

Book Review: Intuition & Psychic Ability by Jennifer O'Neil

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How many times have you ignored your intuition and regretted it later? It used to happen to me all the time. Even though I knew I had intuitive ability, I would often shrug off those nudges from the spiritual side because I didn't have enough information to make them believable.

You Can Improve Your Intuition

That's the problem with intuition, it's often very subtle. A nagging thought, a gut feeling, but it's often not logical or it defies your current plans. Intuition is kind of like a spiritual muscle; if you focus on it it will grow stronger, but if you ignore it, it will become weaker to the point of being unnoticeable.

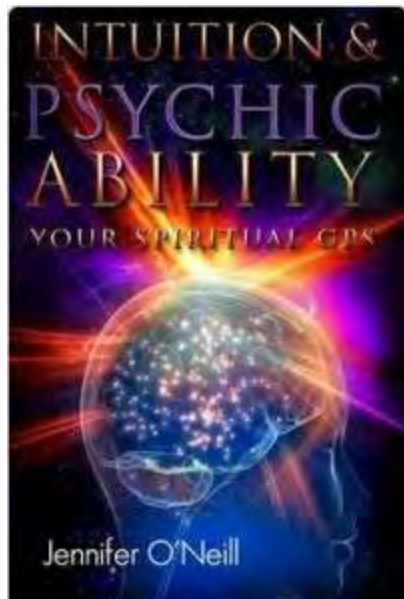
Everyone has intuition, it's just that some people may be more aware of it than others. In the book *Intuition & Psychic Ability* the author, Jennifer O'Neil, clearly identifies what intuition is and what it's not, as well as what it feels like as opposed to other feelings. I thought this was one of the most valuable pieces of information in the book.

Intuition VS Psychic Senses

Although this may not be the most well written or entertaining book out there, it contains a lot of useful clarification. It's written in a very matter of fact and direct way with the intention to help readers realize that having psychic abilities is very natural and not unusual. We are all born with 5 spiritual senses that match our 5 physical senses, we just aren't aware of them so we don't use them.

Intuition and psychic senses are not quite the same, but are related. Intuition is somewhat grounded in the physical, like the point within you where spirit and body communicate. Often we might have intuitive flashes related to something we should or shouldn't do, or an unsettled feeling when something bad has happened to someone we know. Whereas psychic abilities, when well developed, allow perception of information, feelings, thoughts, visions, taste and touch directly from the spiritual world.

You may be more psychic than you realize



Many people have had random psychic experiences at some point in their life but rationalized it away. Sometimes people know things or feel things that they don't have evidence of and can't explain. Because the rational mind wants proof or evidence to believe something, it's easier to ignore the unexplainable phenomena.

In addition to descriptions and examples of the psychic senses, the book actually offers many exercises to improve your psychic awareness and develop your latent abilities. Most people have tendencies that are stronger in one or two areas of psychic ability, and that's a good thing as it would be overwhelming to be totally spiritually open.

I found the information to be very accurate according to my own spiritual experiences and affirming of my beliefs. Although I might not agree with everything in the book, it is a reliable resource. There are also chapters on dreaming, chakra's and grounding, and even a bonus chapter on how to deal with people (spiritual or physical) who drain your energy.

Exercise your spiritual mind and body

The most important way to grow spiritually is by unselfishly loving others and developing a heart of gratitude and forgiveness. But in the process of growing we can also receive much needed guidance from our own inner voice, as well as angels and good spirits. Many people don't exercise their spiritual side because of fear of the unknown, or perhaps fear of what we don't know how to control. This book helps to dispel that fear while offering practical methods to develop our own inner resources.