

PSYCHIC DEVELOPMENT FOR BEGINNERS

The Secrets to Unlocking Your
Psychic Ability



Grace Loveman

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Ability
By Grace Loveman

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Why You Should Read This Book

We've all heard about psychic mediums and palm readers before. You may have even gone to one yourself. What you may not know, however, is that we *all* possess psychic abilities deep within ourselves. Some people's abilities come more naturally than others. But with a little practice and patience, each and every one of us possesses the capacity to make our intuition and psychic abilities stronger and more powerful.

Psychic abilities do not just entail things like predicting the future and communicating with entities from another realm – those things can be a part of our psychic development, for sure. But in a more day-to-day sense, psychic abilities can help us to become more in touch with our higher selves, which in turn can help us to do things like...

- Abate stress and anxiety levels
- Feel more creative
- Increase our ability to concentrate
- Make better decisions
- Live in the present moment
- Etc.

So if you'd like to experience any of all of these things in your own life, then you have come to the right place. This book will enlighten you about all of these things and so much more. You will also learn about the history of psychic development, along with many useful exercises, which you can practice on your own, to help you hone and refine your innate skills. Overall, this book will enable you to become a more relaxed, connected, and mind-enriched being.

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Introduction

“Nowadays even presidents, vice-presidents, and heads of big agencies are opening their minds to accept psychic phenomena, because they know it works.”

~Uri Geller

Are psychic abilities really possible? Why do some people have an unwavering belief in their veracity while others scoff at the very hint of their existence? Well, before we get into all of that, since you are reading this book, I assume it's safe to say that you at least somewhat believe in the potential of psychic abilities, even if you are not entirely convinced...yet.

With that said, I feel the need to disclose that I am not one of the world's great psychics. I cannot even hold a candle to the likes of John Edward, Elizabeth Baron, or Dr. Doreen Virtue, whom you may have seen on television or read about in a magazine or newspaper. I am just an ordinary person with an interest in psychic development, who has taken the time to educate myself about honing my innate psychic abilities. And now, through this book, I am going to impart the wisdom I have gained onto you.

My interest in psychic development started when I was just a kid. When I was around nine or ten years old, I read the book *Matilda* by Roald Dahl and became obsessed with the idea of learning how to move objects with my mind.

For those of you who don't know, *Matilda* is the exceedingly charming story of a precocious yet neglected young girl who learns to harness her telekinetic powers and use them to help free herself from the cruelty in her life, namely her parents and the vicious principle of her school, aka the Trunchbull.

In a nutshell, the book is fantastic, and even though it's meant for fourth graders (just pretend you're buying it for your kid *wink wink*), you should definitely go ahead and read it if you haven't already done so.

I have wonderful parents and my teachers were all really nice to me, but even still, after reading *Matilda*, I used to try to mimic her amazing powers. Instead of eating my vegetables, I would stare intensely at them, trying to will them to whiz around the room just like Matilda had done. This may sound a little strange, but let's be honest; most 9-year olds will go to some pretty extreme lengths to get out of eating their veggies, so why not trying to make them fly south for the winter?

Needless to say, my legume staring contests were incredibly anti-climatic. Yep, every last one of those beady little broccoli florets just sat there on my plate staring back at me, defiantly unresponsive to the power of my mental faculties. But for me, that's where it all started – with an avid interest, some hearty determination, and a strong dislike of leafy greens.

If you are on the fence about the realness of psychic abilities, I am not going to try to force you into becoming a believer, even though through my personal experiences, I could not go through life any other way. But as I said before, the choice to believe or not to believe is entirely up to you.

My goal is simply to pass on what I think is very valuable information about the history of psychic development along with all of its current shapes and forms and to walk you through a series of mental exercises that can permit you to tap into your own innate psychic ability... if you so choose.

You do not need to possess any special gifts or have a superior intellect in order to develop psychic abilities. The only thing you really need to have is an open mind. So now, before you progress any further, please ask yourself, “Do I have an open mind? Do I think it’s possible for me to develop my own innate psychic ability?” If you responded negatively to these questions, then you should probably stop reading this book immediately. However, if your responses were both “Yes,” then you are well on your way.

In fact, you actually may have already tapped into your innate psychic ability without even knowing it! Have you ever received a phone call and just *known* who was on the other end before you even picked up the receiver? (And no, looking at the Caller ID does NOT count.) Or, have you ever had a feeling in your gut, telling you either to do or not to do something that was a little out of the norm and then later found out that listening to this mysterious feeling was highly advantageous?

For example, let’s say that every morning you take route A to work, but for some strange reason, your gut tells you to take route B, even though it is slower and more out of the way. Then, you come to find out there was a huge accident (that you could have been involved in) on your usual work route that particular morning.

The odds are that you have experienced something similar to what I just described at one point or another over the course of your life. Or perhaps you have had an experience of either doing or seeing something before, even though you knew this was not the case – a relatively common phenomena known as *déjà vu* (already seen).

All of these instances are basic forms of psychic, or sixth sense, experiences, and in this book, I am going to show you how to build upon these types of

occurrences so that you can harness your ability to do things you may have never thought possible.

Chapter 1: A Little Bit of History

Before we get into the good stuff, I thought it would be a good idea to lay-out a little bit of the groundwork surrounding the history of psychic development so you can see that the fascination with this topic is by no means a recent occurrence.

If history isn't your cup of tea, however, then don't worry; I won't be offended if you skip ahead - even though examining what came before and understanding why and how certain events occurred is crucially important to the functioning of our society... just sayin'.

At any rate, here's a tasty slice of psychic history pie to sink your teeth into...

Parapsychology – What Is It?

The term ‘parapsychology’ is derived from two words: the Greek word ‘para,’ meaning ‘beyond’ or ‘alongside,’ and ‘psychology,’ the science of behavior and the mind. Parapsychology refers to the study of the many forms of psychic and paranormal phenomena, which includes precognition, telepathy, psychokinesis, clairvoyance, reincarnation, near-death experiences, and apparitional appearances.

Parapsychology is a relatively new field of study; the term having been coined around 1889 by a philosopher named Max Dessoir. It was adopted some 40 years later by J.B. Rhine as a proxy for the term ‘psychical research.’ Parapsychology proponents regard the field as an “embryo science.” Its critics, however, argue that parapsychology is nothing more than a pseudoscience, as no conclusive evidence has been found, and any experimental successes can be chalked up to methodological flaws.

However, Nobel Laureate, Brian David Josephson, counters this criticism by deeming parapsychology as having been unfairly judged due to the challenge of “putting these phenomena into our present system of the universe.”

In 1882, the Society of Psychical Research (SPR) was founded in London. It served as the premier systematic effort of organizing scholarly minds for a prolonged, scientific investigation of psychic and paranormal phenomena. The SPR was attended by philosophers, scientists, scholars, and politicians, including notable names such as Arthur Balfour, William Crookes, and Henry Sidgwick. At the SPR, subject studies were classified into the following categories: hypnotism, telepathy, Reichenbach’s phenomena, apparitions, haunts, and materialization.

The *Census of Hallucinations* was one of the SPR’s first collaborative efforts. It presented findings from sane people who had experienced hallucinations and apparitional experiences. In 1886, the results were published into a work called *Phantasms of the Living*, which continues to serve as a reference for today’s parapsychological literature.

During the era of J.B. Rhine, Stanford University became the first academic institution in the United States to study extrasensory perception, a.k.a. ESP,

along with psychokinesis. Duke University then followed in Stanford's footsteps some 19 years later in 1930 to become the second U.S. institution of higher learning to study ESP in a laboratory setting.

Studies were conducted by J.B. Rhine and colleagues, using cards and dice, in an effort to take a quantitative, statistical approach to test the existence of ESP. Rhine had subjects guess which symbol, out of five possible choices, would occur when flipping through a deck of specially-made cards. After going through over 90,000 trials, Rhine found that ESP was "an actual and demonstrable occurrence," which he stated in his book *ExtraSensory Perception* (1934).

Rhine's book was met with significant criticism, with critics claiming that subjects were finding ways to cheat and that Rhine was using selective reporting, meaning that test scores of subjects whom Rhine felt were intentionally guessing incorrectly were not reported.

However, in spite of Duke University's decision to sever parapsychological links after Rhine's retirement in 1965, Rhine went on to establish the Foundation for Research on the Nature of Man (FRNM), which was later renamed the Rhine Research Center.

Today, the aim of the research center is "to improve the human condition by creating a scientific understanding of those abilities and sensitivities that transcend the ordinary limits of space and time."

Another one of J.B. Rhine's contributions to the field of parapsychology occurred in 1957 with the creation of the Parapsychological Association (PA). The mission statement of the PA is "to advance the field of parapsychology as a science, to disseminate knowledge of the field, and to integrate the findings with those of other branches of science."

Renowned anthropologist Margaret Meade also became involved with the PA, and in 1969, the PA became affiliated with the American Association for the Advancement of Science (AAAS), which is the world's largest general scientific society.

The PA's association with the AAAS led to a huge increase in parapsychological research. During this time, many new organizations were formed, including the Academy of Parapsychology and Medicine, the Academy of Religion and Psychical Research, the Institute of Parascience, and the Princeton Engineering

Anomalies Research Laboratory. The rise in research continued into the 1980's, with the PA reporting to have members working in over 30 different countries.

In more recent years, however, the amount of parapsychological research has diminished considerably in the United States, as early research was deemed inconclusive. On the other hand (or, on the other side of the Atlantic, as the case may be), European parapsychological research has maintained its active involvement, with the largest number of active parapsychologists residing in the United Kingdom.

Furthermore, parapsychological research has been substantiated by several psychological sub-disciplines, including transpersonal psychology, which examines the spiritual components of the human mind, and anomalistic psychology, which takes a psychological approach to studying paranormal beliefs.

As you can see, active involvement in the field of parapsychology has waxed and waned over the years, but this is clearly due to the fact that paranormal and psychic activities are not occurrences that can easily be studied and tested according to traditional scientific means. And in spite of inconclusive evidence, given the number of associations and research facilities, it is clear that parapsychology is a field of study that is always going to be of significant interest.

While parapsychology is a relatively new field of scientific research, paranormal and psychic happenings have been occurring since ancient times.

Ancient Greece and the Oracle at Delphi

The Oracle of Delphi is one of the most important relics of ancient Greece. Enormous contributions to the functioning of the entire ancient civilization were arrived at based on consultations with the Oracle. Political decisions were made according to the Oracle's influence, and no Mediterranean colony was founded without the Oracle's consent.

Archeological findings indicate that the importance of the Oracle dates back to the Mycenaean Period (1600-1100 B.C.), with it reaching its pinnacle during the 6th century B.C. Over the centuries the presiding of the Oracle spread to include functions like cultural events, athletic games, and Delphic festivals, such as the Pythian Games, held every four years to honor the slaying of the Python Dragon by the sun god, Apollo.

During the 8th century B.C., the Oracle at Delphi gained international recognition for the powers of its priestess, known as the Pythia, who would sit on a tripod, inhaling light hydrocarbon gasses, as she muttered incomprehensible prophecies after falling into a deep and frequently violent trance.

Mere mortals could not understand the prophecies on their own, since it was said that during the Pythia's trance-like state, her spirit was possessed by Apollo himself. Therefore, Delphic priests would have to interpret the Pythia's words into common language.

Such faith was placed on the Pythia's telling of the future that no major decisions were made without consulting her first. Dignitaries, heads of state, and common folk alike would make frequent pilgrimages to see the Pythia, and they would pay large amounts of money for her oracles.

The Oracle at Delphi continued to prosper until the 1st century B.C. At which time it suffered significant damages due to earthquakes, looting, and barbarian invasions. Soon thereafter, the surrounding area became highly impoverished. The Oracle persevered, however, until 395 A.D.; the year it was finally closed by emperor Theodosius.

Today, many people hypothesize that the Pythia's predictions and trance-like states were induced by the inhalation of gasses, emanating from geological chasms in the earth. It is believed that these gasses may have had hallucinogenic

properties. While this conclusion may hold some veracity, it still does not account for how the Pythia was able to make predictions that inexorably came to fruition.

The theme of unavoidable fate or destiny is one that prevailed throughout Greek literature and lore. The most famous of which is the story of Oedipus, who was told by the Oracle at Delphi that he would murder his father and marry his mother, a fate that he desperately tried to avoid. But, as Oedipus should have known, you cannot escape your fate.

There are many other oracular stories like the tale of Oedipus which stem from ancient Greece. However, if you are looking for the richest source of arcane and supernatural lore, then you need to move a little further south... to the Valley of the Nile in ancient Egypt.

The Mysteries of Ancient Egypt

Ancient Egypt is a highly researched and studied civilization, yet so much of it is shrouded in mystery - a fact which is likely due to the society's wealth of paranormal activity and magical beliefs. Like the Greeks, ancient Egyptians consulted oracles to obtain knowledge and guidance from the gods. The enigmas of ancient Egypt, however, extend much deeper than just oracular consultations.

Ancient Egyptians had a strong belief in Heka, which is translated to mean 'magic,' or "the ability to make things happen by indirect means," as Egyptologist James P. Allen puts it. It was believed that Heka was a naturally occurring phenomena - one that was used to create the universe as well as what the gods used to implement their will. Although, the use of Heka was not restricted to the gods or dignitaries or high priests; commonplace people were also welcome to use it for personal reasons.

The use of Heka involved the activation of a person's soul, or their Ka, which is how ancient Egyptians believed magic worked. Through the Ka's activation, ancient Egyptians thought they would be able to influence the gods and gain protection.

For ancient Egyptians, the Ka was very complex. It was comprised of the mortal body and eight additional semi-divine components, all of which survived after death.

Below, you will find information about the deconstruction of the Egyptian soul, or being:

Khat or Kha: This represents a person's physical body, which would decay after death and could only be preserved through mummification.

Ka: This is what was considered to be a person's 'double,' also referred to as an 'astral projection.' After death, the Ka would linger on inside the tomb, inhabiting either the person's body or in some cases, a statue of the deceased. The Ka was regarded as being independent, however, so it could freely move around. There was a duality that existed within the Ka, with it consisting of a higher, guardian angel-like Ka, and a lower Ka, which resulted from knowledge that had been ascertained on earth.

Ba: A bird with a human head that by day would reside in the tomb, bringing nourishment to the deceased, and by night would travel with Ra, the Egyptian sun god.

Khaibit: This was viewed to be the shadow of the deceased. The Khaibit is similar to the Ka in that it could detach itself from the body of the deceased and move around at will.

Akhu or Ikhu: This was considered the immortal part of the deceased – the part that would live on in the Afterlife. The Akhu would come into being after the deceased passed judgment and the Ka had been united with the Ba.

Sahu: Containing all of the mental faculties of a living person, this was a person's spiritual body that would be able to reside in the heavens after judgment was successfully passed.

Sekhem: This was considered to be the ethereal personification of the deceased's life force.

Yb or Ab: This was a person's heart, or their moral compass, telling them right from wrong. After death, the Yb could either leave the body and reside with the gods, or if the deceased did not pass judgment, then the Yb would be eaten by Ammut, the Egyptian goddess of divine retribution.

