

Ingrid Sutherland: Okay, this is Perspective in Your Pocket, a podcast focusing on hypnosis and the mind-body connection. Today we are speaking with Priscilla Keresey, known as The Practical Psychic.

She is the author of 9 books and is recognized as one of the most accurate, compassionate and down to earth psychic mediums in the country. In addition, Priscilla is an established, successful hypnotist with audio files available for purchase that complement her 6 Live and Learn series of books. Priscilla is a professional who uses her her voice to provide honest, useable insight.

And I think, Priscilla, you are also about offering real action steps as well, aren't you? I think you address that in your latest book, Fix Your Screwed Up Life. You even talk about and acronym, R.I.S.E., that gives people steps to face the issues all of us face in today's world.

Priscilla Keresey : That is exactly right. I wrote Fix Your Screwed Up Life because I found across the board in my clients who came for psychic readings, who came for hypnosis, you know, they were presenting the problems they thought they had but underneath each one of those was a fundamental flaw in their self-esteem.

It really felt like they didn't have a right to love or prosperity or a voice in this world even. So, I use the acronym R.I.S.E for Recover Inherent Self Esteem because I believe it is inherent. And I believe everybody has a right to full, beloved, sacred self esteem. They lose it because it gets covered over with experiences or criticism or failures or whatever we feel that happens to us and we diminish ourselves.

IS: Those unconscious beliefs that we learn as a child to survive as a child.

PK: That's right.

IS: And that, that kind of unconsciously drives the actions that manifest around us. But, you know...

PK: That cause us to gain weight, or make it hard to quit smoking or fear speaking in public, drive over bridges, I mean everything. People come in with these, these, all sorts of different manifestations of what I see is the same problem.

IS: So, how did you come to this conclusion?

PK: Good question. I had a day, this was a number of years ago, maybe two or three years ago now. I had a day where I had similar clients, one came in for coaching, one came for what I call a life-in-perspective reading, one came in for a mediumship reading, someone came in for hypnosis and at the end of the day when I was putting everything away and going through my notes and sending them their audio files I realized I how I had responded to each of these people, even though they had different services and different problems, I was just addressing their self esteem.

And I thought, you know what, this is really underlying all of their problems, even my own. I began to let it percolate there for a little while there. And I began to pay attention to that notion as I worked with some of my other clients. I thought, yeah, that is what is going on here so I thought why don't I write a book and help everybody deal with that and then all the other problems they think they have will take the legs out from underneath them when you recover your inherent self esteem.

IS: I think your book really addresses that square on. I mean, you've had other books but they are very, I think some of them are very funny in which you are in touch with heaven and telling people basically, well, your two books, No One Is Getting Out Of This Alive and It Will All Make Sense When You Are Dead are two books really addressing the spiritual, and I think Fix Your Screwed Up Life is kind of a different approach on the same topic but it is a lot more actionable.

PK: Right, right, because and that is why I call myself a practical psychic too because if the information you are getting from your therapist or your coach or your hypnotist or your psychic isn't in a tangible way to make your life better, than what good is it? I mean, that is just my viewpoint. It sounds a little counter intuitive, but I'm not very New Age myself.

I think if you are coming to me for my sixth sense then I am going to give you something that empowers you. I'm not going to talk about angels or spirit guides. I mean, I believe in those things, certainly, but what can a person do with that? How can I get along better with my spouse or how can I go into this job better or how can I consider facing my parents or whatever. If, okay, if it is comforting to know you have guides and angels around you, but, I think it is more empowering to have action. To know that if I do this, this and this then I can eradicate that problem all together.

I'm all about the practical uses of the sixth sense.

IS: Yeah, and I think that is, as you said, it gets to the core of problems and that is why you wrote the Live and Learn guides which aren't books, but they are solid guides. They are about 25, 30 to 40 pages each on topics and actionable steps that the person can use. Then, of course, you have your complementary audio files for sale on your website.

But, if someone was interested in picking up your book, Fix Your Screwed Up Life, what would you say, are there certain issues someone might want to be addressing that are easier or...

PK: You know, what I have been hearing a lot lately from my clients is they are not quite sure what it is what they are meant to do or why they are here. Maybe their kids have flown the nest now, and they are tired of working at the same job or they are getting ready to retire or they are beginning their working lives. They want to feel like they are doing something purposeful. So, I think a person who is wondering, why am I special? What is going to be really soul satifying for me to do for a living or a

a passion? For those people who have those ideas already but can't seem to get any traction on getting them going.

So, these big life questions that I think are...

IS: Fundamental

PK: Yes, that and the foundations are in self esteem. Now, when we are in touch with that holiness, that perfection we came into the world with, that is pure potential, we can do anything. We know what is we want to do. We know what would give us joy. So, I think if you aren't jumping out of bed in the morning, really excited about the day ahead, you can use that book.

