

# AWAKEN YOUR INTUITION & DEVELOP YOUR PSYCHIC SKILLS

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REEA PAWLEY

## OVERVIEW

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- Psychic Senses
- Psychic Tools
- The Mind & Consciousness - Wise Mind vs Ego
- Connecting, Grounding & Protecting
- Intuition

# WHY ARE YOU HERE?

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IN THIS COURSE.....

# PSYCHICS AS COUNSELLORS

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ALTERNATIVE & COMPLIMENTARY HEALTH

# PSYCHICS AS FORTUNE TELLERS

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SOMETIMES YOU ARE NOT MEANT TO KNOW THE FUTURE

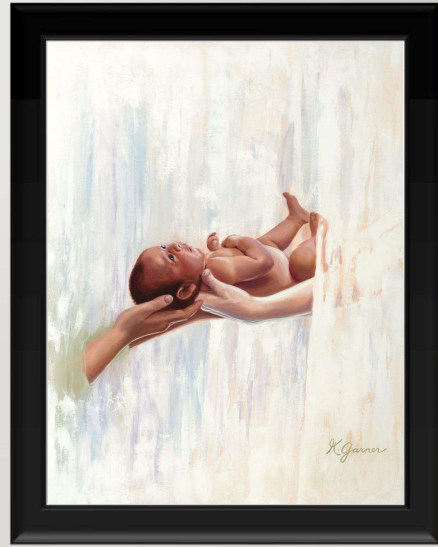
## WHAT GETS IN THE WAY OF YOU USING YOUR INTUITION OR PSYCHIC GIFTS?

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- Expectations of how it should be
- Fear
- Embarrassment
- Lack of Confidence in your abilities
- Not feeling good enough
- Self-esteem, insecurity
- Comparison with others

## PASSING THROUGH THE VEIL

The Blueprint of 3<sup>rd</sup> Dimensional reality is that we would forget who we are, where we've been and choose to come here with only some of the skills we have picked up along our Journey. In life we planned to remember through experience because when it comes to who we are, Words don't teach, only life experience teaches.



We are not human beings  
having a spiritual experience,  
We are spiritual beings having  
a human experience'

## PSYCHIC TOOLS



- Your consciousness, imagination, senses, vibration, wisdom, spiritual knowing, personal insight
- Divination tools; pendulum, cards, crystal ball, runes, flowers, nature, photos, eyes, jewellery, tea leaves, dreams
- Team in Spirit; Higher Self, Soul, Angels, Transitioned Family Members, Ascended Masters, Soul Family/Friends, Spirit Guides, Guardian Angel, Teachers, Mentors, Entities, Akashic Records

Essence/Source/God/Goddess/All-That-Is/I am



Oversoul/Higher Self



Soul



Self / Ego (Lower Self)

## YOUR PSYCHIC SENSES

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- Sight = Clairvoyance
- Feel = Clairsentience
- Hear = Clairaudience
- Touch = Clairtangency
- Taste = Clairgustance
- Smell = Clairalience
- Extra-sensory perception – Science has identified more than 35 senses

## SPIRITUAL KNOWLEDGE

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- You are God/Goddess/All-that-is/Essence/Source/The Universe/The Matrix - all an intelligent energy
- You create your own reality
- You create with your thoughts, beliefs, emotions, imagination, expectations & actions because Earth is an action based time/space reality
- Beliefs are not FACTS or ABSOLUTE TRUTHS they are just ideas, opinions, perspectives, thoughts that you have picked up along your path from your family, friends, culture, experiences.
- You can and do change your beliefs all the time! Eg That guy you thought was wonderful
- Since you create your own reality theoretically, you can be anything you want to be and have any skill you want to have, taking into account your Higher Self's Plan for your lifetime

- You don't know from your Conscious Mind what you came here to learn, you can't see the bigger picture, sometimes you are not meant to, it must unfold in perfect timing
- Just because your Ego desires something doesn't mean your Higher Self sees it as important, necessary or for your highest good, according to your Life Plan
- Beware of having beliefs that we call 'Spiritual Bypassing' – magical thinking without being grounded in reality usually doesn't get you very far. Eg If I sit on the couch eating chips every night the Universe will bring my soul mate to me

