

CPP

Welcome Manual

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Welcome Message

Congratulations on your enrollment and welcome to the Conscious Psychic Program. You've signed on for some deep and transformative work for yourself and it's an honor to have you here. The process of Psychic Development (PD) is more mindset-shifting than skills training. Yes, you will learn skills and processes and energy hygiene tools to manage energy and understand how you are perceiving psychically, as well as expand into new versions of your PD skills. The mindset-shifting piece comes in as you are reframing how you may already be receiving and perceiving psychically.

I talk about our Intuition, our Psychicness as a fire within. A flame of truth and knowing that is often squelched and threatened by the wet blankets of our beliefs & programming. The wet blankets can be piled upon our intuitive fires through cultural, familial, and personal beliefs. Some examples of this would be religious beliefs that cast a darkness over our inner knowing & connection to the unseen realms; having been told by an authority figure that you or your intuition aren't valuable; feeling as though your intuition is 'only in your mind' and/or a 'figment of your imagination' or other stories and beliefs such as these.

The truth is - our intuition is an expression of love. The love from source/god/universe, the love from our higher self to our pedestrian self, walking in this world along with the love from source for us.

As you move forward in the CPP, you'll learn how you receive and perceive and how to expand what you are receiving and perceiving – you'll also learn more about yourself and your filter(s) that influence and aid your process.

I am so glad that you're here! Please carefully read and review this manual and reach out to me with any questions.

Warmly,

Angela

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Section 1: Intuitive Development Guidelines and Best Practices

For a lot of you joining the program this will be your first group experience. While going through this process please keep in mind that it is a group experience. To make sure that you and the other members get the best learning experience from this program you must keep in mind a few guidelines to get the most out of your Intuitive Development (ID).

Check Your Ego at the Door

Ego is a huge distraction in the ID process. While we celebrate our growth – our ego at times comes in to say that we are better or at a higher-level than others in the group. Or that we aren't good enough or skilled enough. It is your responsibility to keep your ego in check and not to feed into thinking that you are either better than or worse than another student. The point is that we are all in different places.

Please Note: **This becomes most challenging in group work. It is less of an 'issue' if you choose not to participate in Circles and Events, and the experiential learning of the groups is what will grow you the fastest.

Remaining Open to Being Aware

Gaining a deeper sense of awareness of who you are, is inevitable in your ID process. After gaining self-awareness (recognizing who you are and what your personality is like) you begin to gain insight into yourself and your process. This is the part where you become aware of why you do what you do, what triggers you and why, etc. Having this new self-awareness and insight will support you in progressing forward in your development process. If you need more individualized support on this aspect of knowing yourself, I am happy to discuss this with you in your private 1:1 coaching sessions. The CPP Development Circles and events are a place of learning, just as a lecture in college would be. Just like in the lecture hall, please be respectful of everyone who is a part of this program. You are all here to learn and everyone in a circle must have the same opportunity to practice and learn more about their own intuitive process.

Best Practices for working with your intuition:

- Stay open-minded - messages are non-linear and expansive. The more that you can meet your process with open-mindedness the more fluidly you'll move with your process.

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- Use a simple Yes/No Q&A process with your guides/higher self until you hear your guides answer yes or no or are experiencing more complex messages and answers from your guides/higher self.

  These can include kinesiology (using your body as a pendulum) that Angela will teach you in your session if you haven't already learned it; a pendulum; an expansive or contracted feeling within your body; a system that you direct spirit towards – "show me green for yes or red for no", or somesuch; or any other yes/no process that works for you to have a simple dialogue with your guides.

- ***Incorporate the Foundational Basics early and often into your process. They serve as a roadmap of tools that will apply to any psychic or spiritually transformative experience that you may have.***

- Escort or suspend your ego while engaging in PD activities. Our ego brings in doubt, analysis, and other unhelpful dualistic constructs to this process. Our ego is the biggest source of wet blankets for your intuitive fires. Ask it to sit in a chair outside of where you are, as you expand into your PD process.

- Vibrational tools/Energy Hygiene practices are key! If you are less attuned to moving with the energies of the unseens and vibrational language and approaches – you will learn a lot here. Whether you've spoken the language of 'energy' to date or not – it will become a part of your process. Frankly, I'm not sure how people teach psychic development without it. Start where you are – learning new languages is a process!

