

YOU ARE  
CLAIRVOYANT

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# YOU ARE CLAIRVOYANT

DEVELOPING THE SECRET  
SKILL WE ALL HAVE

BELINDA GRACE

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## ACKNOWLEDGEMENTS

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My heartfelt gratitude goes out to you all.

A handwritten signature in black ink that reads "Belinda Grace". The script is fluid and cursive, with the first letters of "Belinda" and "Grace" being capitalized and prominent.

BelindaGrace

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## I N T R O D U C T I O N

Being clairvoyant or intuitive is not a magical skill selectively bestowed on some people. It is an innate ability anyone can learn to develop, no matter what background or belief system they come from.

Clairvoyant intuition is no more difficult to learn than a new language or operating a computer program, but like anything ‘new’ to us, there is a learning curve, so it is necessary to apply yourself and practice. Nothing in this world is achieved without the will to make it happen. I like to call this your Intention.

Clairvoyance is an inner wisdom and connection that has been with you all along, just waiting to be switched back on again. If you have the intention then your clairvoyant abilities will be *reactivated*.

Each person has their own developmental pace. Sure, the Universe will give you plenty of nudges, but it never gives you more than you can handle, so your own clairvoyant skills will open up at exactly the right time for you.

This book is designed to help you develop these skills

through simple, effective exercises. Each technique is presented in a logical sequence and practicing each of the techniques will help you become more proficient with all the others.

There is no right or wrong way to experience your developing abilities. Use this book as a guide and my experiences as a reference to help you gauge your own progress, but embrace and learn from your own feelings, as you are the best judge of what feels right or otherwise for you.

I once met a very powerful clairvoyant from America. She told me that in the first year of working with her newly developed awareness she allowed herself to get carried away with the supposed power of it all. She prayed and prayed to her God to let her see *everything*. One day she woke up and her whole world had changed; she could hear what people were thinking, she could see images around them of the memories of the pleasant and unpleasant things that they had done. She could see who was cheating on their partner, who was stealing money from their employer, who was feeling suicidal and all the other things that are often hidden behind our outer layers of civility.

This experience nearly sent her insane; and just as she had prayed for this ability, she beseeched her God to make it stop. She didn't want to know everything about everyone anymore. Once this deluge stopped she thanked

her Angels and Spirit Guides for the abilities she had been given and resolved to be content with those. So be grateful for your small breakthroughs as they come and be patient; your intuitive development happens at a certain pace for a very good reason.

In the following pages you will hear a little about my own story and how I came to call myself a Clairvoyant Healer. This is a term or title that I love, but most people only focus on the 'clairvoyant' and miss the 'healer' part. The latter part is of course the most important, because what it means is that I am using the clairvoyant skills that I have developed over the years to help people feel better. They come in confused and depressed and leave feeling uplifted and empowered in some way.

Predicting the future is not a big part of my practice. Occasionally the Angels will have something to say to a client about their future which is very precise, but generally they advise that there is no such thing as 'the future', there is no set plan or arrangement to depend upon. What they want us to understand is that there are numerous probable realities which can emerge, depending on the choices that you make and how happy you are within yourself in that moment.

What we create in our tomorrows stems from whom and what we are today, so being more aware and connected to your Divine Guidance in the present moment is very helpful. It is important to remember that

as a clairvoyant I am simply a Channel – for energy, *Light* and information. This book is not about my beliefs or opinions; it is about all the things that my Angels and Spirit Guides have taught me throughout my 10 years of practice. What you are about to read is what they have told me to ‘do’ and the information they have spoken through me numerous times in response to my own questions and those of my clients and students.

I am often amazed myself when I hear some of the things I am saying, because I know that they are not a direct product of my own knowledge, thought process or experience. In fact, they are the opposite, they are the product of not thinking, and just letting the information come through me.

My journey to where I am now has been a long one, with many twists and turns. In this book I aim to share with you some of the wonderful things that I have been taught along the way by my Spirit Guides, Angels and other non-physical friends; and perhaps enable you to see your way a little more clearly and avoid some of those detours that I encountered. With clairvoyant development there is no ultimate destination, so enjoying the journey is a must.

