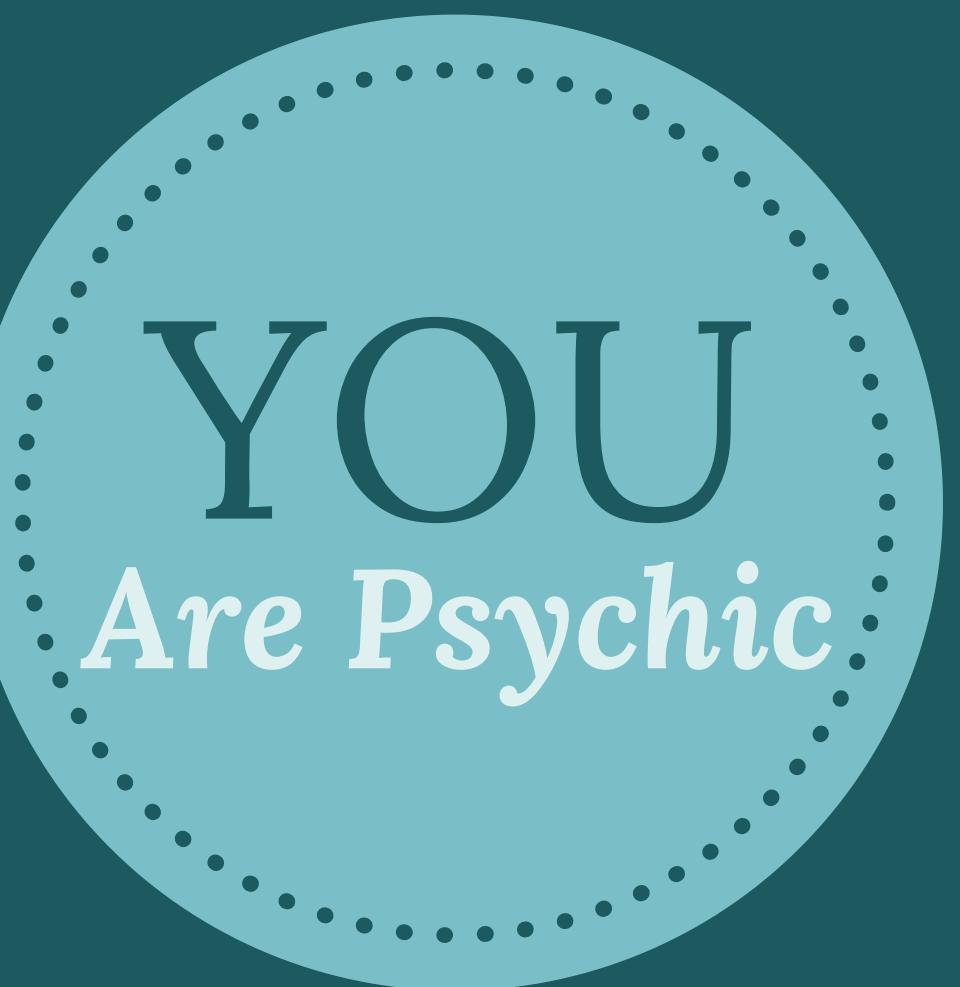


# 10 ways to recognise and control your intuition



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# 1. CONFIDENCE

Believe in yourself. You are psychic. You can't learn to recognise and control your psychic abilities if you keep doubting yourself. If you keep trivialising your experiences and explaining away your feelings you undermine yourself.

Everyone on this planet at some time or other has a psychic experience - it is your choice whether you choose to back yourself and your abilities or not.

## 2. VALIDATE

Your intuition is your inner knowing. These messages become psychic when you can control, recognise and interpret them for yourself and others.

Notice your intuition. What happened - why did it feel like it was psychic. Did you tell anyone?

