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Medium or Psychic—Which Are You?

It is widely assumed that the terms 'psychic' and 'medium' are in fact inter-changeable. This is not the case.

The psychic ability is something that is latent within us all. It is the sixth sense to our other five senses. It is that knowing that we all possess, the 'gut intuition'.

Everyone reading this will have had experiences of this nature. Whether it is knowing instinctively that something unexpected is going to happen, thinking of someone before they phone, or immediately disliking someone on a first meeting for no apparent reason.

Psychic ability can be trained with relative ease as long as

the student is open. The terms Clairvoyance, Clairsentience and Clairgustance, in fact all the 'Clairs', apply to both those working with their psychic ability and those working mediumistically.

Mediumship is completely different to working as a psychic. It doesn't mean that you are more gifted or a better person, it simply means that the Spirits of those passed over are able to communicate with and through you as a channel.

Mediumship if not present from birth, can develop in adulthood. It can come to the fore if a person has lost someone that they love and care for deeply or indeed themselves been involved in an accident or near death illness.

The way that a person connects to a 'sitter' for a reading is also different. The

psychic works with the solar plexus energy and the Medium links with Spirit through the crown chakra and can sense the actual physical presence of a person from the world of Spirit. They should be able to describe them in build, character, relationship to sitter and ideally what their illness/accident or passing condition was that took them to the Spirit world.

A psychic reading is for relationship problems, work queries, business advice and spiritual unfoldment.

Both abilities can and are present in many individuals and it is possible to give both types of reading within one sitting.

When I teach, I am extremely passionate about making the distinction between the two and go to great lengths to demonstrate the significant differences.

The Root or Base Chakra—Muladhara

The word 'Chakra' derives from Sanskrit (Ancient Indian), and translates to 'wheel'. We have literally hundreds within our body but the main ones that are used in healing and readings are the following 7:

- Base/Root
- Sacral
- Solar Plexus
- Heart
- Throat

- Third Eye/Brow
- Crown

The base or root chakra rests at the base of the spine. Between the perineum and the genitals. The colour is red, this is the slowest in terms of speed of all the Chakras.

This chakra dominates material issues, order, stability and the 'here and now'. The crystals that are good for stimulating this

Chakra are ruby, hematite, black tourmaline or tiger's eye.

This chakra will not operate correctly when we are threatened within our material world, e.g. a potential loss of job.

Conversely, if you are a controlling and manipulative person, this energy centre will be over-active.



The true Tarot is symbolism; it speaks no other language and offers no other signs. ~ Arthur E. Waite



Tarot—The Major Arcana

Arcana—Secret or Mystery.

As we go through the Tarot month by month, the deck I shall be using for tuition is the Rider-Waite deck. It is an excellent deck to develop a good, solid understanding of the meaning of the cards, and can be purchased with relative ease.

The Rider-Waite deck is so called because it is a collaboration between William Rider and Arthur Edward Wait. The illustration is by Pamela Coleman-Smith (shown on the left), sadly though this fact is barely acknowledged. The images were drawn in the very early 20th Century, thus somewhat outdated.

It is of course possible to buy thousands of decks, however, if you are serious about learning start with these.

The major Arcana or the Trumps, consists of 22 cards. They are numbered 0—21 and individually named, as opposed to the minor Arcana which are numbered in suits.

Generally, a reading that consists mainly of the major cards would deal with life's more important issues rather than the day to day things that the minor talks about.

The symbology here is archetypal, circumstantial and spiritual. Readings can successfully be carried out

using just this section of the cards.

My own perception of the Tarot, is that it is a journey. Starting with the Fool 0, if you look through the cards you can see the progression within. It involves regular life lessons that we must learn in order to evolve spiritually.



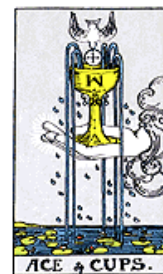
Tarot—The Minor Arcana

The minor Arcana are 56 cards divided into 4 suits. The suits are pentacles (known also as coins or disks), cups (chalices), wands (batons) and swords. Each suit has 14 cards within it which consist of the Court Cards, e.g. King, Queen, Knight, Page. The Ace and the 'pips' which are the numbers from 2-10.

