



5 Things That Will Free Your Mystical Abilities!

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What Is Shamanic Psychic Sense or MYSTICAL ABILITY?

There are many words that describe extra sensory perception, ESP
Like Psychic, Clairvoyant, Clairaudience, Clairsentient, Telepathy, Astral Projection, Out of Body, Mystical.....

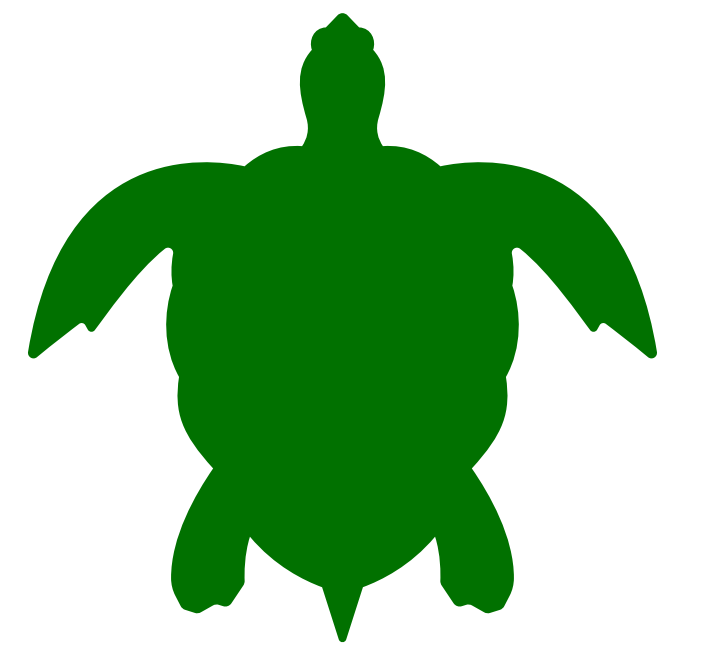
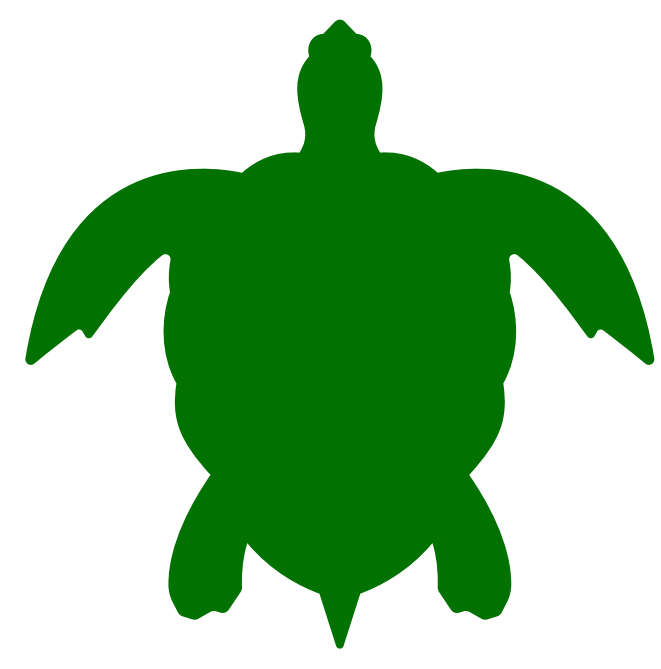
The list that refers to psychic skills goes on. So firstly let me break down for you any confusion. Language really depends on an individuals perception of that word. Each word will mean something a little bit different to us. Depending on our brains association with it and our experiences in life.

It is important for me that we understand the bigger picture. We are not trying to argue about what one word means and what another one means. We all want to get to the same common goal. That is to heighten our awareness and experience psychic phenomena for ourselves. Only then can we make a valid assessment.

To also move away from how anyone else is describing their experience and how they do it. The way I teach people, is to experience for yourself, as that is the only true way to find your unique ability. I don't want you to take my or anyone else's "words" for it. I want to give you the tools you need to take this into your own life and create your own experiences. So that you can make up your own mind about it from your own personal experience.

Giving you all the power and integrity you need, to be sure.





Mystical Ability is the Ability to Shamanic Journey

When I use the words mystical abilities. I mean ALL psychic skills. I use all ESP skill under this one term because I have found that you don't need to practice all the different types. My experience has been that all psychic skills are a form of telepathy. Because from my understanding that is all there really is. Therefore learning how to use your mind is all you need.