## INCARNATED ON PLANET EARTH – MOTHER GAIA IN THIS FOCUS OF YOUR AWARENESS/ATTENTION

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- Earth is one of the most difficult places you can incarnate eg war, rape, pillage & plunder
- Earth has a large population of young and adolescent Souls
- Earth also has Wanderers, Lightworkers, Starseeds who have come here to be of service
- On Earth the energy is low vibrational, dense & heavy. This slows down manifestation for good reason because we are practicing our creation skills.
- After hundreds of thousands of years the average vibration of Humans has now reached 200. Jesus Christ was 1000

## OTHER LIFETIMES, OTHER FOCUSES

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- All time is NOW except in 3D
- Past, present and future lives are all occurring in this eternal moment of now
- An Oversoul has many lifetimes, starting and ending. It can also fragment into other Oversouls.
- Imagine your Oversoul is in a room full of TV screens and on each is another focus
- The Universe is constantly expanding and we are constantly expanding our consciousness as part of that
- Every Soul has free will so YOU chose this life, this country, this family, this timeframe and the skills/abilities you would come here with
- You chose your Life Plan – but it's flexible
- No Soul leaves a life by accident
- Earth is no the only place you incarnate – other dimensions, planets, time/space realities
- You could be a Baby Soul and this is your first life or an Old Soul with thousands of other focuses and everything in between – Baby, Young, Adolescent, Adult, Old Souls

## MEDITATION - FOCUSING

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- Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.
- Ritual – candles, incense, diffusers, music, crystals, iconography, altar, special place, words
- Imagination – Creative Visualisation
- Visual, Auditory, Kinesthetic Exercise



## CONNECTION

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I now call on God/Goddess/All-That-Is, my Highers Self,  
my Spirit Guides & Teachers, Angels & Ascended Masters  
who come in unconditional love for the purpose of  
Guidance, Wisdom, Knowledge, Healing & Blessings.

And so it is.

## GROUNDING

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- We are Energetic Beings, in an electromagnetic Universe, we must be grounded in 3D reality to affect it. Our team in Spirit finds it very difficult to affect things in our reality because they are not grounded in it. They influence us to make things happen here mostly.
- Pillar of Light Exercise
- Pyramid of Light Protection

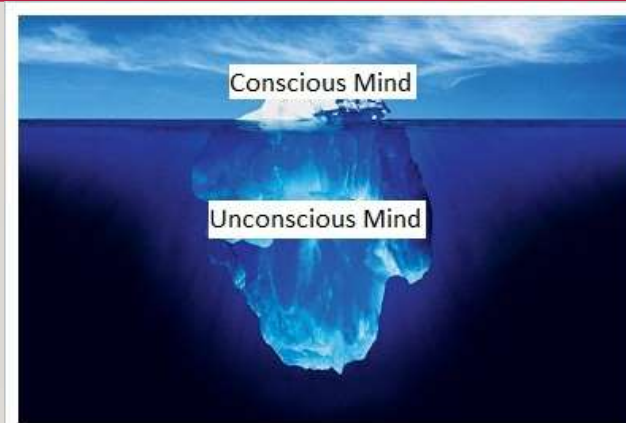
## RAISING YOUR VIBRATION

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- Boundaries - youtube video
- Mindful of thoughts - Transform Your Emotions Course
- Control your emotions – as above
- Self-care - youtube video
- Positive life-enhancing beliefs – Get Back Your Mojo
- Putting yourself first (when possible)
- Daylio App & Personality Test for self-awareness

## THE MIND

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## THE MIND

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### CONSCIOUS MIND

- The **conscious mind** contains all of the thoughts, memories, feelings, **and** wishes of which we are aware at any given moment.
- Acts as a gatekeeper to the Unconscious Mind
- 10% of the Mind
- Rational, analytical, reasoning, synthesising
- In 3D time & space

