

CHAPTER 11

The price of sensitivity

The primary goal of developing awareness of the subtle energies within and around you is a heightened level of sensitivity. However, there can be a price to pay for becoming increasingly sensitive in the modern world. Sometimes when you don't switch off, you may be aware of the fears and troubles of those around you when standing in line at the supermarket. This doesn't serve any worthwhile purpose but can leave you feeling exhausted.

As Anita improved her intuitive awareness she discovered how quickly her partner Michael drained her, particularly after a bad day at work. Michael brooded quietly in front of the television with a beer, as the whole house became blanketed with anger and resentment. It reached the point where Anita didn't want to return home at the end of the day in case Michael was in one of his moods.

Remaining aware of and open to your surroundings energies at all times denotes a beginner. Professional psychics soon learn to 'close down' when they are not working to preserve their own energy balance, to reduce the likelihood of being burdened by the negativity of others.

Closing down or reducing your psychic awareness doesn't come naturally to many people, so it's best to learn some practical, effective techniques early or you risk exhaustion, ill health or periods of un-centeredness. When Grace first became a spiritual healer, she thought that it was natural to experience all of her

clients' symptoms, during their sessions and sometimes for days afterwards. She knew it was time to improve her psychic boundaries when she was limited to walking very short distances after healing a client with restricted mobility.

“I feel like an old woman. I had to sit down after climbing the stairs at home last week. A few weeks ago I'd climb them without a thought,” she explained. Before she was able to protect herself and establish strong psychic boundaries, Grace needed to understand that scanning a client for causes of the presented health symptoms didn't necessarily mean feeling and experiencing all of the client's issues and symptoms. Kinaesthetic people tend to immerse themselves in the feelings of others to understand them. Visual people can scan a person and make sense of the images while remaining detached from the feelings or residual negativity of the client.

Some spiritual healers and clairvoyants believe that if you work from the light or 'you are doing God's work' you won't collect dross or become un-centred by your clients. These are usually healers and readers who cannot naturally glimpse psychic cords. Those who can see psychic cords are usually more circumspect when meeting new clients and much more disciplined about cleansing and protection techniques.

At the end of a three day psychic development course one student was still unconvinced about psychic cords so I asked for a volunteer. Shelly stood in front of the class while I scanned her for psychic cords. The test was for me to trace a few cords out from her body and describe the person at the other end of the cord.

Beginning with a strong cord into the back of her heart chakra I described a dark haired man with a possible borderline personality disorder. Shelley confirmed the physical description, recognised him by my description of his quick temper and that he had been unable to let her go when their love relationship ended several years earlier. She confirmed my suggestion that when she finished their relationship, she was aware that she might be in physical danger from him. When I suggested that she was aware that if she provoked him, she might end up as a statistic in a police report, her eyes widened and she explained.

“Once when he was fired from his job he arrived home furious. I watched him kick every paling out from our front fence, one at a time. He was ranting fervently; kicking out a paling for each person he felt had wronged him in his life. The dog hid under the car all night.”

Learning to control your awareness allows you to reduce your sensitivity to surrounding energies when you need to concentrate

I then traced two more psychic cords, describing Shelley’s sister and her mother, before explaining that as long as a psychic cord existed between herself and her former partner, Shelley risks being psychically or emotionally

drained or un-centred by him. If you unable to glimpse cords with you own eyes doesn’t mean that they are not affecting you. If you hold a jar of caesium 137 in your hands you may not be immediately aware of its effects but unless you are protected, you are likely to suffer the effects of radiation exposure.

A three-year-old child venturing onto a busy street believes that he is safe, whereas an adult knows that this belief is inaccurate. In 30 years of mixing with psychics I have met some people who think that cleansing is unnecessary and that they are protected from dross simply by believing that they are. I have also known some healers and psychics who have fallen ill and had to retire from their chosen career due to a lack of diligence in psychic cleansing and protection.

For seven years I rented a room one day each week in a busy healing centre in Sydney. I’d usually arrive 15 minutes before my first appointment to cleanse the room and centre myself. If I was running late and didn’t bother to cleanse the room, I found that many of my clients for that day cancelled or failed to arrive for their appointments. When pondering a day filled with cancellations I noticed that the room was filled with the emotions of previous clients of the other practitioners. A counsellor used the same room on the days I didn’t and the room felt heavy with the emotions of those clients. This heavy residual energy can leave you feeling depressed or fuzzy headed. A dull lethargy descends over you while you remain in the room and clear thinking evades you in the same way that it can on a hot, humid afternoon.



