



GUIDANCE AND INSIGHT

Sara,
Psychic & Astrology
Readings

5 Ways to Develop Your Psychic Potential

by Sara



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Sara, Psychic & Astrology Readings

Accurate psychic guidance and insight to empower and support you, giving peace of mind and clarity. Over 25 years experience helping people make positive choices, heal, be strong and lead happy and fulfilling lives.



Everyone has some level of psychic ability. Hunches, dreams and that 'gut feeling' when you know that something is wrong or 'off' are all manifestations of your psychic self. Like any other talent though, it needs to be nurtured and developed if it is to grow strong and be useful to yourself and others and not lead you into confusion.

There are many people who are aware of their intuitive and spiritual potential and want to learn how to develop it further but are not sure where to start. Often these are people who have become aware of their spirituality and the presence of light and dark because they have been hurt or experienced the darker side of life and people, now naturally they want to explore and grow the light and positive energy that was missing. This is very healing at many levels and is a form of spiritual alchemy that turns the negative past into a force for a positive future.

I have written this book to give you steps to take to prepare yourself by raising your spiritual vibration and gaining awareness and understanding of your special and unique talents. I have been a professional psychic and astrologer since 1990 and have used all of these practices myself and continue to use many of them every day.

As with most things that are positive and from the light, the benefits of these practices will spread beyond just the spiritual and into other areas of your life. Many of the tips will improve your physical and emotional/mental health while developing your spirituality and psychic potential. I hope you enjoy this e-book and find it helpful. I also want to extend an invitation to you to join my Facebook Community Group. This is an online community where we can grow, learn and share our stories with like minded people, plus get daily doses of inspiration.

<https://www.facebook.com/groups/stargold/> Hope to meet you there soon

Love and Best Wishes

Sara_{xx}

Step 1 - Grounding and connecting with nature

Without some kind of grounding practice, it is hard to release the built-up energy from your body and psyche – sometimes causing stress and anxiety, sometimes physical problems or both. This is especially true if you begin doing any psychic work with others as it is very easy to take on their energy. This is also true if you are very empathic or sensitive and pick up on the energies and troubles of those around you.

Grounding yourself is very important and something you should do each day. The best time is first thing in the morning when you wake up.

Grounding Practice

Stand barefoot either in your home or outside where you won't be disturbed.

Take three deep breathes from your belly, releasing tension as you breath out and bringing in clear energy as you breath in.

Place your feet slightly apart and start to visualise the energy from your body moving down through your legs, into your feet, and then into the floor or earth itself.



Feel the energy becoming heavy and flowing down through the building structure if you are inside and deep down into the earth, like the roots of a tree, grounding you and making you stable, sturdy and strong.

Stay like this for a minute or so, focusing on the energy flow rooting you into the earth. Now raise your arms above your head and visualize the energy from your body flowing up through your arms, into your outstretched hands and out into the air.

Feel the lightness of the energy as it moves from you into the universe beyond, connecting you with the spiritual energy of the world, light and Sun.

Stay like this for a minute or two and focus on the feeling of lightness and connection.

Now lower your arms and take another three deep breaths from the belly.

End

Doing this practice for just five minutes is a fantastic way to start the day. However, it is also something you can do any time you feel stressed, flustered, or just want to feel centred and grounded.

Nature

Nature is a constant source of inspiration and peace. Surrounding yourself with growing things and putting your feet and hands in the earth is an uplifting and joyous thing to do. Whether it is sitting in your garden or local park, walking in the bush or by the sea; the sounds and energy of nature are wonderful for bringing you down to earth. Gardening is one of my favourite ways of grounding myself – after doing several readings I often go out into the garden and pull a few weeds, pick some fruit or dig my hands deep into the soil to ground the energies that have built up over the morning's work. Flowers and plants bring very positive living energies into your home, just be sure to remove any sick or dead plant as they are very bad Feng Shui and will bring positive energy down. Relaxation and Meditation in natural and peaceful surroundings always seems to make the soul happy.

