

Q and A with Kathy (Kat) Henderson from 56Vibes.com

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<http://terraspencer.wordpress.com/withkat/>

Terra: Hi Kat! Thanks for joining us!

KAT: Pleased to be here, Terra. It's wonderful having the opportunity to connect with so many kindred spirits.

Terra: I know you are the guru when it comes to people and their psychic abilities. Do you believe most people can develop their talents?

KAT: Yes. Definitely! I believe everyone is born highly intuitive. I prefer using the term *intuitive* instead of *psychic*.

Terra: Why is that?

KAT: It's because the term *psychic* has gotten such a bad rap over the years. Many people think being *psychic* is evil or silly or dangerous or stupid. Then there are the people who just like to make fun of things they don't understand.

There are others, too, who bad mouth psychics because they *DO* sense things more intuitively than others. But it scares them to admit it or have others think they take it seriously.

Terra: Being that is true, why do people chose to ignore or not do anything with their psychic abilities?

KAT: Unfortunately, many children learn to hide their intuitive abilities at an early age. Then little by little they stop paying attention to them. Eventually, those very intuitive children grow up believing (or at least claiming to believe) that there is no such thing as being *psychic* or having advanced intuitive abilities.

Terra: What makes children learn to hide their intuition?

KAT: In an effort to civilize us, to protect us, to teach us right from wrong, many well-meaning parents, teachers and other adults put a great deal of effort into forcing children to conform to what is considered "the norm."

We're told it's more important to fit in than stand out from the crowd and risk embarrassment or ridicule. We're told to stop thinking for ourselves and just do as

we're told. We're scolded for expressing intuitive and creative thoughts, especially at inopportune moments, like when stern Auntie, who hasn't allowed herself an intuitive or creative thought in decades comes visiting.

Suddenly our fantasies and stories are labeled lies. Our attempts to connect what we intuitively sense within our soul and mind's eye to what we can actually feel, see, hear, touch and taste with the body's five other senses are criticized. We're no longer praised and tolerated for being young and cute. We're belittled. We're laughed at. We're often punished, sometimes harshly. Especially if we pick an insensitive moment to blurt out an intuitive thought or vision. We end up hiding our intuition to protect ourselves emotionally. And sometimes physically. It's unfortunate and sad. So counter-productive.

Terra: For the readers out there who want to develop their gifts more, where would you recommend they start? What steps should be first?

KAT: First of all, it's important to understand that being *psychic* is not about being a fortune-teller.

While some people are better than others at predicting the future and sensing things that happened in the past, I don't think it's fortune-telling. What they are tapping into are past and current energies that are constantly being transmitted, then making educated guesses based on their interpretation of what those energies reveal.

And that is what intuition *is*. What being *psychic means*. It's the exchange of energy and tapping into it in a meaningful way.

So, for those wanting to improve their intuition, Step One is actually two-fold: 1) understanding what intuition *is* and *is not*, and 2) realizing that everything is energy.

Terra: So, you're saying that it's actually energy that provides the psychic connection.

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KAT: Yes, exactly. And that leads us into Step Two of developing intuition which is learning, or more accurately *re-learning*, how to tap into energies in a meaningful way at both conscious and sub-conscious levels.

Terra: Can you explain how that works?

KAT: Well, we now know scientifically that *everything* is energy. As technology has evolved, methods of measuring and comparing the energy frequencies of many things have been developed. Even for such things as colors, flower fragrances, as well as the energy fields around the body known as auras.

More and more is also being learned about how our bodies work, how they are electrically wired to send and receive signals. Even more exciting, is how the circuitry in our brains can *interpret* those electrical signals and send back out responses based on what those interpretations are.

There was a fascinating article about this in the May 2010 issue of National Geographic.

Terra: I'll have to look it up as it sounds like a great read. Please continue.

KAT: When we acknowledge a gut-level feeling or intuitive thought, we are allowing ourselves to access at a conscious level what is happening naturally within our bodies and brains. I believe it is the combination of our conscious and subconscious minds plus our emotional and intuitive souls that provide us the ability to do that. *How* our minds and souls work in conjunction with our brains and bodies is still a mystery that scientists cannot prove with current technology.

But it's pretty clear that once what we consider mind and soul leave a living body the electrical currents shut off. All that is left are the physical remains of body and brain. The person is considered dead, and no longer a living being with an energy that current medical technology can measure and record.

Terra: That is awesome information! So, if Step One in developing our psychic ability is understanding what intuition is and how it relates to energy, and Step Two is learning how to tap into it, what is Step Three?

KAT: That's easy. It's learning to be both skeptical and open-minded at the same time. And getting out of our own way in the process! But actually doing that,

well, that's the hardest part for most people.

Terra: For me, the hardest part has always been understanding and interpreting the information coming in from the Universe. Are there techniques we can do to help this along? Or is this trial and error for most psychics?

KAT: Yes, there are definitely techniques you can learn that will help you reconnect to the natural intuitive abilities you were born with. With practice and the right frame of mind you can greatly enhance your skills.

I always suggest that people start by focusing on one question: How can I use my intuition to better my life and the lives of those around me?

Terra: I heard you are doing a book on the information psychics get coming in from their guides, universe and angels. Do you want to tell us more about this?

KAT: Well, Terra, it's really a book about how anyone can tap into energy and learn to recognize the signs and symbols that are revealed to them. It's called *Psychic Shorthand* and will be published later this year. [Editor note: Due out around July 2012]

Terra: What else could we do now if we wanted help developing our intuition?

KAT: I'm so excited to make this announcement. I'm releasing my first e-course soon called:

Conquer the Confusion – Connect to Your Intuition with Confidence.

It includes five detailed lessons that explain how to tap into your intuitive energy easily and with confidence. You'll also learn how to recognize important signs and symbols, and most important, how to interpret them in a meaningful way. Plus, there's a special bonus that contains what I consider the secret key to unlocking your advanced intuitive skills.

Terra: How can I get the e-course? What does it cost?

KAT: The entire e-course is completely free. No cost. No obligations. No strings. Sign up at my website: <http://www.56vibes.com/free-ecourse>

Terra Spencer, Spiritual Guide and Advisor

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