I have studied spiritual law and self healing for over 25 years. I have done 7 years shamanic training since my first initiation and 4 + years on the medicine wheel. In the busiest 6 months of last year I gave 250 healings, and hundreds more in group sessions. I take pride in the fact this is my only job, I focus 100% of myself on my shamanic work. This is so that I can give you the best value and the most knowledge.

I do as much as possible online, but i'm one of those people that is actually busy with clients. Not having much time for social media, but I do my best to share value. I was told by my mentor last year something that really amazed me. When he was interviewed by 3 of the TOP (most followed) spiritual YouTuber's about his coaching approach. They asked him if he had any questions for them? He said, "Yes! I'd like to ask YOU. When did you transition from a 1:1 coach to doing groups and growing your Youtube?"

They replied that they had NEVER been a 1:1 coach or healer!!!! They started by growing their channel and that's all they did. They were never a therapist or coach or healer of any kind. This REALLY shocked and worried him! He was disgusted! But the fact is that if you have the time, to grow a huge following, then you are not seeing clients. Even though I have an online course now, I certainly am the real deal. I have started with years of 1:1 clients. Giving healing, coaching and love day in day out, to refine my abilities. So now I can give you the best information possible. I don't see myself ever stopping giving healing and coaching to people. I am in service and I love and honour that gift.

I've come to know about the universe in such a way that may seem controversial. But when something is so simple, it all clicks into place. Then we are usually on the right track. I have a sacred geometry universe. I work a lot with energy and how we perceive formless. Our thoughts are also sacred geometry. Sacred geometry is the data, it's like the computer code. When we think a thought it's really a shape. So when anyone does anything psychic they are reading the thought space.

They are collecting data from the sacred geometry and that geometry is what we think of as thoughts. It's like the computer code inside of the program. It is where the information is.

Our experience is perhaps a feeling or a smell but the data has come from the thought space. If a physicist was explaining to you about energy he'd say that data can never be destroyed. We are reading the data in the energy realm and the word I use to describe this data is thought. The information is a thought and therefore we can access it. So all extra sensory perception to me is a form of telepathy and reading the "thought data."

So when we see visions or experience extra sensory data coming through other senses. It is still the thought data coming through to our consciousness in a particular way. But we are always using telepathy, reading the thought data.

This is why the psychic will always read what is trying to be kept most hidden. It holds the most energetic charge in the thought space. I call it a contraction, it's where the energy is held, rather than set free. Often this is a pain point for someone. Something they don't want to look at or wish to hide.

Mystical Ability is the ability to heighten ALL Psychic senses and to read the "data" from the metaphysical realm well.

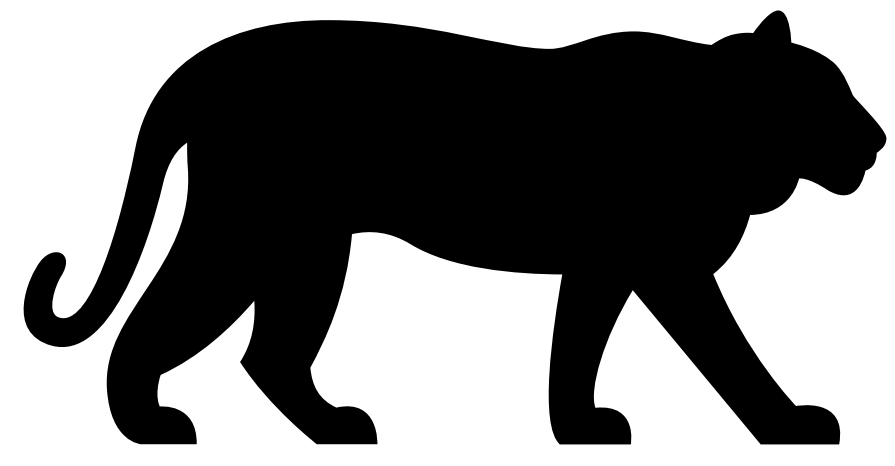
To do this you don't need extensive training in all the different area's to bring up your sentient sense or be more visual. If you integrate a few simple things in your daily life it will have a massive impact. I only practiced shamanic journeying and this ONE skill Heightened EVERYTHING.

To me it is everything a super psychic needs to understand.

I'm going to give you a list of 5 area's to check!