A handwritten signature in black ink that reads "Belinda Grace". The script is fluid and cursive, with the first letters of "Belinda" and "Grace" being capitalized and prominent.

Blessing, BelindaGrace

## CHAPTER 1

# ‘HOW DID I GET HERE?’

*I regularly receive readings from Belinda – I have not experienced anything quite like them! They provide me with information that brings me into a closer healing connection with myself, my Angels and my Spirit Guides... this has not only provided me with deep healing at the physical, emotional, mental and spiritual levels, it also always results in me feeling supported, guided and ‘on track’ at the end of each session.*

*J.L. Sydney, July, 2004*

*“Have you always been Clairvoyant?” “When did you first realise you were Clairvoyant?” or “How did you become a Clairvoyant Healer?”*

These are the most common questions people ask me when they find out what I do for a ‘living’. All very reasonable questions given that most people don’t meet a Clairvoyant Healer every day and it is an area shrouded in a bit of mystery. But the other reason, I believe, that people are so interested in the answers to these questions, is because everyone is naturally intuitive and clairvoyant, and it excites them to find out how they might develop these skills. They recognise something of themselves in me or what I do.

I often liken clairvoyance to an artistic skill. Anyone can paint, draw or learn a musical instrument if they really apply themselves. Even if you are musical or artistic by nature, you still have to take the time and make the effort to refine and develop your raw skills in a meaningful way. You want to be able to be creative and productive ‘on demand’, and becoming well practiced in your techniques will help you with that.

Being clairvoyant is the same. It is an innate skill that we are all born with, there are no exceptions. Some people will have more of a flair for certain techniques than others, and some of you may have to practice more or persevere until you find the instrument or technique that works best

for you. But with practice and a positive attitude your clairvoyant and intuitive skills will reawaken in you once more.

When I was a child and a teenager growing up, any information about the so-called supernatural or metaphysical fascinated me. I occasionally had dreams that would show me, in a general or allegorical way, events that would then happen a few days later. I sometimes felt that I could see or hear 'ghosts', and I used to astral travel in my sleep so frequently and so clearly that I would sometimes wake with a jolt, feeling air-sick from the up and down motions I had been making in the skies.

One night when I was around ten years old, I woke up to see my grandmother floating in the bedroom at the end of my bed. I saw her long, flowing grey hair and her nightdress, but I was not afraid, even though I knew she lived thousands of miles away in Switzerland! Having just awoken from a deep sleep, I blinked and looked again, but she was still there. She waved, but she seemed to be looking off somewhere into the distance and after waving for a while she simply drifted out through the wall.

The following morning a telephone call from Switzerland came to advise my mother that her mother had passed away.

Twenty years later another interesting event on my mother's farm prompted a discussion about 'spirits' and what happens to people after they die. It was then that I

told my mum about what I had seen the night my grandmother had died. Mum was amazed because it had been reported to her that minutes before my grandmother drew her last breath, she had sat up in bed as best she could and waved to something or someone seemingly off in the distance.

By now you are probably thinking “*Well she was obviously born with this ability, I can’t do this kind of thing*”. But I never thought of myself as clairvoyant or as having some sort of gift. Take a few minutes to think back on your own childhood and you will probably find that you too had some interesting experiences or dreams that were usually explained away by your parents as being just your imagination.

Many of us had invisible friends and believed in ghosts or spirits, or just *knew* things in advance when we were children. These experiences are a result of our natural intuitive faculty, which sadly gets shut down in most children as they grow up, because we live in a world that does not know how to help us explore and expand on these natural gifts.

For me back then, these were seemingly random events and certainly didn’t happen at my beck and call. They happened *to* me and I often could not predict or even make sense of them. As my teens turned into my twenties I became much more concerned with the ‘real world’ and most of these kinds of experiences became a thing of the

past, with one notable exception.