Ren: A vital component of a person's journey from life to death, the Ren was a person's true name. It was considered to have magical qualities that could bring about a person's downfall if their name was destroyed.

While the days of ancient Egypt are long gone, their presence and influence are still very apparent in the modern world. For example, the Giza Necropolis and the Great Pyramid of Giza - no one knows how they were built exactly, yet they are two of the most revered man-made structures standing today.

Many hypotheses have been made about the construction of the Pyramids. Yet most modern archeologists believe they were built by tens of thousands of skilled workers over the course of more than 20 years. It is speculated that copper chisels were used to carve the huge stones, which were then hauled into place using a complex system of ramps and levering methods.

While this hypothesis has a lot of credibility, it does not possess nearly enough concrete evidence to put the pyramid construction debate to rest without leaving

any lingering doubts. For one, the building techniques have never been able to be replicated and two, the archeological findings that have been made are insufficient to fully prove any one theory.

If the Great Pyramid of Giza was built over a period of around 20 years, consisting of more than 2 million massive blocks of stone, each weighing approximately 2 and a half tons, then that would mean that a block would have had to have been set in place every three minutes. Even if each of the workers was the size of the Hulk, subsisting entirely on a diet of spinach a la Popeye, this incredibly work-pace would still seem highly improbable.

The debate concerning the construction of the pyramids has been going on for so long that some people have actually come to the conclusion that it would have been impossible for the ancient Egyptians to have built the pyramids by themselves, given the primitiveness of their society. So as a result, the pyramids must have been built by aliens.

The alien theory is a highly unlikely one, however, as there is indisputable, archeological evidence proving that the pyramids were man-made. Although, given the mysticism surrounding ancient Egypt, it has been speculated that levitation could have been used to build the pyramids.

In the 10th century, an Arab historian by the name of Masoudi scribed that the ancient Egyptians used magic spells to move the large stones. Masoudi's story was even cited in science and history writer Andrew Collins' *Gods of Eden: Egypt's Lost Legacy and the Genesis of Civilization*.

According to Masoudi's account, the stone's were placed on top of leaves of papyrus, or paper that had been inscribed with special characters. Then, the builders struck the stones with a special rod, which caused the stones to move the distance of a bowshot (a little more than 200 feet).

In his book, Collins insists that "the ancient Egyptians were able to set up some kind of sustained sound vibration that enabled the building blocks to defy gravity." And while it can be argued that Masoudi's account is nothing more than just a legend, there are tales from all over the world that substantiate it, as they also recount instances of stone blocks being moved and buildings being constructed by way of sonic levitation.

Besides using levitation or other psychic forces to actually create the pyramids,

there is also evidence that psychic happenings occurred inside the pyramid's walls. It is believed by some that a hidden astronomical code exists, which supposedly contains prophetic information concerning events that may bring about the end of our civilization.

Through the conversion of the dimensions of the chambers and passageways of the Great Pyramid, there appears to be correlations for some of the earth's most significant events, including the birth, baptism, and crucifixion of Jesus, the start of the Industrial Age, and World War II. The huge downside to this timeline is that no matter how it is interpreted, it indicates that the 20th century marks the beginning of mankind's final phase.

Well, that's a rather dreary note on which to leave ancient Egypt, but now let's move on to discussing parapsychological occurrences in the most widely read book in the world, and no, I don't mean *The DaVinci Code*; I'm referring to the Bible, of course.

Parapsychology in the Bible

If you are a subscriber to the Judeo-Christian faith, then you have probably never thought of the Bible in parapsychological terms before, and that is entirely understandable. However, if you take another gander at the Bible with a different frame of mind, you can see how the occurrence of numerous psychic happenings could be argued.

For starters, take the Prophet Isaiah from the Old Testament. Prophecies are predictions of the future; thus, from a psychic standpoint, it could be argued that through his prophecies, Isaiah was tapping into his innate psychic abilities.

Of course, if you are a believer of one of the Biblical faiths, then perceiving Isaiah as a psychic isn't a notion that is likely to sit well with your stomach. However, before the B word (B is for blasphemy) starts getting thrown around, please allow me to first clarify that I'm not making any confirmations either way as to whether Isaiah was or was not a psychic.

All I'm meaning to do is pose an alternate interpretation of the information, which you can take or leave; it's just some food for thought, and if it tastes like blasphemy sauce, then simply spit it out.

With that said, the Prophet Isaiah made numerous predictions about the future, many of which came to pass; for example, Babylon being overthrown by the Medes and reduced to swampland.

Joseph, son of Rachel and Israel, is another important Biblical figure who experienced dreams that accurately predicted the future. Joseph was the eleventh of Jacob's twelve sons, and his father greatly favored him over his brothers. This favoritism caused Joseph's brothers to grow incredibly jealous of him - a jealousy that became greatly exacerbated once Joseph revealed a dream he had, during which it was foretold that he would rule over all of them.

Joseph's foretelling did in fact come to pass. After his brothers sold him into slavery due to their envy and resentment, Joseph was able to rise up in the ranks, gaining favor with the Pharaoh through his ability to accurately interpret the Pharaoh's dreams.

One of the most important dreams that Joseph interpreted concerned a period of

seven plentiful years of crops followed by seven years of famine. Joseph's predictions helped the Egyptians make the necessary arrangements to endure the famine; plus, Joseph was launched into a position of power, second only to the Pharaoh, thus fulfilling Joseph's first prophecy.

There are numerous other prophetic accounts peppered throughout the Bible as well as several additional types of occurrences which could be explained according to psychic means, such as clairvoyance, glossolalia (speaking in tongues), and paranormal healing.

Once again, no toes are meant to be stepped on in this book, so if there is something mentioned that goes against your personal belief system, simply disregard it. As I said before, it is not my intention to force you to believe in any of this. My goal is merely to impart the knowledge I have gained onto you, and from there, you are free to either use it or file it away in your mental recycle bin.

With that said, at the very least you can now see that the fascination with psychic development is one that has pervaded throughout the course of history and it is not one that is likely to fall by the wayside any time soon. The interest in paranormal and psychic abilities is not a passing fad like pet rocks or shoulder pads; it's a field of study with a strong historical foundation that has captivated millions.

Chapter 2: Key Terms to Know

Ok, so now that we've gotten the history lesson out of the way, I think it's important to go over the definitions of some of the key words and phrases that are involved with psychic development. I know, I know – you're thinking this sounds like more homework. First, you had to have a history lesson, now you have learn definitions. Seriously, when's recess?

I can assure you, however, that I would not be including this section if I didn't think it was truly important. After all, before you can walk the walk, you have to learn how to talk the talk. Think about it, before doctors can start practicing medicine, they have to learn the language of it first.

I'm guessing you wouldn't like it too much if you had a doctor who went around saying things like, "I took a look at your thing-a-ma-bob and noticed a possible whoosy-whatsit that I think you should get checked out." Translation: "I looked at your X-ray and noticed a possible melanoma." Wouldn't you rather have a doctor who could communicate with you using the proper terminologies – one who doesn't sound like a human Mad-Lib?

Even if you don't plan on communicating your psychic abilities to anyone else, it is still beneficial to know the definitions of key words and phrases so that you can digest the material more quickly and readily. This is also why I am including this section at the beginning of the book rather than at the end.

Furthermore, at the very least, you can use the following section as a reference guide for whenever you encounter terminologies that you are unfamiliar with.

So, without further ado...

Words and Phrases You Should Know

Aeromancy

Using celestial events, such as meteors and comets, to read the future.

Agent

In PSI testing, the agent is the person who concentrates on the target (in telepathy, the agent is referred to as the ‘sender’).

Akashic Records

According to the teachings of the Far East, these records represent a collection of knowledge that is housed on a non-physical plane of existence. They are said to have existed since the dawn of time, forming a historical account of the whole universe.

Alectryomancy

A divination technique that relies on the chance encounter of a bird or other kind of animal as a sign of the future.

Altered States of Consciousness

A phrase coined by Charles Tate, which refers to any state of mind that differs significantly from a normal, waking, beta-wave state.

Angels

Supernatural beings which are described in many religions, typically acting as messengers of some sort.

Apparition

A ghostly appearance that manifests itself to humans.

Astral body

This refers to the concept of an exact replica of the physical body, composed of subtle, ethereal substances, which serves as your vehicle during out-of-body experiences when you visit the astral plane. The astral body is generally regarded as being emotional in nature; through it, your passions, wants, and

desires are manifested. At the time of death, the astral body permanently leaves the physical body.

Astral plane

According to esoteric philosophies, this is the plane of existence where most of us will go after we die. It is also possible to visit the astral plane while you sleep and during out-of-body experiences, however.

Astral projection

Another term for out-of-body experience (OBE), which describes a temporary separation of the astral body from the physical one, usually occurring during a state of lucid dreaming, deep meditation, or through the use of psychotropic drugs.

Astrology

The study of the relationship between the movements of celestial bodies and human lives and personalities.

Aura

Invisible to normal vision, auras are fields of energy that radiate around all human beings. An aura is visualized as a halo of color surrounding a person; its colorization is a reflection of a person's soul vibrations and dominant personality traits. Auras can only be seen through clairvoyant perceptions.

Automatic writing

This is the practice of messages being expressed on paper without any intervention of conscious thought. The writer's hand forms the words, but he or she is unaware of the content that is being written.

Bioplasma

Coined by Russian parapsychologists, bioplasma is a term used to describe the occurrence of specific kinds of psychic phenomena. Some evidence suggests that bioplasma may be the foundation of sensory experiences.

Channeling

This refers to the process of receiving messages sent from the spiritual realm.

Clairaudience

The ability to hear things, such as ghosts, spirits, or voices from the astral realm, that are not audible to normal human ears.

Clairsentience

A person with this ability can perceive energy fields, such as auras and the presence of apparitions.

Clairvoyance

A sixth sense type experience during which a person perceives various forces of energy, such as distant objects, events, or images behind walls, which are not normally perceptible to humans.

Crystal gazing (crystallomancy)

A form of divination which makes use of some type of crystal, most often a crystal ball.

Demonology

Refers to the systematic study of demons or the perceptions about them.

Divination

Divination is the attempt to foretell the future or reveal something previously unknown through the use of supernatural means. Fortune-telling is a common example of divination.

Dowsing

A primitive form of clairvoyance which attempts to use a forked stick to detect formations, such as water sources, located beneath the earth's surface.

Entity

A being that possesses a distinct and separate existence from that of a normal human.

ESP (Extra Sensory Perception)

This refers to having a perception about something such as a person or an event that was neither arrived at through a sensory experience nor was it recalled

through memory or logical deduction. The most common forms of ESP include the following: clairvoyance, precognition, and telepathy.

Etheric

This is a subtle, quasi-material substance which forms a replica or doppelganger of every concrete substance in the physical universe.

Ghost

The non-corporeal materialization of a deceased person's spirit that stays behind on Earth after the person passes away.

Glossolalia

Speaking in tongues.

Haunting

The repeated visitation from an apparition or ghost, which produces inexplicable sounds, odors, visions, and other unusual events.

Hypnopompic

The highly suggestible state of consciousness that exists between being asleep and being awake. It is the state that you enter into after being hypnotized.

Incarnation

Incarnation is literally defined as enfleshment. It refers to the birth of a live being, or the state of existing in a physical body.

Intuition

Different from all types of mediated knowledge, intuition allows a person to instantaneously comprehend the truth about a situation at-hand.

Lucid dreams

The psychological term for an out-of-body experience (OOBE).

Manifestation

An apparition or spirit in its materialized form.

Medium

The type of person who is capable of communicating with the deceased. Sometimes, mediums are able to channel spirits by granting the spirits use of their bodies in order to speak or write messages.

Near-death experience (NDE)

This is an experience reported by a person who underwent a clinical “death” and was then returned to life. More NDE’s have been reported in recent years thanks to the development of cardiac resuscitation techniques. To learn more about NDE’s, read the book *Life after Life* by Dr. Raymond Moody.

Occult

Knowledge of the paranormal, a reality that is broader than physical science and logical reason.

Ouija

This refers to the belief that messages from the spirit realm can be received during a séance through the use of a Ouija board.

Out-of-body experience (OOBE)

This entails experiencing the sensation of floating up and out of your physical body. It is a more widely accepted term for astral projection.

Palmistry

Predicting the future by way of interpreting the lines and marks appearing on the palm of a person’s hand.

Parapsychology

This refers to the scientific study of all paranormal phenomena, including ESP, telepathy, psychokinesis, and hauntings.

Portal

Some type of passageway (a door, entrance, or gate) between the physical and spiritual worlds.

Poltergeist

Literally translated from German to mean “noisy spirit,” a poltergeist is a kind of haunting where materials and articles are inexplicably strewn about without any apparent cause.

Precognition

Having ESP about a future event or incident.

Premonition

This refers to instances when future events are forecast or revealed to a person. Premonitions are usually regarded as paranormal occurrences; however, it is also possible for the human mind to craft accurate views of the future by drawing logical conclusions.

Prophecy

Generally speaking, a prophecy is a prediction of future events. It is often the case that a prophecy entails the speaking of divine words through a chosen, human messenger, also known as a prophet.

Psychic

A psychic refers to a person who has extra-sensory abilities, such as precognition, clairvoyance, and psychometry. Psychics are frequently able to communicate with ghosts and other spiritual beings.

Psychokinesis (PK)

PK is the paranormal ability to influence matter, time, and energy through the use of your mind without any other form of physical manipulation.

Remote viewing

This involves the use of your intuition to ascertain pieces of information about objects, people, or places, which is hidden or separate from your physical perception. The “viewing” aspect is actually just an intuitive impression that you experience.

Scrying

This refers to crystal gazing or other similar forms of divination.

Silver cord

The link that unites the astral and physical bodies until their separation after death.

Sixth sense

A power of intuition or perception that is unlike any of the other five senses; it is the psychic as a faculty.

Soothsaying

The act of making predictions about the future.

Spirit control

This refers to a benign discarnate who temporarily takes over the body of a psychic or medium while he or she is in a trance with the purpose being to establish a strong communication link between the world of the living and the dead.

Spiritualism

Spiritualism is the belief that the living can communicate with the dead and vice versa, especially through the intervention of a psychic or medium.

Supernatural

This refers to energy, forces, and phenomena which transcend the laws of nature and relate to a realm of existence beyond the observable universe.

Tarot

A special deck of cards (there are usually 78) with allegorical representations that is used for divination purposes.

Telepathy

This refers to the transmission of information from one person's mind to another without the use of the perceptual senses.

Teleportation

Teleportation relies on the power of PK to dematerialize and rematerialize people or objects from one location to another. Objects that are teleported are referred to as "apports."

Trance

A trance is synonymous with an altered state of consciousness. It can either be induced, such as through hypnosis, or occur spontaneously.

UFO

An unidentified flying object, or another way of referring to a flying saucer.

Ufology

This refers to the study of flying saucers, or UFOs.

Yin and yang

Originating from Chinese philosophy and metaphysics, the concept of yin and yang refers to the dual opposing but complementary cosmic forces which are said to exist in all of the universe's non-static objects and processes.

