



Unleash Your Psychic Genius: The 3 Keys to Unlocking Your Natural Psychic Abilities

Key 2 Interpreting Information Workbook



Blocks and Barriers to Interpreting

Releasing Attachments and Aversions: A Journaling Exercise to Get Neutral

With this journaling exercise, the most important thing is to be authentic about what you're experiencing in the now. It doesn't matter what that experience is, simply allow it to be.

On a separate piece of paper or in a journal, answer the following questions. Go through the entire set of questions at least 2-3 times each time you do this exercise. Remember to write down your authentic experience, regardless of whether it makes sense or not, or whether it's logical. It's all about honesty, so there's no need to force yourself to let go of anything.

****NOTE:** *Before starting this exercise, make sure you have a question, topic or goal in mind.*

- 1. What is something about this topic or goal that is attractive to you? That you want?*
- 2. Could you welcome all the thoughts, feelings and sensations that come with this thought?*
- 3. Just for now, could you let this go, along with that feeling of attraction? Just release it out of your awareness?*
- 4. What is something about this topic or goal that is repulsive to you? That you do NOT want?*
- 5. Could you welcome all the thoughts, feelings and sensations that come with this thought?*
- 6. Just for now, could you let this go, along with that feeling of repulsion? Just release it out of your conscious awareness?*



Voices In Your Head: The Four Posers

Ego

The Ego is the “fear gremlin.” This is the part of you whose job and responsibility it is to keep you from getting hurt and experiencing pain. It comes from a place of desiring safety and security.

Says things like: *“Who do you think you are?”*
“You’re going to fail and be humiliated.”

Logic

Logic is voice that is reasonable. It uses past experiences, statistics, and deductive reasoning to make decisions and figure out how things will go.

Says things like: *“Last time you did that, you got hurt.”*
“No one’s died from that before. You’ll be OK.”

Wishful Thinking

Wishful thinking is fantasy based, and it usually feels ungrounded. It speaks to what you want with no action, physical or energetic, on our part. There’s a sensation of checking out, or of not being present.

Says things like: *“You don’t have to do the report. You’ll get promoted anyway.”*

Past Programming

Past programming is simply what you’ve been told by society or your parents about life and how it’s supposed to be. It will usually feel like it’s coming from someone else.

Says things like: *“Skinny people have more fun.”*
“You need to be liked and accepted by everyone.”



Voices In Your Head: The Ones to Listen to

Intuition

Intuition is your inner knowing and truth. It's your soul's knowing about what's right and wrong for you in this life for your path. It's the source of "flashes" of insight and direction.

Says things like: *"He's bad news. Stay away from him."*

"The job looks, good, but it's wrong!"

Spirit Guides

Spirit guides are your spiritual navigators through the maze of life. When they talk to you, they will never be judgmental and will always come from a place of love.

Says things like: *"You may not enjoy that pizza in an hour."*

"It would be wise to take the job. You'll make great connections."



Voices In Your Head: An Exercise

Who's In Charge: An Exercise to Help You Identify the Strongest Voices

This exercise is designed to give you a lot of clarity about where your head is at. If you do this multiple times, you'll quickly learn which voices and feelings are from your intuition or spirit guides and which ones are coming from the posers.

The process is simple but powerful. You'll want to schedule about 15 – 20 minutes for this exercise.

1. *Choose a topic or a focus for this exercise. This exercise will help you see what "voice" is the strongest, so choose an area where you'd find this knowledge beneficial.*
2. *Write your topic at the top of the page, then set a timer for 7-10 minutes. When the timer starts, write down any thought you have. It can involve feelings, as well, but make sure there's enough clarity in the thought that you can analyze it later.*
3. ***This is the most important step!*** *After the timer goes off, take a few minute break. This is crucial because taking a break allows your brain to switch modes, and not taking the break will keep you from getting great results.*

4. *Go through each sentence and/or thought and label it*

E – Ego

P – Past Programming

L – Logic

I – Intuition

W – Wishful Thinking

S – Spirit Guides

O – Other

Use the descriptions on the previous two pages to help you feel out which one is which, and if you're not sure, just take your best guess or put a question mark next to it. You may find some sentences or thoughts don't seem to have a category. That's fine. Just use "O" or a question mark.

5. *Analyze it. Where are you at? Are you mostly getting information from your intuition? From your ego? If you feel called to, journal about the experience and your insights.*



Heart Center Journaling Exercise:

This exercise is designed to give you experience speaking with your heart center. The more you do this, the easier it will become. Feel free to journal this out OR simply do it mentally.

