



JANE OHERTY

Pocket Psychic Guide

Thirteen tips to remember for developing your own psychic ability!

1. Relax.
 2. Remove all fear.
 3. Meditate.
 4. Listen for guidance.
 5. Learn to interpret the inner signs.
 6. Give yourself permission to “feel” your emotions.
 7. Schedule time to observe and appreciate the beauty in nature and your surroundings.
 8. Cultivate confidence and other out-going personality traits.
 9. Become open to new ideas and possibilities
 10. Develop good concentration skills.
 11. Pay attention to the thoughts and images that pop into your mind.
 12. Become aware of your patterns. They are the lessons and challenges necessary to overcome for your spiritual growth.
 13. Trust in your gut feelings for guidance. the more you pay attention and trust in them, the more psychic you become.
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