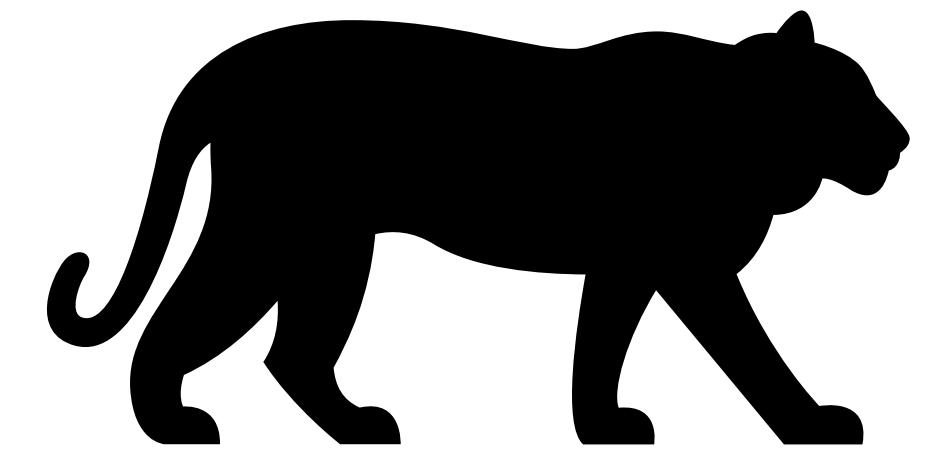
Not using complicated time consuming exercises that take years and years. I mean simple useful everyday things that fit into your life to align you closer to your souls voice.

5 Questions that will amplify your psychic senses.....



1. Are You Embodied?

You must be **IN** your body in order to **LEAVE** it.



Embodiment 101 really means, is it **SAFE** for you?

Shadow work would be necessary here to fully embrace embodiment. **ALL** fears and wounds. How do you alchemise Fears?

Let me tell you the story of the judge archetype. Once upon a time in imagination land. There was a high judge and he and all the other forest creatures where called into court.

We are here to judge **ALL** of **HUMAN EMOTION**. Every single emotion is a version of one of the 5 core emotions.

So the 5 core emotions where called into the court room to be judged by the high judge.

Sadness

Fear

Joy

Sexual Feelings &

Anger

The emotions got to tell the court their perspective. They said, “when we are accepted, we are her to help you. We show you and teach you.” Then they each took their turn to express their super power.

Sadness said “I am her to help you let go of something that needs to be released with love.”

Fear said “I am here to alert you to **PAY ATTENTION**. Heighten your awareness and be careful. I also bring your attention to notice any self sabotage patterns.”

Joy said “I am here to teach you celebration and expanding your capacity to love.”

Sexual Feelings said “I am Life force and creativity. I know when something is wanting to be birthed.”

Anger said “I know when something needs to be destroyed. I help you purify. I can be subtle, as boredom is a form of anger. You can channel and use me for creativity. I also Teach you your sacred boundaries. Use me.”

But the judge didn’t believe them. He didn’t understand. I have seen you anger as dangerous. When I was a boy my father used you as rage. I have seen you sadness as weakness. My parents and teaches told me that big boys don’t cry and therefore sadness couldn’t be believed either. And we certainly didn’t show our fear so this also can’t be right!

The judge remembered being taught to feel ashamed about sexual urges too. And that too much joy made one boastful and pompous. “You are **ALL Liar’s**” he roared, and sent them all to prison. Just as his father’s judge had done.

What the judge didn't know was that once they were all locked up. They would become their shadows. And over time grow more and more powerful. Eventually so powerful that they could break free of the prison and show their shadow selves.

Years later the judge was not able to get out of bed and was feeling very low indeed.....

Sadness broke out and said "I am depression shame guilt numbness & disease."