- Be gentle with yourself - while there is a lot of fun and delight and upliftment with this process – it can also tire you in new ways. Be gentle with yourself and celebrate small growths as well as large ones.

- Any sort of surveillance of another person, whether in your personal life or not, also known as psychic spying – is neither allowed nor advised. Unless the person has given you express permission to do so, whether on a case-by-case or a blanket basis. An exception to this rule applies to your dependents. If you are tracking your children or any of your dependents from a perspective of – for your and their highest good – that is fine.
    - Here is an example from my Reading practice. If a client comes to me with distress in a romantic relationship and they are asking me things like, are they cheating on me? Are they seeing other people?
        - I am asking spirit in my head for messages for client's highest good (this defers to spirit vs me or my ego to decide) around partner's behavior.
            1. If it isn't for their (client's) highest good to know of partner's behavior – I won't be shown the information.
    - Another example (this is very true as is the example above): I had a client ask me during a 30 min call, along with a number of other questions – about their health. At the time of the reading, based upon my relationship with spirit, spirit

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brought nothing concerning to light for the client. The client went on in a number of weeks to have a heart attack. A few months later, they booked another session. And they started by stating that they had survived a major heart attack and then admitted how angry that they had been with me, that I hadn't seen that for them. There is a lot more that unfolded here – suffice it to say that my ethics and being able to explain my ethics to this client are what kept me grounded in my integrity and character as opposed to my ego in this exchange.
    - Takeaways – what you see, how you see it and the WHY of what you are asking spirit about will fall on you as part of your free will choices in this lifetime. To stay ethical, be clear with your intentions that you are not breaching someone else's privacy nor disrespecting their privacy and your own integrity.
    - Lastly – the axiom, "just because you *CAN* doesn't mean you *SHOULD*" comes to mind on this topic. Just because you can now get information on someone doesn't mean that it is respectful nor in line with your character and integrity to do so. Remaining humble and ethical with these growing skills is the highest road forward.

- Enjoy the process - there is so much delight to be had as you expand into this new skill-set and way of relating with the world.

We'll start in the next section with reviewing the Foundational Basics that Angela's program and development process is based upon. These are to be contemplated, incorporated, learned, and implemented as soon as day one of your process and enrollment here.

They are a set of tools that will apply to any situation – whether seeing an apparition, having a prophetic dream, experiencing a new pain in your body, addressing a synchronicity or sign, or musing on a message that you've received in a development circle from a peer. They will be used and applied to all aspects of your development process – solo endeavors and group development.

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Section 2: Foundational Basics

The Basics

Whether you are new to intuitive development or have been developing for years, these basic tips will help you to build a solid foundation on which to develop your intuition and grow in your spiritual practice.

These steps will always apply, regardless of what sort of situation that you may find yourself in. Begin to use them from day one.

Get Started Right Away

As you are on the path of intuitive development (ID) you will be transforming the way you see the world. You may experience things very differently than before starting your ID and it can often be uncomfortable starting out. I offer these guidelines as a resource for those old and new who are developing their intuition because we are constantly developing and experiencing new things.

These basic and foundational tips will get you through any situation as you are developing your intuition. Whether you are in your first few months or have been a professional psychic/medium for years (these foundational tips will always apply!). It doesn't matter whether you are seeing something in your mind's eye, seeing an apparition, sensing/seeing an energy mass out of your peripheral vision, experiencing synchronicity in your day, or feeling emotions that may not be yours – incorporate these.

Foundational Basics for Intuitive Development

Ground

Always be grounded to ensure that you have full embodiment and connection to the earth, prior to connecting to Spirit/Source/Higher Self/God, etc. You can use many methods, find which works for you. You can imagine roots growing from your feet or your tailbone, see yourself as a tree, picture that you are burying your feet in the earth or snow or sand, sip some water and feel it move from your mouth into your stomach, name five things in your environment and either how you feel or what you think of them, etc.

