

what if..?

6 Ways to Help Your Child
Tap Their Inner Magic

Elly Molina



It was a regular Tuesday afternoon.

I looked out at my room full of sixth graders, working through their expository essays with a sense of duty, but without joy.

“Let’s take a break,” I said. I pulled out a deck of cards, and slid one from the pack. “I want you to close your eyes and just focus for a moment, and let your mind get really, really quiet.” They did as they were told. They were good kids, but also curious.

“I want you to see with your mind’s eye what card I’m holding in my hand. Now, I don’t want you to guess, and this is not a test,” I said, with an eye on one girl with very tight braids and A’s in everything. “I want you to imagine that the card is in your hands and you can see it without even opening your eyes. Maybe you don’t see the actual number or shape, and that’s ok. What do you see? Red? Black? Maybe you get a glimpse of a shape. Write down what you see.”

It was quiet for a few moments, and then I said, “Well, what did you see?”

“I saw red!”

“Me too!”

“I saw black, though,” one kid said, concerned. “It’s ok, I promised him. Again, this is practice. We’re practicing.”

“I saw diamonds.”

“Stars!”

“That funny shape with the leaves on it, that’s what I saw.”

I turned the card around; the room gasped. It was, in fact, the queen of diamonds.

One girl turned to the other in shock. “How did you know that?!”

And just like that—there was magic in the room.

The kids came to love those breaks. What felt like magic to them was really about giving those children access to something they already have but didn't realize. Or, they may have been told that whatever they felt was real was a product of their imagination (as if that were a bad thing!).

I don't use the word “psychic.”

I've been a practicing intuitive for more than 35 years. I say *intuitive* because, well, “psychic” has fallen out of favor, and conjures ideas of self-proclaimed mystics with fraudulent business tactics who seek to manipulate for personal profit (crystal ball optional). But that's not how I work, and certainly not what I think this skill is for.

I've had the great pleasure and privilege of leading children and adults through exercises, classes, and an overall practice designed not to measure if they have intuitive abilities, but to strengthen their ability to use it.

**It's no different from weight lifting: You don't walk into a gym to see what you can lift and then walk out believing that's all you can do.
The point is to keep lifting, to get stronger, so you can lift more.**

Similarly, intuitive ability is not a selective gift, granted to a psychic few. Do some people have very developed skills that could wow you? Absolutely. But this ability is our birthright—a hardwired, innate sense of knowing that shouldn't surprise us, but does. It's that inexplicable ability to know when something is about to happen, or when someone is about to call. Or, when you notice that something is just “off,” even if logic would argue otherwise.

**You might call it supernatural.
I call it extraordinarily natural.**

It's not actually magic, but it feels like it is, simply because of the effortless way in which it makes itself known, regardless of age, background, gender, or faith.

Can you teach your kid to be psychic? No. What you can do is encourage them to tap their inherent abilities, which everyone has.

The work we do is not designed to turn your kid into a sideshow. Rather, it's to tap this ancient wisdom so that they can stay connected to themselves, their sense of self, and attune their attention in ways they can't get by simply watching someone else do it.

Let's face it — kids are growing up in an entirely different world than the one we grew up in. And while some things are miraculously easier for them, and they have unprecedented access to the world, they're also told by their world that they are consumers, and that their primary job is to consume what someone else makes for them.

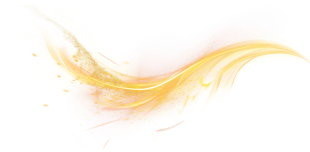
This makes for a trained and compliant consumer — but it does little to build confidence, curiosity, or creativity. But when you show a child how to use their incredible power for sensing themselves and the world around them, they not only become more capable and confident—they become self-possessed and prepared for what's next.

In this guide...

I've highlighted what I see as some of the challenges to kids' growth and confidence, and how training their intuitive abilities can help—plus how to do it in a fun, exciting, and playful way. The idea is that you do this together (though some of it your child might want to practice alone). My advice is to emphasize *practice*, not accuracy. This work is non-linear; it grows when it's nurtured, and so part of the challenge will be to frame this as a no-stakes, playful, creative endeavor; not a test of their talent or ability.

