

PSYCHIC READINGS BY ANDRE

The Beginner's Guide to Trusting Your Intuition

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A NOTE FROM ANDRE

Welcome.

If you've ever had a feeling you couldn't quite explain — the kind that shows up quietly, before your mind starts building a case — you already know what this guide is about.

Intuition isn't a special club. It's a sense most of us were never really taught to listen to. People ask me all the time, "How do I know if that's my intuition, or if I just want a certain answer?" That's a fair question. This little guide is my practical answer.

I'm Andre. I do psychic readings out of Winnipeg, and I talk about this stuff on my livestreams every week. I'm not interested in making it mysterious for its own sake. I would like you to have a few simple ways to notice what's already trying to get your attention.

Use it at your own pace. A cup of tea helps. A fancy altar does not.

Glad you're here,
ANDRE GIROUARD

What's inside, and how to use it

1. A plain-language look at what intuition is — and what it isn't.
2. Seven short daily exercises. Try one a day; they're brief on purpose.
3. A seven-day journal with prompts, if you like to write things down.
4. A gentle one-card tarot practice, whether you have a deck or not.
5. Common blocks, and a few next steps if you want to go further.

If you miss a day, start again the next morning. There's no prize for finishing this in a night, and you can skip around, despite how tidy it looks. The one-card practice can wait until Day 6, or you can try it sooner.

A PLAIN-LANGUAGE DISCLAIMER

The ideas in this guide, like my readings and livestreams, are offered as spiritual guidance and entertainment. They aren't a substitute for medical, legal, financial, or mental-health advice, and nothing here is a guarantee about what will happen. Take what resonates, leave what doesn't, and use your own good judgment.

CHAPTER ONE

What intuition is

When I say intuition, I don't mean a cinematic vision or a voice that sounds like a documentary narrator. Most of the time it's quieter than that.

It might be a simple knowing that arrives all at once. A tug toward something, or away from it. A phrase that pops in before you've had time to think. A feeling in your chest, your stomach, or your shoulders. Sometimes it's just a calm "not this" that doesn't come with a speech.

The useful thing about intuition is that it tends to be plain. It often shows up as one clear note, not a whole argument. It doesn't usually need to shout, and it doesn't usually need to sell you on it.

You do not have to be "psychic" to have intuition. Some people notice it more readily, and some have spent more time practicing, but the raw material is human. A reading with me can be a helpful second look. It isn't a replacement for your own inner sense — and I wouldn't want it to be.

Think of intuition as a muscle, not a magic trick. Muscles get clearer with use, and they get muddy when they're ignored, exhausted, or talked over. That's good news, because it means you can practice in ordinary life, with ordinary questions.

A few ways it tends to speak

Your version may not look like anyone else's. That's why the later pages ask you to collect your own evidence, not to borrow mine.

BODY. A softening or a tightening, a lean forward, a flinch, warmth, a sudden stillness.

THOUGHT. A first, simple sentence that arrives before the debate starts.

IMAGE OR MEMORY. A picture, a person's face, a moment that feels oddly relevant.

TIMING. You keep bumping into the same idea — not in a spooky way, just persistently.

EMOTION. A clean yes, a clean no, or a "wait" that feels different from anxiety.

CHAPTER ONE, CONTINUED

What it isn't

This part matters, because a lot of what people call intuition is actually something else wearing intuition's coat.

Fear

Fear is usually loud, urgent, and repetitive. It jumps to the worst possible ending and then loops the story. It often lives in the chest or the gut as tightness, and it wants you to decide *right now*. Intuition can warn you, yes — but even a warning often has a simpler tone. It's more "not this" than "everything will fall apart if you don't act in the next ten minutes."

Wishful thinking

Wishful thinking only ever votes for the answer you already wanted. It feels a little shiny. It is not very interested in the inconvenient detail. A good check is: if the opposite answer appeared, could you still stay in the room with it?

Overthinking

Overthinking is a committee meeting. There are slides. There are arguments for both sides, then a third side, then a request to revisit the first. You can be very intelligent and still get stuck here. Intuition tends to arrive before the meeting starts, or in a quiet gap in the middle of it.