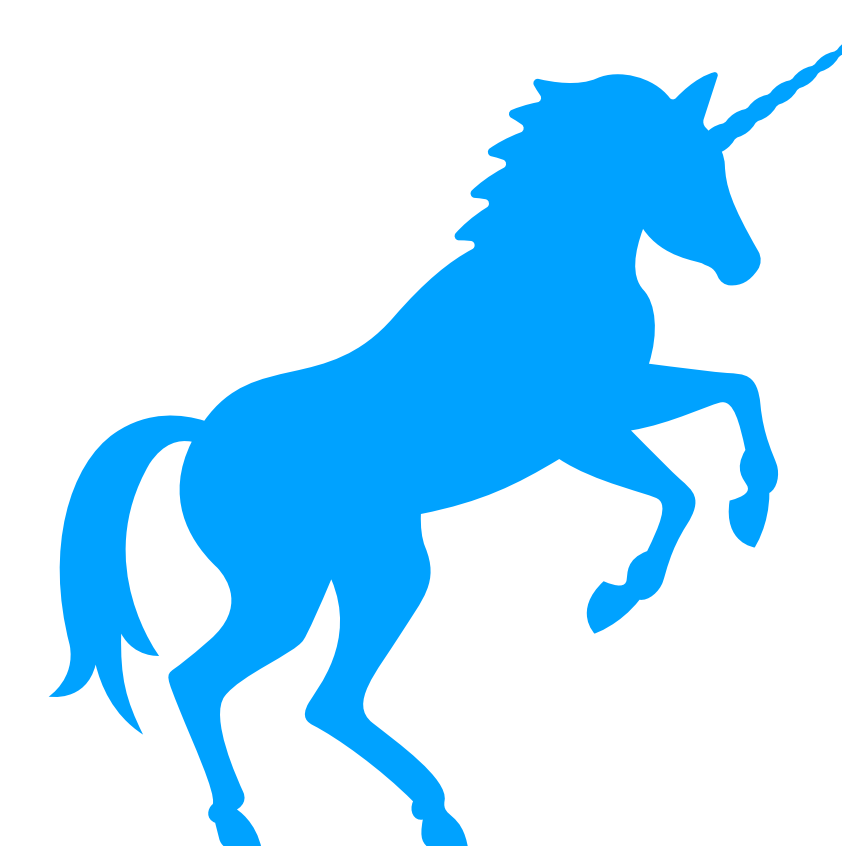
Fear Said "I am overwhelm, procrastination and in-action"

Joy said, "Who am I to feel all that joy! I better spend time thinking about what I don't have and recycle it."

Sexual feelings said "I am porn and lust."

Anger said "I am criticism, righteousness & control"

Then they ALL said, "AND WE HAVE YOUR POWER!"



The judge realised the error of his ways. "Forgive me" he cried. I was following what my parents did and what others had done before me. I see now, how I had seen your shadows in them and not what you truly are.

"I believe you," he cried. I want to feel you all again and Live my LIFE and tell this story to all those who come after me, so that they will know. Not to copy the ways of the past, but to feel into their heart's for the rise of the future.

This story is to illustrate, that it was not wrong of anyone to teach us when we were children to lock these emotions up. They thought they where doing their best at the time, with the tools they had available.

We have come to realise that this is not the most effective way. Emotions are to be accepted and we get to appreciate all of them in their fullest to be ALL of who we are.

Once one is set free, let out of jail, able to express itself fully, then they ALL are FREE. This is a society functioning with understanding. Where all emotions are allowed and excepted, not judged and left ignored.

The choice you have in your life now, is what does your judge choose?

We all have a part of us that judges ourselves and judges others. Next time you use your judge. Ask if you are wrongfully imprisoning?

Accept Allow and SET FREE.

What do you choose?

2. How often are you PRESENT ?



This is to claim your power!

If all of your energy is off either in the future thinking about something else.

Or stuck in the past stewing on a trauma or an injustice then you are not in your power. Your energy is dispersed and you are essentially too weak to speak the language of your soul. This is because you're already engaged in a conversation somewhere else.

Self development should be your life's top priority for heightening your mystical abilities. It is so important because we get to fully understand what it means to claim our power back and fully operate from the present moment.