### UNCONSCIOUS MIND

- The **unconscious mind** is a reservoir of feelings, thoughts, beliefs, programmed behaviours, routines urges **and** memories that are outside of our **conscious** awareness.
- 90% of the Mind
- Programmed to heal body, mind & spirit
- No time or space
- Accessed via the imagination

## COLLECTIVE UNCONSCIOUSNESS/ONENESS

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- Introduced by psychiatrist Carl **Jung** to represent a form of the **unconscious** that part of the mind containing memories, knowledge and impulses of which the individual is not aware common to mankind as a whole and originating in the inherited structure of the brain.
- Instinct
- Mythology
- Creativity/Imagination
- Oneness

## THE UNCONSCIOUS MIND - TRANCE BRAIN WAVE STATES

- Gamma - 36 - 42 cycles per second – Channeling
- Beta - 12-35 cycles per second or Hz – Conscious Mind
- Alpha - 9- 12 cycles per second – First state of the UM, begins after 3 minutes of relaxation
- Theta - 4- 8 cycles per second – Deepest state of the UM
- Delta - 1 - 43cycles per second - Sleep

EMOTIONAL AWARENESS – YOU MUST BECOME ARTICULATE & CREATIVE  
WITH YOUR EXPRESSIONS & YOUR FEELING STATE  
FIND TWO WORDS TO DESCRIBE WHAT YOU ARE FEELING RIGHT NOW?

### FEELINGS & EMOTIONS

#### SAD

Depressed  
Desperate  
Dejected  
Heavy  
Crushed  
Disgusted  
Upset  
Sorrowful  
Weepy  
Frustrated



#### HAPPY

Amused  
Delighted  
Glad  
Pleased  
Charmed  
Grateful  
Optimistic  
Content  
Joyful  
Enthusiastic  
Loving



#### HURT

Jealous  
Betrayed  
Let down  
Tender  
Wounded  
Impaired  
Damaged  
Criticized  
Abused  
Punished  
Rejected

#### CONFIDENT ENERGIZED

Strong  
Brave  
Assured  
Certain  
Prepared  
Successful  
Encouraged  
Peaceful  
Secure  
Relaxed  
Comforted



Strengthened  
Motivated  
Focused  
Invigorated  
Determined  
Inspired  
Creative  
Healthy  
Renewed  
Vibrant  
Refreshed



## VIBRATIONAL FREQUENCIES OF CULTURES

DAVID R. HAWKINS POWER VS FORCE

- 200 – most common, primitive living conditions
- High 200's – skilled labour, blue collar workers, retail, trade, commerce
- 300 – advanced craftsmanship, technical, sophisticated business structures, interest in stype, sport, entertainment
- Mid 300's – upper management, education, artisans, social mobility, travel, stimulating entertainment, meaningful social dialogue
- 400 Awakening of intellect
- 500 Love, awareness, creativity, visionary consciousness, inspiration
- 1000 – Jesus Christ, Buddha

# AWAKEN YOUR INTUITION SESSION 2

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REEA PAWLEY

MEDITATION - PILLAR OF LIGHT MEDITATION  
CONNECTING, GROUNDING

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## PSYCHIC SENSES – WHICH ONES DO YOU HAVE?

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- Clairvoyance - Clear Seeing - Picturing things in your minds-eye or imagination.
- Clairtangency - being able to detect psychic information through your hands
- Clairaudience - Clear Hearing - audio messages from your Higher Self, Spirit Guides, higher dimensional teachers
- Clairsentience - Clear Feeling - Using your empathic skills to feel information or tune into someone or something in a feeling way.
- Claircognizance - Clear Knowing - Using your psychic intuitions, when you 'just know' something
- Clairsalience - Clear smelling - tuning into a familiar smell as a way of Guides communicating information
- Clairgustance - Clear Tasting - Spirit communicating with you by sending you a familiar taste

## EMPATHY/ CLAIRSENTIENT ACTIVITY

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- Bring to mind someone you are close to; friend, family, neighbour or loved one
- Call in that persons Soul and see them standing right in front of you
- Imagine stepping into their body, become one with their energy
- What do you feel, what impressions do you get?
- What motivates them?
- How do they feel about themselves