...I know I just threw a lot of terms at you, but I think at least briefly scanning them will help make the process of honing your innate psychic abilities a lot easier. With that said, let's now go ahead and sink our teeth into chapter three!

Chapter 3: The A, B, C's of Developing Successful Intuition

It all starts with a feeling – an inexplicable feeling coming from deep within your gut. And I’m not talking about the type of gut feeling that leaves you searching for an antacid, wondering what the heck was in that dipping sauce you just ate. This is different, and it’s difficult to explain, but I’m sure you’ve experienced it at one point or another during your life.

It’s a strange, inexplicable feeling telling you to act a certain way for no apparent reason. This mysterious feeling might even contradict your entire perceptual reality, but you listen to it because it feels wrong not to.

Do you remember taking your SATs? Over the course of your exam preparations, someone in your life – a mentor, parent, or teacher - probably said to you, “If you don’t know an answer, just go with your gut.” What they actually meant by this was... listen to your intuition.

If you had no way of figuring out the correct response using logic or skill, then you would have to guess. And as you were making your selection – A, B, C, or D – there was a force unbeknownst to you guiding your hand to choose one of the answers over the others. This ‘force’ that you were using is a basic form of intuition.

Now of course using this type of primitive intuition is not likely to garner you a perfect score and a sure-fire ticket into Harvard. However, there are ways of honing your intuitive skills to make them more effective, and that is precisely what we are going to talk about in this chapter.

The Importance of Intuition Improvement

Your intuition, which could also be referred to as your inner guidance, is not to be confused with your conscience, or your personal Jimmy Cricket, which tells you right from wrong.

Intuition is not the same thing as a moral compass. There is no “true north” of principles and morality with intuition. Your intuition has nothing to do with ethics. Rather, it serves as an alternate source of knowledge, or level of awareness. Intuition is a tool that we all possess, yet in order to fully tap into its powers, we first need to learn how to develop it.

For most people, their intuition lies in a state of dormancy, much like a bear hibernating for the winter. It might poke its head up every once and awhile, but for the most part, it is sound asleep.

In order for you to develop your psychic abilities, the first thing you need to do is ‘wake up’ your intuition. Winter’s over. It’s time to get your intuition up an’ adam.

Many notable thinkers, including great philosophers and psychiatrists, like Immanuel Kant and Carl Jung, believed that intuition was hugely important. They perceived it to be a vital and indispensable tool for all humans, defining it as “a priori knowledge.”

Along with sensation, thinking, and feeling, Jung included intuition as one of the four principle functions of the human mind. Jung believed that in order to maximize our potential as human beings, we have to learn how to effectively balance all four of these functions within ourselves.

In the book *Psychological Types*, Jung writes, “I regard intuition as a basic psychological function that mediates perception in an unconscious way. Intuition enables us to divine the possibilities of a situation.”

Simply put, intuition is the link to your subconscious mind. It serves as a manner for the subconscious mind to communicate with the conscious mind. And as such, intuition is a profound source of creativity, understanding, and wisdom - one that surpasses the realms of experience and logical reason.

And it’s not just people who are involved with or interested in parapsychology in

some way, shape, or form who regularly rely on their intuition. You may be surprised to learn that a large number of business leaders also habitually employ their intuition to run their companies.

PRWeek and Burson-Marsteller conducted a poll in which 252 CEOs were surveyed about their use of intuition, with the majority of those CEOs reporting that they regularly rely on their intuition to make business decisions. Christen Resmo, President and CEO of Benchmark Coaching said, “I’ve come to accept that my own intuition of one of many skills I can call upon in my business when needed.”

It may come as a surprise to you to learn that a large number of our prominent business leaders are conducting a significant amount of their business based on their intuitions. However, it just goes to show you how powerful a tool your intuition really is; you just have to learn how to listen to it first.

Honing Your Intuition Skills

I'm sure you know the saying, "Silence is golden." Well, this also applies to intuition development. So shhh... I want you to take time each day to experience silence. Make like a mime, mute librarian, and silent film star all rolled into one. Quiet your mind and just listen.

If you are familiar with any meditation techniques, they are a great way to calm your mind and get you into a state of quiet relaxation. If not, then try following the steps below to learn how to practice meditative breathing:

Step 1: Sit in a comfortable position, maintaining good posture.

Step 2: Close your eyes; allow your shoulders to fall forward a bit while keeping your spine straight.

Step 3: Direct your attention to your stomach. Notice how it gently rises and falls with each breath that you draw in... and breathe out.

Step 4: Continue to focus on your breath... on the rise and fall of your stomach. Each time you breathe in... and out, stay with your breath for its entire duration; think of it like riding a wave in the ocean.

Step 5: If your focus starts to race, take note of where it goes then gently coax it back onto your breath and the rise and fall of your stomach.

Step 6: No matter how many times you get distracted, never judge or criticize yourself. Every time your mind starts to over-think, simply bring your attention back and move on, free of judgment.

Try to go through these steps every single day, meditating for 10-15 minutes at a time. Many meditation practitioners believe that meditation grants you optimal access to your intuition.

During these quiet, meditation sessions, release your inclinations to think and analyze as much as you can. Open your mind and listen. Live in the present.

Afterwards, allow your thoughts to wander freely, remaining open to the creative ideas and solutions that enter into your mind. Opening yourself up to your intuition in this way allows you to connect yourself to a superior knowledge, which usually communicates through feelings, emotions, and symbols.

Another hugely important component of intuition development is learning to trust your hunches and gut feelings. If you feel like something isn't right, then the odds are that it isn't, and just because something is right for one person that doesn't mean that it's right for you too. Your intuition is your inner guidance, and you need to learn to trust it.

Think about all those times when you experienced a feeling in your gut, urging you to either do or not do something for no apparent reason. Perhaps you felt compelled to take an alternate route when driving home, thus avoiding a serious traffic accident. Or maybe you were driven to go out on a particular Saturday night which resulted in you meeting the love of your life. Both of these scenarios illustrate the powerful potential of heeding your intuition.

Trusting your intuition may be scary at first. After all, there are probably going to be instances when your intuition goes against logic and reason. However, if you provide your intuition with the opportunity to develop, then your inner guidance isn't going to let you down.

If you want to fully develop your intuition, then you must be mindful and aware of your surroundings at all times. In order for your intuition to function, it relies on information collected by your conscious mind, which operates as a sort of sensory hunter/gatherer, spoon-feeding its victuals to your intuition.

The more data and input your conscious mind gathers from your environment and the events going on around you, the more information your subconscious mind will have to feed off of when it comes to decision-making time. This is important because as you recall, messages are communicated from your subconscious to your conscious mind by way of your intuition.

In some cases, intuition can reveal itself through flashes of thought or inspiration, but you have to pay close attention to these types of occurrences. The more carefully you take note of these little clues and hints, the more of them you will experience.

One of the best ways to flex your intuition muscles is to employ training techniques while you sleep. Every night before you go to bed, you should try to think about issues and questions that you had during the day but could not come up with answers to. Furthermore, you should contemplate as many different possibilities about how to resolve these issues and questions as you can.

Engaging in these types of thought processes just prior to bedtime will spark your imagination and trigger your subconscious to work towards coming up with creative solutions to the problems in your life while you sleep. Consequently, it is beneficial to keep a pen and paper handy to your bed so that you can record any great ideas or breakthroughs that you have as soon as you wake up.

Having said that, journaling is another fantastic way to further develop your intuition. When you take time to write down your thoughts and feelings stream of consciously (meaning you don't think; you just write whatever pops into your head without giving it a second thought) you are able to release hidden insights, messages, and knowledge that was not previously known.

Here is a brief list of some of the benefits you can experience from developing your intuition:

Learn how to identify and cope with issues more efficiently, thus reducing stress.

- Prevent a buildup of negative thoughts and emotions from occurring.
- Improve your decision making skills, along with your mental, physical, and emotional well-being.
- Assimilate the functions of both the left and right brains, enabling you to gain a more thorough perspective on issues.
- Uncover hidden truths about yourself, your personality, and the situations going on in your life by being more in touch with your subconscious mind.

Learning how to develop your intuition is like learning any new skill; you need to practice. Remember back when you were first learning how to ride a two-wheeler? You were not born with this ability. You had to be taught how to do it and even then, you were not instantly Le Tour de France-ready. You had to crash and fall a few times before you got it down pat.

The same goes for developing your intuition. Unlike bike riding, however, developing your intuition won't leave you with any physical scrapes and scars. But the more you do it, the better at it you will get at it. Start off slow and work your way up, and gradually, you will learn how to fully harness the powers of your intuition.

Exercises to Help Develop Your Intuition

In this next section, you will learn several exercises that you can do by yourself or with a partner to help you practice how to hone in on your intuition skills.

Exercise 1: The Blind Reading

Let's say, for example, that you have an important decision to make concerning whether or not you should book a flight to Las Vegas to celebrate your best friend's birthday. The reason why you are grappling with this decision is because there is an important meeting for work coming up, whose timing has yet to be finalized, and it may or may not interfere with your trip to Vegas.

OK, so here's how you do a blind reading...

Step 1: Place 3 (or however many you need) blank index cards down on a table.

Step 2: Think about all the possible solutions to the problem. Write each one down on an index card, one solution per card. In this example, the possible solutions could be the following: 1. Go on the trip as planned, 2. Schedule the trip for a later date, or 3. Cancel the trip all together.

Step 3: Flip the cards blank-side up. Shuffle them around until you don't know which card is which.

Step 4: Gently run your hands over each card. Assess the feeling that you get when you touch each of the cards.

Step 5: Appoint a percentage (out of 100) to each card based on how strongly you felt drawn to it.

Step 6: Flip the cards over and evaluate which response had the highest percentage assigned to it.

Let's say that you gave the card reading "Go on the trip as planned" the highest rating. This would mean that your intuition is telling you that your meeting is not going to interfere with your trip, so you should go ahead and book your flight.

The only way to verify the accuracy of the blind reading would be to wait until after the fact (hindsight is 20-20) to see if your meeting would end up conflicting with your departure date.

With that said, when you are at the beginning stages of your intuition development, I would recommend practicing this technique on smaller-scale decisions like, “Which route should I take to work today?” or “Should I go to the party tonight?” not on life-altering ones, such as “Should I marry my significant other?” or “Should I quit my job?”

Hold off on using your intuition to answer those kinds of questions until you have gotten a better grasp on how to harness its power. You can also further test the integrity of the blind reading technique by conducting multiple readings to see if you continually end up choosing the same card.

Exercise 2: Red-Light, Green-Light

This fun technique is a spin-off of the popular game that you probably played during your childhood.

Here’s how it can be applied towards developing your intuition...

Step 1: Close your eyes and imagine a traffic light. Picture the light turning red indicating “no.” Then picture the light turning green signifying “yes.”

Step 2: Ask yourself either yes/no or true/false questions, meaning that to each question that you pose, you can respond simply by saying either “yes” or “no,” or “true” or “false.”

Step 3: Each time you ask yourself a question, notice what color the stoplight turns in your mind’s eye.

Step 4: Start by posing simple questions, such as “My name is [insert your name],” and picture the light turning green because what you just said is true. Then, refer to yourself by a different name, “My name is [fake name],” and imagine the light turning red because you just made a false statement.

Step 5: Once you get your brain into the swing of associating true/false statements with their corresponding colors, try asking yourself questions that you don’t already know the answer to and see which color light your mind’s eye intuitively envisions.

The Red-Light, Green-Light exercise is a really great way to get your intuition “muscles” whipped into shape. Playing this game is like sending your intuition to the gym. Furthermore, games such as this can greatly assist you with learning

how to place more trust in your intuitive abilities.

Exercise 3: Your Personal Style

Intuition is kind of like a snowflake. It's cold, wet, and you can catch it on your tongue... just kidding. Intuition is like a snowflake with regard to its uniqueness. Just like snowflakes, no two intuitions are identical. Each person experiences intuition in a highly individualized manner.

For this next exercise, we are going to focus on that uniqueness...

Step 1: Think back on a time when you just *knew* that something was true without their being any sort of logical explanation. For example, you just *knew* who was calling you before you even picked up the phone.

Step 2: As a way of identifying your personal intuitive style, try to relive this occurrence exactly as it happened.

Step 3: Ask yourself the following questions: how did I come to possess this knowledge? Did I feel, hear, or see it? Was the message loud and crystal clear, or was it more blurred and imprecise? Some responses might include, "I get a 'grounded' feeling in the pit of my stomach," "I hear a voice inside my head," or "I feel a pulling sensation in my chest."

Step 4: Once you become more familiar with your own personal intuition, focus in on the part of yourself that seems to transmit intuitive information most strongly, for example, the feeling in your gut, or the voice in your head.

Step 5: Ask yourself clear, direct, and simple "yes" or "no" type questions, being receptive to the intuitive responses you receive from your mind and bodily sensations.

In becoming more aware of how your individualized intuition functions, you will be able to bridge the gap that exists between your subconscious and conscious minds, thus making intuitive information more readily available.

You can also take this exercise one step further by making wild guesses about inconsequential matters. For example, the next time you are shopping at a department store, find a clerk who is not wearing a name tag and try to use your intuition to guess his or her name.

Exercise 4: Participate in Readings and Classes

It's like intuition college! A great way to develop your own intuition is to take some classes and have readings done by professional intuitives.

By participating in classes and having readings done, you will be able to practice tapping into your intuition in a nonjudgmental atmosphere. You will be surrounded by people who share your interest in psychic development, so you will be in a nurturing environment and won't have to worry about any naysayers.

To obtain a directory of professional intuitives who offer classes and readings, contact the Professional Association of Intuitive Consultants, which is located in Nashville, IN. Members of the association come from a wide range of professions, including life coaches, transpersonal counselors, massage therapists, spiritual directors, and Reiki healers.

The goal of the PAIC, which was created in response to the growing interest in intuition among both the general public and professionals alike, is to work towards "creating, stimulating, and maintaining high professional standards and ethical behavior in the practice of intuition."

What's Your Intuition Type?

There are four principle types of intuition, and while you most likely use a combination of all of them, there is going to be one or possibly two types that really stand out for you. So now, let's go ahead and introduce the four main types of intuition. They are...

1. Visual or clairvoyant
2. Auditory or clairaudient
3. Feeling or clairsentient
4. Knowing or claircognizant

Visual or Clairvoyant

If you are a visual intuitive, then you can easily view images or pictures in your mind's eye, a.k.a. your third eye. When you are asked to imagine something, you can picture it in great detail. In some cases, more advanced visual intuitives are able to actually see things with their physical eyes as well, such as auras around people, plants, and animals. If you are the type of person who needs to see things in order to fully comprehend them, then you are probably a visual intuitive.

Auditory or Clairaudient

Auditory intuitives are able to easily hear things in their mind's ears or in some cases with their physical ears as well. If you are an auditory intuitive, then you are likely to effortlessly remember conversations verbatim or have a strong aptitude for music. Additionally, auditory intuitives typically prefer listening to explanations of new ideas or concepts.