For more information on grounding or how you may be able to experience this practice: https://energyintuit.com/grounding-as-a-daily-practice/

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Center

After you have grounded into the earth it's important to call your energy back to you and re-center. This can be done by using visualization techniques, mantras, breathing, focusing on your heart chakra, walking in nature, and using affirmations (to name a few, there are many more and I encourage you to use what feels right for you). One way that I love to center is to simply ask my guides or angels to come to my side and help me stay grounded and centered in my being. Then I picture them surrounding me with love and returning all my energy back into my body.

Be sure to call all of your energy back in and release any 'other' energy that you may be picking up. Connect to your breath and release other energies with the exhale and inhale your energy as you fill up. Visualize yourself as standing erect, solid in your stance and feeling whole. This involves calming thoughts and emotions, dropping your energy out of your head and into your heart.

Shield/Protect

You shield and protect so that you may reduce any interference in your process.There are many ways to approach this and creator's choice (you are the creator) applies. Once you are grounded and centered in your own energy, you can then begin visualizing a shield around your body, perhaps an egg-shaped one and then picture it being about ten layers thick or ten separate layers deep. Empaths and sensitives may choose more rather than fewer layers for their shielding.

Energetic shielding lasts approx. 72 hours at the longest. Cultivate a daily and/or momentary habit of shielding as part of your daily routines.The Empath Toolkit course will offer you some additional and more specific options.

Keep an Open, Curious Mind

Have an open, curious, and non-negative/critical mind before you engage with Spirit. You want to be in an open and curious state. A state akin to faith. Often called 'beginner's mind' in the eastern spheres or a child's mind. Being open and curious without a lot of heavy analysis is what this step is calling you towards. If you bring an attitude or a fight to this process you may easily attract negative influence and sully your connection with spirit.

Engage/Ask Questions

Engage and ask questions of the experience, energy or vibe that you are sensing. This step is key. Posing questions - whether in your head (telepathically), out loud/spoken/verbally or through writing – the process of posing a question will invoke and evoke responses from spirit and the unseen realms. Use this in your personal, daily processes, when you are in a

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development circle for yourself or on behalf of others - or when you want to ask spirit how they may weigh in on something in your life.

Begin with simplicity or with yes and no questions. Incorporate a yes/no process for yourself. Whether through kinesiology (using your body as a pendulum which Angela will teach you in your first session if this is new to you), a pendulum, hearing or seeing yeses and nos psychically or through expanded and contracted feelings in your body, start with these. Once you have more involved messages from spirit the yeses and nos will work well - simply shift more complex questions into a series of yes/no questions.

Once you are hearing and seeing more complex messages, then your question/query process can evolve with your process's complexity.

Ask Who It Is For

Ask (of your Higher Self/ Guides/ Guidance System/ God/ Source) if this message or information being presented is for you. This is very easy, you can simply just ask and see what comes through. It's important that you stay open and aware to receive an answer. Know that if you do not receive an answer right away it does not mean the universe has left you hanging. You can always re-ground and re-center but the answer may come to you in a way you did not expect or at a later time. If you have asked the question, "Is this mine?", and a sense that it is not your own energy, it's time to send it away. To do this, you can ask "if this isn't for me, send it back to where it came from with love and awareness." Or "Return to sender if not for my greatest and highest good!"

Gratitude/Thanks

Always show your appreciation even if you don't like the answers that you get. Demonstrating reverence for the 'other party' in this equation – spirit and your guides as they meet you in your process - may seem like a no-brainer to some. And to others, this concept of a gratitude practice may be a new one.

Gratitude/reverence/respect in this process is about showing up as your best self and thanking spirit for the experience, even if it feels challenging to experience some of the answers to your queries.

Gratitude can serve (energetically) as a very powerful rocket fuel for our processes! It can bring us to more emotionally neutral places from more dense states and it can elevate our joy too.

Be Directive

You have far more choice in connecting with spirit than you may realize. We aren't meant to only passively receive guidance from spirit. Yes – at times we will receive messages from spirit

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more spontaneously when we have not engaged with spirit. This step points to the reminder for you to ask - to discern - to lead - to guide your process.

Just as you wouldn't open up your windows and screens to allow any birds or insects to enter your home, employing discernment and boundaries in what IS coming through spontaneously is important.

And - asking and engaging spirit is what is most meant to be hammered home with this step. When in circle, asking from within your process - is there a message here for this fellow member's highest good?