1. *In your journal or in a word document, write down the question you have.*
2. *Breathe in and out.*
3. *Focus on your heart center and feel whether it's expanding or contracting. Take note and write it down as well as anything else that comes up.*
4. *Whatever comes up is the response from your intuition. So dialog with it. If you feel stressed and contracted, ask what needs to be addressed in order to relax.*
5. *If it's appropriate, write out 2 or 3 options and feel through them, seeing what your center is doing and how it's changing with each option.*
6. *With time and practice, you'll be able to do this without paper or pencil.*
7. *Simply follow the dialogue. Email me at ea@spiritualmechanic.com if you have any questions while going through the process.*



Chakra Overview

Root Chakra

Location: Pelvis region

Color: Red

Deals with: Material abundance, stability, and security.

Associated body parts: Hips, back, legs, knees, ankles, adrenals and reproductive organs.

Aspect: Downward

Sacral Chakra

Location: A few inches below the belly button

Color: Orange

Deals with: Emotions, passion, creativity and focus, and relationships.

Passion, creativity and focus are grouped together because 5 separate pieces to a chakra is overwhelming, and these usually are very intertwined. Relationships involve both romantic relationships and friends and family.

Associated body parts: Kidney weakness, stiff lower back, constipation, muscle spasms.

Aspect: Back to front

Solar Plexus Chakra

Location: Solar plexus area, right under the ribcage.

Color: Yellow.

Deals with: Self-esteem, personal power, and how well you are going after your dreams. If you have a good solar plexus chakra, you will be good at action steps toward your goals. If you have



a clogged solar plexus chakra, you will feel a lot of guilt and unworthiness toward going after your goals.

Associated body parts: Stomach, liver, gall bladder, pancreas, and small intestine.

Aspect: Back to front.

Heart Chakra

Location: Center of the chest

Color: Green

Deals with: Compassion, caring, and a desire to make the world a better place.

The heart chakra will be ***open or closed*** and ***active or inactive***.

Open/Closed

If the heart chakra is open, this is a person who wants to help other people. If it is closed, this is a person who doesn't necessarily want to help anyone. The desire to help is the deciding factor for openness.

Active/Inactive

If the heart chakra is active, this means the person is someone who is actively helping other people. If it is inactive, this is a person who is not actively helping other people.

You can have any combination, here. For instance, someone who is a doctor for the money may have a closed but active heart chakra, while someone who is going through college and can barely make ends meet and doesn't have extra time may have an open and inactive heart chakra.

Associated body parts: Heart, lungs, circulatory system, shoulders, and upper back.

Aspect: Back to front



Throat Chakra

Location: Throat

Color: Blue

Deals with: Communication, expression, and personal truth

It involves knowing about and being open to your personal truth (i.e. not being in denial), a **willingness** to express the truth to others, and being able to **effectively** communicate this truth to others.

Associated body parts: Throat, neck, teeth, ears, and thyroid gland.

Aspect: Back to front

Brow Chakra

Location: Forehead between the eyebrows

Color: Purple or indigo

Deals with: Intuition and psychic phenomena.

There are three things to look for in this chakra:

Are you receiving intuitive information?

Are you correctly interpreting intuitive information?

Are you trusting and acting on the intuitive information?

Associated body parts: Eyes, face, brain, lymphatic and endocrine system.

Aspect: Back to front.



Crown Chakra

Location: Top of the head

Color: White

Deals with: Sense of spirituality and how connected to Source/God/Creation Energy you are.

Associated illness: Pineal gland, migraine headaches and depression.

Aspect: Upward



Chakra Scanning Process

The chakra scanning process will allow you to psychically see and experience what is happening in each of your 7 major chakras. This will allow you to gain information and insight about where you are in life, and what you can do to grow and improve each chakra.

- 1. Gather any pens/paper/meditation music you need for your own process.*
- 2. Get comfortable and situated. Make sure your clothes are comfortable for meditation.*
- 3. Clear the mind meditation for 3 – 5 minutes.*
- 4. Walk up the celestial staircase and go to the garden in your meditative state.*
- 5. While in your meditative state, ask to be shown each chakra. Remember, you may get thoughts, feelings, memories, images or sounds during this process.*
- 6. Record what you get for each of the 7 chakras in your journal. If you'd like, you can ask for more clarification on what you see in each chakra.*
- 7. If you'd like, while you're in a meditative state, change how your chakras look and feel to match what you desire.*
- 8. Go back down the celestial staircase and close up shop.*



Interpreting Visions Process

The purpose of this exercise is to help you decode the meaning behind your meditative visions or dreams so you can understand the message or moral of them. It is best done as quickly after you have the vision as possible, since you'll be more likely to remember the details, the feelings and the general associations involved.