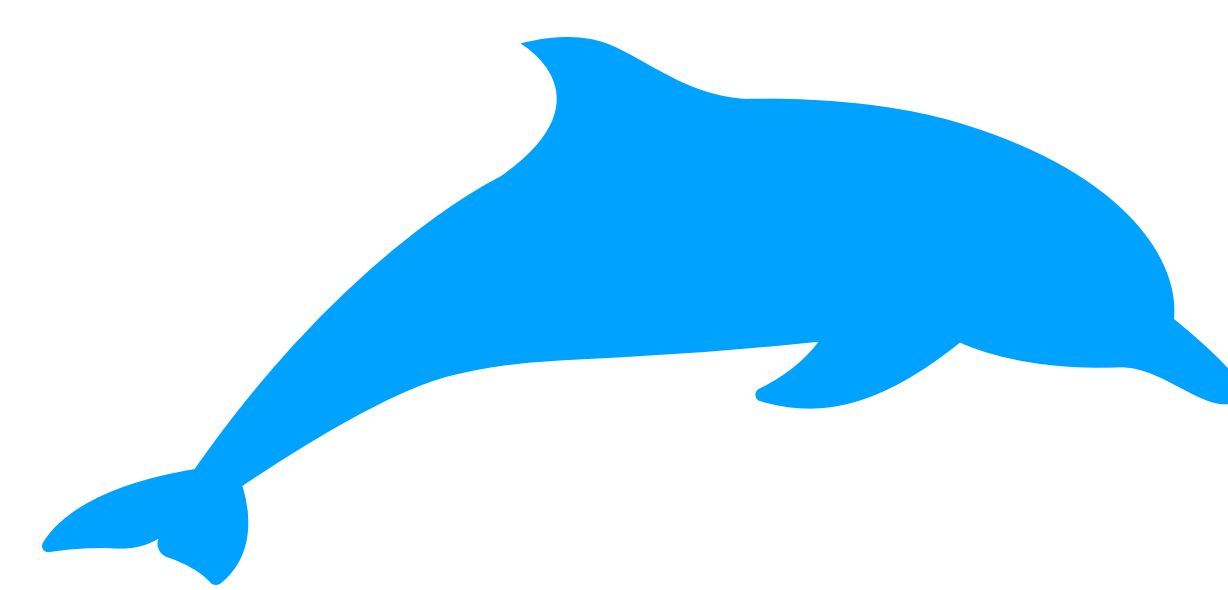
This is THE aspect that I feel I have really found the magic key to unlocking. I use the idea that once you feed the human what it is wanting then it will behave. A bit like feeding an animal or distracting a child. To get present one must give the human all it thinks it needs and the outcome of that, is peace.

I found in my journey that human's can't really explain this part. It's often described by saying things like, "quiet your mind." And we're told that we must spend hours practicing meditation to achieve this state. Well that's not true. I have found a way to describe it and achieve it, in a very simple formula, that's faultless.

I used to get very frustrated 20 years ago when I was learning meditation and I would get told that I was stuck in my head. I needed to practice more and that I was over thinking. I thought to myself. Everyones telling me what "NOT" to do. No one is actually telling me clearly what I CAN DO and HOW to do it! So I made it my mission to FIND OUT and I DID. I go into greater detail about this powerful subject in the course. To teach it here would take too long. It's simple when you know how and takes all of 2 minutes per day to do, but it needs to be taught in precise detail and understanding.

If you'd like a quick HACK to get you started on this. Move your eyes into **peripheral vision**. This will immediately stop your mind chatter and bring you to stillness.

How to change your brain waves!



What I really love to teach is how to be present in your daily life. How to integrate this into your everyday reality, not just as a get out of jail free card, when we've got an issue. But to find ourselves here ALWAYS. That's what will provide you with LIFE CHANGING TRANSFORMATION!

To start you off, all you need to understand is.....

How to change your brain waves!

