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Modalities and Psychic Abilities

By Avalon De Witt

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There are three basic modalities of perception. They are the visual (through the eyes), the auditory (through the ears) and the kinesthetic (through bodily sensation, including smell and taste). Most of us are dominant in one or two of these modalities.

Your dominant modality will greatly affect how you perceive things psychically. Visual people are more clairvoyant, auditory people more clairaudient and kinesthetic people more empathic.

Have you ever attempted to increase your psychic ability, but felt blocked and couldn't figure out why? Perhaps you've tried using a particular tool or technique and found that you could not seem to "connect." It could be that you were just working with one of your weaker modalities.

If you want to know which psychic modality is your dominant one, simply take a look at your creative interests. What kind of art have you enjoyed making the most? Do you prefer to create things that involve sight? Hearing? Touch or movement? The activities that are most enjoyable to you are the ones that come from your dominant modality.

You can stimulate your psychic modalities through the pursuit of creative activities. Pursuing a creative activity that is geared for a certain modality can improve the psychic ability that corresponds with it. To make yourself more clairvoyant, take photographs, draw and paint. To make yourself more clairaudient, sing, play music and write poetry. And to make yourself more empathic, take a pottery class, a dance class or even a cooking class.

Psychic oracles and divination tools work best when you gear them toward your dominant modality. If you are clairvoyant, Tarot cards, crystal balls and mirror scrying will be easiest for you. If you are clairaudient, you will be more verbal and may strengthen your psychic hearing via stichomancy, automatic writing or meditative mantras. And you can increase your empathic ability by using stones, pendulums and runes.

If you want to get the maximum effect for the least amount of effort, try making your own divination tools. You could make your own Tarot cards, runes or, or meditation tapes. Plus, when you put your own personal energy into the making of a divination tool, you build a strong relationship between you and it.

Once you take an active and creative role in cultivating your dominant modality, your psychic ability will open up much more easily! And when one modality opens up, it becomes easier to open the others. If you start with what comes naturally for you, eventually, you can make all your modalities work together in harmony!

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Avalon De Witt has practiced as a professional psychic and spiritual counselor for over 10 years and has studied the Tarot and other forms of divination for over 21 years. She has worked successfully with thousands of clients world-wide. Avalon believes that the Light of Divinity resides in us all, and she is devoted to revealing that Light in your life. Her focus is to show you how to tap into that source of unlimited power and knowledge within YOU.

### **How a Blind Date Can Increase Your Psychic Abilities**

**By Stephanie Yeh**

So how can a blind date increase your psychic abilities? It's probably not what you're thinking. We're not talking about having a few drinks with someone you've never met before. We're talking about developing your psychic abilities by deliberately shutting down one or more of your five senses.

Because we are such physical creatures, we have a tendency to use our five senses in everything we do. That's not a bad idea for driving, walking, or working on the computer, but if you want to increase your psychic or spirit abilities, using your five senses less will help.

That's where the blind date comes in. A blind date is where you blindfold yourself and have a buddy walk you around on a "date." Your buddy's job is to make sure that you're safe and you don't walk into anything or fall in a ditch. Your buddy is your guide and will lead you around, keeping you safe and upright.

Your part of this date is to extend your psychic abilities outward as your buddy walks you around. Sense what is around you. Do you sense a large object ahead or just open space? Sense what is behind and above you as well, since your psychic abilities will allow you to see in 360 degrees.

## Modalities and Psychic Abilities

You might want to have your buddy walk you around for a while, in many directions until you no longer have a sense of where you are. Then spin slowly around and extend your spirit perceptions. Tell your buddy what you sense in each direction and have him or her tell you if you're right.

If you don't have a buddy to do this with, you can do it by yourself outside. Start in a relatively open space and just move slowly so you don't get hurt. Give a whole new meaning to the term "blind date," right?

Stephanie Yeh, co-founder of the Esoteric School of Shamanism and Magic (

), helps clients learn magical and shamanic techniques. Her current

project, a free teleconference series on a variety of magickal and shamanic topics with guest speakers, is designed to share information and promote interaction between people of varying spiritual practices.

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