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# Exploring The Psychic Mind

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“ **From a very young age I was able to see, hear, and communicate with Spirits.** ”

Unfortunately, I didn't feel comfortable telling anyone about my encounters because I was afraid that they would think I was making up stories or that I was outright crazy.

As the years progressed, my experiences were getting harder to ignore. Then one day, a profound moment changed my life, and I wasn't afraid to share my gift anymore.

My grandma was on her deathbed in hospice in Pittsburgh, PA. Many family members were in the room, and we were holding hands as my grandma took her last breath.

As she did, I felt a strong feeling in my stomach I've never felt before. It felt as if a magnet was inside me, pulling me up to the ceiling. When I looked up, I instantly realized what this magnet represented.

“ **I was feeling my grandmother's soul leave her body.** ”

**It was an unbelievable feeling, light and jovial, and one I've never felt since. And it combined with a breathtaking sight.**

Imagine a kaleidoscope with the most magnificent colors you've ever seen. Magentas, royal blues, brilliant silvers. These brilliant colors were forming a very large star and it was pulsing in and out like a beating heart. In this moment, the way I viewed death changed forever.

My intuition reassured me that my grandma was at peace. I could sense her soul was calm and tranquil. I knew she was on a journey to an amazing new place where struggles didn't exist.

That moment pushed me to go on a Spiritual Journey. Even though I was still afraid of how my family would react to the secret I've been hiding, I decided it was time to live authentically.

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**As soon as I told my mom that I've been receiving communications from Spirits from a young age, she didn't seem surprised at all.**

She started telling me stories about how my great-grandmother on her side of the family was known to be a witch and that her abilities were hereditary as there are several of our family members who also have these gifts.

**I remember sitting there thinking, why was I so afraid to tell anyone about this?**

Not only does my own mom accept it, but some of my own family experiences this too. And then my thoughts changed to, why is this the first time I'm hearing about this? Why isn't anyone talking about this?

I started to ask my aunts, uncles, and cousins about their experiences and was given a wealth of information. Through hearing their stories, I didn't feel alone anymore, I didn't feel judgment, and I certainly did not feel like anyone thought I was crazy. My assumptions about sharing my secret had been extremely incorrect.

“ **After finding out my family's history, I found a mentor who helped me to grow my abilities and I became a Spiritual Medium.** ”

Although helping people receive comforting and healing messages from their deceased loved ones is incredibly rewarding, I decided I wanted to do more.

**I am now a Psychic Development Mentor so that I can encourage people who are feeling alone and afraid to talk to others about their gifts, just like I was at the start of my journey.**

There are plenty of skeptics out there who don't believe psychics and mediums are real. But they are wrong. Highly sensitive people who have these gifts know for a fact they can communicate with Spirits.

I will continue to be outspoken for this group of people who are hiding their secret and who are afraid of what others think of them. It's a beautiful gift to have and I am proud and blessed to be in such a magical group of talented individuals.

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