Nature Practice

Walk out onto a patch of earth or grass barefoot.

Stand still and visualize all the stress and built up energy flowing down your body and then legs and into your feet and then down into the ground beneath.

Breathe slowly in and out and as you breathe out picture all the negative energy leaving your body through your feet into the earth.

The earth is a fantastic neutralizer which will take the energy in and make it safe and harmless.



Salt Baths

Salt Baths are great for cleansing and grounding you. Just pop a cupful of sea salt, Himalayan Salt or even Epsom Salts in your bath and it will help to release tension, stress and negative energy and to ground you. If you don't have a bath or prefer a shower, just use the salt to scrub your skin and rinse well.

You can also add one or more of the following herbs or essential oils to really increase the effects.

Herbs and Oils

Basil – love, cleansing, wealth

Bay – protection, psychic powers, healing, strength and endurance

Chamomile – money, quiet sleep, affection and family

Cloves – protection, banishing negativity, love money

Lavender – love, protection (especially children) quiet sleep, long life, happiness, peace

Mint – money, love, increasing sexual desire, healing, protection, travel

Pine – healing, fertility, sends hostility back to sender

Rosemary – love, passion, mental powers, removes negativity, purification

Sage – long life, wisdom, protection, wishes, memory

Sandalwood – protection, healing, banishes negativity, spirituality, contact with higher self

Vanilla – Love, passion, increases mental powers

Taking time to slow down, focus and ground yourself with Earth energy each day is a healthy and positive practice that will help you to strengthen and develop your psychic and spiritual self. It can be a great stress reliever and promotes calmness and peace.



Step 2 - Raise Your Vibration

You may have heard people talking about raising their vibration as a way of having a more positive life, better relationships and a higher spiritual and psychic awareness. The vibration they are talking about is the vibration of the energy within everything on earth and beyond.

Everything and everyone vibrates at their own unique level and at different times in their lives. The lower the vibration, the denser your energy, and the heavier your problems seem. If this is the case, you may feel pain and discomfort physically and experience heavy emotions and mental stress. It takes a lot more effort to get through the day and accomplish your goals or even just fulfill your obligations.

The higher the vibration, the lighter you feel in your physical, emotional, and mental state. You feel more energy, confidence and clarity, and are in touch with feelings of peace, love and happiness. Your body feels great and emotions are smooth and flowing and easy to manage. Your entire being becomes lighter and freer and life takes on a positive tone.

There is also the saying 'like attracts like' so if you are wanting a better love life with a more enriching partner, raise your own vibration and start attracting more love and positive, higher energy people into your life.

The Food You Eat

This is about health and positivity not weight loss or dieting- bodies come in all shapes and sizes and it is health and a positive vibration that is the important thing, not trying to look like a model.

Avoid Low-Vibrational Foods like:

- Processed and pre-packaged foods
- Alcohol, cigarettes and recreational drugs
- Coffee and other caffeinated drinks
- Fizzy and sugary drinks
- White rice and flour
- Processed meat
- Sugar and artificial sweeteners
- Fried and fatty junk food – most takeaway options



Eat plenty of High-Vibrational Foods like:

- Whole grains, brown rice and wholemeal pasta
- Fresh (preferably organic) fruits, vegetables and herbs
- Raw nuts and seeds
- Olive and other healthy oils
- Herbal teas
- Raw honey and maple syrup
- Fermented foods
- Legumes like peas, lentils and beans
- If you eat meat make it moderate amounts of free-range meat
- Fish – especially oily fish



You may notice from these lists that all of the high vibration foods are healthy and good for you and all of the low vibration foods are unhealthy and things we could all do with less of. This is just another example of the ways that leading a spiritually healthy life brings about health in other areas.