In 1985 I was travelling in California with my boyfriend. We had very little money and decided to try hitch-hiking from Los Angeles to San Francisco to save on the cost of bus fare. We had intended to only accept rides that would take us along the coastal roads, but one very kind fellow said he would take us all the way to Santa Barbara if we didn't mind an inland diversion through the desert. We agreed, and settled back to enjoy our free and scenic ride.

After some time of driving up a long, gentle slope in the vast terrain, we came up and over the crest, revealing a large shallow valley spreading out before us for miles. My heart jumped, because even though I had never been there before physically in this lifetime, I recognised this place as somewhere I had flown over numerous times in my astral travels! It was an amazing experience to be there again, this time on the ground.

Once again, even though that experience excited and shook me up somewhat, there was nothing I could really 'do' with it, I just accepted it and moved on.

After graduating from high school and studying fashion design for three years, I headed out to travel the world. My intuitive connections had already shut down; ignored as I concentrated on the demands of everyday life. I remained in London for three years; enjoying the life of the consummate party girl and took to drinking, smoking,

and the work hard/play hard lifestyle with gusto.

If anyone had said to me that I would be a Clairvoyant Healer with a thriving practice one day I would have considered them crazy.

In London I worked as a sales rep for a great company in Convent Garden, full of young people, many from other countries just like me. The friends I made there are people who I treasure and stay in contact with to this day.

My life was all about business, money, travel and most of all, having fun. But as my social life flourished, my health deteriorated. What I didn't know then was that the deterioration of my health and the bucket loads of antibiotics prescribed to me by doctors would lead me to the place that I am at now.

As much as I loved England, the time came for me to return to Australia and the industry I was convinced I was cut out for; Fashion.

I entered the fashion industry, rising through the ranks as state sales manager, national sales manager and finally landing a great job as a buyer for a national ladies wear chain. A good salary, a company car and business class overseas travel were all part of the job. I should have been happy, but the opposite was true, I was very depressed emotionally and my immune system, already weakened by my previous London lifestyle, became weaker. My bouts of chronic tonsillitis became worse and the medications stronger.

My health was spiralling downward at an alarming rate

and I didn't know what to do; antibiotics became penicillin, small doses became large, and still no real improvement was forthcoming.

My emotional health was also teetering. I can remember being so depressed in those last months in the fashion world that I could hardly get out of bed. Crying as I showered and dressed to go to work became the norm.

What I didn't understand then was that I was so out of harmony with my own truth that I was making myself miserable and ill. I thought there was something wrong with me at a psychological level. Then, as it always has, the Universe handed me a lifeline and, following my flatmate's advice, I went to see an alternative health practitioner who helped change the course of my life.

After nearly two years of homoeopathic remedies, herbal mixtures and kinesiology treatments I felt much better and was able to realise that the lifestyle and career path I had chosen weren't what I needed or really wanted. I announced that I wanted to change my life and do something in the alternative health field. My practitioner suggested that I study homoeopathy, which seemed to trigger a prophetic dream that very same night, and a certainty in me about this new direction.

Simply put, my dream was one of me standing on a beautiful beach at dawn. There was a lovely, old timber door floating out over the horizon, and as the sun came up, the door slowly opened, bathing me in the warm and

glowing light. A beautiful dream to be sure, but it wasn't just the content of the dream that inspired me, it was the *feelings* I had during it and after I woke up. I felt so calm and happy and certain that I had been led to my new path.

Later that day I enrolled in a natural therapies college and I have never looked back.

Although I do not practice homoeopathy professionally any more, it was what led me to the Clairvoyant Healing work that I do now, as I met people who introduced me to other courses of study in the healing realm. Eventually I was accepted into a small class taught privately in a woman's home on Sydney's lower North Shore. There were about ten of us in this group and we worked together for two years. Our teacher taught us the basics of Channelling, seeing auras or energy fields and how to feel and sense the chakras.