Feeling or Clairsentient

This type of intuition entails feeling physical sensations in your body. For example, someone who is a feeling intuitive might get goose bumps or feel a twinge or ache in their abdomen or heart. When it comes to making decisions, a feeling intuitive is likely to experience things like an elevated heart rate or tightness in their tummy if they feel as though they are making the wrong decision. Conversely, if a feeling intuitive feels confident in the decision they are making, they are likely to experience feelings of calmness or balance.

Knowing or Claircognizant

This type of intuition is characterized by simply *knowing* things to be true without having any logical explanation. Nothing is seen, heard, or felt; a knowing intuitive just *knows*. Knowing intuition is kind of like downloading information from the psychic realm directly to your conscious mind.

OK, so hopefully you are now clear on the four different types of intuition. What I would recommend doing now is to go back through the aforementioned list of intuition exercises and try out a few of them so that you can assess which type of intuitive you are.

As you are going through the exercises, ask yourself the following questions:

Which type of intuition do I use the most?

- Do the answers appear to me visually in my mind's eye?
- Do I hear the answers in my mind's ears?
- Do physical sensations, such as goose bumps or stomach twinges, serve as indicators?
- Or, do I simply just *know* the answers without there being any other sign or signal?

The way you respond to these questions will allow you to discern your dominant intuition style.

After arriving at this knowledge, then ask yourself...

Which style of intuition am I most attracted to?

Your response to this question will enable you to detect which of the intuition types you are ready to develop.

If your response to both questions is the same (for example, you use visual intuition the most AND you are most attracted to visual intuition), it means that your goal is to continue developing your chief intuition type.

Chapter 4: The Signs of the Zodiac

Hey Baby, What's Your Sign?

This is perhaps the oldest/cheesiest pickup line there is (NOTE: If you want to ever actually score a date, do NOT use this line... If you do, I guarantee the results will be about the same as if you were to open with “How much does a polar bear weigh?” ...“Enough to break the ice!” *cringe*).

At any rate, putting aside the cheesy, cringe-inducing factor, the foundation of this pickup line is rooted in the signs of the zodiac, whose aim is to predict certain facets of a person's personality and future, based on the positions of various astronomical objects at the time of their birth.

The zodiac, which is divided into twelve equal parts, with each one consisting of 30 degrees of space longitude, is based on the sun's year-long path across the celestial sphere, known as the ecliptic.

In a cosmic nut shell, the zodiac represents a system of ecliptic coordinates, which extends 8-9 degrees both north and south of the sun's path and includes the moon and planetary objects that also remain within a meteorite's throw of the ecliptic.

The twelve signs of the zodiac are as follows:

- Aries – the ram: March 21 – April 19
- Taurus – the bull: April 20 – May 20
- Gemini – the twins: May 21 – June 20
- Cancer – the crab: June 21 – July 22
- Leo – the lion: July 23 – August 22
- Virgo – the maiden: August 23 – September 22
- Libra – the scales: September 23 – October 22
- Scorpio – the scorpion: October 23 – November 21
- Sagittarius – the centaur (archer): November 22 – December 21
- Capricorn – goat-horned (the sea goat): December 22 – January 19

- Aquarius – the water-bearer: January 20 – February 19
- Pisces – the fish: February 19 – March 20

According to western astrology, each of the twelve zodiac signs is associated with one of the four elements:

- Fire
- Air
- Earth
- Water

It is believed that these four elements represent the simplest, most crucial components and/or principles upon which the makeup and primary powers of anything and everything are founded.

The signs of the zodiac are categorized by the four elements according to their ecliptic coordinates. Each element corresponds to three different zodiac signs, which are all 120 degrees apart from one another and said to be *in trine*.

If you don't already know what your astrological sign is, take a second now to figure out under which sign your birthday falls. In the next four sections (one for each element), we will take a closer look at each of the twelve signs to see which personality traits and characteristics are associated with them, so you can see if you fit the mold for your particular sign.

Feelin' Hot Hot Hot: The Fire Signs

First up to bat are the three signs that fall within the blazing playing field of the fire element. They are Aries, Leo, and Sagittarius.

Let's take a closer look...

Aries: March 21 – April 19

Aries is the first astrological sign in the zodiac, occurring between degrees 0 and 29 of ecliptic longitude. Aries typically commences on March 21 when the sun arrives at the northern vernal equinox (the first day of spring) and lasts until April 19. If your birthday falls within these dates, then you are called an Arien.

Ruled by the planet Mars, Ariens tend to be competitive, impulsive, and spontaneous. They live their lives head first and are always ready for action; you don't want to get in the way of head-strong Ariens, who will always fight for what they believe in.

Ariens are self-ordained alpha dogs and illicit courage and leadership characteristics. Ariens are not fearless, however, but they do demonstrate fierce commitment to facing and overcoming their fears.

Their impulsiveness will sometimes get Ariens into trouble because they tend to act first and think later. Moreover, Ariens will often start something and then move onto their next project or undertaking without finishing the previous one first.

Aries is most compatible with Sagittarius, Leo, and Libra.

Leo: July 23 - August 22

Leo is the fifth astrological sign of the zodiac. It occurs between degrees 120 and 149 of ecliptic longitude and originates from the constellation Leo the Lion, which contains several bright stars, including Regulus, Denebola, and Leonis.

As the lion is considered king of the jungle, so can Leo be considered king of the cosmos; and as such, Leos typically possess an air of regality and pride about them.

Consequently, Leos enjoy being the center of attention, and they will frequently

seek out opportunities to be in the spotlight and receive appreciation. Leos are eager for action, and they demonstrate a palpable warmth and desire to be loved.

If Leos are scorned, however, they will quickly withdraw, and their once warm demeanor will turn cold on a dime. As straight shooters with a flair for the dramatics, Leos tend to abide by a “What you see is what you get” mentality.

Leo is most compatible with Sagittarius and Aries.

Sagittarius: November 22 – December 21

Sagittarius is the ninth astrological sign in the zodiac. It is depicted as a centaur (half man, half horse) holding a bow and arrow. Through its association with seasonal changes (fall moisture to winter dryness), Sagittarius is considered a mutable sign. It occurs between degrees 240 and 269.

Sagittarius is governed by Jupiter, the expansive planet. Therefore, Sagittarians are highly drawn to the principles of evolution and exploration. Being of the centaur sign, Sagittarians are driven to rise above basic animalistic inclinations in pursuit of new ideas, experiences, and heightened awareness.

Sagittarians find things like adventure, travel, and philosophy to be highly enticing, and they never cease to enjoy the quest for bigger and better things to come. Sagittarians keep their glasses half full and always look for the silver lining in any bad situation.

They can be honest to a fault, however, saying what’s on their mind without first considering other people’s feelings. In general, Sagittarians are a lot of fun to be around, especially when they are in an outgoing mood. But, if they feel they are being restricted or held back, then they can become sullen and forlorn.

Sagittarius never completely loses hope, however.

Sagittarius is most compatible with Aries, Leo, Aquarius, Libra, and Gemini.

Splish, Splash: The Water Signs

OK, now it's time to cool things off a bit and take a look at the three water signs: Cancer, Scorpio, and Pisces.

Cancer: June 21 – July 22

Cancer is the fourth astrological sign of the zodiac. It is ruled by the moon and is associated with the constellation Cancer the crab. It spans between the 90th and 119th degree of ecliptic longitude.

Cancerians tend to be sensitive individuals who keep their feelings carefully guarded behind closed walls, which isn't surprising given that their constellatory association is a crustacean.

Extremely loyal, nurturing, and protective, Cancerians are excellent caregivers, but they also have a difficult time letting go of things from the past. Friends and family are very important for Cancerians, and they work hard to establish a sense of security for their loved ones.

However, since Cancerians tend to keep their emotions bottled up, unexpressed negative feelings can lead to depression and resentment. Therefore, it's important for Cancerians to surround themselves with people that they can trust and talk to.

Cancer is most compatible with Cancer, Scorpio, Pisces, Virgo, and Taurus.

Scorpio: October 23 – November 21

Scorpio is the eighth astrological sign of the zodiac. It falls between the 210th and 239th degree of ecliptic longitude and is derived from the Greek myth featuring Orion, the hunter, and Artemis, the Goddess of the hunt, in which Artemis sends the deadly scorpion to bite and destroy Orion as punishment for laying his hands on her.

Scorpios tend to possess traits that cause them to be either very much loved or very much disliked by their peers. Scorpios are highly determined, firm, and proud. They have strong inclinations towards secretive and suspicious behavior, which can cause them to be distrustful at times.

On the other hand, however, Scorpios possess a steadfastness that allows them to

achieve things that are above and beyond. They are resolutely charged to attain all that they desire, and as a result, they demonstrate an unmistakable magnetism.

Scorpios are very passionate, and people are drawn to them for this reason. But when Scorpios feel hurt, their defense mechanism is to become cold and withdrawn.

Scorpio is most compatible with Cancer, Pisces, and Scorpio.

Pisces: February 19 – March 20

Pisces is the twelfth and last of the astrological signs of the zodiac. Coming to an end on the vernal equinox, Pisces is one of the four mutable signs. Its ecliptic longitudinal coordinates span between the degrees 330 and 359. The constellation for which it is named exists in the shape of a fish.

Pisces are highly in tune with their spirituality, and they are very emotive. They are strongly connected to their imagination and intuition, a trait which, on the one hand, serves them really well, but on the flip side, causes them to become disassociated with reality and consequently lose their direction in life.

Pisces have strong inclinations towards creativity, and they love working with other people. They are natural helpers, and they gravitate towards those who are less fortunate than themselves.

Capable of feeling the pain of others as if it were their own, Pisces are highly compassionate. They can easily express their feelings, and they are at their happiest when they are able to follow their dreams.

Pisces is most compatible with Cancer, Scorpio, and Pisces.

Look Up to the Sky: The Air Signs

Moving upwards from the sea to the sky, let us now take a closer peek at the three air signs, which are Gemini, Libra, and Aquarius.

Gemini: May 21 – June 20

Gemini is the third astrological sign of the zodiac. Its constellatory association is derived from the Greek myth which concerns the birth of the egg-born twin brothers, Castor and Pollux. Spanning the 60th and 89th degree of ecliptic longitude, Gemini is another one of the four mutable signs, as it occurs during the transition from spring into summer.

Not surprisingly, there is a duality that exists amongst Geminis: yin and yang, and the acceptance of opposites. Geminis are highly versatile, and their mental faculties are always buzzing with activity.

Ever curious and talkative, Geminis are expert conversationalists at cocktail parties, speaking effectively on a multitude of topics. Geminis are masters of the domain when it comes to jovial social encounters, and as a result, they are lots of fun to be around.

Geminis' lighthearted nature has a fickle side to it, however, which is often interpreted as being shallow and inconsistent. Nevertheless, Geminis possess a razor-sharp wit that can ensnare the best of opponents in a verbal tango.

Geminis are eternally youthful and make friends very easily. They sometimes live their lives too quickly, however, and every once and awhile, they need to be reminded to slow down and smell the roses.

Gemini is most compatible with Libra and Aquarius.

Libra: September 23 – October 22

Libra is the seventh astrological sign in the zodiac. Ruled by the planet Venus, Libra kicks off the autumnal equinox with its commencement on September 23rd. The constellation for which it is named is depicted as the scales, which, according to Greek mythology, was held by Astraea, the Goddess of Justice. Libra occurs between the 180th and 209th degrees of ecliptic longitude.

Libras are highly sociable, and true to their constellatory association, they strive

to always have balance in their lives. Libras respond to situations with grace and tact, and they attempt to make others feel at ease as well.

Interpersonal relationships are important to Libras, and they are very good at managing them. Libras make excellent hosts and hostesses, and they can easily interpret the moods and needs of other people. In fact, Libras often put other people's wants and desires above their own.

Libras also make top-notch strategists. They know how to get results and make things happen without having to choose sides or demonstrate a bias. Other people are drawn to Libras' easy going nature, but Libras need to remember to take care of their own needs and personal issues too.

Libra is most compatible with Aquarius, Aries, Gemini, and Sagittarius.

Aquarius: January 20 – February 19

Aquarius is the eleventh astrological sign in the zodiac. It is traditionally ruled by the planet Saturn and identified as the water-carrier. It spans between the 300th and 329th degrees of ecliptic longitude.

Given the aqua aspect of Aquarius' symbol, many people mistake it for a water sign, but it is in fact an intellectual air sign. Consequently, Aquarians are highly interested in ideas and concepts, yet they may appear somewhat aloof to personal emotions.

This is not to say that Aquarians don't have feelings, however, because they absolutely do. It's more so that Aquarians tend to have feelings and ideas that are different from most people; Aquarians are highly unique.

Aquarians are amiable, and their friendships are very important to them, but they fare best when they are in the company of like-minded people. Highly self-aware and knowledgeable of the world, Aquarians' expertise can sometimes get in the way of their happiness. Aquarians need to evaluate their priorities and learn how to deal with the opposition they may face in response to their unique points of view.

Aquarius is most compatible with Libra and Gemini.

Grounded: The Earth Signs

Moving away from the air signs, let's get our feet back on the ground and examine the traits and characteristics of the three earth signs: Taurus, Virgo, and Capricorn.

Taurus: April 20 – May 20

Taurus is the second astrological sign in the zodiac. Its symbol is the bull, and it spans the 30th and 59th degrees of ecliptic longitude. According to Greek mythology, Taurus is the bull whose outward appearance was taken by Zeus, King of the Gods, in order to be with Europa, a Phoenician princess.

Taureans are nothing like the angry image that is conjured up when you imagine a bull, raging and ready to charge. Rather, Taureans are more peace-loving, passive individuals; although, the stubbornness of Taureans can lead them to feel greatly incensed.

Being very highly determined, when Taureans commit to their goals, they always follow through. Taureans enjoy stability and the simple things in life, preferring functionality over grandiosity.

Some people might perceive the Taureans' way of life as being boring, but Taureans tend to proceed with caution so as to prevent themselves from getting hurt and making mistakes. As Taureans go about the simple life, they shouldn't forget to indulge every once in a while and take advantage of some of the finer things in life.

Taurus is compatible with Virgo and Capricorn.

Virgo: August 23 – September 22

Virgo is the sixth astrological sign in the zodiac. Occurring during the transition from summer to fall, Virgo is another one of the four mutable signs. Its symbol is the maiden (also known as Astraea, the Greek goddess of innocence and justice), and it occurs between the 150th and 179th degrees of the ecliptic longitude.

Virgos are not quick to jump on any band wagons. They are highly discriminating, especially with regard to issues concerning their personal wants. However, when Virgos are finally ready to take the plunge, they do so

wholeheartedly without looking back.

Virgos are very perceptive. They can almost immediately detect if something is missing or awry in their environment. As a result of their analytical abilities, Virgos are natural born critics. Virgos may not be all that creative, but their incisive way of thinking definitely comes in handy, especially when it comes to making practical decisions.

Virgos tend to be perfectionists. Therefore, they make excellent employees. However, on the flip side of the coin, Virgos' finicky nature can sometimes cause them to miss out on experiences and interactions. There are instances when Virgos need to dial down their criticalness.

Virgo is most compatible with Capricorn, Taurus, and Pisces.

Capricorn: December 22 – January 19

Capricorn is the tenth astrological sign in the zodiac. Ruled by the planet Saturn, Capricorn's symbol is the sea-goat (a goat with a fish's tail). Its ecliptic longitude spans between the 270th and 299th degrees.