It is not just what you eat it is also how you eat it. Sit down and take your time – really focus on the food and feel that you are doing a loving and caring act by nourishing yourself with nutritious, healthy food. Try to cook with love and pleasure and feel gratitude for the people who will be sharing your food if you are eating with others. Add a splash of love to everything you cook and the energy will flow into the food.

De-cluttering

There have been a lot of articles and books about the miraculous powers of tidying up and getting rid of your clutter. I am not sure about all of them, but one thing is certain, if you clear out the junk and old 'stuff' from your home, mind and emotions, it will liberate a lot of space energetically for you to fill with a positive new life and spirituality. Clutter is basically stuck and blocked energy which drags everything down and gets in the way of leading a positive and free life.



The best way to start de-cluttering is with your home, as making physical changes here have a knock-on effect into your mind, emotions and spirituality.

Start with one room, one drawer or a class of items like clothes or books and sort everything into three piles:

Pile one is things which are still useful or bring you pleasure, keep these.

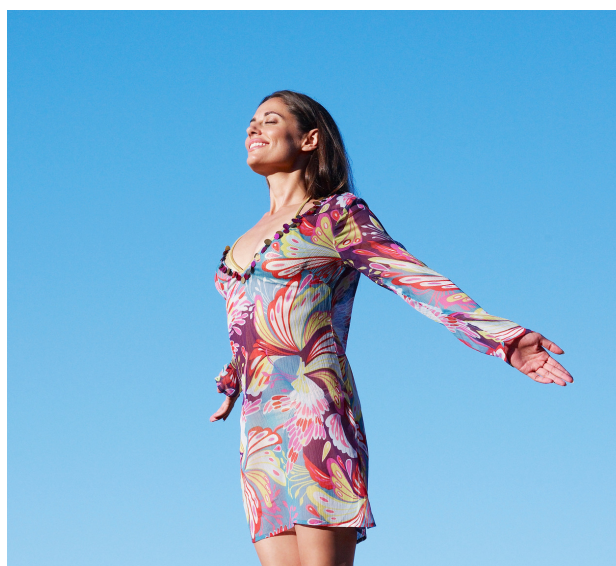
Second pile is for things which are still in good condition but no longer have a place in your life, these are for charity donation or resell.

Pile three is for the junk, things you have no use for, that you don't like and are either broken or damaged. These can go to the Recycling centre of your local tip or you can call and get a rubbish removalist to come and take it all away.

When you have done this, give everything a good clean and then find a proper place for what you are going to keep. This is important as if everything has a place it will stop your home from becoming cluttered again.

As you clean your home, your car, your handbag(!) emotionally let go of everything which is tying you to the negative energy of these items. At the end of the process you should feel liberated, free and ready for new positive energy to enter your life.

There are of course other ways to raise your vibration, in fact all of the practices and steps in this book will lift up your energy and vibration, but these two are very practical and easy first steps to make a noticeable difference quickly.



Step 3 - Journals, Reading and Learning, Networking

The first and second step were very practical, and earth based, this one is all about your mind and the connections you make which expand your awareness and enrich your life with like-minded people – your soul tribe if you like. It is also good to be aware of the information we let into our lives and consciousness.

We live in a 24-hour news cycle and often the news and social media can be one negative and depressing or scary story after another. While I am not suggesting you shut the world out and live in ignorance, a screen and news detox each week can do wonders for your peace of mind and spiritual calm. I also recommend signing up for good news sites like the Facebook page The Big Fix which is filled with positive stories about individuals, communities and countries everywhere doing wonderful things to improve the world and the problems that can sometimes feel overwhelming.

Here are a few more tips for using your mind and communication to increase your psychic potential.

Keeping a Journal

Writing a journal each day is a fantastic way to clear your mind, learn and reflect on experiences and also for recording dreams, feelings and spiritual awakenings. Simply buy a notepad or open a document in your computer and write in each day.