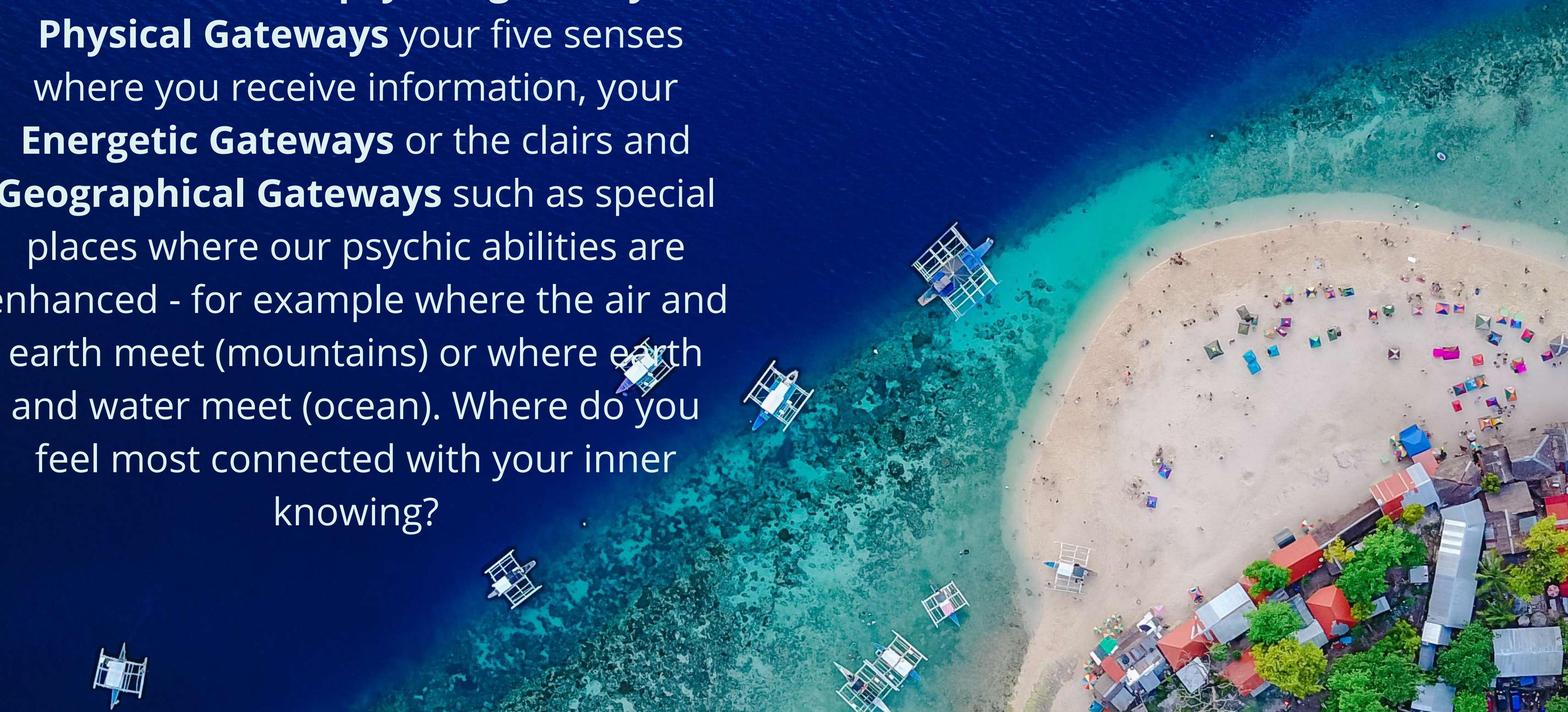
Did they believe you? Did you believe yourself?



# 3. RECOGNISE

**There are three psychic gateways.**

**Physical Gateways** your five senses where you receive information, your **Energetic Gateways** or the clairs and **Geographical Gateways** such as special places where our psychic abilities are enhanced - for example where the air and earth meet (mountains) or where earth and water meet (ocean). Where do you feel most connected with your inner knowing?



# 4. IDENTIFY

Clairsentient /Clairempathic - CLEAR FEELING

Clairvoyance - CLEAR SEEING

Claircognisance - CLEAR KNOWING

Clairtangence/Psychometry - CLEAR TOUCHING

Clairgustance - CLEAR TASTING

Clairaudience - CLEAR HEARING

Clairalience - CLEAR SMELLING

*Most people have  
1 - 3 dominant psychic abilities*





## 5. ENERGY

Everything is energy and vibrates at a particular frequency. Remove all negative people from your life.

Negative people, skeptics and anyone else who pulls you down will stop you from moving into your positive vibration. You need to raise your vibration to control your psychic abilities.