- 1) *Write your vision out in as much detail as you remember. The more concrete details, the better.*
- 2) *Create a table with two columns. In the first column, list all the symbols, objects, emotions and people from your dream. The more you can remember the better. I personally do this in an excel spreadsheet, but you can do it on a regular piece of paper if you desire. If you use physical paper, leave a bit of space in between each item you list in the first column.*
- 3) *In the next column, write down 2-5 words that come to mind when you think of the item in the first column. So, if your item was "airplane" for the first column, your second column may say something like, "flight, progress, flying high." It's important not to censor yourself. Even if it's ridiculous or doesn't seem to make sense, if it comes to mind, go ahead and put it down here.*
- 4) *Look back to your vision, and either write out the story again using the words from the association column, or you can simply mentally insert them. Feel free to make minor tweaks as you go through it, so that it flows. Don't get caught up in analysis or making it perfect. Just let it flow as best you can.*
- 5) *After writing out or mentally re-reading your vision with the new words/associations, ask yourself the questions on page 5.*



Interpreting Visions Process

Your Vision

Write your vision out in as much detail as you remember. The more concrete details, the better.



Interpreting Visions Process

Symbols and Associations

Symbol from Vision	Free Association



Interpreting Visions Process

Your Vision Rewrite (Optional)

Look back to your vision, and either write out the story or visuals again using the words from the association column, or you can simply mentally insert them. Feel free to make minor tweaks as you go through it, so that it flows. Don't get caught up in analysis or making it perfect. Just let it flow as best you can.

****NOTE: You CAN do this part mentally! If you choose to do this mentally, just make sure that you can keep track of all the details. Use your best judgment and do what's best for you.**



Interpreting Visions Process

Analysis Questions

1. What, if any, logical conclusions can you make, based on the re-written story?

2. What is the message of the scene?

3. Where in your life do you feel a similar "scene" is acting itself out? Where do you feel similar emotions?



Interpreting Visions Process Analysis Questions (Continued)

4. How can you apply what is going on in the vision to what is going on in your real life?

5. Were there any obvious actions you could have taken in the dream? If so, how might they apply to your waking life?



Interpreting Music Lyrics Process

The purpose of this exercise is to help you decode the meaning behind the song lyrics that get stuck in your head either when you wake up or throughout your day. It is best done as quickly after the lyrics get stuck in your head as possible, since you'll be more likely to remember the details, the feelings and the general associations involved.

- 1) Write the song lyrics that are on a loop.
- 2) After writing out the lyrics, answer the analysis questions.

The Lyrics

Write the lyrics word for word.



Interpreting Music Lyrics Process

Analysis Questions

1. When you hear the song lyrics, how do they make you feel? Do they bring up any memories for you? Write the out the answers here:

2. Have you been asking for guidance in any area where these lyrics would be a logical response? Is there an obvious message in the lyrics? If so, what is it?

3. Where do the lyrics apply in your life? Where in your life do you mirror the message and/or feelings of the lyrics?



4. Check in to your heart-center and ask if your interpretation is correct. If you get a “yes” move on to the next question. If you get a “no”, go through the questions again to gain more clarity.

5. What is the best action you can take based on the lyrics and your current interpretation of them?



Clairsentience Exercise

This process will strengthen your clairsentient abilities and deepen your understanding of the wisdom in your feelings and sensations.

- 1. Write out the topic and two options that you are considering.*
- 2. Get comfortable to meditate. Make sure you have a pad of paper to take notes, as it may be difficult to remember everything you experienced later when you're not in a meditative state.*
- 3. Spend 3 minutes in a no-mind meditation or a follow the breath meditation. This allows you to clear your energy before you start your work. You always want to work with a clean slate.*
- 4. Ask for clear guidance on your topic.*
- 5. Look at the first option and bring it to mind. Write down any and all feelings and sensations you receive.*
- 6. Spend 2 minutes in a no-mind meditation or a follow the breath meditation.*
- 7. Look at the second option and bring it to mind. Write down any and all feelings and sensations you receive.*
- 8. Take a short break. Get up, stretch, get a drink of water. It doesn't matter what you do, it just matters that you do something else for a few minutes.*
- 9. Read over the sensations and feelings you received, and interpret them where appropriate.*
- 10. Make a decision on which option is better for you. If this brings other options to mind, you can always repeat the process.*



Topic:

Option 1:

Feelings and sensations:

Option 2:

Feelings and sensations:



Common Clairsentient Sensations and Interpretations

A few tips:

