



The Psychic Power Warm-Up

A 3-Step Daily Ritual to Strengthen Your Connection to Spirit

By Carmel Joy Baird

Before You Begin

Your intuition is a muscle, the more you stretch it, the stronger it becomes. Use this simple three-step warm-up before doing any psychic practice, readings, or energy work. It helps you ground, open, and trust your link with Spirit.

Love, Carmel, Xx 

The 3 Steps

Step 1 – Ground:

- Sit or stand with your feet firmly planted.
- Breathe in through your nose for four counts, out through your mouth for six.
- Imagine golden roots extending from your feet into the earth.
- Affirm: “I am here, I am safe, and I am connected.”

Step 2 – Open:

- Place a hand over your heart.
- Visualize light expanding upward through your crown.
- Whisper: “Spirit, I am ready to receive guidance for the highest good.”

Step 3 – Trust:

- Ask yourself: “What is the first thing I feel, sense, or know?”
- Don’t analyze, your first impression is your intuition.

The 60-Second Scan

Choose a room, an object, or even your pet. Take 60 seconds and describe its energy, warm or cool, calm or busy?

My 60-Second Scan:

The more you describe, the more fluent your intuitive language becomes.

Daily Affirmation

“I am grounded, open, and in flow with Spirit.”