

How to know if you're
psychic



Are you or your child psychic?

This is a question that so often crops up.

How do you know if you are psychic? Do you have a child that you think may be spiritually gifted?

I believe that everyone has psychic / clairvoyant abilities. However, they all vary as to the ability – think of it this way, some people have that amazing ability to just sit down and be able to play the piano, they can play by ear and after a few goes they get it. Others, need to have lessons and plenty of practice to bring themselves up to the same standard, and yet others, while they have lessons and practice really hard, will just never make that grade, they can play but just don't have the ability that others may have.

So, how do you know if you are psychic?

For starters, there are a number of different ways in which you can receive messages from those in the spirit world. Some people may have only one of these abilities and others may use three of them and yet others all eight of them. I'm in the last category, however I don't like channeling, for me personally I like to be controlling what is coming out of my mouth and usually tell whoever it is that is trying to take over to just stop it!

So, what are the different ways you can received messages I hear you calling! Let's start with:



1. Clairvoyance

Having clairvoyance means having clear vision – you see things in your ‘minds eye’. You may see images or symbols but it’s all about ‘seeing’ things.

I like to stare at one particular spot which helps me to focus, and sometimes the image is really clear and other times I’m not quite sure what they are trying to show me. For example, I once did a reading for someone and all of a sudden I was seeing green frogs everywhere I looked – I said to the person having the reading “I have no idea why I’m seeing green frogs but they are everywhere!” she laughed and said she loved them and that her husband would be showing them to me as confirmation that it was him coming through. Another time someone has passed in a car accident at night and I just kept seeing the vision of the headlights coming for me as if I was driving.

So, sometimes the image may just be like a picture and other times it can be like watching a movie.

2. Clairaudience

Having clairaudience means you have clear hearing – you heard words or sounds in your ‘inner ear’.

Ever had those times where you’re in your house and you clearly hear someone say your name?

Or maybe you’ve been talking to someone and a name pops into your head as though someone has said it and then you turn to meet someone new and that was their name.

Another example, is you may be driving along and someone tells you to go a different way home, you don’t know why until later on you find out that there was a serious car accident on your normal route.

3. Clairsentience

Clairsentience means you have clear sensation or feelings - To feel information anywhere within the whole body.

This can be where you feel pain when someone else is going through it. When I'm doing readings all of a sudden my knee may start hurting and I find out the person needs a knee reconstruction. I have also suffered chest pains when someone in the spirit world has passed from a heart attack, or my lungs feel like they're burning when someone has died of lung cancer.

4. Clairscent

Clairscent means you have clear smelling – This is when you smell a fragrance/odor of substance or food which are not in your surroundings.

One time I was in a board meeting when I smelt timber shavings – when the meeting finished I rang my husband who had just walked through a building site where they were cutting up timber.

A common one for a lot of people is when you can smell cigarette smoke but no-one around is smoking but you know a close relative who has passed used to smoke – they're letting you know that they are around.

Or when you smell your grandmothers favourite perfume even though she has been passed for a few years.

You're not making it up – you are smelling it!



5. Clairtangency

Clairtangency means clear touching, it is more commonly known as psychometry - when you handle an object or touch an area and perceive through the palms of one's hands information about the article or its owner or history.

Psychometry is a very old art – some clairvoyants use this to help with a reading by either holding the object of someone that has passed or needing to hold the hand of the person who they are doing the reading for. It does make it easier at times if you're actually touching / connecting with the person doing the reading.

Have you ever just picked up an item in a second-hand store and had a weird vibe off it? That's psychometry.

The only thing with psychometry is that if someone gives you an item of jewellery to read but it's second-hand, you will get energy from every single person who has ever owned it.

6. Clairgustance

Clairgustance means clear tasting – which is where you can taste a substance without putting anything in your mouth.

I think this is pretty self-explanatory – when you may be sitting watching TV and all of a sudden you can taste your grandma's favourite cake.

Obviously, sometimes the taste is not so pleasant – say for instance that iron taste of blood in your mouth – not all messages can be pleasant!



7. Clairempathy

Clairempathy mean clear emotion – An Empath is a person who can psychically tune in to the emotional experience of a person, place or animal.

Ever just known before you ring someone that they are upset?

Does your child get emotionally upset when an animal is hurt as though they are feeling the animals pain / sadness?

Some people think that they are just highly emotional and yes, some people can be, however when you are feeling someone else's emotions then you're not being highly emotional because they aren't your emotions.

This one can sometimes be difficult to determine for your child because you have to work out if they are experiencing someone else's emotions / pain or are they just throwing a tantrum for not getting their own way.

8. Channel/Channeling

Channel – is when a person allows an etheric world intelligence to enter one's mind and impress thoughts upon the consciousness to be spoken aloud, using one's voice or body to deliver the information or healing energy.