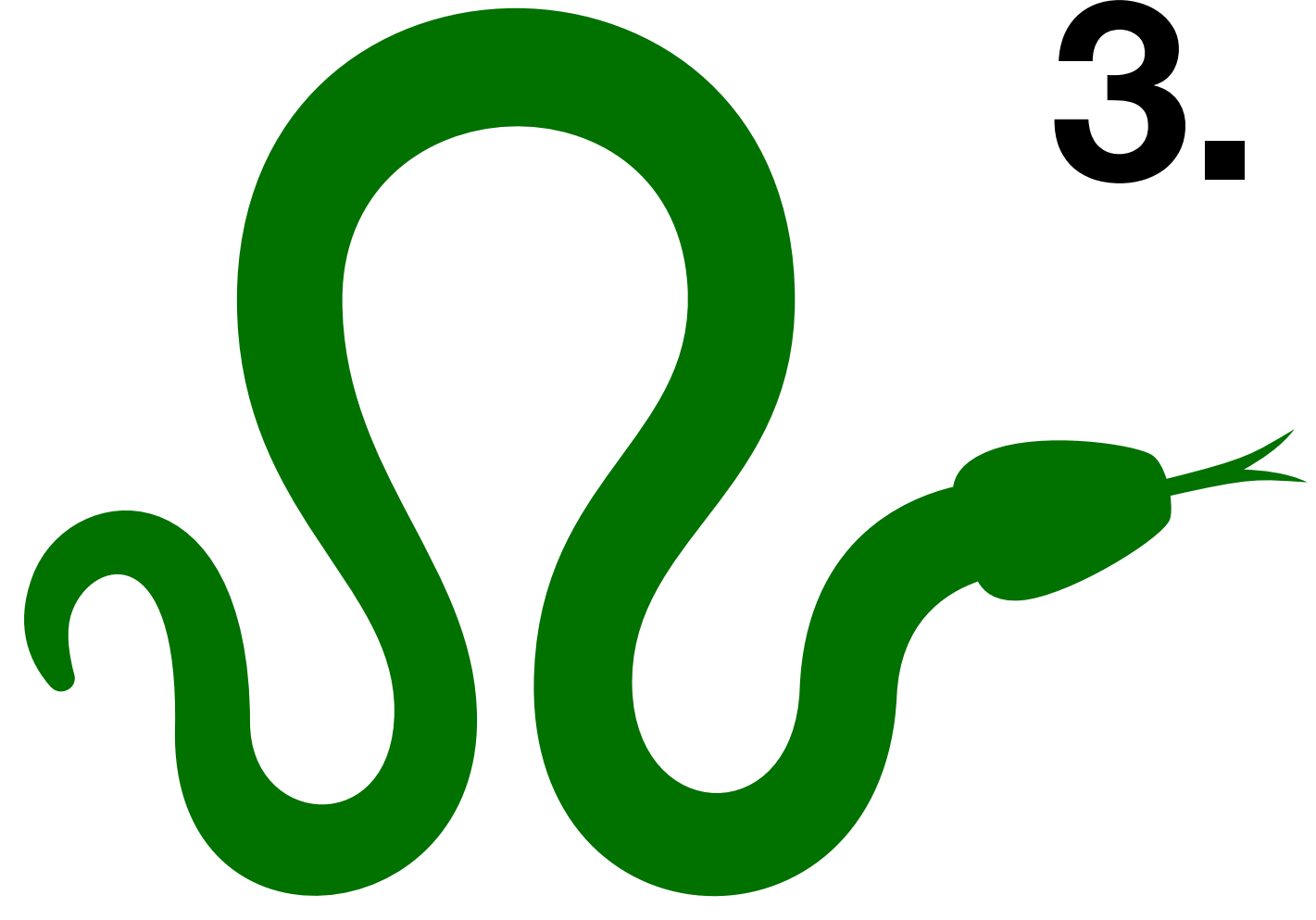
We can do this very quickly and achieve great results.

People usually operate in life at high frequency Beta. To shamanic journey we shift brain waves into a Theta state. To do this you can use the beat of a drum, a metronome or rattle to keep a beat. Bringing your awareness to space, either space around your body, or space in between the sound. If you have your eyes open, peripheral vision brings your awareness to the space.

This is why Shaman's will use a rattle or drum to journey with. It's also described as space consciousness. Shifting the awareness onto the space, rather than the physical that we are used to in this reality.

We find the space of possibility. This is great to get you into presence when you first practice how to journey, as it's quick and it works. For me, the real practice is about bringing this state of present awareness into ones daily life. So you are connected with your soul and aligned to your purpose on a day to day basis.

This is why I teach BOTH!



3. Do You Know Your Own Sensitivities?

To be the clearest vessel. I certainly believe that keeping the physical body loved is very important.

I could go on and on about the mind, body connection but I will keep this as condensed as possible.

Everyone is different. I believe that our physical appearance is a reflection of our unconscious mind. It is a reflection of the energetic body. So what you think about has a lot to do with how your body will react.

That being said. We don't want to ignore what we are putting in our mouths, because we are telling ourselves that if we just "think" it's good for us then it will be.

That's wishful thinking and it's not embodied or honest. We have to truly take into account what our conditioned beliefs are. What did we learn at school, what has been told to us by doctors or what have we read in health books. It will all play a factor in the energetic properties of that food, substance or whatever it is.

Everything is energy.

What I have found to be most personally beneficial on this topic is learning how to self muscle test.

To do kinesiology for yourself and then you can use it in an ongoing process. To check the foods you are eating. The toiletries and make up and any air freshener or house hold cleaning product. You can then test everything for yourself. Test for your own sensitivities and what foods are best for YOU. It's really very easy and I have video's on my YouTube on how you can do it.

This is important because it changes. I was sensitive to one thing for about 3 months, but once I had stopped it for a time, I could introduce it again gradually. You can keep testing things to make sure.



