

Acting on insight builds psychic ability

Some time ago, I was preparing for a session with a woman and repeatedly received sensations guiding me to hold my hands above my head.



*Practical
Intuitive Tools*
Dana Shino

I thought this was odd, but tucked the information away for the session. Sure enough, part way through the session, Spirit specifically urged me to hold my hands over my head.

I felt ridiculous. Who holds their hands over their head during session work?

Finally, I told the woman what I was being guided to do, and she agreed to participate in the process. So, I stood up and put my hands above my head.

As soon as my hands were in the air, I felt them begin to work like radar antennas. My palms turned, tuning in (we have psychic centers within the palms of our hands), and almost immediately I felt tugged to move and hold my hands a couple of feet above this woman's head. As I did, my hands entered an energy field filled with great joy, happiness and celebration energy. I was incredulous and moved my hands in and out of this energy field several times to test the energies. Sure enough, the energies were distinct and remained.

As the session continued, between my intuiting and her confirmations, we were able to decipher that she, out of a defense protection mechanism, had thrown her own joy out of her body. This field of joy energy was now resonating above her head, still connected, but not directly interfacing with her, her life, her energy field or body.

Spirit channeled directions through me (information flowing from the ephemeral realms into this realm, usually from a specific source such as a spirit guide, an angel or more) giving her instructions describing how to begin interfacing this joy into her body and into her life.

This session proved to me that no matter how ridiculous a psychic insight might seem, it's still valid, valuable and many times important to act upon. It's this last element, the action, that usually is the sticking point. Here is why.

Psychic insights rarely arrive as an entire picture. They usually arrive as a piece of a puzzle. When we aren't able to see the entire picture, acting upon a psychic puzzle piece becomes a little more dicey. Taking action without the entire picture requires courage, self-trust, trust with the Divine and acceptance that there are

no guarantees. Are you willing to receive a psychic insight and act upon it, even if it goes against your logic? Are you willing to act upon it even if you might appear silly to others?

This is the difference between receiving a psychic insight and recognizing it versus applying it into a life process as an experience. Psychic insight does not occur within a vacuum separate from ourselves or our lives.

If we allow psychic insight to strengthen through recognition and then through actions, we are personally flexing our psychic muscle and strengthening it as a living, breathing part of our lives.

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