Capricorns are ambitious by nature, setting very high goals for themselves. Since status is important to them, Capricorns try to always be at the top of their game because a lot of their personal satisfaction stems from garnering the respect of others.

Capricorns like to live life on the edge, but behavior that might be construed as reckless has usually been carefully planned and choreographed, as Capricorns typically calculate the consequences of their actions ahead of time.

Capricorns are energetic, but they are conservative with the amount of energy that they burn, never expending more than what is necessary to achieve their goals. They don't want to risk failing at something.

Capricorns are very down to earth, but they are continually seeking out new opportunities, and they love a challenge. Capricorns should, however, try to learn how to better appreciate what they already have instead of always concerning themselves with what's yet to come.

Capricorn is most compatible with Aries, Taurus, and Virgo.

Using the Signs of the Zodiac to Your Advantage

So there you have a basic rundown of some of the personality traits and characteristics associated with each of the twelve signs of the zodiac. Do you find that you fit your particular sign? I personally am an Aquarius, and I can tell you that I fit the Aquarian model to a T!

Now, as you can probably imagine, there are multiple ways that you can use the signs of the zodiac to make intuitive predictions about your life and the decisions that you should make, especially with regard to your personal relationships.

In this section, we are going to examine some of the practical implications that your knowledge of the zodiac signs can have on your psychic development as you deal with the happenings in your everyday life.

Know the Sign, Know the Person

While it is true that hardly anyone embodies 100% of their sign's characteristics 100% of the time, natal astrology does serve as an effectual benchmark when it comes to discerning the basic characteristics of your friends, family members, love interests, and co-workers.

If you have this knowledge at your finger tips, then you will be much more effective at forging new relationships and successfully managing your old ones. As a result, I would highly recommend that you take some time to familiarize yourself with the different personality traits and characteristics that are associated with each of the astrological signs.

Everyone knows that the search for your perfect romantic partner, soul mate, love of your life, whatever you want to call them, is like hunting for a needle in a haystack, and oh yeah, there are more than seven billion people in the haystack that we call Earth.

A good way to weed through some of the riff-raff, so to speak, is to apply your astrological knowledge to your love life. Now, this is not to say that you should immediately dump or refuse to go out with someone who was not born under one of the signs that you are most compatible with.

However, what you can do is use your astrological knowledge to discern how closely your potential love interest embodies the characteristics of the sign under

which he or she was born. For example, ask yourself, “How stereotypically Aries (or whatever the case may be) is my new boyfriend/girlfriend?”

From there, you can get an idea of how well the two of you are going to mesh. Perhaps, if you discover that the person you are dating too closely embodies the characteristics of a sign that you know for a fact that you do not get along with, you will be able to save yourself some heartache by breaking off that relationship before you get yourself in too deep.

Moreover, if you have a clear understanding of the areas of potential discord that exist between you and your romantic partner, you will be better prepared for how to deal with disagreements when they occur.

For example, as I mentioned, I am an Aquarius, and I once got involved with a Pisces who very much fit the mold. I knew right away, based on the characteristics of both of our signs, that it would be very difficult to maintain a long-term relationship. However, there was a strong attraction between the two of us, and I was young, so I just went with the flow.

But before long, his Pisces’ sensitivity and emotiveness started to clash with my Aquarian independence and aloofness. I was aware of these differences, so I did my best to curb the facet of my personality that he construed as indifference and tried to be more demonstratively empathetic towards him.

After awhile, however, it became apparent that neither his needs nor my needs were being met; we were trying to make a round peg fit into a square hole (aka couple an Aquarius with a Pisces). And so, the romantic aspect of our relationship had to end, but we have still been able to maintain a friendship.

Anyways, before I divulge any more details about my love life, the point I’m trying to make is that astrological knowledge can absolutely come in handy when it comes to the establishment and maintenance of romantic relationships. You can use the knowledge to nip a potentially disastrous relationship in the bud, or you can use it to deal more effectively with disagreements that may arise.

Knowing the signs of the zodiac and their corresponding characteristics can also be useful when it comes to dealing with your friends, family members, and work colleagues. Now, it is not as easy to disassociate yourself from family members or work colleagues as it is a person that you are dating (not married to or living with). Therefore, learning how to use astrological knowledge with regard to

conflict resolution can be very beneficial to you.

For instance, if you are a Sagittarius who tends to speak bluntly and you have a mother who is a more sensitive Pisces, then you should try to curb that Sagittarian tongue of yours before you open your mouth to mention how your mother overcooked the meatloaf again.

The signs of the zodiac don't necessarily correspond with being psychic; although, if you read your daily horoscopes in newspapers or magazines, you are likely to discover that they are often surprisingly accurate.

Knowing the signs of the zodiac can, however, serve as a helpful reinforcement to your intuition prowess as you navigate the complex intricacies of your personal relationships. The signs of the zodiac can help you to predict the outcome of getting involved with certain relationships, and they can assist you with discerning the most effective way to deal with a situation that includes another person in your life.

But as I mentioned before, the signs of the zodiac and their corresponding personality traits and characteristics serve as a framework to help guide your decision-making process. They should not be used as a be-all, end-all.

Chapter 5: Altered States of Mind

An altered state of mind is also known as an altered state of consciousness or awareness, and what all of these terms are referring to is any mental condition that differs significantly from a normal waking beta wave state (beta wave assigns the frequency range of human brain activity between 12 and 30 transitions per second).

Therefore, a person is considered to be in an altered state of consciousness if their brain wave activity falls outside the range of 12 to 30 cycles per second. Changes of this nature are almost always temporary.

The term 'altered state of consciousness' was first used in 1966 by Brown professor of psychiatry and human behavior Dr. Arnold M. Ludwig. Three years later, the term was brought into common usage by psychologist and parapsychologist Dr. Charles T. Tart, who is best known for his scientific parapsychology research.

There are several ways that an altered state of consciousness can come about. First, it can occur accidentally by way of various physical causes, including the following:

- Fever
- Infection, such as meningitis
- Fasting
- Sleep deprivation
- Oxygen deprivation (hypoxia)
- Psychosis
- Nitrogen narcosis (deep diving)
- Temporal lobe epilepsy
- Childbirth
- Trauma

Second, it can be arrived at intentionally, whether for recreational or religious purposes, through the following means:

- Sensory deprivation, i.e. using means such as blindfolds, hoods, or headphones to deliberately cut yourself off from receiving stimuli from

one or more of your senses

- Sleep deprivation (intentional)
- Isolation tank (a tank inside of which you float in skin temperature salt water, removed from all light and sound stimuli)
- Hypnosis
- Lucid dreaming (the experience of having a dream during which you are aware of the fact that you are dreaming)
- Prayer
- Meditation
- Yoga (dream yoga or Surat Shabda yoga)
- Sufism (Islamic mysticism)
- Psychoactive drugs, such as alcohol and opiates
- Traditional hallucinogens, such as cannabis (marijuana), Peyote, Ayahuasca, and psilocybin mushrooms
- Neurotechnology, such as binaural beats (auditory brainstem responses), light and sound stimulation, psychoacoustics (the study of sound perception), and cranial electrotherapy stimulation (CES)

Research has suggested that there are three principle states of consciousness, each of which contains several sub-categories: non-reflective consciousness, reflective consciousness, and altered states of consciousness.

In the next section, we will examine the three different states of consciousness in greater detail.

States of Consciousness: Reflective, Non-Reflective, and Altered

Many parapsychologists believe that science must relinquish the idea that the only form of consciousness that is worthwhile is that of waking, rational consciousness with all other forms being unreasonable.

It has been suggested by researchers who focus their studies on the various components of human consciousness that over the course of any given day a person may shift in and out of multiple states of consciousness. The three principle categories of consciousness are reflective, non-reflective, and altered.

Let us now take a more in-depth look at each of these three states...

Reflective Consciousness

This is the state of consciousness in which you are self-conscious or consciously aware of your surroundings and what is going on around you. There are three states of reflective consciousness.

Lethargic Consciousness:

During this state, a person experiences sluggish mental activity caused by one or more of the following:

- Sleep deprivation
- Tiredness
- Depressed feelings
- Certain drugs

Pragmatic Consciousness:

This is the everyday, conscious state of awareness that a person experiences most often when they are awake. It is characterized by logical decision making, alertness, rationality, being goal oriented, and cause-and-effect thinking. During pragmatic consciousness, a person feels as though he or she has control as well as the ability to shift easily from doing activities to thinking conceptually to forming ideas.

Hyper-Alert Consciousness:

This state is induced on account of heightened watchfulness, which occurs during events such as sentry duty, the monitoring of a sick spouse, child, relative, or friend, or through the use of certain drugs, like amphetamines.

Non-Reflective

Non-reflective consciousness distinguishes itself from the other states of consciousness by its lack of self-consciousness. It has been theorized that six states of non-reflective consciousness exist.

Bodily feelings:

Feelings brought on by typical bodily functions that are non-reflectively perceived by our organs and the tissues of our digestive, respiratory, and glandular systems. We do not become consciously aware of these types of feelings unless stimuli, such as pain or hunger, increase their intensity, causing a conscious bodily feeling to occur.

Stupor:

A stupor is characterized by a significant reduction in a person's capacity to comprehend incoming feelings and sensations. It is usually brought on by the use of narcotics, excessive alcohol consumption, or psychosis.

Stored memories:

Memories stored in the recesses of our minds which we do not become aware of until they have been reactivated.

Coma:

Generally caused by an epileptic seizure, illness, or trauma to the brain, a coma is characterized by an extended period of non-reflective consciousness of a person's entire being.

Non-Rapid Eye Movement (Non-REM) Sleep:

This is an essential portion of a person's normal sleep cycle, during which a minimal amount of brain activity occurs that can occasionally be remembered upon waking.

Rapid Eye Movement (REM) Sleep:

This is another vital portion of a person's normal sleep cycle, during which mental activity, aka dreaming, occurs.

Altered Consciousness

Altered consciousness is a brain state in which a person no longer identifies with his or her body, nor does he or she identify with his or her normal sense perceptions. There are seven different levels of consciousness that could be classified as altered states.

Hysterical Consciousness:

Generally regarded as being negative and destructive in nature, hysterical consciousness can be brought about by violent mob activity, certain drugs, or intense feelings of jealousy, anger, neurotic anxiety, or fear.

Rapturous Consciousness:

Similar to hysterical consciousness, rapturous consciousness can be brought about by very intense feelings and emotions. However, whereas hysterical consciousness is most often negative and destructive, rapturous consciousness is considered positive and pleasant, and can also be induced by the enthusiasm of religious conversion, sexual stimulation, or the use of certain drugs.

Fragmented Consciousness:

Often resulting in severe neurosis, amnesia, psychosis, split personality, or dissociation, fragmented consciousness is characterized by the non-integration of vital components of a person's total personality. In general, fragmented consciousness is caused by intense psychological stress that has endured for an extended period of time.

Daydreaming:

An occurrence that is brought about by boredom, sensory deprivation, or social isolation.

Relaxed Consciousness:

Induced by an absence of external stimulation, such as during instances of sunbathing, floating in water, or taking certain drugs, relaxed consciousness may occur when a person is in a state of passivity or minimal mental activity or when

there is a lack of motor activity.

Trance Consciousness:

During this state, a person is hyper-suggestible, and he or she fixates all of his or her attention onto one specific stimulus to the exclusion of everything else. The single stimulus can be any of the following:

- A hypnotist's voice
- The sound of a beating heart
- A chant
- Certain drugs
- Specific rituals or dances meant to be trance-inducing.

Expanded Consciousness:

This state of mind consists of four levels:

- i. Sensory: subjective testimonies about the alteration of time, space, body image, or sense perceptions.
- ii. Recollective/Analytic: the assembling of a person's past memories which present insight about the person's self, achievements, and personal relationships.
- iii. Symbolic: this level includes detailed, visual imagery of symbols of a mythical, historical, or religious nature.
- iv. Integrative: in this level, there is a powerful religious enlightenment that a person undergoes wherein he or she confronts a higher power and is dissolved of his or her self.

Each of the four levels of expanded consciousness can be arrived at through the use of hypnosis, meditation, psychedelic drugs, prayer, or psychoanalytic free association.

Currently, there is much debate surrounding the validity of altered states of consciousness. Skeptical scientists and psychologists continue to brand instances of transcendence and revelation, which are claimed to have been brought about through an altered state of consciousness, as delusional and unreliable.

Other psychologists, however, call for additional research and further examination of all the different states of consciousness so as to arrive at a more complete understanding of the entire human entity.

William James, a pioneer in the study of human consciousness who wrote *Varieties of Religious Experience*, asserts that while some people may be skeptical about the existence of altered states of consciousness, all you have to do is “apply the requisite stimulus, and at a touch they are [in an altered state] in all their completeness...No account of the universe in its totality can be final which leaves these forms of consciousness disregarded.”

Moreover, if we continue to probe deeper into the realms of altered consciousness, what we may very well come to unearth is that humankind’s zenith point of ecstasy along with the most significant inspirations and discoveries all occur during altered states, such as dreams, which are currently being ignored by the majority of scientists and psychologists.

Those kinds of possibilities are simply too monumental to ignore. So, as a result, it is absolutely essential that we continue to study and examine altered states of consciousness so that we can gain a more thorough understanding of the human mind and all of its complexities.

Best Ways to Achieve an Altered State of Consciousness

I previously discussed several different causes for the occurrence of an altered state of consciousness, including various illnesses, trauma, drug use, hypnosis, meditation, and prayer. And as you can plainly see, many of the causes of altered states of consciousness are detrimental to your health, especially those that fall under the umbrella of the first three causes on that list.

Therefore, while I hope that this would be obvious, I nevertheless feel compelled to note that I am in no way, shape, or form suggesting or hinting that you should inflict yourself with bodily harm or use drugs in order to achieve an altered state of consciousness. I, in fact, recommend that you do NOT do either of those things (don't make me show you a picture of scrambled eggs in a frying pan as a visual representation of your brain on drugs).

What I am going to do, however, is provide you with some appropriate methods for how you can achieve an altered state of consciousness.

NOTE: Release yourself from the 'doing/achieving' mind frame and remember that achieving an altered state of consciousness is less about what you do and more about your mental state.

Meditation Technique

Exercise:

Stand with purpose. Stand in a way that your feet feel firmly anchored to the ground.

Using mental visualization, imagine that you have roots, like a tree, growing from your feet. Imagine these roots penetrating the ground, extending downward, deep into the earth.

Next, close your eyes and try to feel the earth's pulsating heat beat. It is slow and steady. First, feel the beat in your feet. Then, allow its rhythmic pulse to travel upward to your legs then to your stomach, your chest, through your arms, into your neck, and finally, to your head.

You may experience a throbbing or even tingling sensation in your body while doing this exercise, but don't worry; this is to be expected.

In this exercise, the key component of achieving an altered state of consciousness is your breathing. If you have ever been through a LaMaze class or done Yoga, then these are the types of breathing that you want to now be performing.

If you have never done either of these things, then the way to make sure that you are breathing correctly is to put your hand on your stomach, just below your belly button.