While in a personal meditation, auto-writing or journaling session for spirit to show up and be in dialogue with you – these are the pathways forward of using this step.

Action step

When we choose to take action on guidance that we have received from spirit - it's another way to ground a new choice or reality into this material world that we live in. Messages from spirit stay in the ethers unless and until we choose to ground them into reality in some way.

As an example, if you are connecting with a new guide and they show you an aspect of their energy signature - you may choose to draw this energy signature or to pick an item and place it on an altar, a dashboard or a window sill as a way to show appreciation for the new guide.

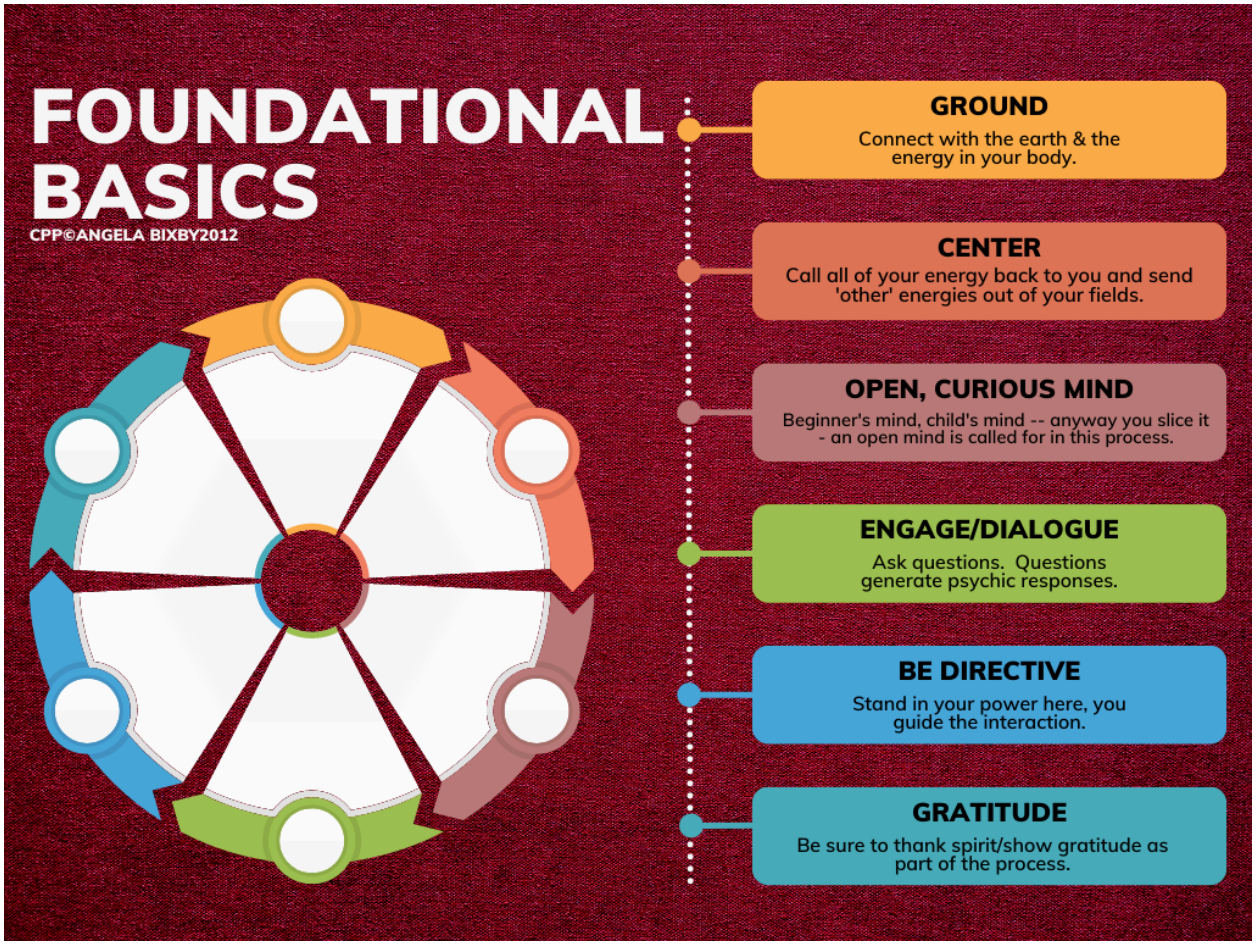
If you get a message to play more - then doing a jigsaw puzzle or dancing may be a way to take action from a message that you've received.

