How To Develop Your Psychic Abilities

Part 1

By Tana Hoy
The psychic world is a fascinating world, full of mysteries and excitement. You are soon going to discover, that as you start to learn about the unseen energies that surround all of us, all the time, that the universe is a mystical place - beyond belief!

But before I start you on this journey, it is important for you to understand a few common and basic terms that you will frequently hear when people talk about psychics, and psychic energy!

So I am going to teach you some of the more common terms used in the psychic world.

Some of them you may have heard before, and it is important that you have a clear definition of what these words mean.

So here are some common words you will often hear spoken in psychic circles:

**Clairvoyance**

This is when a psychic sees visions inside their head that are prophetic in nature.

Psychics often compare this “visionary experience” to a daydream, except the visions they see in this “daydream” are psychic in nature. Clairvoyant visions will reveal detailed and descriptive psychic information about a person or an event.

For example, during a reading, a client may ask me if she will ever get pregnant. I close my eyes, and in my mind I might see a vision of a woman who is pregnant with a baby boy. The way I would know it is going to be a baby boy is because I may see a boy in the vision, or the color blue. For me, when I see a pregnant woman, the color blue indicates a boy. I then share with my client what I saw in my vision. My clairvoyant vision will reveal the answer to your question.

*An Exercise For Developing Clairvoyance*

Here is an exercise I recommend that you use for developing your clairvoyant ability:

Sit in a quiet place, where you will not be disturbed when trying this exercise.

1. Think of a question you would like to receive an answer to.
2. Then close your eyes and take 3 deep breaths.
3. Take 2 moments to tune into your soul, and quite your mind.
4. After about 2 minutes, imagine a blank TV screen in front of you.
5. Imagine looking at this blank TV screen and then silently asking your question.
6. Now see yourself reaching down and turning on the TV.
7. You will start seeing the answer to your question playing on the screen, like a mental movie.
8. Watch this mental movie on the TV screen, and keep watching this movie until the end.
9. Open your eyes, and write down everything you saw.
10. The answer to your question will be found in the mental movie.

Clairsentience

This is when a psychic can feel the emotions of others.

For example, during one reading a client asked me a question about a specific person they knew. Then suddenly, I started to feel this very intense pain in my left leg! So I immediately told my client about the pain I was feeling in my left leg, and I asked my client if this means anything to them? My client then told me that their friend had recently broken his left leg. So via my clairsentient ability, I was feeling the pain of the person I was tuning in to. This type of ability can physically hurt sometimes, because I can feel the actual pain the person is feeling!!

Another example is when a client asked me a question about a someone, and all of the sudden, I started feeling this deep sadness come over me. I actually felt like I wanted to cry!! When I told my client what I was feeling when I was tuning into that person, they informed me that the person had been very sad lately due to losing their husband.

In this example, I was “feeling” the emotions of the person I was tuning in to during the reading.

These would be two good examples of clairsentience.

An Exercise For Developing And Turning Off Your Clairsentient Ability

Here is a basic, but excellent exercise for developing your clairsentient ability.

The biggest problem most clairsentient people have, is not knowing how to turn it off! As you can already see, clairsentient ability can be emotionally and physically painful at times, so knowing how to turn it off when not using it, is very important!

I will teach you two different techniques here that work very well. One technique is for developing your clairsentience, and the other is for turning it off!

How To Develop Your Clairsentience Ability
Sit in a quiet place, where you will not be disturbed when trying this exercise.

1. Before you start, think of 3 different people you would like to tune in to.
2. Close your eyes, and then picture the first person’s face in your mind.
3. As you imagine their face, try and “tune in” to any feelings or sensations you start to feel in your body.
4. Often times you will experience these as physical sensations in a particular part of your body, or you may feel emotional sensations in your gut, or you may have a strong feeling come over you.
5. Pay close attention to your physical body, mind, and emotions.
6. Try this for no longer than one minute.
7. Open your eyes, and write down what you felt or experienced.
8. Repeat this with the other two people.
9. Call the people right away, and share what you felt, then ask them if it makes any sense.

**How To Turn Off Your Clairsentience Ability When Not Using It**

Clairsentient people walk around all day long like an emotional sponge, picking up and feeling things from the people they meet. This usually drives them crazy inside, and they desperately want to know how to turn it off when they are not intentionally using it.

This exercise will teach you how to turn these unwanted feelings off. It will not eliminate your clairvoyant ability, but will temporarily turn it off when you do not want to be using it.

Sit in a quiet place, where you will not be disturbed when trying this exercise.

1. Close your eyes
2. Imagine an open steel vault door in the middle of your stomach. I imagine the type I often see in banks.
3. Imagine closing the door, and locking it tightly!