Next, draw in a deep breath. As you are inhaling, try to guide your breath to the location of your hand.

You should exhale at the moment when your lower stomach starts to expand. As you are exhaling, your hand should move inward.

Breathing in this manner is very cleansing, and it works wonderfully to bring a calming peace to your mind, body, and spirit.

While you are breathing, you can imagine that with each breath you take, you are drawing in peace and love. You can also assign colors to these feelings to help you better imagine this.

Think of a time when you were the most at peace or felt the most love, such as your wedding day or the birth of your child. Summon those same feelings and hold onto them.

At this point, your entire field of energy should be buzzing on the frequency of peace, love, and positive vibes. When all of your being is consumed with vibes such as these, you have gotten yourself onto the frequency of a higher power.

Now, imagine that all of the higher power energies are hovering just above your head. Permit this energy to float down to your level. Accept it and absorb it into your being. Allow it to fill you entirely.

You should now be in an altered state of consciousness. While in this state, you can ask questions to the higher powers and wait for the answers to come to you. In this state, you will be surrounded by peace and love, so only good things will befall you.

I recommend doing this exercise once or twice a day, around the same time each day, preferably once in the morning and once before you go to bed. It shouldn't

take long to complete this exercise, between 10 and 15 minutes.

Relaxation Technique

Exercise:

Your physical body is similar to your unconscious mind in that repression (muscular or mental) acts as a block (muscular or mental). This similarity also serves as a link connecting the physical body to the unconscious mind.

What I mean by this is that non-restrictive (free) body movement can lead to or imply non-restrictive (free) expressions of your emotions.

If you restrict your body's movements or there is tension present in it, then your energy will become pent up.

Similarly, if you are stressed out or have mental tension, then you may illicit physical symptoms, such as excessive blinking, clenched fists, grinding teeth, or shallow breathing.

One of the best ways to achieving total relaxation of the mind, body, and spirit is to increase body awareness. According to the Weber-Fechner Law, you experience a heightened sensitivity to stimuli when your muscular tension is lower.

For example, if you are blindfolded, then you will perceive the intensity of sound stimuli to be much stronger than the actual physical magnitude of that stimuli.

Therefore, if you can cultivate body awareness and achieve total relaxation, then you will be more perceptive to picking up cues, signals, and messages from the higher realm.

In order to develop body awareness, you need to direct your concentration to specific and exclusive points of your body. It's usually best to start with your feet and work your way up towards your head.

First, acknowledge any sensations that you are feeling on that particular area of your body; for example, an itch, sting, burn, or warmth. After acknowledging any discomfort, move on and tell that part of your body to relax.

Gently coax your body to relax several times until you can actually feel the

stress and tension start to melt away. Then, move on to the next body part and do the same thing.

Repeat this process until you have told all of your body parts to relax and you have achieved total body relaxation.

Once you have become totally and utterly relaxed, with any luck, you will have slipped into an altered state of mind, one which will have a heightened perception of higher power stimuli.

Other Techniques

Some other acceptable methods of achieving an altered state of mind include the following:

Massage

A massage can have strong bearings on stress levels, tension (mental and muscular), and consciousness. Our feelings and emotions can have a strong impact on our bodies, and getting a massage can reorganize and realign our muscle function and structure, which can lead to more organized and aligned emotions and thoughts.

Ida Rolf, who founded the Rolf Institute of Structural Integration (RISI) in 1971, developed a massage technique called 'rolfing,' which entails the manipulation of the fasciae in a way that can lead to heightened awareness and sensitivity.

Dance

There are certain types of ritualistic dances, such as the Sufi dance and the Chinese Tai Chi Ch'uan, which are supposed to help you to alter your state of consciousness.

Expressive Exercises

Participating in various therapeutic exercises designed to help you release pent up or suppressed emotions or inhibitions can be highly cathartic as well as have the indirect effect of liberating your unconscious. Such exercises are included in the following types of therapies:

- Primal scream
- Anger

- Pillow

This list of exercises is by no means all-encompassing. If none of these techniques suit your fancy, then there are absolutely plenty of other techniques that you can use to enter into an altered state of consciousness, including hypnosis.

Chapter 6: How to Enhance Your First Five Senses

The First Five Senses

As you are no doubt already aware, your first five senses are...

1. Sight (eyes)
2. Smell (nose)
3. Sound (ears)
4. Taste (tongue and mouth)
5. Touch (skin sensors)

We use these first five senses on a daily basis to experience, perceive, and interpret the world around us.

The sixth sense is your mind, which you could also refer to as your intuition or psychic abilities. Your sixth sense has the potential to be extremely powerful, yet most people do not take the time to develop it.

Actually, most people don't even bother with the enhancement their first five senses... a topic which happens to be the crux of chapter six.

The principle reason why it is so important to take the time to develop your first five senses is because your sixth sense relies heavily on the sensory input from your first five senses.

Therefore, in order to maximize the aptitude of your sixth sense, your first five senses also need to be in tip-top shape, especially since your first five senses tend to diminish with age.

In the next section, you will find several helpful exercises that you can practice to assist you with becoming increasingly sensitive to internal and external stimuli.

Exercises to Strengthen Your Senses

Sight Strengthening

These first exercises are devoted to teaching you how to increase the power of your peepers.

Exercise 1:

Wait until it is dark out. Turn the lights off in your house, apartment, or other location that you are familiar with.

After your eyes adjust to the darkness, look around the room. What do you see?

Identify each of the shapes and objects that you can see. And while doing so, say to yourself (either out loud or in your head), “This is what a [insert name of object] looks like in the dark. My sight is perceptive enough to accurately recognize objects under any lighting circumstances.”

You can perform this exercise during the day time as well; just tweak it a little bit...

While it is light out, pause what you are doing and take a few moments to look at everything around you.

Then, either mentally or out loud, say what it is that you are looking at and then tell yourself, “My psychic mind is trained and capable of accurately observing my surrounding environment at all times. My unconscious mind alerts me to everything I need to see. I function at my fullest psychic capacity.”

...Performing these exercises on a regular basis will increase your environmental awareness, and it will further sensitize your psychic mind.

The possession of astute powers of observation is a huge asset to your daily functioning, not to mention the amount of things in your environment, which you previously did not notice, that you will become aware of.

Exercise 2:

On a daily basis, we exert a lot of eye-energy, doing things like staring at a computer, driving a car, and watching television. Performing these types of activities for an extended period of time can cause eye-dryness, which can lead

to blurred or otherwise impaired vision.

Therefore, you should take multiple ‘blinking-breaks’ over the course of each day. Your eyelids operate like your body’s windshield wipers, “clearing up the surface of the eye and encouraging tear production,” reports Harvard Medical School Professor of Ophthalmology, Dr. Ernest Kornmehl.

Get yourself into the habit of blinking each time you perform a frequent, repetitive action, like clicking your mouse, or using your car’s turn signal.

Another way to promote eye-health is to take vitamin B supplements to fortify your eyes. USDA research suggests that the least amount of eye-clouding or blurriness (direct measures of cataract risk) occurs in people who have high intakes of riboflavin, thiamin, and vitamin B.

Smell Strengthening

The following scent sensitization exercises are in the same vein as the aforementioned sight strengthening ones, but they will help you to hone your nose like a bloodhound.

Exercise 1:

Make sure that you are in a relaxed state of mind. Now, take a big, long sniff of the air around you. What odors do you smell?

The best places to perform this exercise are in your kitchen or in a restaurant. The next time you have five minutes to spare, go into your kitchen and open up a few containers of spices. Cinnamon, cumin, and basil are good spices to start with.

As you are sniffing each spice, mentally identify what it is that you smell. Say something to the effect of, “This is what [insert name of spice or food] smells like. I am strengthening my sense of smell as part of my psychic development.”

You can also try to do blind scent tests where you first blindfold yourself and then try to identify what certain scents are without being able to see the food items.

To do this, it might be easier if you have another person there to assist you. He or she can lay out a series of spices or other food products in concealed containers, which you can then blindly sniff to see if you can correctly identify what the

items are.

In addition to just identifying what the scent is, you can also try to describe it, using words such as sweet, floral, pungent, or acrid.

In doing this, you will be training your nose to be hyper-sensitive, and as a result, it will be able to recognize and identify more subtle odors. “Identifying and describing an odor enhances your ability to smell it,” notes Dr. Beverly Cowart, the director of the Philadelphia Monell-Jefferson Taste and Smell Clinic.

Exercise 2:

As you age, your sense of smell depreciates. Dr. Alan Hirsch, the neurological director of the Chicago Smell and Taste Treatment and Research Foundation, says, “By the time you’re 65, your ability will be reduced by half.”

To prevent or decelerate the deterioration of your sense of smell, on a daily basis you should take deep sniffs of specific smells that you find enjoyable, such as your favorite food or perfume.

According to Dr. Hirsch, “When you do this consistently over a few months, it will cause your body to create new scent receptors.”

Exercise 3:

Additionally, you can try mimicking a study conducted at Wayne State University, during which participants were asked to sniff T-shirts worn by various members of their family.

Participants were then asked to first describe what each shirt smelled like in terms of food odors and to then identify which family member had worn which shirt.

If I were to conduct a similar study with my family members, I might say something like, “The first T-shirt was worn by my brother, Gregory, and it has a smoky-sweet smell to it, like beef jerky.”

You can easily replicate this study yourself by having the members of your family each wear T-shirts that are the same color and size (so you can’t tell whose is whose based on appearance) for one whole day.

Then, have your family members arrange the T-shirts in a way that they still

know which T-shirt is theirs (they could perhaps make a small marking on the tag) and then have you guess whose is whose by performing a sniff test.

Sound Strengthening

It never hurts to improve your hearing skills. No one likes to be on the receiving end of comments such as, “Turn up your hearing-aid, Grandpa!” Plus, sensitizing your ears will also progress your listening, eaves-dropping, and most importantly (at least for the purposes of this book), psychic ability skills.

Exercise 1:

Close your eyes. Listen to what you hear going on around you. If you are at home, perhaps you hear the drip-drop of a leaky faucet or the gentle whirl of the refrigerator engine.

If you are outside, you might hear children playing or a vehicle passing by. Is it a car, truck, or motorcycle? Can you tell what kind of engine it has?

As you are identifying the sounds that you hear, try to be as specific as possible. For example, if you hear people talking, don’t just say that you hear the sound of a person’s voice; try to be more discerning than that.

Is it a man’s voice or a woman’s? Can you tell the person’s age, or where they are from by the sound of their voice? Do they have an accent or perhaps a speech impediment?

The more specific you can be and the closer you can listen, the better training it will be for your ears.

I’m sure you’ve heard the expression “silence is golden.” Well, for the purposes of this exercise, silence is unacceptable. We are virtually never in an environment or situation that is completely and totally silent.

If you *really* listen, you can almost always hear *something*, for example, the sound of your own breathing or heart beat.

As you are developing your hearing, try not to overlook a single sound, no matter how insignificant. You want your hearing to be sensitive to all sounds, especially those that are as soft as a whisper or a pin dropping.

After practicing this exercise several times, you will find that your hearing has

improved and you are no longer as distracted by external noises. You will be able to tune out certain sounds so you can maintain your concentration, but you will be subconsciously aware of all sounds so that if an important sound were to occur, you would be alerted to it.

As an additional part of this exercise, try to get yourself in tune with the typical sounds that you hear at any given time of day. For example, familiarize yourself with the noises that you generally hear during the morning... birds chirping, brewing coffee, the paper being delivered, etc. Then, do the same for the noises that you typically hear during the afternoon, the evening, and the night.

Familiarizing yourself with your environment like this will allow you to become more sensitive to unusual noises – noises that may cause harm or require you to take action.

Exercise 2:

Music can be a great tool to help fine-tune your eardrums. Listen to your favorite songs.

Put the music at a volume that allows you to be able to carry on a conversation using your normal speaking voice.

As you are listening, try singling out one specific instrument at a time and focus on only hearing that particular instrument.

For example, if you are listening to your favorite rock song, first single out the drums and only listen to the drum beats. Then, single out the guitar and only listen to the guitar's notes. And so on and so forth.

Listening to music in this way will enable you to discern more details in the sounds that you hear on a daily basis.

Taste Strengthening

The taste strengthening exercises listed below will help you to enhance your taste buds and refine your palette.

Exercise 1:

The next time you sit down to have a meal, I want you to eat slowly and really take the time to savor all of the different flavors of the foods that you are

consuming.

In other words, unless you are Takeru Kobayashi and you are training for a hot dog eating contest, you shouldn't be scarfing down your food.

Take a bite. What do you taste? Is it sweet? Salty? Bitter? Perhaps it reminds you of a particular memory? Take your time to really chew your food.

“Thorough chewing unlocks more flavor molecules,” says Dr. Alan Hirsch, Neurological Director of the Chicago Smell and Taste Treatment and Research Foundation, “And holding the food in your mouth ensures that those molecules will make contact with both the taste buds and nasal cavity.”

As you are chewing and savoring your food, say something to the effect of, “I am tasting [insert name of food.] I am sensitizing my taste buds in order to enhance my psychic abilities.”

Wait a couple moments. Then let the food slip down your throat.

In between bites you should take a drink of water, swishing it around your mouth for a few seconds, so as to remove leftover food particulars and help clear your palette for the next bite.

Exercise 2:

Over the course of time, your tongue takes a lot of abuse. Think of all the times that you have bitten or burnt it. Sustaining these kinds of injuries can take a major toll on your taste buds.

As a result, you should try to ease up on your taste buds for awhile so that the flavor receptors can become rejuvenated.

Whatever your favorite taste is – salty, sweet, or bitter – abstain from eating those kinds of foods for 1 – 2 weeks.

When you avoid eating certain food flavors for an extended period of time, your flavor receptors become revitalized.

Touch strengthening

Your sense of touch is a very important one – one that can be a great asset to your psychic development.

Exercise 1:

Your touch sense not only refers to touching things that are tangible; it also includes the perception of temperatures, and one of the key ways that you can detect the presence of a being from another realm is through a drop in temperature. In general, the area around an entity not from this realm is significantly colder.

Therefore, as a way of sensitizing yourself to temporal changes, try the following exercise...

In one hand, hold one or two ice cubes. In the other hand, hold something warm, such as a cup of coffee, a rag dipped in warm water, or a roll fresh from the oven (just be careful that the object is not too hot so as to burn your skin).

Close your eyes and feel the difference in temperature between your left and right hands. Say something along the lines of, “I am perceptive to the feel of temperature differences. I am sensitizing my sense of touch to enhance my psychic abilities.”

Exercise 2:

Gather 10 to 15 objects that have varying textures. Objects can include food items, pieces of furniture, bathroom objects, like a sponge or luffa, tools, or articles of clothing made from differing materials; use your imagination.

Run your hands over each of the objects – one at a time – concentrating on how that particular object feels. Is it rough, soft, sticky, smooth, sharp, grainy, etc.?

As you touch each of the objects, say to yourself, “I am feeling an object that is [insert a texture-related adjective]. I am sensitizing my sense of touch to enhance my psychic abilities.”