4. Do You Ask for help?

How do you get support for your soul?

This is one of the reasons that we open space in shamanic practice. We do a very specific pray and speak with all the archetypes. This is like asking energy to help.

I think that, if we expect things to jump into our laps. Wonder why things aren't happening then it's usually because we haven't asked. Which usually means that we have assumed something.

Do your best not to assume. Be very clear with yourself and others. Always ask even if you are afraid you won't get an answer.

The ego likes to know. To be sure to have an answer to have an outcome. The soul is happy with "I don't know"

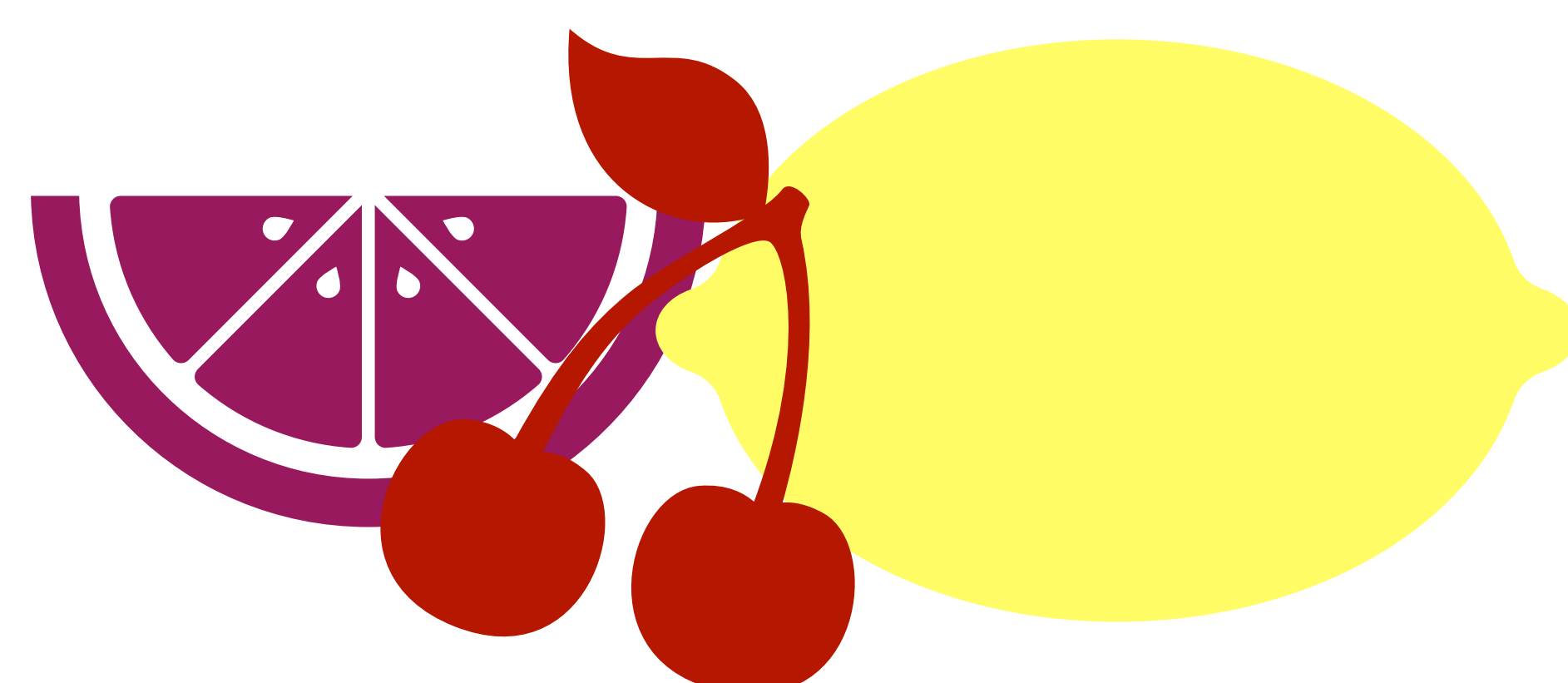
So the message is, always ask your SOUL TO HELP YOU but be as unattached to the answer as you can be.

You are in the realm that the soul likes, if you are happy to be in the free fall of "I DON'T KNOW!" This is the soul's playing ground. So if you find yourself here then you can surrender to the soul being in the drivers seat.