One time this happened to me when I was doing a reading, it was a male who was mentally slow and I actually couldn't speak fast like I normally do, I had to really talk slow and carefully pronounce every word, kind of like I'd had a stroke. I personally don't like those in the spirit world doing this – I like to have control of myself and what I am saying and I prefer to just be told what to say rather than be 'taken over' – however other people enjoy doing this kind of message work.

Me, when I feel that starting to happen, I just tell them to not do it and then they don't!

So, as you can see there are a number of ways that you can receive messages!

Some people have all of those abilities and for others they may use only a couple or maybe only one.

One thing to remember when receiving messages is that they aren't always obvious, you rarely have someone in the spirit world go, 'hey, Peter here and I died from lung cancer' – instead you may just sense that the person is a male, their name may start with a P or you may get a heaviness in your lungs, it's up to you to work out what it is and sometimes it's like playing charades in your head. When giving information to others, if that is what you need to do, you need to make sure that the other person understands and sometimes you need them to help fill in the blanks.



Still not sure if you're psychic or not?

9 Questions to ask yourself to see if you or your child has psychic abilities.

Have a think about the following questions, they are geared towards your child but ask yourself if you were like this as a child and if you or your child tick a few of the boxes, it is pretty much guaranteed that they have some form of psychic gift.

1. Would you class your child as quite emotionally sensitive?

This isn't a child that throws tantrums, but one that can pick up what others are feeling even when the person is trying to hide their emotions. They can also be a child that hides their own emotions and may seem a fairly quiet child. – I was the child that always cried when someone else cried or cried if I accidentally hurt someone, I couldn't and still can't stand to see someone suffering in anyway. It takes all of my willpower when doing readings to not cry right along with my client.

2. Have friends or your child's teacher / carer mentioned that they are highly intelligent?

This doesn't always mean that they have a high IQ or excel at math but they may seem to have a greater understanding of situations and can look at things that happen in a different way. For me, I was exceptional at reading – shocking at math but by Grade 2 I was reading Grade 6 readers, I loved nothing more than the world that I created in my mind from the stories that I read.

3. Does your child seem to have a very creative imagination / creative?

Does your child play well by themselves and can seem to create a whole world in which they are playing? Do they never need help in finding something to do? They may be good at drawing or creating music for example. I played a lot by myself as a child, and especially loved my sandpit where I played and created – when I played with Lego I loved designing houses at the age of 8. I also have always been good at writing poetry and with the written word.

4. When your child meets a stranger have they ever told you that they ‘don’t like them’ even though they don’t know them?

This will happen even though the person hasn’t disciplined them or perhaps even spoken to them, sometimes it will happen in a shopping centre and they will just say ‘I don’t like that man’ even though he’s standing in a queue. Don’t mistake this for a child that doesn’t like an adult because the adult has said something to them that they didn’t like.

I still do this today – I can have someone walk into a room and I will avoid them at all costs, even though I’ve never met them, and I don’t wish to.

5. Does your child get upset going to places that are very noisy or being surrounded by a lot of people?

This would be big shopping centers, especially at sale time or market places where people are jostling for positions – a sensitive child just can’t handle all of the energies packed in so tightly together, they also don’t like having people bumping into them. My mother tells the story of how when I was 2 years of age that I would jump out of the pram and run across the road in the centre of Perth, WA to get away from the shops! I still hate shopping and going to markets for this reason, there are just too many people and too much energy, I’m in and out as quickly as possible.

6. Does your child prefer to be by themselves rather than a group of people?

This is a child who happily plays by themselves, it isn't a child that doesn't have any friends, or has trouble getting along with other children but instead a friend that has friends but isn't bothered if they aren't around to play with. They can also be classed as an introvert, they are just happy to be by themselves. It's usually the parents who are more upset that their child isn't playing with others.

I was very much a loner as a child – I had friends and always had people to play with and I enjoyed playing with them, however I quite enjoy being by myself and I still do, it doesn't bother me the slightest in working by myself and being in my own company.

7. Does your child seem to learn better with visual stimulus? E.g. Using objects and images.

Again this is that creativity aspect cropping in – that they are able to visualize things better in imagery rather than numbers. I'm still like this, I am much better at using images and visualizing images rather than numbers.

8. Have you noticed your child playing and talking to an imaginary friend?

Now, there can be a fine line between an imaginary friend who is actually a spirit and an imaginary friend who is just imaginary! When it is a spirit that is coming to visit them, your child will be much more descriptive with their friend and more than likely it will be a child from a different era – and not always a child, either. But they will be able to tell you what they are wearing, their name and what they used to do.

When I was a child I had a number of imaginary friends – the first I remember were what I would call angels, I knew that they weren't human but that they were from another world and I was very calmed to have them around me when I was going through a particularly difficult time.

9. Have you noticed that when around animals your child just seems to have a natural affinity with them, they aren't scared or hesitant around them as other children seem to be?

