine so that we can experience a Knowing Within, we will find the ultimate Truth. There is a spark of Divinity within each of us. This spark is our connection to the Divine. As we grow and develop spiritually, we will understand on a deeper, non-verbal level.