- Whatever emotion/physical sensation you're feeling when you tune into a specific area of your life or a specific chakra, that's what they are experiencing in regards to that chakra/area.
- Usually you'll experience a combination of sensations and emotions, such as calm and energized, which means that they both apply. Look for the correlation between the multiple sensations. If you feel calm and energized (which would seem to be contradictory), you could have a feeling of peace regarding your current situation and is excited/energized by what you are doing for the future.
- When you get quite a few pieces of information for a chakra or in regards to a question, it could mean that it's a major area of focus, or you are putting a lot of energy, consciously or unconsciously, into the chakra or question. If it's positive sensations, it's most likely conscious. If it's negative sensations, it's most likely unconscious OR there are a lot of limiting beliefs and experiences.



Common Clairsentient Sensations and Interpretations

Sensation	Interpretation/Meaning
Calm	Emotion/physical sensation you have regarding that area of your life.
Energized	Emotion/physical sensation you have regarding that area of your life. You are consciously putting energy into this area of his/her life, and has positive expectations in regards to the outcome. This also indicates that there is flow, this area is not stagnant.
Energy/spark	If it feels like a jolt, this can often mean that you are “jump starting” that area of your life. There is creation energy there, perhaps a new project or relationship. Tune into the nuances of this sensation, since the spark doesn’t necessarily mean it’s positive. (Often it does, though.)
Excitement	Emotion/physical sensation you have regarding that area of your life. Positive expectation for things to come.
Goosebumps	This denotes a spiritual or divine connection in regards to this area of your life. It can also indicate an angel’s presence. You will generally only get this sensation when there’s a lot of spiritual energy being put into that particular area of your life.
Lighter/lifting feeling	This is an area that is uplifting to you, and it is going well (or will soon be going well).
Palms feel warm	Energy is being put into that area of your life, especially healing energy. If healing energy HASN’T been put here, this is a clear indicator it’s time to put healing energy in that chakra or area of your life.
Relaxed	Emotion/physical sensation you have regarding that area of your life.
Tense	Emotion/physical sensation you have regarding that area of your life.
Throat tighten	Closed off communication, holding things back or inside. You may not feel safe to communicate, whether that’s because of limiting beliefs about approval, or fear of what the other person will do (abuse or power struggle situations).
Tingling	Tingling usually denotes divine connection and a possible angel connection. This is a sensation of spiritual energy. This is an area where there is an open channel for spiritual energy to flow through, both from you to the universe and from the universe to you.
Warm feeling all over	This indicates a feeling of relaxation, comfort and security in regards to this area of your life. It’s a great omen.



Claircognizance Developing Exercise

Take a few minutes to relax and do a follow the breath meditation. Then answer each question without thought and with the answer that comes to you with certainty. This answer should feel like knowledge. "I don't know" is perfectly acceptable, and don't worry if this exercise is difficult.

1. Am I living my life purpose?

2. Am I in the best career for me at this time?

3. Am I in the best relationship for me at this time?

4. Are my emotions stable and balanced?

5. Am I focused and clear?



Claircognizance Developing Exercise

6. Do I feel empowered to live my best life?

7. Do I feel confident that I can achieve my dreams?

8. Do I authentically express my truth?

9. Am I open to receiving accurate intuitive guidance?

10. Am I fully connected to source energy?



Automatic Writing Exercise

The point of this exercise is to connect with your Psychic Genius. For this exercise, I recommend using a computer with a monitor (as opposed to a laptop) if possible. If this is not possible, don't worry about it. Find a cloth or a piece of paper to cover the monitor with.

Some people prefer to use pen and paper, but I find that this is less effective because the process of writing words out takes more time, which allows the conscious mind to interfere and censor more.

Before you start, simply bring the energy of the issue or problem that you are experiencing, and intend to allow the universe to speak to you through your writing. I recommend spending a full minute or two on this step.

Once you've spent a minute or two thinking about whatever you want to release, take a few calm breaths and clear your mind. Get to your center and feel the peace before you go to the next step. You want to be very relaxed and in a meditative state before you begin.

Set your timer for however long you want to do this exercise, I recommend 15-30 minutes, and then start typing. No matter what comes up (or doesn't), keep typing. It's a stream of consciousness exercise, so it doesn't always have to make sense, and it doesn't have to flow.

Keep typing until the timer goes off.

When the timer goes off, finish whatever thought you're typing, and then allow yourself to come back to normal awareness.

Take a break. A full 5 – 10 minutes is ideal here to get fully grounded.

When you're ready, look over what you have written. Make note of anything that really resonates with you or that strikes a chord with you.