## EGO VS WISE MIND

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### EGO

- Fearful / Projects Itself Into The Past Or The Future....Not Present.
- Intense Mind Chatter
- Ungrounded / Reactive / Explosive
- Scattered Energy....Mostly Stuck In The Mental And Emotional Body.
- Unconscious / Disrespectful / Negative
- Contracted Energy/Restrictive/Fearful
- Guidance Is Always A Projection Of Judgment, Blame & Criticism of self and others

### WISE MIND

- Present / NOW Moment / Grounded / Calm
- Silences The Mind And Tunes Into The Heart
- "Fully Feeling" The Core Sensations In The Body
- Intuitive Nudges....Ideas Or Visual Images
- Observing / Discerning What Feels LIGHT
- Addresses Situations From A Grounded, Heart Felt, Honest Place.
- Conscious And Respectful
- Expansive
- Guidance Is Always Loving, Solves Problems, Suggestive & Supportive.
- Guidance is Clear/Short/Precise....
- Not Full Of What If's.....There Is A Sense Of Knowingness.

## HELLO EGO THERE YOU ARE!

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We are all complex human beings and we have many parts. These Ego parts came into being over the course of your life to help and protect you. We have parts like; victim, judgmental, frightened, worrier, angry, depressed, anxious, spiteful, mean, people pleaser, attention seeker, controller, approval seeker, rescuer. These parts are not the 'real' you, your Wise Mind, the CEO, they are just aspects of yourself that surface or are triggered from time to time in response to certain events or circumstances. Learn to separate these parts from your Authentic Self and manage them.



## EGO ACTIVITY

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1. Notice the part of you that is being triggered and name it eg approval seeker, shame, not good enough
2. Accept this part of yourself and thank it for being there for you
3. Stop yourself from reacting from this part in your automatic, habitual way and take a few deep breaths
4. Talk to the part of you that is triggered, say whatever you need to say to soothe it and see if it will relax and let you handle the situation
5. Think about how you would normally have reacted to this situation and allow yourself time to choose a different response, one that comes from your Wise Mind.
6. Afterwards, evaluate your performance and reward yourself for making a different choice!

### Emotional V Rational Mind



**BUILD  
SOUND  
MINDS**

The Intuitive Mind is a sacred gift and  
the rational mind is a faithful servant.  
We have created a society that  
honours the servant and has  
forgotten the gift.

Albert Einstein

## WHAT IS INTUITION?

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- **Intuition** is the ability to acquire knowledge without recourse to conscious reasoning. Different fields use the word "intuition" in very different ways, including but not limited to: direct access to unconscious knowledge; unconscious cognition; inner sensing; inner insight to unconscious pattern-recognition; and the ability to understand something instinctively, without any need for conscious reasoning

## INTUITION

ELIAS CHANNELLED BY MARY ENNIS

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- An answer, not a question. Intuition is always a question answerer
- Is definite, not perhaps or maybe
- Is not precognitive (Precognition negates choice)
- Very rare that it comes in images, although it does for some people
- Is usually a feeling or a thought. It may 'feel' right to do something
- It is never expressed by your Inner Self as a fear
- You might react to the answer with fear but the communication is never a fear

## INTUITION

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- It is not a want because that is possession and an answer is never a possession
  - Intuition is giving you information ABOUT a subject
  - It does not do the choosing for you, you, your greater consciousness that is the totality of you does the choosing
  - Intuition merely offers information for you to do the choosing, to help you make the choice
  - Does not express preference
  - Just because you have listened to your intuition doesn't mean there will be no obstacles or challenges often it takes you on a twisting path but you are still moving in a direction
  - It is broader than merely impressions
  - Is a feeling in your body more than your gut

## INTUITION

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‘Intuition is like a GPS it will keep re-  
routing you along the journey, keep  
listening to it and adjusting as you go’

Lee Harris

## INTUITION

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‘I feel there are two people inside me, me and  
my intuition. If I go against her, she’ll screw  
me every time and if I follow her, we get  
along quite nicely’