This exercise will not stop the feelings altogether, it will only stop them until the next time when you intend to use your clairsentient ability again.

Every time you use your clairsentience, don’t forget to use this Steel Door Technique to shut it off when you are done.

This simple exercise, when practiced consistently, will largely stop you from picking up those unwanted emotional or physical clairsentient feelings from everyone you meet!
Clairaudience

This is the psychic gift of being able to hear voices, either inside or outside of your head, that others cannot hear.

These voices are the voices of Ascended Masters, Guardian Angels, Spirit Guides, and even loved ones on the other side who are watching over you!

The voice(s) may give you a warning, tell you psychic information about a person, tell you something that is going to happen in the future, or even tell you about something that has happened in the past. These messages can be directly related to you, or in the case of a psychic reading, these voices would tell the psychic information about the person they are reading for.

Psychics often describe this as hearing a voice talk to them, and the voice seems to know things about events that can later be verified as true!

For example, when I am giving a reading to a client, I often hear names. One client asked me how their husbands health problem was going to turn out. Suddenly, I heard the name “Bob” as clearly as someone had just said the name to me. Then I heard the same voice say “Bob is going to be ok! The cancer in his left lung is going to go into remission, and he is going to live to be well over 100 years old!”

So I asked my client, who is Bob? My client told me that is her husbands name. So I told her that his cancer is going to go into remission, and that he is going to live to be over 100 years old! She was shocked that I knew he had lung cancer, but she was delighted that he was going to live a long time!

I was also reading for a client, when I heard a voice tell me “Tell her not to go to Amanda’s house this weekend to house sit- it’s too dangerous!” So I asked my client if she knew someone by the name of Amanda? She told me she did, and I then told her not to go to her house the following weekend!

My client told me she was amazed that I knew her friends name, let alone that she was going to her house that weekend to watch her friend’s house. I informed her with a smile that I am psychic, so I am supposed to be able to know these things.

So again, I warned her not to go! Well, she did not listen, and she went anyway.

That weekend in the middle of the night, her friend’s house caught on fire while my client was was sleeping. She suffered third degree burns and almost died! This is an example of a clairaudient warning I was being given to pass onto my client for her safety.
This story brings me to a very important point. As a person with psychic ability, it is your duty to share the information you receive, but it is not your responsibility what the other person decides to do with that information!

An Exercise For Developing Your Clairaudient Ability

This is an extremely powerful technique you can use, to start hearing voices that others cannot hear.

Sit in a quiet place, where you will not be disturbed when trying this exercise.

1. Take 6 deep breaths!
2. Inhale and exhale each breath in a controlled, slow manner.
3. Next, sit quietly with your eyes closed, for exactly 7 minutes, to tune into your soul.
4. After 7 minutes, start paying attention to any sounds outside of you, and any voices you start hearing inside of your head.
5. Sit and listen for at least 10 minutes.
6. Open your eyes, and write down everything you heard.

Something to be aware of. Many times the voices you will hear, will be your own voice talking to you.

Spirit beings often use your own inner voice when talking to you. They do not usually talk to you in a different voice. Since people hear their spirit friends talk to them in their own inner voice, they often have trouble trusting what they hear.

With practice, you will be able to distinguish what is “your inner voice” and what is the “inner voice” of your spirit friends.

Psychic Words Of Wisdom

I have just shared with you some of my most powerful psychic techniques, and they work if you use them!

Remember, psychic ability takes time to learn, and develop properly. So do not expect results overnight. I recommend spending at least 30 minutes a day, practicing all of the above techniques.

If you do this consistently for 30 days, you will be amazed how psychically open and attuned you become! Patience is the key, and strongly developed psychic ability will be your rewards!
Who Is Tana Hoy

Tana Hoy is a Psychic Medium who has a rare psychic gift – the ability to communicate with the other side!

Not only can he “hear” your Spirit Guides and Guardian Angels when they speak to him, but he can physically “see” them too!

Because he can “see” and “hear” your Guardian Angels and Spirit Guides, they talk to him, giving him detailed information about you, your life, and your future. Tana then tells you everything he hears.

With an accuracy rate of 93%, Tana’s psychic gift has been described as amazing, mind blowing, and unbelievable!

Tana’s Rise To Fame

Tana first became famous when he predicted the tragic Oklahoma City bombing on LIVE national radio show – 90 minutes before it happened! His prediction was on file with the FBI for over four months before the tragic blast occurred.

He starred in Court TV’s Psychic Detectives, where he solved a two-year-old cold case, involving the double-homicide murder of an elderly couple.