None of this means fear, hope, or careful thought are bad. They're part of being a person. The practice is simply learning to tell them apart, so you don't hand the steering wheel to whichever one is talking the most.

✦

If the "message" needs a lot of explaining, it may not be intuition. The real thing is often annoyingly brief.

CHAPTER TWO

Seven simple exercises

You don't need candles, a perfectly clear mind, or a free afternoon. A few honest minutes will do. Try these on low-stakes questions first — tea or coffee, which way to walk, whether to send the text tonight. If you start with "What should I do with my whole life?", even a very calm nervous system may get shy.

01 *The two-minute pause*

Sit or stand still for two minutes. Feel your feet, your breath, the shape of your shoulders. Ask nothing at first. Just arrive. Then ask one simple question, out loud or quietly: "What do I need to know right now?" Don't chase an answer. Notice the first quiet impression — a word, a feeling, an image, or even "I don't know yet." Write it down. That's the whole exercise.

02 *First thought, then the debate*

When a small choice comes up, catch the very first thought or body feeling. Then watch how quickly the mind starts arguing. You don't have to obey the first thought. The point is to get familiar with the difference between the first note and the committee meeting that follows. Over a few days, you'll start to recognize your own pattern.

03 *The coin-flip tell*

Got a yes-or-no you've been circling? Flip a coin and assign yes and no. The useful part is not the coin. It's the half-second after it lands — that little lift of relief, or the immediate "best two out of three?" That reaction is often more honest than the flip itself. If you find yourself wanting to go three out of five, that's information too.

CHAPTER TWO, CONTINUED

Four more to try

04 *A walking question*

Pick one reasonable question. "What would help me feel more like myself this week?" is a better starting place than "Please explain my entire future." Walk for about ten minutes without a podcast or a phone call. If your mind wanders, that's fine; wandering is not failure. At the end, jot down anything that surfaced: a person, a next step, a feeling, a memory, a surprising "never mind."

05 *Evening playback*

Before bed, write three moments from the day when something in you "just knew," even about something small — the mood in a room, a message you almost sent, a street you didn't want to take. Note whether you listened, and how it turned out. This is how you collect your own evidence. One week of small, honest notes is worth more than a dramatic story you heard from someone else.

06 *The hand-on-heart yes or no*

Ask a clear yes-or-no question. Place a hand on your chest or your belly. For many people, a yes feels like a softening, a bit of warmth, or a slight lean forward. A no feels like a tightening, a pull back, or a flatness. Your signals may be different, which is why you practice on easy questions first. "Is it time for tea?" is a perfectly respectable start.

07 *One object, one minute*

Hold something ordinary: a key, a mug, a photograph, a stone from a walk. For one minute, notice impressions — temperature, a memory, a color, a mood, a word. Then set it down and write three words. This is not a test you can fail. It's a way of stretching the noticing muscle, the same one we use in a tea leaf reading or any other kind of looking. If nothing much comes, write "nothing much" and try again tomorrow. That's still practice.

CHAPTER THREE

A seven-day journal

If you like a bit of structure, give yourself one week. It does not have to be a perfect week. If you miss a day, start again the next morning and keep going. The point is to listen, not to perform.

You can write on the lines below if you print this, or use a notebook, a notes app, or the back of a receipt. Beautiful handwriting is not required.

DAY ONE — ARRIVE

Where in my body did I feel a "yes" today? Where did I feel a "not now"?

DAY TWO — THE FIRST NOTE

What was the first quiet thought I had about a decision, and what did my mind say afterward?

DAY THREE — SMALL EVIDENCE

One thing I sensed today, even if it was tiny. What happened?

CHAPTER THREE, CONTINUED

Days four to seven

DAY FOUR — NOISE AND KNOWING

What felt like fear or pressure? What felt calmer and simpler?

DAY FIVE — A QUESTION I CARRIED

I took a question for a walk (or to a window). What did I ask, and what came back?

DAY SIX — ONE CARD, ONE LOOK

I tried the one-card practice on the next page. What did I see? What did I feel? What's one practical step?