It really doesn't matter what you write about, it is more important that you write regularly. Your feelings about things, worries, goals and plans, lists of all kinds as well as any spiritual thoughts and insights can all go in. This will help you to track your progress along the spiritual path and is really useful to look back on in future years. There is nothing like seeing how far you have come if you feel stuck or low in motivation. Using a calendar or diary that has the phases of the Moon included can be good, as often people notice that they are more psychic and intuitive at the full Moon, making this a better time for psychic activities.

It also helps for you to write down your dreams. Dreams are like messages from the subconscious and psychic part of your mind. When you wake up in the morning, try to lie there and remember your dreams from the night before. Think about how you were feeling in the dream, remember if there were any symbols or words that have meaning for you. Who were the people and what were they saying to you? Write about all this in your journal to see your dreams change over time and to see how they relate to the events in your life. Relaxation and/or meditation before going to bed can be very helpful in improving both your quality of sleep and the psychic messages in your dreams. The Relaxation audio included in this Welcome Bundle is a good start.

Reading and Learning

Everybody has a unique path and finding out what is right and feels comfortable for you is a great part of the journey. Reading books, accessing the internet and meeting like-minded people can really open you up to the spiritual and psychic side of the world.

Books where people write about their spiritual path can be very inspiring and give you some pointers as to what is right or wrong for you. Reading about what has worked for other people and feeling if it resonates with you is a wonderful way of finding out more about your spiritual path more quickly.



There are also a million and one online sites, forums and blogs which discuss various practices and forms of spirituality (like my Facebook Community Group). Spend some time just searching around the web and learning more about your interests.

The more you find out the more some will strike a chord and feel very comfortable – these are the areas which are resonating with your soul and vibration and you should develop these further. Ones that leave you cold or make you feel negatively should be avoided as they are obviously not right for you – even if other people have found it useful for them. We are all unique and different things work for different people.

Seek out social groups in your area that are focused on spiritual growth and psychic development. You may meet new friends and like-minded people to share your spiritual journey with and will definitely find out interesting new information. There is a saying that ‘the freed need seeds’ and this relates to the need for spiritual nourishment and community to inspire and support your journey and life in general.

Networking and Meeting People

Having a Soul Tribe is as significant as being with your romantic soulmate and is often a lot simpler to connect with and create. Many of you will already know your Soul Tribe and are reaping the positive growth in your life right now. If you feel that you don’t have a Soul Tribe and want one, here are a few tips to get you started.



A Few Pointers for Finding Your Soul Tribe

Be the Authentic You

It has often been said that you just need to be yourself and your Tribe will turn up. This may sound a bit shallow, but there is some truth in it. For example, if you are someone who doesn't really care about material wealth, but really loves art and spirituality, don't hang out with materialistic people who only care about 'things'. These people will never be aligned with your soul. Instead join a spiritual development group, start going to gallery openings, or both! Just own who you are and what you really like (regardless of what you have been told you 'should' or 'shouldn't'). Put your energy into what you love and your authentic self and soon you will begin to meet more like-minded people who are on your wavelength.

Don't be Judgmental

The best friend you may ever have could be standing right next to you. If you are focused on what makes you different to them or if you are preoccupied with their appearance, hair etc, you will be cut off from them and never get to find each other. Have standards based on your true values and be ethical, but don't isolate yourself by focusing on surface level differences, or feeling superior or inferior to others.

Take Action

While it is good to be clear in your affirmations and intentions in your own mind, nothing beats practical action for getting results. Go online and join social media groups based in your interests (like my Facebook Community Group), look at what is going on in your local area and join in, just reach out to others like you. Whoever you are or however 'weird' you may feel, there are other people out there who are just the same and they want to get to know you.

Count your Blessings

Look around you at the people in your life – it may be that you have a small Tribe of Soulmates around you right now, you just can't see it.



