

# Beginners Guide to Developing Your Psychic Senses:

## *Tracker Training 101*

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### Why Develop Your Psychic Senses?

Our lives are made up of the choices we make and the richness of our experiences. Awakening and developing your psychic senses can help you gain greater insight while opening up new worlds of experiences. Recognizing how you sense energy and track energetic changes can help you determine if something is authentic or not.

### What are Your Psychic Senses?

When we receive information about a situation outside of what we can “externally” see, hear, feel, taste, and smell in the moment, we can begin to track this extrasensory information as coming from a psychic sense or multiple psychic senses.

For simplicity, we can say our basic five senses of have both “external” and “internal” components.

The external component of our senses can be defined as what your physical body is sensing outside of itself currently. Your eyes reading this now is an example of external sight.

The internal component can be defined as what you are sensing currently regardless of what your physical body is sensing “externally.” For example, if you can remember seeing the details of your front door without using your eyes to see it now, you are using your internal sight.

As we pay attention to the relationship between our external senses and our internal senses we can further discern between memory, instinct, and intuition. We develop our psychic senses when we practice tracking our senses and discerning the meaning of our senses accurately.

### How to Develop Your Psychic Senses

**Step 1:** Choose one sense and pay attention to its external component. (If you chose *sight*, see all the details your eyes can currently see. If you chose *sound*, hear all the details your ears can currently hear.)

**Step 2:** Now pay attention to the internal component of the sense you have chosen. (If you chose *sight*, see all the details you can see in a memory or watch your imagination. If you chose *sound*, hear all the details you can hear in a memory or listen to your imagination.)

**Step 3:** Each day choose one sense to focus on. By tracking what you sense with your “external” and “internal” eyes, ears, nose, mouth, and skin you can better discern between memory, instinct, and intuition.

Your accuracy can increase with practice, experience, and clearing any energetic blocks in your way.

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