A lot of small children will be scared of big dogs or even cats they just seem to have an inbuilt fear of them. Your child will never hesitate to go up to an animal and will always be gentle with them and the animal will know and have a connection. As a child at our holiday home I loved a boxer dog even though he was huge and I was tiny. I also used to stop and talk to birds and they would never fly away. And when I go to parties everyone's animals always come up to me for a cuddle – even when they are known to not like people!

You or your child need to have answered yes to at least 4 of these questions to be classed as psychic.

If you only answered yes to one question then you wouldn't have much psychic ability at all, however, don't despair that doesn't mean you can't start developing your abilities. Remember what I mentioned at the beginning that everyone has different levels of abilities.



So, you've established that you've got some psychic abilities – now what?

It would of course, depend on what you want to do with your gifts!

There are little techniques you can practice at home:-

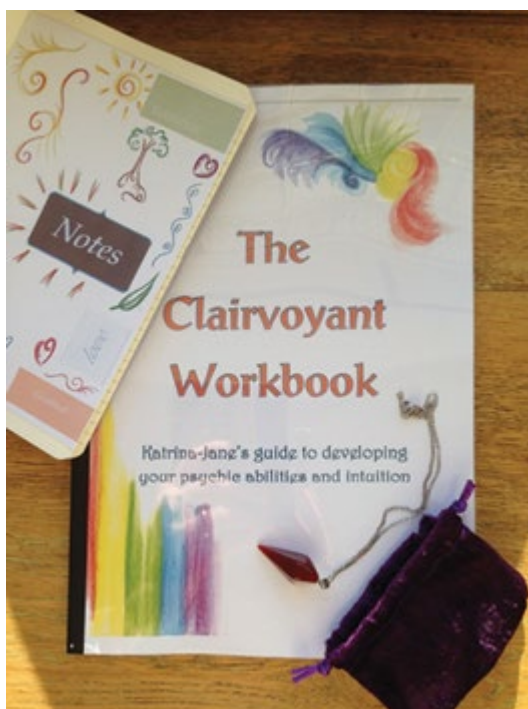
- When the phone rings – try and tune in to who it is calling before you answer
- Shuffle a deck of cards and try and guess which one you pull out before turning it over;
- Keep a journal of your dreams – this will help you work out if there are messages for you in them – or they may even be prophetic dreams
- Be more aware of messages from those in the spirit world, don't write off as a coincidence that your dad's favourite song came on the radio as you were thinking of him.
- Buy yourself a deck of tarot / oracle cards and see if you can get a meaning behind the card without looking at the booklet and see how right you were. Remember with cards, as you develop yourself you will interpret them yourself with your own meanings.

Still want to develop yourself further?

If you would like to develop it further, I offer a one day workshop that is great for beginners or even those who have dabbled a little bit but have come to a road block.

The one day workshop can be done via correspondence so it doesn't matter where you live in the world! You can obtain more information through my website **www.katrina-jane.com**

I also hold workshops in my rooms in Bolton Street, Newcastle, NSW a few times a year where no more than 8 people come together and we go through all the different techniques that you can use to help develop your own abilities, it's also a fun and relaxed day and everyone leaves being surprised at what information they have been able to give to someone else.



If you have a child that sees spirits

I have written a book for children which is available through my website **www.katrina-jane.com** or through **Amazon.com**



Katrina-Jane brings you this book with a desire to help children to believe that they are loved and safe and that what they are seeing and hearing is perfectly normal.

This book is certain to calm and soothe your children and to help them understand that what they have is a gift and to cherish it. Bring joy and tranquility to your children today by reading them this lovely bedtime story.



CHRISTIAN TO CLAIRVOYANT

HOW ONE WOMAN RELEASED A LIFETIME OF RELIGIOUS
DOCTRINE TO FOLLOW HER DESTINY



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Coming soon:

I am in the process of developing my own Oracle Cards – these will be available through my website **www.katrina-jane.com** so keep an eye on my newsletters and **Facebook** page as the announcement will be in there shortly!

Finally, some things to remember if your child is psychic:

1. Don't tell them that they are being silly or overly sensitive
2. Don't make them 'perform' in front of friends or family – they are a child who is psychic not a performing circus monkey.
3. Believe your child when they have an imaginary friend – get into the spirit of things and ask them questions about who their friend is.
4. Understand that when your child sees spirits, especially at night, don't dismiss those fears if they have them, talk to them about who they may be seeing and how they don't have to fear it.
5. Most importantly, let your child know that they have the ability to not receive information, that if they are being visited by spirits, they can tell them to go away and leave them alone. The power is within them.

I hope that this has helped answer some questions that you may have had in regards to your psychic ability or your child's.

Also, hoping that you have an understanding of how to deal with a psychic child.

Katrina-Jane





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