Finally the day came when I had graduated from college with my Diploma of Homoeopathy, and two years of studying the basics of spiritual healing under my belt. Oddly enough, I still saw myself as a homoeopath, believing that most people would not be interested in the chakra balancing work, let alone be prepared to pay for it.

After months of struggling with very few homoeopathy clients to help me pay my bills, I decided to let people know I could balance chakras. That was really all I could do. Sometimes I would receive a little information, and I could sense the chakras spinning and see their colours in

my mind's eye, but that was it.

What amazed me was the interest that was aroused and the large number of clients who came in for what I regard now as a very simple treatment. My practice was in North Sydney, so most of my clients worked in the local corporate offices, some of them at very high levels. It often happened that if one of my clients was a CEO, GM or MD that he or she would instruct me not to phone their office because they didn't want other people at work to know that they were visiting someone like me. Despite all the hide and seek, most of my clients were extremely receptive and appreciative; proving this to me on a regular basis by recommending me to others (eventually!) and helping this area of my practice to take off.

## CHAPTER 2

# 'THE UNIVERSE GIVES ME MY BIG BREAK'.

*Whenever I have a treatment with Belinda I feel so much lighter afterwards; it's like a physical, emotional and spiritual detox and realignment all in one. Sometimes I laugh or cry, and the information I receive and the lift I get are always great. I feel like I have taken important steps along my own path to wholeness and I feel more connected to the oneness that is Life.*

*Rosemary, Sydney 2001*

All of this was well and good and I was delighted to have clients and an increasingly stable source of income, but I was stubborn. I had just finished three years of homoeopathy study and was undertaking a fourth postgraduate year, while I built up my practice. Not recognising the clues that the Universe was giving me, I continued to believe that I was supposed to be a homoeopath and that the chakra balancing, which was the area of my practice which was really taking off, would simply remain a useful sideline.

I went to great lengths to market myself as a homoeopath and to convert my chakra balancing clients into homoeopathic clients as well. Mostly to no avail. Lost in my idea of 'the way things should be', and needing a stronger hint, the Universe obviously decided that it needed to give me a kick in the backside – metaphorically speaking of course!

I received the Cosmic Boot whilst balancing the chakras of a new female client. This young woman was no more than 25, but there was something a little disturbing or dark about her energy, despite her friendly and open personality.

As I worked upon one of her chakras it was as though someone suddenly switched on a large, full colour screen inside my mind. I could see terrible scenes of soldiers beating and even shooting unarmed civilians. They looked like peasants being persecuted by armed forces and I had

the immediate feeling that it was somewhere in South America. Not knowing what to do, I watched for a few seconds in utter amazement. I wondered “*What is going on here?*” and I heard a voice inside my mind explain: “*It’s her past life, tell her about it.*”

I have no idea how well I did that day. I did my best to describe everything to her that I could see, hear and feel; this same voice speaking through me to fill in a lot more of the detail.

My client was intrigued and felt that she could relate to much of what had come through in the ‘story’. She had no idea that this was the first time I had experienced this kind of information download, and while she left feeling ‘lighter’ than when she had come in, I was left to ponder the meaning of what had just occurred.

As days turned to weeks, and my practice continued to expand, the downloading of these movies and the commentary that accompanied them became clearer and more detailed.

For a while I still wrestled with my belief that I was destined to be a homoeopath, realising only much later that homoeopathy, and that all-important diploma, was the path by which I was meant to arrive at this place.

I have an enormous respect for homoeopathy and the dedicated practitioners that work with it. The four years of study gave me a foundation and a confidence in dealing with clients that I would never have had if I had studied

Clairvoyant Healing alone. To this day I still visit my own homoeopath here in Sydney for a chat and a remedy, and derive much benefit from it, but it was not meant to be my actual career, it was the thing that prepared me for what was.

As for my interesting 'sideline', well, it completely took over my practice and I finally learned to let go a bit and do what I was told!

Now, I know what you are thinking, no matter how hard you tried, this sort of thing would never happen to you, but the truth is it could and does happen to any number of people, and even more so if you are open and receptive to it. Undertaking the techniques in this book is, in part, your message to the Universe that you are ready and willing to listen to whatever it needs to tell you.