Laughing

IS: That is something everyone could use more of, though. Even if you are having a great life you can, you know, jack it up a little bit.

PK: Exactly.

IS: Do you have any stories, specific stories that inspired you in writing the book? In your past?

PK: I think probably what inspired me was my own story. Or what compelled me to write it was my own story because, believe it or not, I am a poster child for low self esteem.

When I was growing up I had just rock bottom self esteem. And it stayed with me all the way through, I would say, until I was 40 before I really figured out what I needed to be working on. That is not to say I wasn't working on myself the whole time either. I mean, I was in therapy, I was in all sorts of of work. I read the books, I went to the seminars. I was trying to resolve these, what turned out to be surface level challenges that I had to feel good about myself.

Like, maybe I should make more money. Maybe I should buy a house. Maybe I should travel the world. I thought they might answer the hole that I felt inside. It wasn't until I made this connection with my self esteem. Look at all of the relationships that would change. I can't change another person. I have to change my perception of what is going on.

When that was clear to me, one of my favorite sayings is "A problem well defined is already half solved". When I was really able to define what my problem was very efficient at fixing it. So, I think that for me that is what people want to know. I think that if someone is trying to teach you something or show them something you can identify with that.

I mean, I was bulimic for 12 years, I lived with an alcoholic for 14 years, so I have had the consequences of low self esteem in my relationships and my health and my pocketbook. It really, really shows up in so many ways.

I love my clients. My heart breaks for these beautiful people, men and women who come in and don't know how extraordinary they are just because they are. Just because they are alive! For no other reason. Not for their accomplishments, their successes, their money, their looks. Just for the miracle of them being alive is enough. It's more than enough.

IS: That's wonderful, that is really wonderful!

PK: I was really talking...

Laughing

IS: I think passion is really important.

And, you know, when you said, "A well defined problem is half solved" is really tweettable. So, when you got that answer you said you were able to address it immediately, so how did you go about doing that?

PK: Well, there are a number of things that I did. For one thing, I reminded myself that there is nothing wrong with me. I think everybody can do that. If you have low self esteem, the acronym for that is L.O.S.E. so I call the person with low self esteem a L.oS.E.r in a charming and loving way.

Laughing

Because I was a L.oS.E.r, believe me. I remind myself, there is nothing wrong with me. Maybe I have made bad decisions. Maybe I have done things I could have done better, but there is nothing wrong with me. There is nothing broken inside me. Just reminding myself about that and doing a lot of self-hypnosis around that too. I do some form of self-hypnosis everyday. It made it easier for me to step back and step out of my L.oS.E.r mind-set which was always it's all my fault, I'm really sorry, may I please take up some oxygen here? Excuse me, grown ups, can I also live in the world, here?

It gave me some distance from that and helped me to recognize that I have every right and helped me define what my needs were. I didn't think they were worth meeting anyway, so why bother figuring out what they are? So, just starting out by reminding myself that there is nothing wrong with me and who I am was, for me, the first step. Then, each interaction informed me how to take the next steps in any given situation.

I'm doing a series in my [Fix Your Screwed Up Life](#) Facebook page that starts. Monday

morning there is a video, a little 2 to 3 minute video of what we are going to work on. Then, Monday thru Friday, each day, I post an excreted. So, this week we are talking about explaining yourself. So, L.oS.E.rs might want to give the whole backstory on why they made this decision or why they did this, this and this. You are a grown-up. You don't need to explain yourself to anybody. If you are a grown-up and you are paying your own way, then you don't owe anybody an explanation. You don't have to defend your reasons why you do things in the world.

So, a couple of different exerises everyday this week. Maybe your listeners would like to check that out, my Facebook page on [Fix Your Screwed Up Life](#).

IS: So, the Facebook page is [Fix Your Screwed Up Life](#), A Practical Medium?

PK: No, this is just the book. I have different Facebook pages for different businesses. So, my Practical Psychic page is just for my psychic business specifically. But, [Fix Your Screwed Up Life](#) on Facebook is all about recovering your inherent self esteem. That is all it is about.

IS: And that is something everyone can use.

PK: I think so, yeah. I get stories and feedback all the time. "I do that exactly" or, like I said, this week we are talking about explaining yourself. One of the exerises I posted earlier in the week was about...sorry, I'm blanking on it right now. You know when you are interrupted someone with low self esteem can feel like, "Oh, well, never mind. What I was saying was stupid anyway". Just the way you talk down about yourself and how to get around it.

I had somebody give me a ring and said, "I do that, I do that. I never put it in the context of low self esteem." So, it has been a lot of fun.