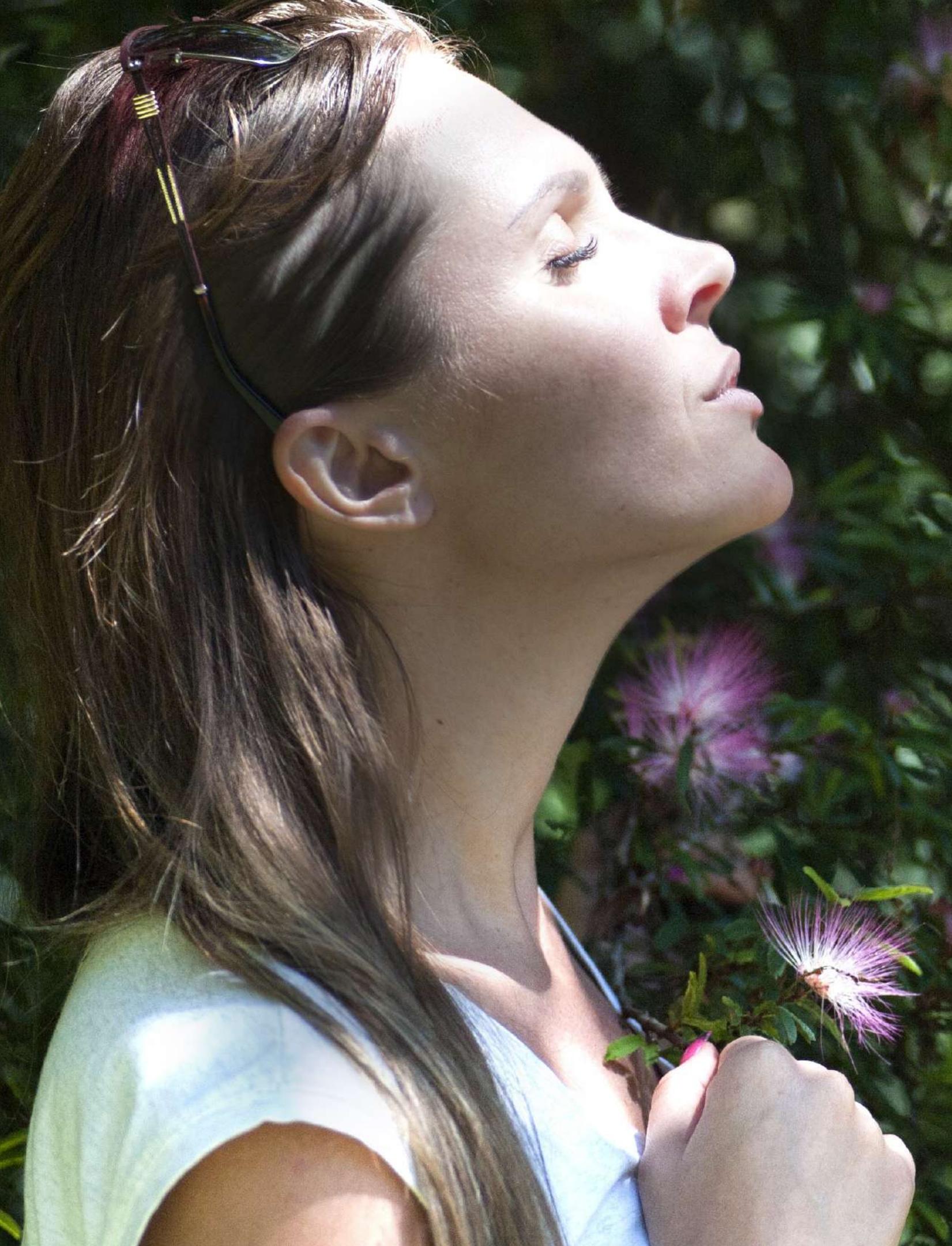
**Raise your vibration through chakra clearings, meditation and practicing your psychic abilities.**

# 6. ENVIRONMENT

Create a space that is just for you. You can make this into an altar where you keep all of the objects that remind you of your connection to spirit and your psychic gifts. You can light a candle, have special crystals, burn incense or fragrant oil. If possible use this space to meditate.

**Having a special place especially for your psychic development will remind you to practice every day and help you to focus.**