Remember it took me a while to really listen too, but after that initial experience I decided to trust what I was being told and shown; and that is the most important requirement of all when it comes to developing clairvoyant abilities. Instead of negating these experiences I realised that all of this information was coming to me because the client on the table needed to know about it. So, instead of getting in the way, I decided I would be the clearest Channel for this information that I could be.

The only confirmation that has ever mattered to me is the feedback from the clients themselves. If they had looked at me like I was crazy and told me I was talking a

load of rubbish, then the only sensible thing to do would have been to stop. Instead, I found time and again that my clients related so much to what came through me that they often cried, usually hugged me, came back for more and sent their family and friends in as well.

Since those humble beginnings I have also developed courses through which I am able to teach and share what I do with small groups of students. It always amazes and delights me when I see how quickly they blossom with things that took me years to learn. Within weeks, many of my students are reading past life information, communicating with Angels and balancing chakras in a natural and confident way. They are the living proof that you can do this work too if you are simply willing to try.

The techniques that you are going to learn and use from this book will help you to be as clairvoyant as you wish to be in your life, but only if you practice them. I didn't just wake up one day and feel: *'Wow, I'm clairvoyant!'* I worked at it for years in class and on clients to hone my skills.

Every time I received instructions or guidance to do something that was new to me I followed it without question, because I always felt safe, protected and loved while I did this work and my clients always gave me positive feedback.

Every technique that is described in this book has been taught to me by my Angels and Spirit Guides – my

teachers – for the last 10 years, and are the same techniques that I teach in my classes.

You will learn how to meet your own celestial friends and how to develop your clairvoyant and channelling skills in various ways. Like me, you should let your feelings be your guide, and if you are more comfortable using some techniques than others, then you should persevere with them.

Not everybody wants to do what I do as a profession, but we can all use more information, guidance and clarity when it comes to navigating the journey of life. The techniques you will learn from this book will help you to become more connected to a higher source of guidance and awareness than that available if we only rely on our intellectual knowledge or logical minds.

Many people come to see me because they feel stuck, uninspired, lost or depressed. They have lost contact with the meaning and purpose of their lives. So these are the tools we give to them in order to help them bring the meaning and purpose back.

There are many different and valid ways to approach and make the most of your life's journey. This book does not claim to hold all the cures for personal and societal ills. It is a starting point, and I believe a very important one, because it demystifies something that all of us have; a profound and natural intuitive and clairvoyant capacity. I trust that you will enjoy uncovering, rediscovering and developing your own.

CHAPTER 3

‘WHY YOUR  
IMAGINATION IS YOUR  
MOST IMPORTANT TOOL’.

*From this moment on I choose to honour the creative power and principal that is natural in me. The Divine Gift of my imagination will help me now and evermore in my quest to better understand and love myself, and all that is.*

*Affirmation for Imagination.*

The imagination is your interface and interpreter. It is the bridge between the physical and the non-physical worlds. If you let it open up new worlds and understanding for you, it will prove to be a great gift.

How many times have you heard someone say: “*Oh, it’s just your imagination*”, or “*I was probably just imagining it.*”

Statements like these can sometimes imply that the imagination is a second rate or unreliable function of our minds. Because for many people the imagination is not ‘real’; it is considered to be something untrustworthy or even worse, something to be feared.

These days many people look to science as the only reliable measure of what is true and real in our world, yet the same scientists who develop their tests, theories and concepts are using their imagination to do so. You could say that our imagination is the first step in the creation of anything, whether it is building a computer, designing an item of clothing or creating a work of art. Before any item can be created in the physical realm it has to start as an idea, so where would the human race be without imagination?

In the same way that our imagination helps us bring something to life, it also helps us to connect with the levels of life that we cannot perceive with our five physical senses. There is so much more going on around us than what our eyes can see or our ears can hear.