You can also try this exercise blindfolded. Each time you pick up an object, describe in detail what that object feels like and then try to guess what it is.

According to Dr. Tiffany Field, the founder of the University of Miami Touch Research Institute, “Without regular stimulation, your skin receptors become less sensitive.” Therefore, through the touching of different objects, you will be stimulating your skin receptors, making them stronger and more perceptive.

Other ways that you can stimulate your skin receptors include getting a hot-stone

massage, swimming or showering in cold water, and having more sex.

...As you get older, all of your senses naturally deteriorate. Therefore, it is a good idea to strengthen your senses in general. Plus, if you want to increase your psychic abilities, then it is imperative that you establish a solid sensory foundation by enhancing your first five senses, which in turn will help you to become more in tune with your sixth sense.

Chapter 7: Essential Training to Achieve Your Primary Psychic Level

The Configuration of Your Psyche

In psychology, the psyche is the human mind in its entirety; the psyche encompasses that which is both conscious and unconscious.

What Plato Had to Say:

In two of Plato's dialogues, the *Republic* and the *Phaedrus*, Plato discusses a 3-part account of the composition of the human psyche, which is sometimes referred to as the soul.

The three parts are...

1. The rational
2. The spirited (Greek: "thumos")
3. The appetitive

The Rational

The rational psyche is the thinking part of your mind. It determines what is real and judges what is true and what is false. It is the part of you that makes rational, informed decisions that fall in line with your morals, values, and the way you want to live your life.

The Spirited

The spirited psyche is your active will. It is the part of your mind that decrees you to follow through and do whatever the rational or intellectual part of you has determined to be the best course of action.

The Appetitive

Lastly, the appetitive psyche is the emotional part of your brain, i.e. your desires. It is the part of you that wants and feels things. However, most of these emotions and desires must be adjoined in order to accommodate more rational ventures and maintain self-control.

According to Plato, you are perfectly in line with yourself when the three parts of your psyche are operating harmoniously with one another, striving to achieve an outcome that is good for you as a whole.

What Carl Jung Had to Say:

Carl Jung, the founder of analytical psychology, later revised Plato's 3-part account of the human psyche and included two more components or functions. He viewed the human psyche as being "by nature religious," and he made it the primary focal point of exploration.

1. The Persona
2. The Ego
3. The Shadow
4. The Anima/Animus
5. The Self

The Persona

The Persona is the identity that you show to the external world, and you may possess more than one. For example, your job identity, your family identity, your friend identity, your political identity, etc.

The Ego

The Ego represents the sense of self that you are consciously aware of. Your ego is also influenced by your unconscious thoughts; however, these thoughts are not included as part of it. Jung says, "So far as we know, consciousness is always Ego-consciousness. In order to be conscious of myself, I must be able to distinguish myself from others. Relationship can only take place where this distinction exists."

The Shadow

The Shadow represents the unconscious facet of your Ego. It is where you store the thoughts, wishes, and desires that you would prefer to keep out of sight and out of mind. It is also where your unrealized potentials are kept. The Jungian Shadow falls in line with Freud's concept of the Id, which contains all of your primal, animalistic instincts.

The Anima/Animus

The Anima is the place in a man's psyche where unconscious feelings and

beliefs relating to the opposite gender are stored. The Animus is the analogous location in a woman's psyche. The Anima and Animus are part of the Ego unconscious, but when the appropriate stimuli are present, they can manifest themselves in consciousness as well.

The Self

Simply put, the Self is the human psyche in its entirety; it is the container that holds all of the psyche's parts and functions.

Jung believed that the unconscious part of the human psyche is complex and has different layers. He believed that each person has a unique personal unconscious that houses personal experiences and thoughts which have been repressed, forgotten, or ignored.

Furthermore, within each person's personal unconscious exist what Jung referred to as "feeling-toned complexes," which are the feelings and perceptions that you have towards the significant people and events in your life. Jung believed that the feeling-toned complexes amount to "the personal and private side of psychic life."

Running deeper than the personal unconscious, Jung believed that there was another, more important layer, which he coined the collective unconscious. According to *Theories of Personality* by Calvin S. Hall and Gardner Lindzey, Jung's collective unconscious is a "storehouse of latent memory traces inherited from man's ancestral past, a past that includes not only the racial history of man as a separate species but his pre-human or animal ancestry as well."

In other words, the collective unconscious is an inherited set of impersonal, suppressed memories and ideas which date back to the pre-evolved origin of our species that are universal to all human beings. The collective unconscious could be likened to a universal library of transcendental human information and knowledge that guides our functioning.

Jung believed that symbols and messages from the collective unconscious manifest themselves to us in our dreams. It is possible that the collective unconscious might have the power to unite us with other realms, dimensions, or levels that exist within ourselves, other people, and perhaps even higher powers.

The information and knowledge that exists in the collective unconscious is different from that which we retrieve from our conscious minds. In our dreams,

our thoughts are permitted greater freedom and mobility. Therefore, the manifestations of the collective unconscious which appear in our dreams allow us to view and gain insight from things that may be challenging to comprehend or admit.

The knowledge that we acquire in our dreams from the collective unconscious also has strong implications for our psychic development. According to Jung, there are several important functions of dreams, including the following:

- Positive or negative compensation for what is happening in your everyday life, which serves to create an equilibrium in your psyche.
- Reactions to traumatic or stressful events. For example, military personnel might have nightmares reliving their war-time experiences as they are assimilating to being back at home.
- To convey telepathic messages. People may be able to communicate with each other through their dreams, or they may be able to receive messages from other realms.
- The provision of prophetic glimpses into the future. While most dreams are figurative and not literal, a dream with a prophetic message may entail a psychic or emotional charge that feels significantly different from the content of other dreams.
- Alerting our conscious mind to things not previously known to it, such as a psychical illness or challenge.

What Sigmund Freud Had to Say:

Plato and Carl Jung are not the only notable minds to have come up with a structured system to describe the human psyche; Dr. Sigmund Freud also had plenty to say about the psyche's makeup, which he believed had a lot to do with sex (surprise, surprise).

According to Freud, the human psyche is composed of three aspects:

- The Id
- The Ego
- The Superego

All three of these aspects work in conjunction with one another to create all of our complicated actions and conducts. In order for us as humans to have sound mental health and be well-balanced individuals, the three aspects of our psyches need to operate in a harmonious, stable manner.

Let us now take a closer look at what each of Freud's personality aspects entails:

The Id

The Id can be equated to either child or cave man-like functioning. The Id is the irrational or emotional part of the brain. It includes all of your basic or primitive wants, needs, and feelings. Your sex drive, aka your libido, which operates on the pleasure principle, is wrapped up in your Id. For all of you *Charlie and the Chocolate Factory* fans out there, you could think of your Id as the Veruca Salt part of your brain, with its mantra being, "I want it now! Gimme, gimme."

The Ego

The Ego is the middle group or happy medium part of the mind that operates in a more rational way. A good way to describe the functioning of the Ego is to think of that Rolling Stone song, "You Can't Always Get What You Want." Whereas the Id functions on the pleasure principle, the Ego operates through the reality principle wherein it knows that there are going to be some things that the psyche is going to want that it just can't have.

The Ego tries to appease the Id as much as it can, but it bears in mind the long-term consequences of its actions. Furthermore, in the same way that the Ego strives to rationally satisfy the Id, it also strives to appropriately please the Superego so as to not force the psyche to delay gratification indefinitely.

The Superego

The Superego is the part of the psyche that takes the longest to develop; it is the moral part, which comes to encompass all of the values that have been imparted onto you from society and the way you were raised. The Superego continually strives to attain perfection and uphold rules and established codes of conduct. The Superego's capacity for rule enforcement is linked to its power to create anxiety.

You can think of Freud's psyche structure as a psychological battle between the Id and the Superego with the Ego acting as referee. The way that an individual

resolves dilemmas involving instant reward vs. long-term gratification can be viewed as a direct reflection of their personality or character.

What You Need to Do to Reach Your Primary Psychic Level

Attaining your primary psychic level is not something that is going to happen over night; it is going to take some time as well as a lot of patience and practice. In general, if you practice the exercises outlined in this chapter for 15 minutes a day, twice a day (once in the morning and once at night), over a period of 2-4 weeks, then you will be well on your way to developing the correct state of mind for tapping into your innate psychic abilities whenever you want.

Sit Back, Relax, and Visualize

Learning how to relax and visualize are two of the most important components of developing your psychic ability. If you are feeling stressed, pressured, or agitated about something, then you will have a much more difficult time getting into the proper state of mind.

Step 1: Sit in a comfortable chair with your back straight and well-supported. You should be wearing comfortable, non-restrictive clothing, and the room should be kept at a moderate temperature. Your knees should be slightly apart, bent at 90-degree angles with your thighs kept parallel to the floor. If you find it difficult to keep your head from moving around, you may use a headrest.

Step 2: Close your eyes.

Step 3: Check the amount of tension in your body. Do this by isolating sections of your body and progressively relaxing the muscles. Concentrate on your body's various parts, starting with your feet and working your way up all the way to your head and face, really 'feeling' each part with your mind. If you notice any tightness along the way, concentrate on relaxing those muscles.

Step 4: Repeat the following statement to yourself: "I am peaceful." If your mind starts to wander, bring it back by saying, "Not now. In this moment, I am peaceful."

Step 5: Further relax your body by once again going through each body part in the same organized fashion, saying to yourself, "My [insert body part] is getting heavy." As your body begins to really relax, you should begin to feel a heaviness, which is the result of a total lack of muscle tension. You may also experience a warming sensation, especially in your abdomen.

Step 6: Next comes the first visualization component. Keeping your eyes shut, tilt your eyes upward approximately 20 degrees. Form a vivid image in your brain (it can be of anything you want, but relaxing scenes generally work best, such as a sandy beach with gently lapping ocean waves). Visualization exercises such as this help stimulate the production of alpha waves in your brain.

Step 7: After having created your own visualization scene, now try your hand at this guided visualization:

7A: With your eyes closed, imagine any brightly colored object, such as an orange, fire truck, or flamingo. With this exercise your goal is to discover which color you can perceive the most vividly. Therefore, you might want to imagine multiple, different colored objects to see which color resonates most strongly with you. Try not to over-think your choices or what are you doing in general; just go with the flow and whatever comes naturally.

7B: In your mind's eye, you should have a solid hold of the object and its color. Now, imagine yourself walking around the object. Reach out and touch it. Pick it up and feel its texture; look it over from all sides and angles. The more vividly you can imagine doing this, the better.

7C: Moving away from the brightly colored object, now imagine another person (with whom you have a close relationship) or a scene with which you resonate strongly (such as favorite memory or vacation spot). Take note of your gut reaction or feelings towards the conjuring of these images but do not yet analyze your reactions.

7D: Countdown from 5 to 1. As you mentally say each number to yourself, picture a different object. Your countdown does not have to take just 5 seconds; it can last up to 10 minutes. Make sure that you have a solid grasp on each number and each object that you are visualizing before you move onto the next number. Additionally, each time that you are transitioning from one number to the next, exhale deeply while doing so.

There are two main reasons for taking these deep breaths:

1. Your body will be sent into a deeper state of relaxation and rest, which will make it easier for you to lose your sense of awareness.
2. An association will be created between the deep breathing and your brain activity that will enable the deep breathing to serve as a trigger for your brain to

lower its activity level to alpha.

In doing these exercises, your conscious mind will remain active but in a controlled way. This type of controlled consciousness or awareness is what you are seeking to achieve when you are doing psychic work.

Step 8: After you have become satisfied with the results of your visualization exercises, return to normal brain wave levels by repeating the following words to yourself 3-5 times, “I feel better at the alpha level. I am more in tune with my psychic abilities. I am in control of the images in my mind’s eye. Now, I am returning to normal brain wave levels, and as I do so, I feel no discomfort.”

Step 9: Then, slowly count up from 1 to 10 and open your eyes. Do not rush this process.

Step 10: As you return to your normal state of mind, take note of how your body awareness starts to come back. If by the time you reach the count of 5 you are still deep in the alpha wave level, start to gently move your arms. Flex your wrists, move your hands around, and slowly raise your arms up over your head. It might take you a little bit of time to get back to your normal state of awareness so don’t be in a rush to immediately jump up out of your chair. Take your time as you count to 10. Then, open your eyes and stand up slowly.

The use of guided mental imagery in conjunction with alpha level relaxation is a great way to get ready for psychic work. Your goal is to get to the point where you can relax quickly and be in complete control of your visualizations.

In general, it takes about four weeks of consistent practice to achieve this. Some of the objectives you can use this technique to accomplish include ESP, healing, divination, PK, etc.

Some people claim that you cannot remain in an alpha state with your eyes kept open. I would have to disagree with this notion, however. For starters, research has been done suggesting that 10% of the population naturally spends a significant amount of time in alpha. Plus, people who practice certain forms of meditation including visualization techniques tend to develop lengthened alpha states during the day.

Therefore, it is quite possible to reach an alpha state and perform psychic work while keeping your eyes open. The ability to do so depends largely on your own aptitude and preference along with the technique that you are using and the goal

that you are trying to accomplish.

For example, if you are employing divination techniques, then it is recommended that you keep your eyes open. Whereas, healing techniques are best carried out with your eyes kept shut.

In order to truly hone your psychic abilities, it is a really great idea to first build a solid foundation of relaxation and visualization techniques. Doing so will afford you with the necessary skills to perform a number of powerful psychic techniques, including telepathy.

Are You Thinking What I'm Thinking?

Psychic transmission of information, or telepathy, is a skill that is entirely possible to develop over time and with practice. When you engage in telepathy, what you are actually doing is using psychic forces to attract another person's attention and transmit a 'signal' to that person's brain.

A common misconception is to think that telepathy entails a conversation between two minds. As I said before, when you communicate telepathically with someone, you are implanting a signal or message into the subconscious mind of the other person, which he or she will detect not as a concrete, conscious thought, but rather as a feeling or emotion.

For example, say you want a specific person to get in touch with you, whether it is via phone call, text message, email, etc. You send a mental signal or message to this person, alerting his or her subconscious of your desire. If the person receives your message, he or she will experience it as a feeling or an emotion, not as direct contact.

When the receiver gets in touch with you, if you were to ask why, he or she would probably say something to the effect of, "I just felt like contacting you." With telepathy, the receiver of your messages is not likely to have any conscious idea that you were trying to contact him or her.

In order to achieve optimal telepathic results, you need to be in a quiet and relaxed state of mind. Therefore, it would be helpful to first go through at least a modified version of the exercises outlined in the previous section (Sit Back, Relax, and Visualize).

Getting your mind into a relaxed state will afford you with more control over the conditions on your end of the telepathic contact, which could be either dispatch or retrieval, depending on the circumstances.

For best results, the person with whom you are communicating should also be in a relaxed and quiet state of mind. Your authority over this variable, however, is likely to be almost entirely out of your control.

Consequently, if the person you wish to contact is engaged in a lively conversation at the moment when you try to reach out, then he or she is less

likely to take note of the message you transmitted to his or her subconscious, thus making it more difficult for the message to manifest itself in her or her conscious mind.