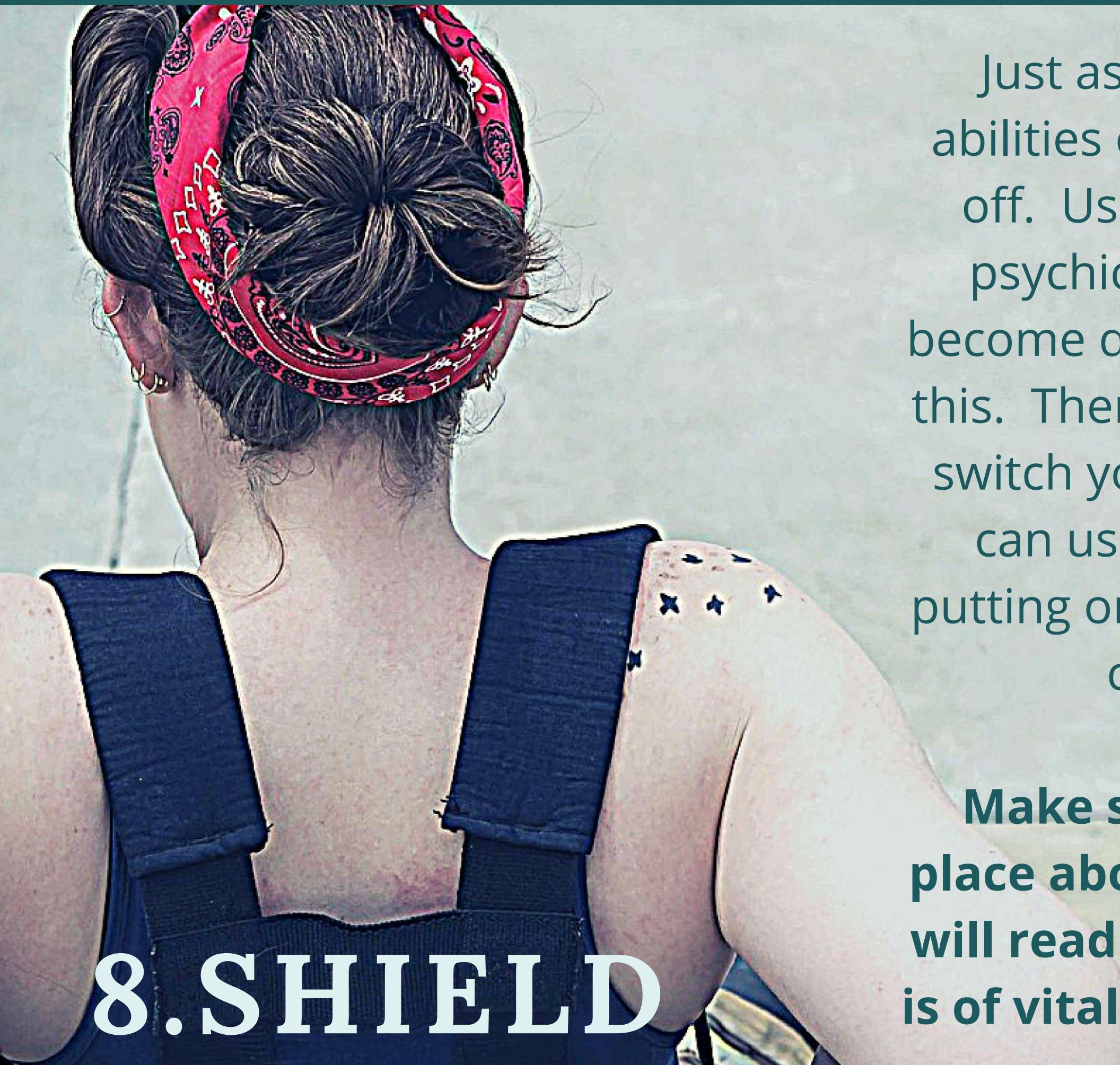




## 7. MEDITATION

Meditation and mindfulness go hand-in hand. Meditation will enable you to slow yourself down and focus on your inner world. It is that space within your soul that you need to get in contact with. It is like a small light within and when you bring it into consciousness it will glow brighter and brighter and will blend with the soul of those around you. This is how you bring, inspiration, guidance, peace and love to everyone you come into contact with.

**Practice meditating every day - this is how you will 'switch on' your psychic ability.**



Just as you can learn to turn your psychic abilities on, you can also learn to switch them off. Use meditation to learn to switch your psychic ability on. As you practice you will become quicker and quicker at being able to do this. Then just as you have a way of learning to switch your abilities on develop a routine you can use to switch them off. This might be putting on hand cream or putting on a baseball cap. Whatever works for you.

**Make sure you have clear boundaries in place about who you will read for, when you will read and what you will read about. This is of vital importance to protect your energy.**

A woman with long, dark hair is lying on her back in a dense field of green clover. She is wearing a white, off-the-shoulder top and white shorts. Her head is resting on a cluster of red roses. A blue butterfly is perched on her right shoulder. Several small white flowers are scattered around her neck and chest. The background is a dark, out-of-focus landscape.

# 9. NOURISH

You must have adequate  
Diet  
Rest  
Sleep  
Exercise

Your self care is important as you enhance your intuition into psychic gifts. Being a psychic can be incredibly draining.

# 10. JOURNAL

Record all your experiences, your dreams, your visions, your feelings, what you notice around you. All of these things are messages from spirit and as you journal you will be recording your spiritual growth. When you look back you will be able to see your development and just how far you have come.



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I'm Elizabeth Roebuck-Jones, Relationship Counsellor and Clairvoyant. This means you get the best of both. I see (hear and feel) spirit energy and help you get real understanding through the experience I have had working for Relate in England and Relationships Australia.

When not doing readings and hanging out with my dog, Bertie, I help women build their confidence and listen to their intuition through Tarot reading and psychic development.

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