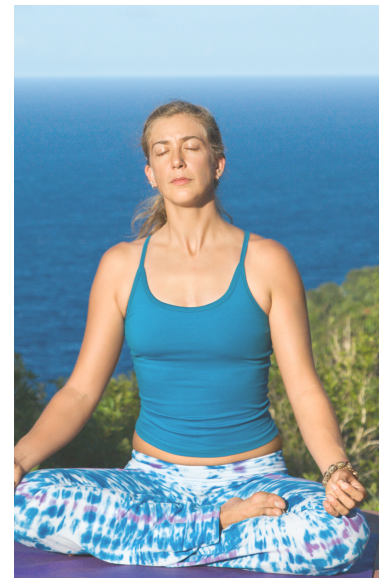
Step 4 - Meditation

If I could pick one thing that can change people's lives for the better, physically, mentally and spiritually, it would be meditation. Practiced for millennia, it soothes the mind and body and opens up the soul to a higher spiritual vibration. While many people find that sitting quietly is the best form of meditation, there are also active meditations which involve walking, dancing and movement of all kinds.

Many people find that meditating every day even for just half an hour can make a dramatic change to their health and mental wellbeing and also developing their psychic potential. It is all about taking built up stress levels back to zero and allowing the body, mind and spirit to recharge. This is especially important if you are very busy or have many demands placed on you.

Meditation recordings are available online from many places and I have included a relaxation meditation with the welcome bundle for this purpose. There are also many online sites and YouTube with free or inexpensive meditations and visualizations - it is a matter of finding one that appeals to you.

Following a meditation recording is often better for beginners as it is much easier to follow a voice than relying on your mind not to be distracted. I personally use Yoga Nidra as part of my overall Yoga practice which is available online from the South Hobart Yoga Center and places like it www.shyam.net.au



While this might seem like a waste of time or a self-indulgence – especially to someone who is balancing work, home, family etc, most people find that they have more energy and get better rest from their sleep when they are calmed through meditation and relaxation.

One of my clients who is a very busy woman, listens to her ipod and hums along with the music as she does the housework. For her this is a very effective meditation. The repetitive action of cleaning and scrubbing along with humming deeply in her chest soothes her nerves, clears her mind and revitalizes her energy levels– and she gets a clean house out of it too! The point is, as long as it relaxes you, makes your mind clear and free from stress and lifts your spirits, it will help you to cope.

Don't be discouraged if meditation doesn't work first time or if you have difficulty stopping random thoughts from creeping in – practice makes perfect and you will get more and more out of it as time goes on.

A Few Pointers for Getting Started

Find a good time

Any time of day or night is a good time to meditate, but most people have a favourite time – a time when they won't be disturbed and have the time to sit and practice. Some people find it easier to meditate early in the morning when they are fresh, others prefer during the day or before bed. Ultimately, the best time to do meditation is the time that's right for you.

Find the right amount of time for you

There's no set amount of meditation time that is right or perfect for everyone all the time, it's what feels right for you. If you want to start with 5 minutes twice a day and then move up to 10 minutes and so on when it feels right, that is completely fine. Don't set yourself up for failure and disillusionment by trying to start off at 30 minutes straight off. It is much better to start off slowly and build up to a longer time rather than start off with big plans and then give up.

Find a good place

You need to be somewhere that is comfortable, quiet and you can be undisturbed for as long as you need, so you can focus your mind and not be interrupted – but not so comfortable that you fall asleep. You can be sitting or standing or lying on the floor or a bed – whatever works for you.

Breathe

Breathing slowly and with awareness is one of the great calming and soothing practices. Sometimes you will start out breathing more quickly, but it will slow down as you relax and focus your mind. Breathe from your belly rather than your chest and focus on nothing else. To keep your mind from wandering I find it useful to repeat in my mind "I am aware that I am breathing in, I am aware that I am breathing out" as I breathe.

Notice thoughts and feelings

While you are in this relaxed state notice what thoughts, feelings and bodily sensations come up. There's no need to try to change them, challenge them or examine them, just notice them, like a cloud floating by, and gently bring your mind back to the breath.

It is a good practice to write down the thoughts and feelings that come up during and after meditation in your journal. This is useful and insightful information to look back on and see how you have changed and developed as your psychic vibration and spiritual development progress.