The suits also correlate to the elements of fire, earth,

water and air. Wands = fire and is about ideas, energy, activity and making things happen. Pentacles = earth. A more practical suit, they talk about work, material aspects and money. Cups = water. This is emotion, intuition, love and relationships (both physical and non-physical.) Finally, Swords = air. Predominantly about challenges, conflicts and communicating ideas and values.

In any reading you look to the individual cards of course, but also to the surrounding, supporting cards to clarify matters.



Learning to read the Tarot

Learning to read the Tarot is a very interesting, albeit time-consuming exercise.

Over the coming months I will work through each of the cards in both the Major and the Minor Arcana and give guidance and tips on how to make the most from your deck.

Essentially, anyone can 'read' the Tarot. Its simple! Buy a book with the

explanations of the cards in it and you are half-way there.

However, reading the cards by rote and actually tuning into their hidden depths and messages is quite another story.

An intuitive card reader is a person who instinctively knows that given an identical spread for two individuals, the meanings and overall message would be vastly

different.

The Tarot can become your friend, companion and link to the Higher Self. Firstly though, you must endeavour to stop the self-saboteur that insists 'It is just my imagination'. The moment you can quell that voice you are on your way to learning to trust your intuition and gaining insight and clarity into what is going on in the world around you.

Psychic TV Schedule

Psychic TV is the UK's longest running interactive, live psychic show.

I have been a part of that show for almost 2 years now and very much enjoy the work that I do there.

It is possible to tune in to the show on SKY Channel 886 or watch via broadband at www.psychic-tv.com

Send in your text messages or caller comments and have any nagging issues that you are struggling with put to rest.

My dates on screen for November on Psychic TV are as follows:

Your Dream Psychic Show

9am — 12 noon

5th, 22nd and 23rd

Psychic Interactive Day Show

12.30 — 5pm

3rd, 10th, and 12th

Psychic Love Zone Show

5.30 — 8.30pm

4th and 11th

Psychic Interactive Evening Show

9pm — 2am

8th and 18th

The show also offers the opportunity to have a telephone reading off screen and occasionally gives viewers the chance to experience a 'free' 5 minute live reading on air.

Read the testimonials on the website if you are in any doubt as to whether or not psychic readings can happen via the phone or by text message.

<http://www.psychic-tv.com/testimonials/litz-butcher>

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Experience a paranormal night!

I am leading tours and conducting a dawn vigil at the Museum of Kent Life on 12th Dec. The Museum is considered to be one of the most haunted places in Britain. Visit: [Fright Nights website](http://www.litzbutcher.co.uk)

Angels

From the Greek word Angelos—Messenger. The Oxford Dictionary definition is: *A Spiritual being believed to act as an attendant or messenger of God, conventionally represented as being of human form with wings...*

Curiously of late lots of people have spoken to me about seeing Angels and having experienced visitations. I was given a

book to read called *Angels in My Hair* by [Lorna Byrne](http://www.lornabyrne.com). It charts her life experiences with Angelic beings. Some of what she says was very palatable to me, other things are still under consideration. Nonetheless, this woman clearly believes in Angels and their effect on a daily basis in her life.

Another conversation I had about Angels was altogether different. As the quote goes

Angels are in human form. However, the conversation I had involved the Archangel Metatron. This Angel, it is said, is one of the few who once walked the earth. This highly esteemed being did not show himself in human form to my trustworthy source. Instead, as a total powerhouse of energy in gold. He wasn't full of love and light, he was direct with the message he relayed to the lady in question.

Sweet Dreams.....

What happens when we fall asleep? Aside from the body making repairs, our brain works through the stimulus that it has received, not just through the course of the day behind us, but right through our memory bank.

As our body drifts further through the stages of sleep our dreams begin. Then the brain switches into what is known as REM (rapid eye movement), somewhere

between every 1 ½ - 2 hours. Nightmares occur to relieve the pressures of the day and unlock perhaps our most deep-seated fears and phobias.

Of course external stimulus during waking hours such as horror movies, stories can promote this kind of dream state too.

A condition that some people also suffer from and which

can be altogether unpleasant is sleep paralysis. It can occur just before sleep (the hypnagogic state) or just before waking (the hypnopompic state), and can make the sufferer feel that someone/thing is positioned on their chest. Accompanying it can be hallucinations of creatures being present or words being spoken. Whilst it only lasts moments it can be quite terrifying.