DAY SEVEN — LOOKING BACK

How does my intuition tend to speak to me? What would I like to keep practicing next week?

CHAPTER FOUR

A simple one-card practice

If you have a tarot or oracle deck, this is a gentle way to use it. If you don't, you can borrow a friend's, or write a few words on scraps of paper and draw one. The point is the pause, not the merchandise.

1. Sit down and take one slow breath. You already know how to do this from the two-minute pause.
2. Ask a clear, open question. "What do I need to understand about this situation?" will usually serve you better than "Will I get this exact outcome on Tuesday?" Questions that leave a little room are easier on everyone, including you.
3. Shuffle in whatever way feels natural. When you're ready, draw one card.
4. Before you open a guidebook, look. What do you notice first — a color, a character, a feeling in your body, a memory? Say it out loud if you're at home and the walls can take it.
5. Then, if you want, read the traditional meaning. Notice where the two meet, and where they don't. You don't have to throw the book out, and you don't have to throw yourself out.
6. Write three short lines, below or in your notebook:

   I see...

   I feel...

   I could try...

That last line matters. A card is more useful when it points to a next step you can actually take — a conversation, a rest, a boundary, a bit of research, a walk around the block — than when it just sits there looking symbolic.

If nothing much comes, that's all right. Not every pull is a thunderbolt. Try again another day, or sit with the same card tomorrow and see if something else shows up. This is a practice, not a verdict on your future, and it is not a guarantee of anything. It's one more way to sit with a question and listen.

CHAPTER FIVE

Common blocks

Most people don't have a broken intuition. They have static.

Wanting one answer very badly

When you need a "yes," everything starts to sound like one. Try asking, "What do I need to know?" instead of "Please say this will work."

Fear dressed up as intuition

If the message is urgent, catastrophic, and repeats itself every ten minutes, treat it kindly, but don't rush to treat it as inner wisdom. Fear is trying to keep you safe. It just isn't always accurate.

Asking the same question until the answer changes

That's not listening. That's bargaining. If you've already asked, give it a little time. Go for a walk. Do the dishes. Let the first answer breathe.

Other people's certainty

A confident friend, a loud comment section, or even a reader (yes, including me) can drown out a quieter knowing. Take other views seriously, then check them against your own body and your own life.

Being too tired or too busy to notice

Intuition loves a small gap. If your days have none, even a two-minute pause at the sink is a start.

One "wrong" hit, and you retire forever

Everybody misses. Memory also cheats — we remember the spectacular misses and forget the ordinary hits. This is why the evening playback is useful. You're building a record, not a legend.

Thinking it has to be dramatic

If you wait for lightning, you'll miss the nudge. A lot of good intuition sounds like, "Text her," "Leave a little earlier," "This job isn't it," or "You're allowed to rest."

When you get stuck, go back to a low-stakes exercise. Make tea. Flip the coin. Put a hand on your heart and ask something small. Confidence grows from a pile of little honest reps, not from one perfect performance.

A FEW NEXT STEPS

Where you can go from here

If this was useful, keep going in a way that actually fits your life. Five honest minutes is better than a grand plan you abandon on Thursday. You're also welcome to come hang out with me.

Join a livestream

I go live on YouTube and Rumble every **Tuesday at 5:30 PM Central** and every **Saturday at 10:00 AM Central**. It's a relaxed room. If you'd like to ask a free question, those are first come, first served.

youtube.com/@PsychicreadingsbyAndre
rumble.com/user/PsychicreadingsbyAndre

Book a private reading

If something's been sitting on your heart and you'd like a one-on-one sitting, you can book a 30- or 60-minute reading with me. We can meet by FaceTime, WhatsApp, Facebook Messenger, or in person here in Winnipeg. 30 minutes is CAD $40. 60 minutes is CAD $60. Book at **PsychicReadingsByAndre.com**, on the Book a Reading page.

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I'm Andre. Thanks for spending a little time with this. I hope it helps you trust that quiet voice — not blindly, and not fearfully, just a little more clearly than yesterday.

ANDRE GIROUARD

Psychic Readings by Andre

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