

MYSTICAL MOMENTS

with Val Ryan

Dear Val,

Do you have any tips on how I can develop and increase my intuition and psychic gifts?

Are there any exercises I can do?

Linda M.

Dear Linda,

The best way to increase your psychic ability is to first accept that you have this ability. We all have intuition and we have to believe we do before we can strengthen it. Most people believe it as a concept, something other people have, but don't accept in themselves. And you have to work at it just like anything else. If you want to be a carpenter, you have to work with wood, learn about the different tools and how to use them before you can make a chair or build a house. It's the same with psychic energy. If you want to be more intuitive, learn and practice. We all possess the God given gift of knowing.

When embarking on a new endeavor, I recall a lesson from the tenth grade. I had wanted to be an actress and finally was at a school that had a drama program. I was so excited until the guidance counselor said I'd have to take a Speech class first, wait until second semester for Drama and then, there'd be four weeks of drama history before I'd be able to do scenes. Well, I was disappointed to say the least. I wanted to get up on stage and ACT! That's when I realized I had a decision to make. I decided to do everything they told me to do even if I didn't understand why.

As it turned out, I really liked the Speech class because I was able to get up and tell people what I thought about the issues of the day. When it came time to learn the history, WOW! I was absolutely blown away. By the time I was acting, I had a solid base in public speaking and drama history. The preliminary work was not only necessary but also enjoyable. I went into it fully committed, worked hard and was successful. Although I ultimately decided the theatre wasn't for me, what I learned has been invaluable to this day. Adopting this mindset will go a long way towards honing your psychic gifts. The outcome may not be what you want or expect, but it will be a positive experience.

As for exercises, my suggestion is to focus on your every day communication skills. Heightening your awareness of the five senses will help you appreciate how the sixth sense interacts with them. It is said that 90% of communication is non-verbal. Concentrate on really seeing, hearing and feeling the messages being conveyed and become one with all that is around you.

Oftentimes a person will go to a psychic to receive guidance, but as soon as they walk out the door, they forget what they learned and don't follow through. It's as if they've been given a magic potion they don't believe works in the real world. The world is what you make of it. Fortifying your intuitive nature allows you to more fully experience life on your terms. The choice is yours. If you want to dabble, have fun. If you want to become proficient, commit 100%. There are all kinds of study guides available. Read or listen to books on tape or CD, watch movies, search the web and go to lectures, workshops and festivals. If you decide unequivocally, that increasing your psychic ability is what you want, there is nothing stopping you. May you be devoted, diligent and have a blessed journey of psychic discovery.

If you have a question for *Mystical Moments* about spirituality, mysticism or the afterlife, please contact me at 803.750.7117 or ryanmystic@earthlink.net

Val Ryan is a Spiritual Consultant and Medium who offers a variety of services. See her ads at the top of this page and on page ____ for more information.