Movement

It is helpful to include some kind of movement into your daily routine. This can be a 30 – 60 minute walk, going to the gym, playing sport, dancing, yoga, Tai Chi – really anything that gets your body moving, and if it is out in nature all the better.

My personal body practice is daily yoga and a daily walk with a bit of gardening thrown in. As I get older I find that this keeps me healthy and flexible while also maintaining a level of fitness which is good for body and mind.

Step 5 - Practice and Strengthen

Practice makes perfect as they say and developing your psychic potential is no different. The more you use your intuition and psychic awareness the stronger and more reliable it becomes. There are many ways to unlock your psychic side and answer simple questions using your intuition. Some of these involve tools, ranging from crystal balls and tarot cards which are quite complicated and require years to learn. Others, like pendulums, are very simple and can be used by anyone regardless of experience. Many people find that being open and using intuition in daily life is enough to begin with and has a lot of value.

As you progress you may find that you are drawn to, or more talented at, one or more of the different types of psychic practices. In a world filled with astrologers, psychics, clairvoyants and mediums, it is often hard to know exactly what type of psychic you are, or which is right for the sort of reading you want. Here is a short guide explaining the different types of psychic areas and professions and the difference is between them.



Psychic

This is a general term that covers all kinds of spiritual work and prediction. A true psychic has specific gifts and skills which enable them to tune into your life, essence and future. Some psychics use their contact with spirit guides or spiritual 'helpers' while others use their own gifts often in conjunction with tarot cards, crystal balls or other tools. Many people working in the spiritual field are psychic to some degree. Most people have some level of psychic intuition – especially those who are drawn to the spiritual and psychic world.

Clairvoyant

The word 'clairvoyant' literally means clear seeing. This is the ability to see into a person's future, past and present and pick up information about the energies and events surrounding that person. A clairvoyant and psychic are often the same thing as they both use their ability to clearly see the spiritual dimension to help people.

Astrologer

Astrology is the art of using the planets and their movements to better understand your true self, your talents and challenges, and to predict your future. It is extremely good for relationships as it often shows the spiritual reason why a relationship exists, and what strengths and weaknesses that relationship has. Astrology is best known to most people through horoscopes which use zodiac signs. These are very good for general indications, but a proper astrology chart will be completely unique to you, using all the planets to determine your destiny in love, career, family and wealth.

Medium

A medium is someone who is in contact with the spirits of people who have died. A medium can also often be in contact with spirits who help them in their work. Not all psychics are mediums – it is something I have never been drawn to for example. However, seeing a medium to contact a deceased loved one and say goodbye or to resolve ‘unfinished business’ can be very useful.

Psychometry

This is the ability to pick up information and spiritual insight through touching objects – often jewellery or something personal. This can often be useful when tuning into other people who are connected to you. Sometimes people with highly developed psychometry skills can only live in new houses with all new furniture because they pick up too much information from the previous owners!

All psychic tools work best when you are balanced and calm. Meditating, or just taking several deep, slow breathes while consciously relaxing your body is excellent for putting you in the right frame of mind before you begin. Remember, only ask a question once and then leave it. Asking the same question over and over will just confuse the issue and make you stressed and any useful insight you may have gained will be lost. If the answer isn't clear it is likely that you aren't meant to know at this stage or perhaps the question isn't the right one to be asking.

For example, if you have to choose between two paths or people and want to do a reading about it, you should ask the question in a way that it can be answered yes or no. For instance, if there is a choice between two romantic admirers, you should ask “is John the right person for me?” followed by “is Andrew the right person for me?” rather than “should I be with John or Andrew?”