Think of the work as an ongoing effort and fun way to keep their natural gifts active and agile. Check your own urge to tell your child “You must be psychic!” or “You got them all correct!” because again, this might make them give up if they fear they might be wrong or aren’t “really” psychic. Far better to focus on what they can do—because they can do anything.

Let’s dive in!



Problem #1

They’re distracted (and also, bored).

Most kids are plopped in front of a screen, or screens plural, before they can speak. On one hand, it seems they can pay attention to lots of things at once, but what they’re not learning to do is train their attention on any one thing. And even though they have every imaginable form of entertainment at their disposal, they bore easy. It’s not that there’s nothing out there for them to watch or do, but that they have relied on prepackaged stimulation to keep them engaged.

And the distraction that all those devices create can do a job on our ability to focus at any age. Research published in the *Journal of the Association for Consumer Research* found that even the presence of a smartphone in the room reduces available cognitive capacity, causing what the researchers refer to as “brain drain.”¹

Focus is one of the most powerful abilities we have, and if your child doesn’t learn to train it early, it won’t be accessible to them when they need it. When you learn how to train that focus, you can do pretty amazing things—but without it, you end up prey to whatever shiny objects fly by.

what if..?

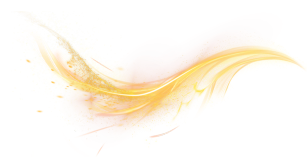
You could show a child what they're capable of?

I've worked with children as young as three years old who, when shown to do a simple candle meditation, have been able to learn to focus their attention and still their bodies long enough to tap abilities they had no idea they had. I also know lots of adults who can't sit still for very long!

try
it
Friendly focus:
The 15-
second
challenge



Set a timer for 15 seconds. Close your eyes and sit in criss-cross applesauce and try to hold perfectly still until the timer goes off. Notice how often you want to move, itch, fidget. After the time has passed, talk about what that was like. How did it feel? What did you notice? Then, try it again (up to 2 or 3 times during a session is ideal). Then see if you can get to 20 or even 30 seconds. Practice it over time with a goal of sitting still for up to 10 minutes.



Problem #2

They haven't been outdoors in days.

A five-year-old can do things on an iPad that you and I struggled to grasp five years ago. Kids won't remember a time when they didn't have those devices, let alone conceive of a world without the internet. And yet, for all of their online connectivity, they're also missing something: a sense of connection with the outside. While they may be native to the digital world, they're all but visitors to the natural one.

ChildMind.org cites that the average American kid spends fewer than 7 minutes a day playing outdoors—and more than 7 hours in front of a screen.² Plus, kids who spend time playing outside are less anxious, more relaxed and attentive, and even smarter than those who barricade themselves indoors.³

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**They discovered their natural abilities...
in nature?**

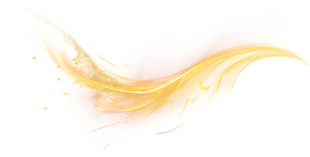
Kids deal with stress just like anyone else, and they benefit greatly from connecting with the world outside a screen. It can create a shift in their energy and lift their spirits, too.

try
it

**Make a
Discovery**



Head outside and decide what you'll look for. Maybe it's a feather, a penny, or a yellow flower. If you're at the beach, perhaps it's a horseshoe crab or a pink shell. This not only gives your outdoor journey a focus and goal, it trains your reticular activating system, priming your brain to see things it might not otherwise, and to help you tune into your environment.



Problem #3

They're tuned into devices more than people.

Communicating via text, emojis, and shared video is fun—but while you and I see that as extra curricular communiques, for kids it's often all they have, and all they had during the pandemic. When they spend more time staring at a screen than another face, they can lose some ability to connect with those faces and the energy that animates them, to read and understand them. Emojis are hardly a shortcut to empathy.

While we know that an hour of in-person time is worth days of texts, we've had a lot more time and practice being in each other's company. And while the younger generation may never be without their devices, they will be called upon to relate to one another and read the room.

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They could form their own wireless connection?