Controlling your awareness exercise

Learning to control your awareness allows you to reduce your sensitivity to surrounding energies when you need to concentrate. It also allows you to contract your energy field on a bus or a train, so that you are less likely to be drained by people around you during the trip. We do this instinctively when we are sitting on a bus and someone boards the bus looking for a seat. If we don't like the look of the newcomer, we might hope that he or she doesn't sit next to us. If that person insists on sitting beside us, we contract our energy field. In doing this, we hope that the newcomer is less likely to talk to us, as he or she isn't sitting in our energy field.

Controlling your awareness allows you to expand or contract your auric energy field at will. Often students of psychic development have energy fields which fill the room, which suggests ignorance or lack of discipline. When your energy field fills a room it is likely that you'll be aware of the emotions of every person in that room. This is draining and can cloud your thinking. You become unable to decide if a thought or a desire is your own or that of someone within your energy field.

If you sit in an office, surrounded by a dozen fellow workers and three of these people are on strict diets, chance are you'll be consumed with hunger if your awareness extends to include those people. Their thoughts and desires can affect your energy field. As they desire food but deny themselves for the sake of diets, you may absorb their cravings and begin eating for four people.

To try the Controlling Your Awareness exercise, first make yourself comfortable in a chair. You can sit in a room by yourself or amongst other people for this exercise. It is a good exercise to practice in a crowded waiting room, at an airport or in the office.

This exercise involves expanding and contracting your awareness consciously. We do this instinctively in life, contracting our energy when we see a large spider crawling across the wall or when we are confronted by someone we don't trust or don't like. We contract our energy instinctively if we are overwhelmed by a smell or a sound or when we pass through a contagious environment such as a hospital or a doctor's waiting room. Sometime we might do it more consciously when we see someone we don't want to speak with and we want to make ourselves invisible to that person.

- ★ *As you sit still, become aware of your surroundings. Notice the furniture, the people, the floor and the sources of light in the room. Notice the temperature, the sounds, if there is a breeze in the room.*
- ★ *Now bring your awareness back to yourself, mentally contacting your energy and holding it close to your physical body. You can do this by focussing on your physical body. Mentally contract your energy field, as you might have done as a child, when playing hide and seek.*
- ★ *Expand your awareness again, filling the room with your energy. You do this naturally when you enter a warm room on a cold night. As the warm environment engulfs you, you might sigh and expand your awareness into the room. We pull our heads in and keep our arms close to our bodies when we are cold, we expand our physical bodies when we feel warm and safe.*
- ★ *Contract your awareness and your energy again. This time, imagine you have seen a hairy black spider the size of your hand and you hope not to be seen by this spider. This usually ensures that your energy is contracted tightly. After walking through a spider's web on a dark night, we usually contract our psychic energy instinctively, hoping that the spider is still dangling in the remaining web.*
- ★ *Although this exercise initially uses fear to help you to contract your energy, with practice you can do this easily and at will.*

- ★ *Practice expanding and then contracting your energy five or six times, ending with your energy contracted to your physical body.*

- ★ *Many people who are naturally intuitive have personal energy which is permanently expanded to encompass their environment. They are at risk of depleting their energy reserves and of becoming un-centred by the thoughts, feelings and desires of others in the environment unless they contract this energy.*

A colleague tells me that she cannot shop at the local supermarket after 9:30 am because if she has to stand in line at the checkout, she is immediately aware of the concerns of the people standing in line with her. A 30 minute trip to purchase a few groceries can be exhausting because she has not properly contracted her energy field.

Conversely, when we are ill or exhausted we contract our personal energy naturally to preserve what limited energy we have at our disposal. I can recall times when I've had a bad cold and stumbled into the local shopping centre to purchase food and medicines, only to find everyone walking directly into me as though I was invisible. Because my energy was so contracted, I became invisible to fellow shoppers.

With practice, it is possible to remain aware of your circumstances while being centred in your physical body. The practice of expanding your awareness to fill a room is something children do. Many naturally intuitive people have carried this practice over from childhood. If you have a child or several children visit you for the day, notice how empty the house feels once they have departed. Children fill a room with their energies as the sense of boundary of the average child is not well developed. This is evident if you watch a young child touch everything within his reach as he explores his surroundings.