Action steps can be a form of alchemy by taking a message from the etheric and into the material.

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Foundational Basics for Intuitive Development

Here is a visual graphic for you on the foundational basics for intuitive development.



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Section 3: Energetic Ethics

We know that everything is energy. This includes our everyday thoughts, actions and even our words.Without knowing it we can send or receive energy that is not of a high vibration. Without knowing it we can be energetically pinging people all day. Once starting this program, you begin to become aware of how much we share with each other energetically.

Mind Your Thoughts

Be mindful of your own energy, especially with this being a group process. Because our thought forms are energy, when we think of someone, they may sense us in their awareness. This is a subtle exchange and happens to everyone way more than we think. For example, one day you may catch yourself wondering why that man from your work meeting keeps popping up in your head, when he hardly even made an impression on you. It's likely because he was thinking of you and you sensed it. It happens with your family and friends all the time. Have you ever picked up a call from your friend only to realize you were thinking about her all morning! It's not a strange coincidence. As we develop our intuition, we gain more awareness for our own and others thoughts at a vibrational level. As you become more aware of your own and others subtle energies, it's important you remember to be respectful of others.

Mind Your Actions

Energy can also be exchanged through actions of our words. This type of energy exchange presents differently than thought forms and is often dismissed. When we speak of someone, the person may sense it. Ever hear of the old wife's tale, that when your ears are ringing, someone is talking about you. It's the same idea. When we speak from fear, anger, harshness or judgment, we are speaking from a lower vibrational level. This not only negatively affects their energy but can affect them physiologically too. This happens when energetic messages present themselves metaphorically. An example of this could be that someone might experience a back ache (a stabbing feeling around your shoulder blades) when others are speaking negatively about them. They felt the negative energy of the words and it presented physically in their body-like someone was stabbing them in the back.

Mind Your Energy

Not everyone feels things at the physical level that severe. More commonly you might experience an energetic headache and start having degrading thoughts clouding your judgment (more often than is normal for you). This is an illustration of energetic resonance – also often

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referred to as psychic attack. I don't care for the second term as it is hostile sounding. Most people have no idea that being in a bad mood and ruminating on, say, their boss, can affect the energy fields of those around them. Most don't realize that their boss may get a headache, as a result of this. I don't care for the phrase psychic attack as it connotes malicious intent which it rarely is. I speak of it to teach you the importance of taking responsibility and being personally accountable during this process. It is not uncommon due to the high amount of people that come through the program, to have some energetic breaches. I do recognize this is a learning process and because we are learning we might make mistakes. Many of us are beginning to shed old programs and can easily slip back into an old pattern of thinking or acting (remember those wet blankets I mentioned earlier!). Please own this and your thoughts, it will serve as an instrumental part in your development process. We are all human, making mistakes is a part of the learning process, but if you knowingly bring mean thinking and speaking of others in this group – it will be grounds for dismissal.

As you grow your awareness of your intuition and energetics, know that you make the world a better place as you clean up your thoughts and speech. Practicing these energetic ethics will contribute to your development and support in shifting your mindset in the process!

Practice Professionalism

Please remain professional during this process. It's a learning experience and it is important that we treat it as such. People find my program for many different reasons. Some come to enhance their business or support a career change, while others are here on a more personal level. Regardless of your reason, you are all here to learn more about your true self and find the strength and courage to bring authenticity back into your life. Within this program I have created a sacred space for you to rediscover your authentic self, among a group of people doing the same thing. I ask that this space remain a safe place where people can share, learn and practice being in touch with their intuition. *Enrolling here means that you are exercising your courageous right to be vulnerable, to be seen and to be respected. The boundaries support everyone in feeling more comfortable.*

One dictum for developing with me: I strongly discourage befriending others in this development group, while you are developing together. It can be a wonderful experience to feel a sense of connection and community as you discover you have had similar experiences as your peers. Although you may relate to others because they too are developing their intuition, it doesn't mean that you and the other person share similar values, life approaches, etc. Be wary of starting friendships within the program while you are developing, it may be best to keep the relationship professional until you are through with the program. And - I trust you and your discernment here. If you are someone who likes to befriend classmates that is fine – be aware that not everyone may want to develop friendships here and that is nothing against you.

