

Welcome to Your Crisis:

Laura Day on Being a Know-it-All

BY BETHANY SALTMAN

Laura Day is the author of bestsellers like “Practical Intuition” (Broadway Books, 1997); “The Circle” (Tarcher, 2001); and most recently, “Welcome to Your Crisis” (Little, Brown, 2007). In addition to writing books, she is an intuitive consultant to clients including Jennifer Anniston and Estée Lauder Companies.

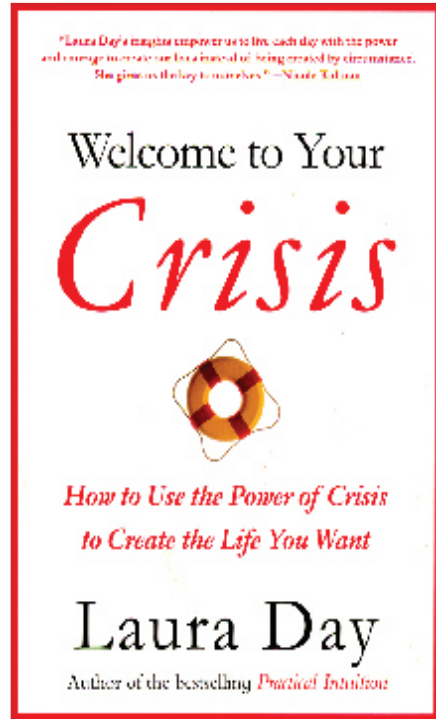


For the interview, we met at Day’s house in Woodstock where she sat with her legs tucked under her, served me lunch and cold chai, and, I must confess, forced me to get a massage from her masseuse. If I had a single thought that she was, for some strange reason, buttering me up, it was quickly squelched when I saw how she treats everyone who enters her sphere, from the neighbor to her son: as if she truly has enough to share.

InsideOut: What is the difference between a psychic and an intuitive?

Laura Day: There is no difference. Neither word really defines anything other than the ability to obtain information that cannot be perceived by traditionally accepted channels — exposure, information stored in the subconscious, and so on. Intuition or psychic ability is the natural capacity we all have to move our attention in time and space. For example, we can move our perceptions a year into the future or a year into the past, from someone else’s point of view.

I often get questions like “Can I eat meat and be psychic?” or “Does meditation influence psychic ability?” After nearly three decades and tens of thousands of people trained, I have seen many



Prada-wearing, meat-eating, dog-eat-dog kinds of people manifest their psychic power. It is much harder to turn off than it is to turn it on.

IO: Why?

LD: The part of you that you think of as you is very porous. You may be feeling my future, your neighbor’s pain, and the famine in India without even

knowing it in any given moment. The real challenge is to be as fully “you” as you can be, and be able to open and close the “psychic screen” at will — which, by the way, even I can’t do.

“Do you pick up anything about me?” everyone asks me at parties.

“No,” I lie. Of course what I also don’t mention is that they are picking up so much about me that they are simply not trained to be conscious of, but are still affected by.

IO: How is intuition, as you understand and practice it, related to spirituality or religion? In a nutshell, can you say what world view lies behind your beliefs about intuitive power?

LD: I do not believe in belief. If you have to believe in something for it to work, it doesn’t work! I have observed that spirituality is our effort to “go home,” to remain in that state in which we are all one. However, we are always “one.” That is the state of reality. The real task is to become clear, powerful, and effective individuals.

The upside of religion is the opportunity for individuals to come together to celebrate the truth of our unity. The downside is how

it is yet another way we hide from our unity. There is no black and white. Gray is the color of being human, and gray takes a hell of a lot of courage. Wanting to be generous but feeling selfish, and making a choice about how to act — that takes courage.

IO: One of your first jobs as an intuitive was predicting financial markets. And major, international companies pay you to help them predict the future. Are your predictions ever wrong? Do you ever have a bad day? Do things like emotions or physical illness ever get in your way? If and when something does end up being incorrect, how do you understand that?

LD: Anyone who tells you that they are 100 percent is someone you should run — not walk, run — away from. I make mistakes. One of the greatest “spiritual” lessons I have learned is that the subconscious is *subconscious*. I work hard to work through my subconscious, and the harder I work the more accurate I am. I am more likely to make a mistake about a topic where I cannot separate my desires, needs, or emotions from objective data.

However, my emotional state, illness, drunkenness, or other such things do not affect my accuracy. Only my lack of clarity within myself about the issue can do that. For example, if I put money into a fund that I am predicting for, I tend to be less accurate. Also, I, like any garden-variety neurotic, worry about those I love, and it is hard to separate my concern from real, verifiable, accurate intuitive data.

IO: Can you give an example?

LD: Once, when my son was in nursery school, in the elevator after dropping him off, I had a vision of him bleeding. The vision was covered in blood and fear. The nursery school was downstairs, and I didn’t know if I should go back or go home and call. All I could feel was my fear. I ran into my apartment and called the school, trying not to sound like a psycho. Samson, my son, had stumbled and scraped his chin, the tiniest scrape, on the table. The blood had scared him. He was already fine and squeezing extra Gummy Bears out of the teacher! So much for accuracy.

IO: Your recent book is about using the inherent power of crisis — that inherent topsy-turvy unearthing and instability that come with crisis — to transform your life. Can you say more about this?

LD: We all spend most of our life holding tightly to “our game.” This usually means we are holding on to people, beliefs, behaviors, things that really don’t serve us or make us content. Crisis, the ripping away of what we were or what we had, clears the way for revolutionary change.

IO: How is this related to intuition?

LD: Intuition, when trained, provides us with all of the information we need to prepare for positive change even in a “crisis” situation. One of intuition’s gifts is its ability to let us know what we have within to help us succeed, while also accurately predicting the opportunities and obstacles in the future. Change is inevitable. We either prepare for it and confront it as opportunity, or our life withers around us. It is not that we cannot see what is coming. It is that we often don’t want to see it. The wonderful thing about intuition is that it not only helps you survive, but alerts you to the needs of those around you. It makes for a better world.

IO: This sounds a lot like the ancient wisdom of many traditions, from AA to Zen. How is this connected to other schools of thought?

LD: There is one school of thought, just many different ways of performing the action! I will worship anywhere, with anyone. Although sometimes I change the words in my heart to be palatable to me, it is the experience of unity that heals me. This is true of an AA meeting, a church or temple service, or a P.T.A. meeting. “Where two or more gather in my name ...” I believe that we always are gathered as one, even when we are physically alone.

IO: In addition to being celebrated as an intuitive, you are also known as the “psychic to the stars,” with connections to people like Jennifer Anniston and Demi Moore. Do celebrities have the same problems we do?

LD: I have found no difference between celebrities and everyone else. We all have a community who gossips about us, people who give to us, people who want from us, and so on. One thing intuition teaches you is that nothing is private. We all know everything! ❖



Bethany Saltman is the managing editor of *InsideOut* and is writing a book called “Sweet Jesus: American Conversion Stories.” She has published essays and interviews in magazines such as *The Sun*, *Buddhadharma*, *Killingthebuddha*, and *Geez*. She is a Zen practitioner who has studied with John Daido Loori, Roshi for over 10 years. She lives in Phoenixia with her husband and baby girl.