One day, after a meditation, I remembered what life was like before I meditated; before I breathed in again in this spiritual way. I recalled the hunger, the loneliness, the disconnection from people and from a deep sense of happiness. I remembered the profound desire to live a different life; a life which was far away from this emptiness.

On the days after meditations, I felt invigorated. I'd greet my clients with curiosity, eager to discover the path they had chosen and how they nourished or resisted spiritually nourishing themselves. If a client refused to spiritually replenish herself, I'd scan back through her life to a time when she was spiritually and emotionally nourished and describe this time to her.

Tears often flowed when I did this. Tears of relief, joy or gratitude that I had reminded them of the spiritual journey they were taking. These were often simple descriptions, such as the moment a woman held her grandson for the first time. The moment she held the newborn, she remembered the gift of life and how she had been awarded this gift. She stood silently, a witness to a radiant, spiritual being in her arms, before he may become muddied by too many daily demands.

The deeper purpose of psychic development is to develop the soul (the psyche) to a point where it can recognise all of those viable avenues for nourishment and development. These may include meditation, prayer, gratitude, humility and unity with fellow travellers on the path.

Well developed spiritual reserves of energy are important when we are tested by dismal life circumstances. If we have plentiful reserves of spiritual energy we can rise above physical, emotional or intellectual frustrations. Without this nourishment we risk sinking into petty frustrations, such as stressing over traffic delays, rising costs or envying the lives of others. Regularly replenishing yourself spiritually helps you to consciously remember your underlying purpose in this lifetime. Consequently, you are less likely to lose your way in life. Some people who arrive for a psychic reading feeling lost and tired have usually temporarily lost their way or forgotten to spiritually nurture themselves. A part of my job as a clairvoyant is to remind them in a way that is unique to each person.

Life can be a powerful distraction from your purpose. It offers many temptations which seem like shortcuts but which actually lead you away from spiritual nourishment. With each shortcut, you forget more and more of your true purpose, until your routines of maintaining your wellbeing through meditation, prayer, yoga, jogging or dance almost seem like a past-life habit.

Feeling insecure in her life, Tania decided that buying her own home might be the answer. Having worked long hours in a job she resented to save a deposit, Tania eventually purchased a small apartment. As the years passed, she paid it off but the feelings of security which she had hoped for did not materialise. Instead she felt empty, insecure and disappointed that she was 15 years older for her efforts.

Many people who are naturally intuitive have personal energy which is permanently expanded to encompass their environment

Tania has a beautiful, sunny apartment, with views over one of the coves of Sydney harbour. Positioned high on the hill, she can sit on her balcony and watch a storm roll across the sky, hear the sounds of laughter as families learn to sail in the bay below and feel the first cool breeze of the evening arrive to sweep away the intense heat of a summer's day. Tania's need for physical and emotional security didn't address her spiritual needs - for nourishment and spiritual security. Instead of enjoying her balcony every day, learning to sail or to snorkel around the bays, she spends most of her time working. Even when she is seated at her long, oak dining table, she often faces away from the view.

Almost everyone who visits Tania is amazed when they see the floor to ceiling views of the water, the tree-lined peninsular in the background and the glistening afternoon sun reflected in the windows of the houses on the other side of the bay. Tania however, doesn't notice the view as she's too busy and disconnected from the reason she first fell in love with her home. Her dream of what life might become if she lived in this apartment has been gradually lost by the pressure to pay her bills. Another factor is the emptiness which has grown steadily since she lost contact with many of her friends and her interests.



While she toiled to feed her physical and emotional needs, she ignored her spiritual needs. You don't need to favour one or the other. It's possible to address all your needs, from physical to spiritual but this requires practice and diligence. Take it from one who has specialised in forgetting, you may also need to set up reminders in your life or to join a group who shares your path to feel embraced by the process.

Nourishing your spirit is a longer term path to happiness. When you're spiritually fulfilled, the traffic delays are acceptable, not being promoted at work is less significant and the need for expensive distractions to compensate for inner hunger aren't required, as you are already happy. Not the delirious happiness of the first flush of love but a calm, centeredness which stems from being satisfied with what life offers you. When we are spiritually hungry we can become ambitious for physical or material goals and accomplishments as a source of fulfilment.

Until coffins are made with luggage racks, all you depart from this world with is your soul and the understanding you gained from your life experiences.

The deceased sometimes explain how they wish they had taken extra holidays, played more with their children and told those still living how they felt about them. Play nourishes the spirit. An exciting, interesting or even a restful holiday can restore spiritual equilibrium.