Tana has been a regular guest on The Jenny Jones Show, starred on William Shantner’s hit TV show, Weird And How, and was featured on CMT’s hit reality show Popularity Contest.

Tana has also been a regular guest on many top radio shows around the country, such as Art Belle’s Coast To Coast, The Ryan Seacrest Show, The Wendy Williams Experience, Mancow, The Box (KBXX FM) in Houston, AJ’s Morning Playhouse (KHTS FM) in San Diego, and on The Coco, Foolish, and Mr. Chase Morning Show (WJLB FM) in Detroit.

Tana has also been featured in such magazines as Entertainment Weekly, Marie Claire, Star Magazine, Femme Fatale, and even Alive Magazine.

How Tana’s Psychic Readings Can Help You

Tana Hoy has been a giving psychic readings on a full-time basis for over 18 years. A psychic reading with Tana will show you what steps you need to take, in order to have the life you want.
Tana can show you how to achieve the outcomes you desire, by telling you exactly what you need to do to get what you want, or to get where you want to be!

Wrong actions can lead you down the wrong path, but a psychic reading with Tana will show you the right actions to take!

**Questions To Consider**

I am sure I you have already realized that a 93% accuracy rate makes Tana Hoy a very powerful psychic!

Have you ever thought yo yourself, “Will I ever meet my real soul mate? Have you ever tried to imagine what he or she will be like, or look like? Have you ever wanted to know what you need to do to meet that special someone?

Have you ever feared your loved one might leave you? Have you ever found yourself wondering what you could do to prevent that from happening?

Has someone you loved with all your heart and soul left you? Do you ever find yourself feeling sad and depressed, with the unbearable thought “Will he or she ever come back to me?” Do you ever wonder if there is ANYTHING you could possibly do to make that person return back into your arms?

Do you ever worry about your career path or your financial situation? Imagine the peace of mind you would experience knowing if your career is the right one for you? And if not, what you need to do to find the right one!

Imagine the freedom you would feel knowing exactly what you can do to make more money? A psychic reading can direct you to the path of most prosperity in your life!

Have you ever wondered if you have a life purpose, and if so, what it is? Your Akashic Records reveal everything about your past lives, and your present one, and these cosmic records hold the answers to what your life purpose is!

Do you worry about your health, or the health of a loved one? Tana Hoy can direct you onto the path of greater health!

Do you worry about your children, their health, or their futures? Worry no more, because Tana Hoy can also answer any of these question for you too!

Tana can answer any question that you have concerning your life, the life of a loved one, and even a close friend!
Testimonials

“Tana Hoy was amazing. I couldn’t believe he knew the things he told me.”
Marianne S. - Columbus, Ohio

“I was blown away. Everything he told me happened within two weeks after our reading. Tana is the best psychic I have ever had a reading with. I highly recommend him to anyone”
Jennifer C. - San Diego, CA

“I had a reading with Tana Hoy and he knew about the tattoo on my boyfriends back. He actually described it in detail. I almost dropped the phone. I was speechless over what he was able to see.”
Kathy R. - Houston, TX

“Tana, all I can say is thank you! The information you told me during our reading helped me save my 13-year marriage. God bless you Tana Hoy. You are an angel”
Angela N. Phoenix, AZ

“Tana, thank you for our reading. Not only do you have a gentle and loving spirit, but what you told me helped me to land my dream job! Right now, I am happier than I have ever been, and making MORE money than I ever have! Thank you for your psychic insights. You are amazing Tana Hoy!”
Sylvia F. Long Island, NY

“Tana, your accuracy was shocking! It was as if you were reading my mind, and had known me all my life. How could you have possibly known about my favorite lime-green dress when I was a little girl? How could you have known that? Even I had forgotten about it until our reading! Amazing! Simply unbelievable!”
Alice T. Seattle, WA

“Tana, I am so glad found you. You were sent me by my angels!”
Misaki N. – Tokyo, Japan

“Tana, what you told me about my health saved my life! If I had not had that reading with you, I would have never known about the lump under my breast. You told me to go to the doctor and have an exam, and you also told me not to worry, because I would be ok. I went to the doctor, and it was cancer. But thanks to our reading, they found it in time, and removed it right away! The doctor told me that if I had waited just two weeks longer,
it would have been too late! Thank you Tana Hoy for saving my life! I will forever be grateful!"

Margaret L. Salt Lake City, UT

A Special Offer For You

As a special “thank you” for reading this book, Tana would like to offer you a special discount of $50.00 off of a private psychic reading with him, so that you can experience the power of how a psychic reading can transform your life!

You can learn more about Tana Hoy, pricing for a reading, and much more, by visiting his web site at www.TanaHoy.com, or calling his office at 614-444-6334