A simple way to get started with practicing and strengthening your psychic potential is with a pendulum

Pendulums

You can use a pendulum to answer yes/no questions or to get guidance when choosing between two options. This can be done in one of two ways:

In the first method the first question you should ask is “show me a ‘yes’” The pendulum will start moving, either from side to side or in circles. So if it starts moving in circles – that is your ‘yes’ answer, and the ‘no’ is from side to side, and vice versa. Next ask your question, for example “will I get the new job I have applied for”. Whichever way the pendulum moves will tell you yes or no.



Another way is to use a pendulum mat, cloth or pieces of paper with 'yes' 'no' 'maybe' 'wrong question' etc written on them. As you dangle the pendulum above the mat it will move towards the right solution. This method can also be used for choosing between two or more options: just write down each of your possible choices and see which one the pendulum moves towards – this is the best option for you.

Some people use pendulums to choose locations by dangling the pendulum over a map and seeing which direction the pendulum swings towards. I know a couple of people who have chosen where to settle down and buy a house using this method, and others who have decided where to go on holiday.

Following the steps in this book will help you to feel healthy, strong, calm and able to cope more easily with the stresses of life. While at the same time developing your body, mind and spirituality to its highest state. The more you use your intuition and practice your skills over time, the more accurate and reliable your psychic talents will become. Always be clear in why you want to know what you will do with the information you receive. And remember, take care and do no harm to others.



My Day As A Psychic (Principles in Practice)

Here is an example of my daily life and the routine I follow. I am including my daily routine as an example of how the practices in this book can be integrated into daily life. Following this routine allows me to keep my life balanced and healthy, so I can do the sometimes difficult and demanding work of being a full time psychic and astrologer.



But remember, you are unique. You have your own needs and responsibilities to factor into your lifestyle routine. It is more important that you find the lifestyle that works for you and your own special needs, rather than trying to follow mine too rigidly.

6am

Wake up and lie still remembering and analysing my dreams, then get up and do a grounding practice in my Yoga room. Relax and focus on the day ahead. Walk in the garden and, in season, pick and eat fruit straight from the tree . Say good morning to the chickens.

6.30 – 8am

My husband (Brent) gets up and we shower, eat breakfast and generally get ready for the day. We do the housework, then share a coffee together and chat before he goes to work.

8am - 1pm

Do all my correspondence and email psychic and astrology readings for clients.

This is the important part of my day and I put a lot of energy and focus into helping the people who book readings with me. I feel very lucky to be able to do this as my full-time job, but it is a lot of responsibility and so my spiritual and health practices allow me to be the best I can be for people in need.

I regularly take breaks to ground myself in the garden while I am working to cleanse myself of negative energies. An important aspect of caring for others is caring for yourself so that you have the strength and resources to continue long term without burning out or being unable to give 100%.

I write between 3 and 4000 words in readings per day and so I am pretty tired by the time I finish.

1 - 2pm

Lunch and Rest (usually lying down on the couch watching home renovation and gardening shows – my secret pleasure!)

2 – 5pm

This is my creative free time.

I work in the garden getting lots of fresh air, go for my daily walk, write in my journal, cook and be a domestic goddess, read and study and spend time with my friends.

This is also when I write books like this and work on making my business better for my clients and online community.

5 - 6.30pm

Clear away my work things, pick the vegetables and herbs for dinner and prepare our meal. Do any remaining chores. Relax until Brent comes home.

6.30 - 7.30

Brent and I do our daily yoga and meditation practice together. This is good for both of us and helps us to wind down and be relaxed, clears our minds and spirits, plus give our bodies a good stretch after a long day.

Dinner – then snuggle up and relax until bedtime at 9.30 – 10pm

This is the routine and balanced life that works for me. It keeps me healthy in body, mind and spirit and helps me to manage the wear and tear of helping people deal with upsetting and sometimes traumatic problems.

Of course, sometimes life gets in the way and I am not able to do all the healthy things on this list, but this is the normal everyday life that I always return to as soon as possible.



I hope you have enjoyed this e-book and find it helpful in your spiritual development and creating a happy and healthy life for yourself and those around you.

Love and Best Wishes

Sara_{xx}



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