



# COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

## Shifting from right/wrong, to what is/what isn't

The fear of being inaccurate in readings often builds off of the underlying concept of there being a right answer and a wrong answer. This concept is very loaded for many people, and can start a cascade of thoughts such as “what if that was wrong” “am I doing this right” “am I good enough” “what is the sitter thinking about me right now”, etc., all thoughts that can get in the way of connecting. In your development and readings, it is helpful to change this concept of right and wrong into simply what is and what isn't. It is a subtle, but important, difference. In a reading you are simply taking a peek at what is, meaning what you are seeing/sensing/feeling/knowing/hearing through your psychic senses. Part of the work is getting away from the notion of performing, as you want to bring your attention back to your connection and what you are actually experiencing.

The other important benefit of the “what is/what isn't” concept is that it shifts you into acceptance mode of what you are sensing, because you are bringing your focus back to the information as you are sensing it. Acceptance mode is the exact state you want to be in during a reading. It is also called “being in the flow”. This is where whatever you are getting through your psychic senses just IS, and you are not fighting the info coming through, editing it, or throwing it out.

Whether or not the information is correct, you cannot deny that the information exists as you sense it through your senses. If during a reading you see a rabbit in the sitter's hands, even if the sitter doesn't really have a rabbit, it is still a fact that you are seeing the rabbit there in your mind's eye. There could be a myriad of reasons for why you are seeing the sitter with a rabbit. The point is to always bring your focus back to what you are sensing through your psychic senses, and make it a rule to always accept and acknowledge what is coming through, in order to stay in the flow.



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~ You have to be willing to be wrong in order to be right. ~

Are you going to be wrong sometimes? Yeah, it's likely. Will you sometimes misinterpret the info coming through? Probably. But that's OK, and actually expected. No psychic or medium is ever 100% right on everything. We are after all humans who do this work. We are not all of a sudden infallible because we can do readings. So take that pressure off yourself immediately. You don't need it. Even famous psychics with years of experience can be off sometimes.

With any kind of intuitive reading, whether psychic or mediumship or other, any attempt at discerning between intuition and your own brain is all inviting your brain too much into the session and breaking your connection with the thing or person you're trying to read. You must include everything that comes through in a reading, with the risk of a few pieces here and there being off in order for the rest to be right on. This I believe is key to accurate readings. Aside from just needing more practice, most inaccurate or mediocre readings are mediocre or inaccurate because the reader isn't saying everything that comes through, is editing out info, is getting too involved with the info, and not staying connected. Not because they aren't able to separate their own mind-nonsense and intuitive information!

Accuracy is also based on your beliefs of what is possible. If we don't expect it can be more detailed or accurate, we will pull ourselves away from the info or energy before it gets a chance to give details. If we expect more accurate details, we push ourselves deeper into the energy to get the details. We go deeper in our connection. Also, since the reading is coming through our minds, the information is typically filtered through our beliefs and thoughts, so if you keep an open mind about the types of info that can come through (and if you witness a wide variety of info coming through other great readers), you yourself will be able to allow the same type of breadth and variety and details to come through your own readings.



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We know from doing readings that we're capable of doing a lot more than we grew up believing. Because we are spirits in bodies and we are all part of the divine, our potential is limitless. We have a lot more in us than we think we do. An important part of the work in this class is going to be releasing ideas of what you think you're capable of, and replacing that with a joyful limitlessness in your readings.