

Intermediate 1
Unit 8 Reading
Presented by Mohammad Rajabpur

Developing Your Psychic Ability

develop = improve

psychic (noun) = a person who can foretell the future events and who can inform people of the location of things or people at the moment

psychic (adjective) = related to our sixth sense and our ability to foretell the future and locate people and things

Psychics are people who can get information about people, places, or situations through a sixth sense — a sense that exists in addition to those of seeing, hearing, smelling, tasting, and touching. They can use their psychic ability to heal people who are sick, to give advice, to give hints about the future, and to do many other things. And it's not just individuals who use psychics; sometimes companies and governments use psychics, too. One year a company called Delphi and Associate earned \$120,000 on the stock market with the help of psychics. And the CIA (the U.S. Central Intelligence Agency) got help from a psychic in the 1970s. This psychic was able to make a detailed drawing of an important place in Russia.

through = by using

sixth sense = intuition; gut feeling

intuition = knowledge without learning or proof; gut feeling

exist (v.) = be; have existence

in addition to = besides; as well as; on top of

heal = cure, treat

hint = clue

individual = a person

stock market = stock exchange

intelligence = information about the activities of your enemy

the 1970s = from the beginning of the year 1970 up to the end of the year 1979

detailed ≠ brief

detailed ≠ brief

"So how can I get some psychic help?" you may ask yourself. Well, you don't have to pay a lot of money to a professional psychic. You can start by using your own psychic ability. Everyone has a psychic sense, but most of us never learn to use it. You probably won't immediately be able to draw detailed pictures of faraway places you have never visited, but your psychic sense can help you in other ways. For example, maybe you will make better choices about a job, or maybe you will "know" when there is something wrong and you need to call home right away.

immediately = right away; quickly

faraway = remote; distant

Psychic abilities are really just another sense, similar to our other five senses. The difference is that we never develop our psychic sense in the same way that we develop our other senses. We train our eyes to see the difference between a V and a U; we train our ears to hear the difference between a /ch/ and a /sh/ sound; we can feel the difference between silk and leather; we can smell and taste if milk is sour. But our sixth sense, our psychic sense, seldom develops very much. Because most of us ignore our psychic sense for so long, it takes some time to develop it. If you have never played soccer before, you cannot expect to be a good player after three lessons. It might take years to become really good. Psychic ability works the same way.

train = teach

silk = a kind of expensive soft cloth

leather = the material that we get from the skin of animals for making clothes, bags or shoes

sour = having an acid taste like lemon or vinegar
ignore = disregard, overlook ≠ pay attention to

To prepare yourself to work on your psychic development, you will need to do several things, including the following:

include = consist of ≠ exclude
including = consisting of

Make time to be alone. It is difficult to concentrate with other people around. Pay attention to nature. Nature will give you more inspiration than man-made objects.

concentrate (v.) = focus
concentration (n.) = focus
inspire (v.) = motivate
inspiration (n.) = motivation
man-made = artificial ≠ natural
object = thing

Learn to trust your "gut feelings". As adults, we have often lost touch with our "gut feelings". To develop your psychic powers, you need to try to turn off your brain, eyes, ears, etc., and feel those "gut feelings" again.

trust = rely on
gut feeling = what your heart tells you
lose touch with = not be in contact with

Develop your imagination. Developing your imagination will help you develop your psychic ability. An important step is to turn off your TV. When we watch TV, our imagination and our psychic sense grow very lazy. A good teacher or book can give you some exercises to gradually develop and control your psychic ability. You may be surprised at the things you can "see" in people, places, or situations once you know how to look with your psychic "third eye".

imagination = your ability to think of things which do not exist in the world at the moment
step = pace, stride
grow = become
gradually = little by little



Nostradamus



Shah Nematollah-e-Vali

Full Text:

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Sample Summary:

Psychics are people who claim to have a sixth sense that allows them to get information beyond the normal senses. Psychics can use their ability for various purposes, such as healing, advising, or predicting the future. Psychics are sometimes used by companies and governments, such as Delphi and Associate and the CIA, to gain an edge in the stock market or espionage. Everyone has some psychic potential, but most people do not develop it. One can use their own psychic sense to make better decisions or to sense danger. Psychic abilities are a sixth sense that most people do not develop or use. Psychic abilities can be improved with practice and training, just like any other skill. Some ways to prepare for psychic development are: making time to be alone, paying attention to nature, trusting your gut feelings, developing your imagination, and doing exercises to enhance your psychic vision.

Source:

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