Balance

This can also mean in your life. How are you at receiving? Do you ask for help and get support from teachers and mentors, friends and family? Is this in balance with how much you give? If you feel you are challenged with receiving then ask for more help in your physical reality.

Open yourself up to receiving.





5. Do You Practice Shamanic Journeying?

I had no idea this was a psychic ability until, I'd done hundreds of healings. I was hopeful but I thought that I wasn't going to be able to do it. I wasn't psychic, I never had been. I'll trust the process that I'd learnt, surrender to intelligent energy.

I went from hope to having faith. I started to get feedback from my clients that was outstanding. It was as if I'd read their minds and could see into their thoughts and trauma's. I realised that there was defiantly something in this. I then moved from having faith to KNOWING. After years of more of more synchronicities and having every single message being bang on, you start to realise. I had the most incredible experience of KNOWING. It was a shift in consciousness that makes my entire life worth this 1 experience.

My desire to have each individual experience their own version of knowing. To hope and have faith yes, but ultimately through the work I teach to KNOW.

I had essentially given myself proof. I didn't need to give it to anyone else, only me.

The definition of proof is having enough evidence to make it credible. I certainly had that.

I didn't know much about shamanism before doing the medicine wheel you see. So I had no idea what I was learning. It sounds a bit odd looking back. Why on earth was I there learning all of this stuff. I had no intention of being a healer? I still don't know what got me to my first initiation but I'm glad it happened.

When I first started journeying, I thought I was making it up. Using my imagination and playing around. I was! I had no idea it was a super psychic skill. Or that it would present me with the life changing acknowledgement. That highly evolved beings are assisting humanity.

If you'd have said that to me at the start. I would have replied, I didn't have any psychic tendencies and I couldn't even meditate properly. I had a busy mind, was in my head and not psychic at all and never had been. How I was going to meet highly evolved beings in another realm was too ridiculous.

This all changed once I started to learn more and more about journey work. There was a specific journey I was on, moving through nature and down a path in my imagination. Then all of a sudden I couldn't go any further down the path. I was stopped and I HADN'T stopped it. What ever I imagined seemed to flow usually, but this time. I wasn't driving anymore. It was like I was being driven.

This was an absolute shock for me because it was unmistakable. I was being shown things. The journey would almost 'stick' and what I was needing to take from the experience would be magnified. Then i'd be able to move it along again, then it would "stick." It wasn't a one off experience, this then became another layer to this language.

It then started happening with clients. Then I learnt how to do soul retrieval. All the messages in my sessions, were exactly aligned with what my client's were saying. It was incredible.

I had no idea this was such an in-depth skill.

I slowly became aware that this was the root of all psychic ability.

As my experience started to deepen into my everyday life. I would find myself, randomly smelling very strong smells and being taken to a location. I was seeing bright colours and geometry shapes when I smelled flowers or connected with crystals. My mind would speak in sacred geometry coloured formations. The language of plants and trees was speaking to me when I smelled them. I was having telepathy experiences when I knew what someone was thinking. I was aware especially if there was something they where "NOT" saying and I'd bring it up. They'd always look very shocked.

When I did distant healing for a client the sensation in my body would almost be overpowering. It would be really intense but only last a short while. If I was healing someone that was next to me, the feeling in my body would be more subtle.

ALL the Extra senses started to turn on all at once. I wasn't doing any specific exercises to heighten any specific ability I was only doing journeys. It seemed to be the key to ALL of IT.

Now I use journey work to:

Astral Travel
Speak with Ancestors
Future Readings (for myself or another)
Here and now readings (for myself or another)
Past Life Regression
Soul Retrieval
Ancestral Karmic Lines
Shifting Trauma
Speaking with energy in all ways

You Are Always Connected You Can Speak with Your Soul

For me this is a lost art and sacred ability that has thankfully been
kept alive by the Peruvian Lineage.
Teaching us Inca Wisdom and Traditions.

I truly believe this is the communication we have been looking for.

You don't need to receive messages through anyone else's
consciousness. We are ALL connected to source. You can

have your own conversation with your soul. Speak with energy
and become your own GURU.

I hope I have inspired you to learn this magical ability and to
nourish your birth right.

So do you think you have Mystical abilities?

The Answer is 100% YES



The question is not IF you have them, the question is HOW do YOU practice this skill WELL?

So how can you practice this amazing skill for yourself?

Step 1!

Join our enthusiastic community online.
FREE Guided Journey's in my FB group to get you started.

[Join Shamanic Journeying
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