

What's your psychic IQ?

Dr Lisa Turner from Psycademy reveals the difference between lower- and higher-mind psychic skills, and how to tell where you are on the Psychic Intelligence scale.

You've probably heard of IQ, which stands for Intelligence Quotient, and possibly even EQ as well, which is your Emotional Intelligence Quotient. But, you may not have realised that you also have a psychic intelligence quotient – what I call Psy-Q.

The higher your Psy-Q, the greater the level of insights you can tap into and the stronger the spiritual vibration you'll be attuned to, meaning you can work with more evolved Spirit guides.

Most people expect accuracy and correct predictions when it comes to having a psychic reading. But being precise has nothing to do with your Psy-Q level.

In fact, it has more to do with the significance of the insights you receive. For example, low Psy-Q information relates to mundane, day-to-day things like how to solve small problems, such as a row with a boyfriend, dealing with a difficult colleague at work, or which groceries to buy at the supermarket. Now, this isn't to say these things aren't important to the individual in question – of course they are – but they have little long-term significance. The difference between low- and high-level Psy-Q is like finding out what colour to wear for a job interview, versus discovering whether it's even the right career path for you. This is not to undermine low Psy-Q abilities, as everything is useful on the spiritual journey.

Lower Psy-Q versus higher Psy-Q

Low Psy-Q is when you can find out 'what', whereas high-level Psy-Q is wisdom about 'why' and 'how?' The former tells you, while the latter transforms you. This is why a psychic might be highly accurate in their information and predictions, but if their knowledge is coming from a lower Psy-Q level, and is about things the sitter already knows, it's not going to be life changing.

Not only will the insights you get from having a higher Psy-Q be different, but they will also come from another

place in the mind. Our minds are governed by three aspects: the conscious, unconscious, and the higher self.

The conscious mind is the one with which you perceive your outer reality and experiences. The unconscious mind (also sometimes called the subconscious, although unconscious mind is the correct psychological term), on the other hand, contains all your ingrained habits, patterns, beliefs and emotions. Finally, the higher self is that part of you that is pure spirit. It's sometimes called your holy guardian angel.


A psychic with low Psy-Q will be getting their information from the unconscious mind. So, although it might be very accurate, it will be based on the personality and programming; for instance, they may be very good at accessing the unconscious minds of other people, even dead ones – this is what a medium does – however, the information does not come from Source and may not always be in the best interests of the client.

A psychic with a high Psy-Q level is more able to access the higher self and even beyond. The insights are more far reaching and significant. They may relate to global issues, explain the meaning of life, solve life-long karmic questions, and even heal long-term health problems. A high Psy-Q psychic can 'see' things that could manifest, but haven't yet. They might even give guidance on how to prevent problems, and even change or create outcomes in the future. Also, they can help you tap into your deepest desires and assist you to make them come true.

How to raise your own Psy-Q

The way to raise your Psy-Q is to move through and beyond the lower mind. You must go through it but not get stuck there. Negative emotions from the past are stored in the lower or unconscious mind. It is these that often block you from accessing your higher self. Unhelpful feelings do not come from the higher mind;

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they come from old patterns and emotions embedded in past memories. By releasing fears and all other 'stuck' energy, you can pass through the lower mind to the higher one. That 'bad feeling' isn't insight, it is ego or emotions from the past clouding your present. I believe this is so important that I have developed a technique to remove and release all trapped emotions from the past; it is called *Psychademy Higher Self Therapy* and is used so that rather than understanding or working through your emotional blocks, it simply removes them.

Think beyond the surface

Most people believe they think, but they really don't. Mental activity is not thinking. When you think deeply, you question everything, not as a cynic but rather with an open mind, with an 'is this true?' attitude. Really start to question and experiment with your thinking; it will lead you to the deepest truth, which is far beyond surface-level understanding.

Develop 'witness consciousness'

Because the lower mind is always looking for how your current situation matches a past one, it has little awareness. Once it has found a pattern to link the old to the present, it stops being aware and simply slips into the old way. Instead, cultivate a 'witness consciousness' where you are aware of everything. At the level of the higher mind, there are no ordinary moments. Every one is rich with learning and significance. Practice being really present to what's going on around you at all times. When you find yourself slipping into an old emotional pattern, simply notice it, as it is a part of being present.


The lower mind is where the ego resides, and this part of you judges. It decides on whether things are 'good' or 'bad'. The higher mind has no such judgements. It accepts everything as it is, unfolding perfectly. All experience is an opportunity to learn and grow, and this is what the higher mind always seeks. So, practice being conscious and aware of all aspects of yourself: the good, the bad, the parts where you feel shame and also joy. Own it, embrace it and simply witness. Rejection and judgement, labelling things as 'good' or 'bad', will block your progress.

New ways to think, do and be

Since the lower mind is where old habits – both mental and behavioural – are stored, when you start to experiment with new ways of thinking, being and doing, you break up these unhelpful patterns. This is like removing the chains that keep you stuck in the lower mind. Breaking these restrictions frees you and your consciousness to soar to new heights – those of the higher mind.

Higher or lower? how to tell:

VAGUE OR SPECIFIC? If you get ambiguous hunches and feelings, but nothing specific, or the information is contradictory, conflicting or confusing, chances are it's from the lower mind. If you get very specific and tangible courses of action to take, which will solve specific problems, this guidance is from the higher mind.



KNOWN OR NEW INFORMATION? If you already know the details you are being given by a psychic, it's from the lower mind. It may surprise and even impress you that they knew it, but they accessed it by tuning in to your unconscious mind. If, however, the reading is original, inspiring and insightful, it is more likely to be from the higher mind – your higher self. It will also expand your choices and thinking, and make you feel free and light, as if a burden has been removed.