IS: Yeah, I'm sure it is very gradifing to hear everyone identify with your journey and then find improvement with the steps you provide because you are all about the actions steps in just about everything you do and publish and talk about. And that is what I think makes you successful. You know, because you are very down to earth. I think you are down to earth.

PK: And I try to be. I like to be because I need to meet my clients where they are. I've been to spiritual people and psychists and therapists and hypnotists who have this very rarified air about them. Like, I'm this very special person and you are lucky to be in my aura. To me that is so off-putting. It is more important to me that my clients feel comfortable around me immediately. I just try to assess and be who they need me to be. That always means being very grounded, bringing humor into things appropriately, and I'll swear in front of my clients sometimes just because this is who I am.

I think it is important to present myself as a professional but also as honestly and

authentically as I can.

IS: Yeah, and I think that is what self esteem work helps you do, is become authentic. Because you are more aware of your boundaries. You are more aware of your goals, your intentions and what you really want out of life. I think that gives gravity to anyone.

I know you have a newsletter and you recently had an event in South Carolina.

PK: Yup.

IS: Do you, I know you are working, probably doing a lot of promotion for your book right now, but do you travel often?

PK: I do. I go frequently to Charleston and I have a big audience there. Sometimes I go down to Savannah. I was up in Boston in April. I love to go do spirit communications nights, like gallery style readings. I did a restaurant in Putnam Valley not too long ago. We are going to schedule something in July.

IS: Okay. I know they are a lot of fun. They are very joyful.

PK: Yeah, we have such a great time! They aren't holy. I mean, they are because the holy spirit is around us all the time but there isn't too much weeping. It is usually happy tears and a lot of joking. People come nervous, I can see that, but once we get started everyone relaxes because it is just fun. All of the spirit people are there, it's like a cocktail party where they are and it is a cocktail party where we are so it is just a blast.

Laughing

IS: So, if people, and I'm sure they do, want to find out your next event they would go to your website, <http://www.apracticalpsychic.com> and sign up for your newsletter and I know you have an event link for your events. And also, your Facebook page, A Practical Psychic. They can also find out events there.

They should also check out [Your Screwed Up Life](#) because that's something ongoing right now and it is an exciting, current event. And everyone can tap in, and contribute, and learn a lot and grow from your knowledge and your expertise.

PK: I hope so. I like to share and that is part of my mission here, is to help everybody recognize that they are just, just beautiful just as they are and the world is a better place because you are in it. We would be, the world would be dimmer if you weren't shining as bright as you could be.

So, I think someone with that healthy self esteem, as you mentioned, is authentic and honest and they are not threatened by other people or another person's success. And

so we celebrate, always in a celebratory mood because our neighbor's successes are our own. Somebody else's joy feels like my joy. There are so many benefits to recovering your inherent self esteem.

So, on my Facebook page, Fix Your Screwed Up Life, there are ongoing exercises people can do. I make announcements through <http://www.apracticalpsychic.com> and also Facebook A Practical Psychic about any events I am going to do in the spirit world.

IS: And I think we should also talk about you being a teacher. You mentor, you teach, and that is something also people can inquire about on your Facebook page. I know, personally know one person whom you have taught and they speak so highly of your skill as a teacher as well as your inherent intuitive skill.

PK: Everybody has a sixth sense. Everybody has one. There is nothing special about me because I use it. It's like being bilingual. I just access another kind of a language and I do it everyday so I am kind of fluent in it. So, I love it. I don't think the world has enough psychics. I don't think we have enough mediums. I don't think people trust enough in their intuition so I love to have message circles where the medium is learning, building her confidence or his confidence. They are welcome to come and take the microphone for a little while and try their hand.

I've got an ongoing class. It is closed now, but every other Wednesday we meet and really try to strengthen our own skills. I'm always doing workshops, in LaGrange and Putnam Valley and different places in the country. And they are affordable. I tell people everything that I learned. Just like in my Live and Learn guides. Because I have been to those classes. Paid a lot of money to sit there with your pen hovering over the blank page like hungry for and you go away with nothing because the teacher didn't really want to share. They didn't really want to have another psychic in the world or something because it could be competition but I'm not like that.

IS: No, I think the world is always richer for collaboration.

PK: Yes, yes, yes. That is tweettable.

Laughing

IS: Thank you. Well, Priscilla, thank you so much for taking time out and sharing your knowledge and all of the... I want to say products but these are things that will enhance everyone's life.

PK: It has been a pleasure. Thank you for having me.

IS: Yes, and everyone should go to <http://www.apracticalpsychic.com> and from there they can check out all of your products and services and how they can contact you. It has been wonderful. Thank you so much.

PK: Thank you for having me. It was really nice to talk to you.

IS: And likewise!