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## **Tips to Enhance Your Awareness**

Listen ...	<p>As you listen to a piece of music try to distinguish the individual instruments one at a time.</p> <p>Find somewhere relaxing and comfortable and close your eyes. Now listen and pick up each individual sound that you can hear. As you identify them then focus again – extend your hearing range.</p>
Look ...	<p>Look at an object, something in nature, or even someone else. Observe the item in detail, becoming aware of the colours and their variations, the patterns and shapes. Focus on the detail and then pull back, seeing the overall picture once again.</p>
Using Tarot Cards	<p>Choose a card (or get someone else to choose a card for themselves) and place it face down on your lap, or in your hand. Be aware of any thoughts, feelings or emotions that come to mind. Be inspired.</p>
Affirmations	<p>Choose a mantra or affirmation. Repeated often enough the subconscious mind will accept whatever is being said over a period of time (e.g. “each day my psychic awareness grows stronger”, “I listen and hear my guides” etc.).</p> <p>You can also use words that have no meaning for you as an aid to concentration (e.g. “Om mane padre hum”) and to calm and focus the mind.</p>
Seeing auras	<p>Practise seeing auras by watching someone and letting your eyes drift out of focus. A dark background is best but it will also work on any plain, neutral coloured, background. Continue to focus and be aware of any colours that you can see.</p>
Sense colours	<p>Take 5 sheets of coloured paper, close your eyes, and then mix them up. With your eyes still closed, hold your hand over each sheet and see if you can sense the colours</p>
Feeling auras	<p>Have someone approach you and sense when you can feel them entering your auric field (usually holding their hands out in front of them)</p>
Pick a word	<p>Use cards, or any other method of choosing a word, and meditate on that word and what it means to you. This can provide great personal insights</p>