DOES THE INFORMATION SOLVE PROBLEMS? At the level of the lower mind, the details may be very impressive in their accuracy. They might also be interesting. However they may not be much use for solving problems or achieving goals. At the level of the higher mind, you will get messages that identify the causes of a problem and solve it, as well as ones that move you towards your desired outcome.

GHOST OR GUIDE? A low Psy-Q psychic will easily be able to access the lower mind of anyone else, possibly including deceased people (mediumship). Someone with high Psy-Q will access the higher mind all the time. If you communicate with a guide and they have never lived or incarnated before, there's a good chance they are working at, or even beyond, the higher mind level. For example, I have been working with one such guide who is actually not a single person. When I asked for their name, the answer came back 'No one Guide', which, they explained, meant they were a stream of high-level consciousness that did not equate to a single person or being. They were simply wisdom and knowledge itself. These high-level guides are always available at any time and never interrupt or demand that you communicate with them, or, when you do, in any particular way.

ADVICE OR INSTRUCTION? At the level of the lower mind, the entities you can be contacting may not have your best interests at heart. Because they themselves still have an ego, they may have ulterior motives. As a result, the information they give you may be in the form of instructions they insist you follow. At the level of the higher mind, the insights are given as guidance, invitations and with choice. There is always a feeling of expansion, opening up and growth.

Meditation to increase your Psy-Q

FOLLOW THESE SIMPLE STEPS AND YOU'LL BE BETTER ABLE TO TAP INTO YOUR HIGHER SELF, AND RECEIVE MORE DIVINELY GUIDED INSIGHTS.

1 Sit comfortably and relax. Imagine you are entering a beautiful building. Step inside and picture yourself in a large entrance hall where you notice a lift. Enter it and descend down into the basement, relaxing as you go, lower and lower. When you are deep enough, imagine the lift stopping and the doors opening. Step out and notice how this space feels, sounds and looks. Take a moment to change anything you want, making it clear, clean, beautiful and harmonious. Make it perfect.

2 Now picture another lift. Step inside; this time imagine it moving up. When it stops, picture the doors opening and step out. Think of yourself way up

high in the sky.

3 As you look around, become aware of a presence; perhaps you see it out of the corner of your eye. Maybe you hear a sound that makes you turn, or perhaps it is a feeling that lets you know: it's your higher self.

4 Feeling loving energies surround you, you can ask your higher self to solve any problem and give insights and solutions. Spend some time with your higher self, receiving exactly what you need.

5 When it's time to come back, simply step into the lift, which will return you to the ground floor.

Which are you?

Signs you might have a high Psy-Q.

Answer yes or no to the following questions:

- 1) You find yourself saying things you didn't realise you knew.
- 2) The information gives choice and expands thinking.
- 3) You cannot connect with spirits of dead people or ghosts.
- 4) You connect with highly evolved forms of consciousness that have never incarnated.
- 5) Past gurus, scientists, spiritual gurus or leaders in their field give you help, support and information.
- 6) The insights you get surprise you.
- 7) You cannot answer questions about trivia. Even if you ask your guides they don't answer.

- 8) You can't answer questions like 'What should I do?' as your guides stay silent, seem confused or let you know they are unable to answer.
- 9) You understand why 'bad' things happen and feel at a very deep level that it is all ultimately perfect in the longer term.
- 10) You get information that gives you very specific action to take to achieve your goals, and help yourself and others evolve.
- 11) You understand paradoxes; for example, you know the world is perfect, but you still want to make certain changes.
- 12) You forgive easily.

- 13) You are able to see whole spectra of energy, from low to high vibration, and know that none are better or worse than others.
- 14) You can harmonise your aura and energy with any person or environment.
- 15) Your guides only contact you when you ask them to, and they answer every time you ask.

IF YOU ANSWERED YES TO BETWEEN:

1 - 8: You have some access to the higher mind.

9 - 15: You have significant access to the higher mind and show potential to develop high-level Psy-Q.



Dr. Lisa Turner created psycademy.co.uk to train people to access the higher mind and become professional spiritual and psychic practitioners. For free

instant access to an online test to discover how connected to the higher mind you are, go to website psychictester.com

Signs you are working from the unconscious (low level Psy-Q):

Answer yes or no to the following questions:

- 1) Your insights are vague hunches and feelings, but nothing specific.
- 2) You sometimes feel something bad is going to happen but don't know what to do or how to deal with it.
- 3) You get contradictory, conflicting or confusing information.
- 4) You get information that you already know - about yourself or others.
- 5) Your insights rarely help you achieve your goals or outcomes, or those of your clients.
- 6) You often, or only, communicate with spirits of dead people.
- 7) Your guides urge you to do certain

- things or tell you what to do.
- 8) Most of the information you get is about day-to-day things.
- 9) If someone asks, you can get very detailed and specific information. For example, you can describe a person, place, room or clothes in great detail.
- 10) You pick up negative energies in people and places.
- 11) You often feel uncomfortable around certain people.
- 12) You have the urge to perform protection rituals or visualisations.
- 13) You sense the need to clean your aura.
- 14) You feel the need to avoid

certain people or places as the energy is bad for you.

- 15) Your guides interrupt or contact you at any time of the day or night. When you ask for guidance they frequently refuse to answer. Your contact with Spirit is out of your control.

IF YOU ANSWERED YES TO BETWEEN:

1 - 8: You are accessing the lower mind some of the time. Consider learning to move beyond the lower to the higher mind.

9 - 15: You are accessing the lower mind - the unconscious - most of the time, and would benefit from learning how to move through the lower to working with the higher mind.