Kim Basinger

## WHAT CAUSES DISTORTION IN THE MESSAGE?

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- Mental Illness
- Trauma
- Addictions
- Distorted beliefs
- Lack of humility
- Lack of empathy
- Lack of self-awareness
- Haven't acknowledged your Shadow Self
- Haven't dealt with your shit
- Emotional Dysregulation – being triggered

## SIGNS OF EMOTIONAL DYSREGULATION

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- Will cause you to go into Flight, Fight, Freeze or Fawn. This might look like:
  - Flight - Wanting to run away, suddenly making plans to move or go on holiday. Obsessive compulsive behaviours, hyperactivity, suddenly breaking up with someone
  - Fight - Getting wound up about an issue, person or problem and wanting to cause a fight with someone. Road Rage. Getting irritable, frustrated or impatient.
  - Freeze - Feeling like you can't do anything, lack of energy or motivation. Netflix binging. Emotionally disappearing, feeling numb, going into a world or your own fantasy
  - Fawn – People pleasing, being overly helpful, house-cleaning, fixing

## EMOTIONAL DYSREGULATION

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- ● You feel spaced out, blank, foggy, at a loss for words, can't remember where you are
- ● You feel scattered, trying to do a lot of things at once and finishing nothing
- ● You are tripping over things, dropping things, losing things or just can't seem to physically function in your normal way.
- ● Your voice and facial expression are flat
- ● You are in a rage, or you feel a HUGE urgency to express what is bothering you
- ● You can't feel parts of your body -- hands, mouth, face, nose, feet

## EMERGENCY MEASURES TO RE-REGULATE

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1. Notice when you are dysregulated! Are you flooding with emotion? Adrenaline? Panic? Say to yourself "I'm having an emotional reaction," or "I'm being triggered."
2. Be safe. If you're driving or using heavy equipment, stop. Take your time. If you're in a potentially violent situation, remove yourself. You can calm a verbal argument by using gentle words to stop the interaction for now, like "I want to continue this conversation, but I need to take a breather to calm down."
3. Buy some time. Separate from the other person if you can. If it feels urgent, take even longer before you try to resolve anything. You can always excuse yourself to go to the toilet, say you've forgotten something and return to your car or go to another room.
4. Stamp your feet. As you stamp each foot, say quietly to yourself "right" "left" "right" "left." This helps your brain begin to re-regulate.
5. Take ten deep breaths, focusing particularly on the out breath.
6. Press your tongue to the back of your teeth. This is a strategy to get back in your body. Another thing you can do is rub your hands together.

## EMERGENCY MEASURES TO RE-REGULATE

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- 7. Sit down, and feel the weight of your butt in the chair. Gently rub your hands up and down your thighs. This is another strategy to get back inside your body.
- 8. Eat something. When you're stressed, you'll probably crave carbs and sugar, but it's protein foods that will help you get grounded again.
- 9. Wash your hands, and feel the water and soap on your hands. Warm water is particularly calming. As you wash your hands look at yourself in the mirror and say "I'm safe, I'm safe, I'm safe now..."
- 10. Notice where you're feeling anything in your body and breathe through that part of your body as if you were breathing the feeling out.
- 10. Get a good, squeezing hug. If no one is around, press your back into a corner and wrap your arms around yourself so you can feel pressure all around your torso.
- 11. If you're at home you could then distract yourself by doing some yoga, dancing, singing, going for a walk in the fresh air or having a swim.

‘..true answers always have the hallmark  
of simplicity. The basic law of the  
Universe is economy.’

David Hawkings  
Power vs Force

## PRACTICE, PRACTICE, PRACTICE

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- I never read for friends and family
- It's easier to read for someone you don't know especially if it's for free
- Never read for anyone that hasn't asked you to – Important Law of the Universe 'Don't be Intrusive and interfere in someone else's free will'
- Join my FB group Channeling, Psychic & Spiritual Guidance AU/NZ – I will post a free Reading. Feel free to jump in and Read for anyone there who asks. The more the better!