This also ensures that no one will be approaching you for any sort of solicitation. Angela manages any requests for shares within the community along these lines.

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When we are all adhering to these relationship boundaries - it contributes to feelings of safety for all. When developing psychically - we are reading each other regularly and naturally become acquainted with each other's lives and life situations. Discouraging the furthering of personal relationships outside of circle respects everyone's privacy and allows them more organic spaces to integrate within. And - many humans can handle these boundaries and this level of respect for each other. If you have any questions around this feel free to discuss with Angela.

The other piece of resisting the urge to connect and collaborate with fellow members is that you may reduce your confidence and trust in your growing skills. If you spend hours getting to know a fellow member on the phone, then you are in a circle with them – you may doubt that what you are pulling is psychic and default to gaslighting yourself by chalking the message up to what you 'now know' of this new friend.

Lastly, if you do choose to connect and befriend others outside of this program,while you are developing with me, I won't be held accountable for any drama that may unfold nor will I take on any liability for the choices that may lead to this situation. Holding yourself accountable for any behavior in this realm is important. Thank you for understanding and respecting this topic and all that it can entail.

As you can imagine, discussing anyone's business that comes up in a circle – outside of the circle - is a breach of implied confidentiality and respect for others' privacy. When you are choosing to share your personal reflections and joys of your own development with your loved ones and confidantes – simply remove names and personal identification if you are describing a situation that involves another member.

Leave Biases at Home

If you do happen to find my program with a friend, please remember that it is a group experience.Coming to group events to socialize with your friend is not fair to the other members. It makes others uncomfortable and compromises the sanctity and safe feeling of the group. If you have joined this program with a friend, please be sensitive to not being cliquey or exclusionary while at group events or in development circles. Thank you in advance for this consideration.

Be Willing to do Some Personal Work

ID is 10% skills training and 90% mindset shifting. Mindset shifting involves positive psychology, NLP, as well as your own personal accountability for creating what is in your life due to your thoughts, words and actions. I can provide you with techniques but it is up to you to do the work and practice incorporating these new ideas into your life. Mindset shifting requires some effort

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on your part. All the tools provided in the program will give you the building blocks on which to start developing your intuition. To master these skills it's imperative that you practice them!

Have Patience

The ID process as I have mentioned above is very individualized. People find the program at different times in their development. Some people come in and find that they haven't found many roadblocks on their path to ID and easily move through the program. While for others this is the first time they are accessing their intuition and the process is a bit slower or requires more work. This does not mean that the work you are doing is better or less than the work of another. Whatever your experience is, is completely right for you! You may have been pushed to find the program by your higher self and begin to do this work, trust the calling. It can be challenging at times but with a little faith and persistence, you can get in touch with your intuition.

Have Fun

This is a wonderful journey full of self-discovery…so have fun with it! I strongly encourage you to be creative while going through the techniques I have laid out for you in the course. Play around and have fun during your ID.

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Section 4: Intuition Journal

Beginning an Intuition Journal and maintaining it will be a key process for you as you develop within the CPP. You'll want to use this space to capture any messages or experiences that you have - big dreams, synchronicities, energetic experiences, messages from meditations, circle messages for yourself and others, etc.

Time and date stamp your entries and also use this journal to refer back to. So if you have a huge dream that you've recorded here, and a few weeks later some 'evidence' or 'confirmation' from this dream shows up - note that too.

As you develop psychically, there will be a natural rhythm that will emerge. You may feel very on and connected, and then a few weeks or months in you may feel less connected. This is natural and normal to the PD/ID process. We go through 'fallow' periods with our connection that are often about our energies being used to clear and heal some deeper things, that are less obvious to us, and then we emerge from these fallow phases with some notable shifts in our PD/ID process (seeing colors after only having seen black and white images, as an example).

When in these fallow phases - reflecting upon your Intuition Journal will be a way to support yourself and remember all of the ways that you are and have been connected.

Enjoy this, 'formal launching' of your development process and please turn to the Circle Manual next.

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