



# Body Psychic

By Boldfacers.com  
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## Advice from a medical intuitive

Medical intuitive Wendy Marks says, "We have more than five senses. Everyone does! Would you voluntarily stop using your eyes or ears? Tune in to your inner knowing and grow a whole new way of being in the world. If you feel that Western medicine hasn't adequately addressed problems that you have, you should contact a medical intuitive. We can often help pinpoint the root of a problem. We are on a new frontier in both medicine and expansion of our minds. Learn and grow!"

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Wendy Marks sees things. Strange things. And when she looks at somebody-anybody-it takes everything in her power not to blurt out what, exactly, she sees: a clogged artery, a pinhead of metastasizing cells, a blood clot lodged in a lung. But she won't, she can't, or she'd go crazy-unless you happen to be one of her clients. Then, she'll tell you.

Wendy is a medical intuitive, who goes through life seeing anything but black and white. She lives in the gray area—a place where many people are afraid to go—because the gray area is about what cannot be explained, what is not understood, and what is not as simplistic as black and white, but yet, is.

At least that's what Wendy says when asked about her visions. She's had them as long as she can remember, as did her mother, who claims to predict the future, and her cousins, who say they see dead people. Wendy, a Brooklyn native, experienced her first psychic instincts at two years old, when she begged her grandmother not to board a plane that later crashed. (She knew it would.) By elementary school, she realized that not everyone could see inside other people's bodies—a hard-knock lesson she learned by creeping out her schoolmates with her blow-by-blow description of a missing appendix or tonsils.

Her biggest challenge has always been the tug of war between acceptance and denial: accepting that she was special, and denying her abilities so she would not scare people with her visions. She succeeded, sort of, for a long time, becoming a social worker and starting nonprofits. But at the age of 40, her mid-life crisis took shape by confronting her truth: she was put on this earth with a gift. She studied for four years with a shaman who taught her about guided imagery and spiritual healing and most of all, not to tell strangers if she sees something bad.

Being a medical intuitive means honoring a contract, she says. It's an agreement to use the gift wisely and judiciously. Her practice, now in its ninth year, has helped diagnose ailments like breast cancer (the cells are dark and slow), gallstones (you can see the bumps in the gallbladder) and heart defects (the blood leaks) to more than 2,000 clients, from firefighters to therapist to (sssh) medical doctors. For Wendy, it's as clear as day, always cast in a gray light.

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## **Daily psychic tips**

“The most important tip is to meditate every day,” says Wendy. “By quieting your mind and listening, really listening, to your thoughts and feelings, you'll find that you start knowing things that you didn't think you knew. When you get a feeling about something, listen to it, and if possible check out if you were right. The more you exercise your psychic muscles, the stronger they get. Practice with playing cards and see if over time you get more and more of the cards guessed correctly. This is often an indicator of psychic ability. But, primarily, relax and listen to yourself: your intuition knows a lot more than you think.”

## **Screening the future**

For movies and TV, she tells us that "The Sixth Sense" was an emotionally accurate representation of what it's like to be psychic. The television show "Medium" is a realistic portrayal of a psychic in the modern world, says Wendy. “I particularly like the conflicts that arise in her family life around her abilities.”

## **Booking predictions**

For books, medical intuitive Wendy Marks recommends three:

*Trust Your Gut* by Lynn Robinson

*The Way of the Shaman*, by Michael Harner

*Soul Retrieval*, by Sandra Ingerman

## **Heightening your sixth sense**

Wendy tells us we all have psychic abilities. You just need to know how to listen to them. “Pay close attention to your feelings and intuition,” Wendy says. ‘Listen to the voice in your head that says ‘No, don't go down that street, take the other way home.’ Or, ‘Yes, I know that guy would be a great date.’”

Wendy says if you are serious and want to really build your intuition and psychic ability, train with a shamanic teacher. Wendy lists several resources on her site, and Lynn Robinson, Wendy tells us, is an excellent business psychic.

[www.wendymarks.com](http://www.wendymarks.com)

[www.lynnrobinson.com](http://www.lynnrobinson.com)