For instance a dog can hear sounds of a much higher pitch than our human ears can, and certain types of tropical fish can see colours outside of the spectrum that we consider to be normal. Electricity is not visible, yet much of our world runs on it, and waves of different frequencies create for us the very real experiences of listening to the radio or watching television.

Just like a television or a radio needs an aerial or an antenna to receive this information, and the wiring within to translate it into sound or pictures for us, so too do we humans have ways of collecting and translating information from the Universe for ourselves. I call these **The Channel** and **The Inner Screen**.

In the next chapter I will describe to you how to re-activate those parts of your spiritual anatomy so that your own antenna will be able to start receiving again. But for now I would just like you to contemplate the idea that your imagination is the interpreter that takes in all this newly received data and helps you to decipher it.

The music on your radio and the pictures on your television screen are transmitted in one format and then translated into another so that your senses can comprehend it. When your Channel receives information from your Divine Guidance, Guardian Angel, the Universe or whatever you would like to call it, your imagination then converts those frequencies into feelings, thoughts, words or images that you can understand.

Your imagination is the *bridge*, the vital link we all have, between our physical and non-physical worlds.

In order to exercise and strengthen your imagination, and help your vital link to function, there are some simple exercises you can do. You won't need to set aside much time to do these exercises either, as you can do them while performing simple tasks like going for a walk or riding to and from work. There is nothing difficult about developing what is already one of your natural assets. It is meant to be easy, interesting and fun. The most important ingredient is your intention, and if you intend to let the words in this book and the Universe guide you, then you will experience some wonderful results.

## E X E R C I S E   O N E

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# EXERCISING YOUR IMAGINATION

When someone says they can't visualise things very well, especially something that is not normally seen, like an Angel, I ask them to imagine something more common to their everyday experience. This exercise is designed to help you get used to using your imagination.

**REQUIREMENTS:** A quiet space where you can sit or lie comfortably

**TIME REQUIRED:** A few minutes

- ◆ Close your eyes and sit quietly for a minute or two and allow yourself to visualise a red sports car with lovely, shiny chrome wheels, a roof that comes down and white stripes along its sides, you will be able to imagine it even if you have never seen a car exactly like this before.
- ◆ Use your own imagination to fill in the gaps, you create it yourself, which is the whole point of using your imagination in the first place. Your red sports car will be unique to your own imagination, because you have put your own original spin on it.

- ◆ By doing this exercise you are re-activating your Inner Screen, the mind's eye which interprets information and guidance into visual pictures.

## VARIATION

Another way you can exercise your Inner Screen is by deciding what clothes you want to wear at a future point in time.

- ◆ Close your eyes and imagine what you may wear to work tomorrow, or picture an outfit you could wear to a party on the weekend.
  - ◆ In your mind go through your wardrobe and imagine yourself in this or that outfit until one feels right.
  - ◆ Hold these images for a few moments then let them fade
- Repeat this simple exercise for a few moments each day

This is your imagination in action and gives you a good example of what clairvoyant sight feels like. It is not like seeing a solid object with the naked eye, but it is just as clear and real.

Once you become accustomed to this practice you can challenge yourself by trying to imagine an Angel, allowing your imagination to create an Angel which is unique to you.

## E X E R C I S E   T W O

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# IMAGINING AN ANGEL

**REQUIREMENTS:** A quiet space where  
you can sit or lie comfortably

**TIME REQUIRED:** A few minutes

- ◆ Close your eyes and sit quietly for a few moments and give yourself permission to imagine an Angel.
- ◆ Imagine this Angel however you would like them to be. It won't matter if you have never "seen" an Angel before as you can determine exactly what your Angel looks like.
- ◆ Maybe your Angel will look like the traditional representation with big golden wings and a halo, or like a small cherub or even a ball of pure silver light. However your Angel appears to you is fine; there is no right way or wrong way to imagine an Angel.
- ◆ Let the image play gently in your mind. Do not try to grab onto any particular image. Welcome them all as they come and allow them gently to fade away.
- ◆ Take pleasure in this simple exercise and let it be fun. Repeat it for a few minutes whenever you like.