

Identifying Your Filters

Being aware of our filters is important. This will ensure that our visions can come through clearly. Most of the time we are not even aware of our filters, often relating to them as 'just the way things are'. When we are able to identify our filters, we are then able to put them aside during our psychic work to bring through the clearest message for ourselves and others.

Record your answers to the following questions. Spend at least a few minutes with each question. Your answers will give you some indication about your filters.

1. What beliefs or thoughts have you picked up from the media, or from others regarding psychic abilities, and clairvoyance? This may be from movies you have watched, the news etc. Examples could include: "only some people have a psychic gift. Seeing visions can be scary. It's not safe to be psychic. People will make fun of you if you are psychic", etc.

2. What beliefs do you hold regarding your psychic ability? Example: I'm not psychic, I have abilities, I don't trust myself, etc.

3. What fears do you have, if any, around opening up your clairvoyant vision? e.g. I might see something scary, I might lose control, etc. (We will be dedicating a video to this in a later section).

4a. What strong opinions/judgements do you hold about life, include the ones that you would be unwilling to let go of? Examples could include: "Murderers are bad, relationships are hard, life isn't easy" etc

4b. Now, fill in the blanks for the following sentences. Write down your first response.

Life is...

Religious people are...

Spiritual people are...

Rich people are...

Poor people are...

Vegans are...

Meat eaters are...

Politicians are...

How do you know this to be true?

When we hold strong opinions and judgements about anything in life, this can prevent us from seeing the truth. By identifying our opinions and judgments, we can begin to receive higher truth about a situation that in the past we may have judged. Your answers to the above questions will identify some of your filters. Although we may feel absolutely justified to have certain judgements or opinions about others or life, we need to be aware of them when doing our psychic work, and ultimately put them aside so that we can be the clearest channel possible. We don't necessarily need to let go of our filters altogether. Distinguishing them will often be enough.

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