

How To Develop Your ESP

By

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"Listen to your intuition. It will tell you everything you need to know."

Anthony J. D'Angelo, The College Blue Book

Everyone is born with natural intuitive powers, but often we are taught to ignore them and to rely solely on our reasoning mind. If we can't see something, touch it, smell it, taste it, hear it or prove it, we tend to deny its existence. Consequently we fail to take advantage of those psychic hunches and warnings that played such an important role in the lives of our ancestors for their survival.

'Women's intuition' or men's "gut feelings" are the expressions that we hear to explain how we gain knowledge that is beyond normal information channels – that inner feeling or compulsion that drives us to follow (or not follow) certain courses of action. We all can recall certain events where we followed or ignored our sixth sense and the consequences we paid for that decision...

In developing your powers of intuition, listen to your hunches. When making a decision, the first solution you settle on is usually the best, and lapsing into a back-and-forth debate with yourself wastes energy and smothers the natural inner voices that are available for sage advice.

Start paying attention to what is happening in you life. Are there timers during conversations when you know ahead of time what someone is going to say? Do you ever know ahead of time that your telephone is going to ring, or that someone is about to knock on your door? Do you occasionally experience a feeling of déjà vu - that you have previously experienced something or have seen something that is happening to you at the present moment for the first time? Do you silently communicate with family pets? Are your dreams prophetic or helping with problem-solving? Do you sometimes pick up thoughts or emotions of a friend or loved one who is far away from you? All of these powers can be brought from your subconscious mind to your conscious awareness through practice and letting go of preconceived ideas.

Cleanliness of mind, body and soul are the key elements that must be present to achieve your greatest psychic potential. Make honesty and kindness keystones to your character. Treat others the way that you would like to be treated. Don't allow your home, workplace or mind to be cluttered with unneeded possessions, articles or negative thoughts. Self-discipline and the ability to control your emotions and direct them positively are vital. If something unfortunate has happened to you in the past, don't dwell on it and let the disappointment control the future direction of you life. Don't forget about it either, for it is important to learn from what happens to us. Shift this memory to an area of your mind where it can be stored away like an old email on your computer. Don't waste your energies or opportunities on feeling guilty. Resolve instead to do better in the future.

If you work with someone you do not like, make a special effort to concentrate on their good qualities and to understand the reasons for the characteristics and behaviors that you find disagreeable. You will be better off for it emotionally and your psychic energies will not be dissipated and wasted on anger, resentment and toxic thoughts. If you are faced with a task you dislike, get on with it immediately. Don't stand around wringing your hands or feeling sorry for yourself because that doesn't get the job done. The clearer you are in your intentions, the less clutter you will have in you r mind and in your surroundings and the more room you will create for your natural powers of ESP to guide you in every aspect of life. The results and rewards will be amazing!

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people," Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **www.AskDrTreese.com**