# AWAKEN YOUR INTUITION SESSION 3

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REEA PAWLEY



## DREAMS

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Why do we dream?

- Past Lives other timelines
- Healing – ask for yours
- Returning to natural spiritual state and leaving the energy of the day behind
- Processing what has happened to us during the day. Unconscious Mind's job
- Precognition
- Connecting to discarnate beings or transitioned loved ones
- Lucid Dreaming
- Astral Travelling & OOBE - William Buhlman

## PROFESSIONAL READING & ETHICS

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- First Law of the Universe – don't be intrusive, don't interfere in someone else's free will
- Confidentiality - The exception to maintaining confidentiality is a client threatening to harm self or another through suicide, homicide, or serious and imminent abuse.
- Tell them to take what resonates and leave the rest, We can't be perfect
- Remember you are the conduit/channel through which the information flows
- Don't make it up, if you aren't getting anything say so eg Grief
- Listen, sometimes they really do just want a counsellor more than anything
- Never give negative information, warnings or bring them down. Your job is to uplift & give positive guidance
- Compassion, Caring, honesty, humility, reliable

## MEDIUMSHIP

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- Channelling and Mediumship – words were often interchangeable but they are not the same
- Mediumship – Bring through messages from discarnate/transitioned loved ones
- Proof of Life work
- Messages have a tendency to be similar
- Just because they have transitioned doesn't mean they know anything more than when they were on Earth
- Not always Loving
- If they have had a very difficult life or had been very sick they need time to be healed and may be uncontactable for a long period of our time.
- You will bring through their messages via your clair senses, different for everyone

## CHANNELLING

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- Connecting with Higher Beings for the purpose of Knowledge, Guidance, Healing or Creativity – writers, poets, artists, musicians, inventors, actors, problem solvers
- Prophets, The Bible, The Koran
- Discern if they are in Love & Light by both the feeling and messages – uplifting, positive, empowering, rarely predict the future because it is an intrusion on Free Will
- Often you have a karmic relationship with a Being and that's why you Channel them
- You can translate their downloads through your clair senses or blend with their energy
- They use your vocabulary and often your knowledge but you also want 'new information' as your proof to yourself

## CHANNELLING

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- Channe'ling can be conscious or unconscious and everything in between
- Unconscious Channelers – Jane Roberts/Seth, Edgar Cayce, Shiela Gillette/Theo, Carla Ruckert/Ra - The Law of One, Darryl Anka/Bashar, Mary Ennis/Elias, Rob Gauthier/Treb
- Conscious Channelers – Lee Carroll/Kryon, Geoffrey Hoppe/Adamus, Esther Hicks/Abraham, Lee Harris/The Z's, Matt Kahn, Michael Mirdad
- Both conscious and unconscious channelers can experience a change of syntax, words, voice, accent, gestures – this is a good way for you to know it's not you!
- Both can have eyes open or closed, sit or walk around
- It takes time to establish the connection, it's never stays the same, it evolves
- Channelers are not necessarily nice people
- They Call Us Channelers – Youtube The Kevin Moore Show

## CHANNELING ACTIVATION & CONNECTION

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KELLY HOWELL



## AUTOMATIC WRITING ACTIVITY

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- When you are automatic writing it doesn't mean you may not have to edit the writing
- Allow the words to flow – stream of consciousness
- Don't expect your hand to move by itself
- You can type it

## AWAKEN YOUR INTUITION SESSION 4

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## PERSONAL WISE MIND ACTIVITY

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1. What is your Soul age? Eg Baby, Adult, Old?
2. How many other lifetimes have you lived?
3. What skills did you bring to Earth in this focus?
4. Who is part of your Soul family?
5. What is one lesson you came here to learn?
6. What is your Life Purpose?



### INSTRUCTIONS

- Focus on your right brain & heart
- You may write with your left hand if you wish
- Write the first answer that comes without editing it

## JOURNEY TO THE AKASH GUIDED MEDITATION

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<https://youtu.be/PTQxOoaTS8E>

# BREAKOUT ROOMS FOR READINGS

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