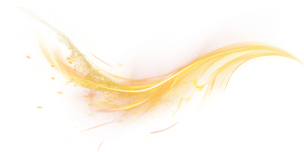
Ever think of someone and they call you the next day? It happens all the time! We think it's a coincidence. But it's actually a form of telepathy. For this exercise, there's no cell service required! By tuning into other people's energies, we "listen" to others' thoughts and feelings, to connect with and even send messages to each other.

try it

Practice mental telepathy



Telepathy isn't magic; it's a way of tapping into other people's energies and connecting with them wherever they are. Think of someone you haven't talked to in a while. Picture their face, look at a photo, repeat their name out loud. Send love, attention, and an energetic invitation to contact you. Then, let it go! See what happens in the next 48 hours. Of course, no one's guaranteed an instant response (not even when we send a text message!). The idea isn't to do it once, but to practice it over and over, with different people at different times.



Problem #4

They're anxious about messing up.

In school we're taught to do things the "right" way, and we're penalized for making a mistake. While there's plenty in school worth learning, an overemphasis on getting the correct answer can limit our creativity and make us fearful of taking risks or exploring new ideas or solutions.

what
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They discovered how often they're right?

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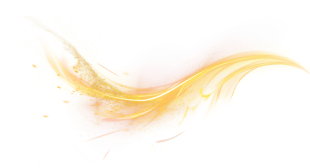
Pick a
card, any
card



Pull just a couple of cards out of a deck, and either stack them or lay them out, face down. Start with an affirmation: Say to yourself out loud, “The card shows itself to me easily and effortlessly.”

Tap the first card and imagine the card revealing itself to you in your mind. What do you see? Always go with your first instinct without questioning or allowing doubt to creep in. The goal isn't to get it “right” every time, but to see where your own intuition led you so that you can begin to trust it.

...Don't have a deck handy? Make your own! Take some paper or a few index cards and draw a distinct shape and color on each: A yellow star, a blue square, a red circle, or anything you like. Then shuffle cards and, focusing on one at a time, try to sense which one you have. Rather than try to “guess,” think of the image as coming to you easily, as if on a breeze. Most importantly, don't keep score. This takes practice and requires trust more than accuracy. See if you can let your mind be very open and your body very still so that you can “see” the card without using your eyes.



Problem #5

They feel less than or not good enough.

When we don't feel good about ourselves, we tend to show it: We walk around hunched and small, are low or lacking in energy, and becomes a target for bullies who sniff out our weakness and victim mindset.

There's a saying: *As within, so without*. While we can't control everything that happens to us or other people's behavior, we can control how we talk to ourselves, and that can make all the difference. Tapping into your own intuitive skills, and experiencing how very real they are, can contribute to a sense of self worth, capability, and confidence. In other words, when you learn to trust yourself and treat yourself with respect, that tends to show, too, and can be a warning sign that you're unpusharound-able. This goes for kids *and* adults!

what
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They realized how much power they already
have?

If we did, we'd all be more confident in who we are and what we can do, and be far less susceptible to others' ideas of what or who we should be—not to mention less willing to tolerate lousy behavior from others.

try
it

See the
bigger
picture



The practice of remote viewing is simply the act of seeing across time, space and distance without using your actual eyes. While it can be safely practiced by children, it's also a highly specialized skill employed by the CIA, the FBI, and other military professionals for security issues and even to solve crimes. Plenty of companies also use it to stay ahead of their competition.

You don't need any special equipment to do this—just an image (from a magazine, a photograph, or even something that came in the mail) concealed in an envelope.

Set a timer for 10-15 minutes and grab a sheet of paper and pen or markers. Close your eyes and focus on the image. What do you see? What shapes or colors or details emerge? Draw what comes to mind, as if you're copying from the image you're "seeing" in your mind. Then, reveal the image: What do the two have in common? How much of the image appeared to you?



Problem #6

They want (and need!) more time with you.

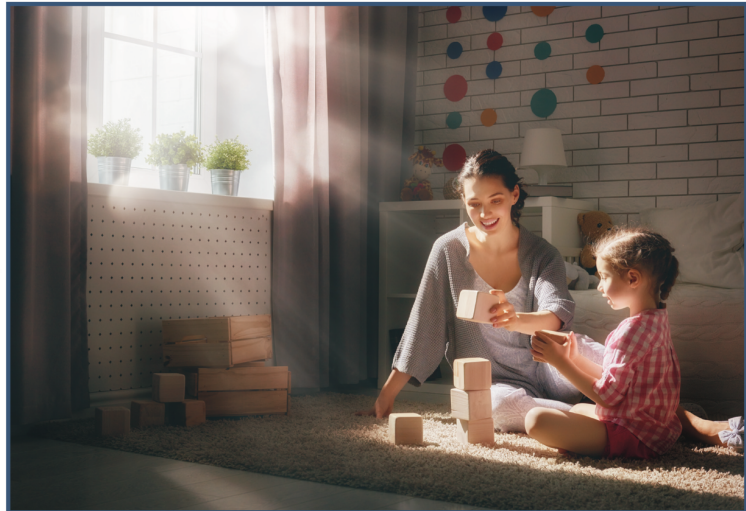
Whether your child says they want to spend time with you or not, they would love—love!—to have more of your undivided attention. While there's probably lots of things you do together, this kind of play is quite different than, say, watching a movie.

Spending time learning and exploring their own abilities is not only fun to do, but it can have a powerful impact on how your child sees themselves. Plus, to be on the receiving end of loving attention from you is a win-win!

what
if...?

You made this a weekly or even daily practice?

try
it
**Ritualize your
intention
practice**



Set some time aside each day or week when things are quiet and you can practice uninterrupted or distracted. Practice the games together, and participate in them as well so you can access and engage your own intuitions and sync up your energies. This is not just a chance for you to guide and nurture your child, but for them to discover for themselves, and with you, just how capable and skilled they are—right along with you. There's nothing more magical than that.



...Want to do more?

Dive deeper into your abilities with my brand new program!



Psychic & Intuitive
Development for Kids

This four-part video and audio program teaches you and your child the fundamentals of practice for learning to access, nurture, and sharpen their innate abilities — and yours.

You'll learn:

- To **hone your focus** and concentration
- To **tune into your intuitive sense**, and see with your third eye
- **The power of language**—and how what you think and say affects your reality
- Ways to continue to **sharpen your intuitive abilities** over time

Learn more about the program and how to take advantage of the introductory offer!

psikidsacademy.com/magic

About Elly

I'm a middle school English teacher by trade.

I entered the teaching profession 37 years ago passionate about kids and education—and found myself in an industry fixated on test scores.

What I learned is that the educational system is like any other institution, set up to serve itself, and can rarely, if ever, do justice to the rich, unique, and explosive potential that children possess.



While good grades matter, they're not the *only* thing that matters. And what I found more compelling than any subject matter I taught were the kids themselves.

I was fascinated by their hunger to learn, to communicate, to express themselves, to *know*. Because they understood that knowledge could give them access to...a better future. A better life. Perhaps a better world.

I did my job well—taught the reading and writing skills they needed. But then, I started doing something else: Taking breaks from the chore of grammar or expository essays to explore something they couldn't learn out of a book: The power to see without seeing...to tap an ancient knowledge that no test could measure...to explore their intuition, their sixth sense, their third eye.

And when they realized what they *actually* knew, without anyone having to teach them—*just like that!*—there was magic in the room.

I traffic in that magic today. **I'm not a magician, certainly, and I don't teach kids to be.** As a psychic intuitive myself, what I teach children (and adults!) is how to harness what comes quite naturally to them, too: The ability to access sensory information, vision, abilities, that they didn't know they had—simply because no one had told

them. Or, had actively *discouraged* them.

I wish I believed that getting good grades or going to a good school were enough to prepare us for our lives, but as you likely know, it isn't.

What I do believe is that we possess within us, regardless of age or upbringing, an astonishing power, a knowing, that can help us navigate the world we see with our eyes, and the one we don't (social dynamics, intentions, agendas, expectations). And that we can live lives marked not just by achievement, but by confidence, connection, and peace.

My wish for you is that you and your child will discover what you're capable of—and make magic happen, together.

A stylized, cursive signature in orange that reads 'Elly'.

SOURCES:

1. Adrian F. Ward, Kristen Duke, Ayelet Gneezy, Maarten W. Bos, "Brain Drain: The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity," *Journal of the Association for Consumer Research*, 2017; 2 (2): 140 DOI: 10.1086/691462
2. Danielle Cohen, "Why Kids Need to Spend Time in Nature," <https://childmind.org/article/why-kids-need-to-spend-time-in-nature/>.
3. Ibid.