While it may be difficult to control the state of mind of the person with whom you are trying to communicate telepathically, this is not to say that messages cannot be transmitted and received unless both parties are in the same relaxed mind states. The odds of the messages being successfully transmitted and received are just increased if both parties' brains are relaxed and quiet.

In addition to transmitting signals and messages, you can also transmit images to other people. In doing this, the receiver may have a mental flash of the image that you are sending.

A good way to start developing your telepathic skills, which will also provide you with more immediate proof of results, is to practice communicating telepathically with people in service positions, for example, the waiters and waitresses in a restaurant.

Exercise 1:

The next time you go out to eat while you are waiting to be served, close your eyes and take five deep breaths. Incorporating as much accurate detail as you can, visualize the waiter walking across the room, heading towards your table.

With practice, you will find that when you use this exercise to communicate telepathically with your server, it will most often be the case that you are able to easily command his or her attention.

Exercise 2:

Building upon the previous exercise, the next time you're at a restaurant, close your eyes and take in five deep breaths – same as before. This time, however, visualize a string being between you and the waiter.

Then, imagine a pulse of energy collecting and forming at the base of your end of the string. Next, imagine that same pulse travelling along the string until it reaches the waiter's end, alerting him or her of your attempted contact.

You can also try this exercise outside of restaurants. If you have close friend or relative who is a willing participant, then you can try sending pulses back and

forth to one another. It's a good idea to practice with someone that you have a strong emotional bond and rapport with so as to achieve optimal results.

Exercise 3:

You don't need to be at a restaurant to perform this next exercise. It works best if you are in comfortable surroundings, such as your home.

Sit in a chair that offers good body support. Close your eyes and take in five deep breaths. Now, in as much detail as possible, imagine a friend or relative walking over to the telephone in their house, picking up the receiver, and dialing your number.

Take note of each and every detail in the scene. What does the person's house look like? What are they wearing? (Try to imagine an outfit that you have seen them in before) What does their phone look like? Gain a clear image of each digit they push on their phone to complete the dialing of your number.

Try to continue visualizing this scene for at least 10 minutes. If your mind starts to wander, gently coax it back and resume the telephone visualization. To get into a deeper, more relaxed state of mind, count slowly down from 10 to 1, imaging each number in your head as you do so. When you get to 1, begin visualizing the telephone scene again.

As I mentioned before, successful telepathic communication does also depend on the mind state of the person with whom you are trying to communicate. Therefore, do not be too disappointed if your friend or relative does not call you immediately after completing the exercise.

If the person whom you are trying to contact is not at home or their brain activity is engaged in work or a conversation, then they may not be as receptive to your attempts to contact them as they would be if they were in a more calm and relaxed state of mind.

So, if nothing happens at first, don't get discouraged; try again at a later time.

Sensitizing Yourself to Telepathic Impressions

Previously, we discussed several exercises to help you learn how to effectively transmit telepathic signals and messages to other people. Now, we will take a closer look at how you can make yourself more open and alert to being the

receipt of other people's telepathic messages.

The way that you go about doing this is to heighten your sensitivity to the information that is being communicated to you by your subconscious. In general, your conscious mind remains largely unaware of the impressions being thrown its way by your subconscious with the exception of very powerful ones, such as extreme anger, fear, or sickness.

The only way that you can receive telepathic information is by using your subconscious as the gateway. Consequently, there is a filtering process that all telepathic information must go through before it can reach the level of awareness in your conscious mind.

As a result, you need to learn how to be more open and alert to the information that your subconscious is attempting to transfer into awareness. There are a couple of ways that you can accomplish this.

Exercise 1:

Sit in a comfortable chair and close your eyes. Direct your attention onto your body and the way that it feels while sitting in the chair. Working your way up your body, mentally imagine each part of your body connecting with the chair. What does that feel like?

Now, divert your attention to the clothes you are wearing. What do the different articles feel like against your skin? Can you notice any movement of air? Does any particular area of your body feel warmer or colder than another?

Concentrate on all the different sensations that your body is currently feeling. First, think about each sensation on its own isolated from the others. Then, try to assimilate all of the sensations so that you are simultaneously aware of all of them. Hold onto these impressions for as long as you can – up to 3 minutes if possible.

You should try to practice this exercise 2 to 3 times a day – the more often, the better. After you are able to adeptly perceive the touchable sensations occurring in your immediate surroundings, it's time to expand upon this exercise to incorporate your other five senses as well.

As you are sitting with your eyes closed taking note of the way your clothes feel and how your body feels in the chair, try to now incorporate the sensations you

are experiencing from your other senses.

What smells are in the air? What taste do you have in your mouth? What sounds can you hear?

There are probably all sorts of things going on around you that pull upon each of your senses. As you did before, first notice each sensory occurrence by itself. Then, open up your awareness to include all of the impressions that you have been focusing on and try to concentrate on them all at once.

Many people find it difficult to maintain such a high level of awareness. Over time and with practice, however, you will find it easier to accomplish this. Furthermore, the sheer act of attempting this exercise will cause your awareness level to be heightened, thus allowing you to be more receptive to telepathic contact.

Exercise 2:

This next exercise is similar to the one detailed above, but it is more so concerned with emotions and feelings. There are undoubtedly certain situations in your life that provoke strong feelings of irritation, tenseness, or unease.

The next time you experience one of these feelings, refrain from ignoring or avoiding it by engaging yourself in another activity or conversation. Instead, pause from what you are doing and take a moment to analyze the way that you feel.

To the best of your ability, try to pinpoint exactly what the emotion is that you are experiencing. Does it stem from a particular area of your body? Is the emotion directed inward at yourself or outward at another person?

You can also try this awareness exercise while you are engaged in a conversation with someone. As you are talking, try to take note of each feeling, thought, and impression that crosses your mind. The person with whom you are conversing is likely to say things that strike at least a few emotional chords with you, so try to really get yourself in tune with those triggers.

In practicing these exercises you will learn how to gain access to parts of your brain that are normally unreachable to you. You may even be surprised to realize just how little you actually use your brain consciously.

With regard to your psychic work, it is very important that you develop your awareness because in doing so you will be able to identify the impressions delivered to you by your subconscious with much greater ease.

You should never underestimate the power of your subconscious. There are several concrete examples wherein you rely on your subconscious to provide you with answers and help you solve problems, including the following:

- Your subconscious controls your body. It's the driving force behind what keeps you breathing and your heart beating. It maintains your other involuntary bodily functions as well.
- Your subconscious digests all sensory information and serves as a filter for your conscious mind. For example, think about a time when you have been trying to remember something – a person's name, the title of a movie, etc. – but you are unable to recall it (I call this a tip-of-the-tongue scenario).

In this type of situation, what usually ends up happening is the answer will pop into your conscious mind, often quite unexpectedly, at a later time after the moment has passed when you initially needed to recall the information.

The reason for this is because the moment you start trying to remember something, your unconscious wheels are set in motion, sifting through your memory's database trying to find the information that you require.

- Your subconscious helps you solve problems when you decide to 'sleep on it.' Your subconscious never ceases its work, even when you are sound asleep. Therefore, when you are trying to work out a problem in your head, it is often beneficial to get a good night's rest so your subconscious can chip away at it while you sleep. In doing this, you will frequently find that by the time you wake up, your subconscious will have an answer ready for you.

The bottom line here is that if you make a concerted effort to listen to your subconscious, your psychic work will be greatly abetted. If an unexpected thought flashes into your mind, do not ignore or dismiss it. Follow through with it to see if it can be useful to you and/or lead you to the discovery of a hidden or subdued feeling or idea. Although, answers may not always come to you as literal messages; they will often occur more figuratively, leaving you to interpret their meaning.

This leads me to arrive at the topic of the next section: dreams. A lot of your

psychic talents, most notably ESP, can be developed through the analysis of dreams.

Only in Dreams...

While you sleep, your conscious mind is at rest and therefore, less active. For this reason, dreams provide you with more direct insight into what is going on in your subconscious, thus enabling you to touch base with your psychic abilities.

According to Freud, dreams are the “royal road to the unconscious.” Dreams supply us with keenly insightful information, and they allow us to communicate telepathically with other people. Additionally, dreams can possess precognitive attributes that allow us to predict future events and occurrences.

There have been many accounts of dreams accurately foretelling the future; you may have even had a predictive dream yourself, and there have been numerous scientific investigators who have conducted research on the subject and found solid evidence supporting the claim for psychic dreams.

Dr. Montague Ullman set up a Dream Laboratory at the New York Maimonides Medical Center where he investigated the possibility of telepathy in dreams by waking up test subjects immediately after they went through the rapid eye movement (REM) phase of sleep, during which dreaming occurs.

It is very easy to tell when a person is in the REM sleep phase because you are literally able to see their eyes moving rapidly. The point behind waking up test subjects in this manner was so that they could remember the contents of their dreams more thoroughly and with greater accuracy.

During his investigations, when Dr. Ullman noticed that a test subject was in REM sleep, he would attempt to influence the test subject’s dreams by doing things such as trying to transmit images into the test subject’s subconscious.

Not all of Dr. Ullman’s results were significant, but on the occasions when he was able to successfully influence a test subject’s dreams, the results were nothing short of remarkable.

In one instance, a test subject by the name of Dr. Erwin had just entered into REM sleep. Then, a member of Dr. Ullman’s staff attempted to transmit a picture of Salvador Dali’s *The Sacrament of the Last Supper* to Dr. Erwin, a painting which depicts a scene of Christ seated with his disciples set against a backdrop consisting of a sea surrounded by mountains.

After waking Dr. Erwin upon the completion of his REM sleep phase, he recounted having dreamt of a strangely beautiful ocean peppered with fishing boats along with a handful of men pulling one of the boats onto the shore. He associated the ocean as having been in the Mediterranean area during Biblical times.

The connection between Dr. Erwin's dream and the image that was transmitted to him is undeniable, and it gave the Dr. Ullman and the rest of the staff at the Dream Laboratory sound reason to believe in the possibility of psychic dreams.

The Dream Laboratory then sought to expand its work to investigate precognition in dreams. So, what the staff of the Dream Laboratory did was they designed an eight-night study for test subject Malcolm Bessent, an Englishman purported to have had precognitive dreams, to see if his dreams would correspond to future events.

On the final night of the study, once the last of Bessent's dreams had been collected and he had been awakened, an extensive and random numbering system was employed to select a word from the Hall & Van de Castle manual, *Content Analysis of Dreams*, which was then paired with a work of art from the laboratory's collection.

From there, a multisensory experience was created based on the chosen word and artwork. It is important to note that Bessent was in no way primed before going to sleep to dream of certain things.

Furthermore, the experimenters who worked on the designing of the sensory experiences were completely removed from the dream collection process and had no working knowledge of what Bessent had dreamt. Similarly, the experimenters who worked on the collection of dreams and monitored the electroencephalograph (EEG) had nothing to do with the creation and execution of the sensory experience. Each set of experimenters worked in complete isolation of the other.

To evaluate the similarities between Bessent's dream content and the experimenters' sensory experiences, three impartial judges were called in, and the results were extraordinary. Of his eight dreams, the judges deemed five of them "direct hits" and two more received moderate scores. If it were left up to chance to produce these kinds of results, 5,000 extra experiments would have needed to have been conducted.

In one particularly noteworthy example, Bessent dreamt of “a concrete building,” “a patient from upstairs escaping,” “a white coat... like a doctor’s coat,” and “doctors and medical people.” The word that was randomly selected from Hall & Van de Castle’s manual was ‘corridor,’ and the chosen artwork was *Hospital Corridor at St. Remy* by Vincent Van Gogh – a painting which depicts the lonely figure of a man standing in the hallway of a mental institution. In the minds of the three judges, Bessent’s dream was clearly linked to the chosen word and corresponding artwork.

Furthermore, Bessent’s dream had additional precognitive qualities in that when he was lead out of the sleep room, he was greeted by a man in a white doctor’s coat and then led to a room, down a corridor, that was filled with artwork completed by mentally ill patients.

Bessent was in no way primed for this dream experiment. He was neither told the selected word nor shown the painting by Van Gogh until after he had his dream and it had been recorded. Interestingly, when Bessent did view the Van Gogh painting, he perceived a strong correlation between it and what he had experienced in his dream.

The Dream Laboratory carried out several other experiments of this nature. Many of them gathered some significant results, but none were quite as remarkable as Bessent.

The greatest criticism of the Dream Laboratory and its research claim is that attempts to replicate the results with the same level of significance have largely fallen short and therefore cannot be deemed conclusive.

Nevertheless, the studies conducted at the Dream Laboratory have opened the door to the possibility that ESP in dreams is at least possible in some individuals. As a result, the matter definitely warrants further attention and study.

Learn How to Have Precognitive Dreams

It is not as rare as you might think for telepathy and precognition to occur in dreams. However, it is a challenge for us to be aware of it when it does happen because it is often difficult for us to remember our dreams after we wake up. Although, there is a relatively simple exercise you can perform to help enhance your ability to recall your precognition dreams.

Exercise:

Say, for example, that you have plans to travel in the near future and you would like to be forewarned of any impending dangers. Well, what you can do is train yourself to be more receptive to the forewarning information that may present itself to you in your dreams.

First, you should follow the relaxation exercise previously detailed for you (Sit back, Relax, and Visualize) just prior to bedtime.

Once you have gotten into a calm, relaxed state, create a mental image of a pen and paper lying next to your bed and you writing down your dream.

Then, repeat something along the lines of “I am having a dream which includes useful information about my travels and the perils I may encounter. When I wake up, I clearly remember my dream and am able to write it down in detail.”

Doing this should make it easier for you to wake up with a vivid dream still fresh in your mind. When this occurs, even if it is in the middle of the night, make every effort to write down your dream immediately before too many conscious thoughts enter your brain and your dream is wiped from memory.

The pieces of the dream that you can recall should provide you with the information you seek. However, you can never be 100% certain how the premonitory information will manifest itself. Therefore, you have to keep a discerning eye open and look for clues that allow you to uncouth your dream’s meaning.

Your dreams will rarely provide you with clear-cut messages, such as “Do not take the 3:05 PM flight to Denver.” But if you pay attention to cues from your environment, then you can typically determine a symbolic response to your question based on the images and happenings in your dream.

There have been several notable instances of answers to significant questions arriving to people by way of their dreams. For example, you may or may not have heard of the nineteenth century chemist by the name of August Kekule whose accomplishments include ascertaining the shape of the benzene molecule – an achievement of paramount importance in the fields of both pure and applied chemistry.

Well, according to Kekule, the answer to the problem came to him through a reverie, during which he envisioned a snake taking hold of its own tail (a commonly seen symbol known in several ancient cultures as the Ouroboros). This image of the snake with its tail in its mouth led Kekule to the realization that the benzene molecule was similarly shaped in that it folded back on itself, and thus the foundation of organic ring chemistry was established.

Likewise, numerous great works of poetry, art, and music have come about as the result of reveries and other dream-like states. Creative minds like Mozart and Coleridge created some of their finest work in semi-conscious states – a phenomena known as hypnagogic imagery, which occurs during alpha and theta brain activity levels and is a utility of the creative right hemisphere of the brain.

Much research has been done on hypnagogic imagery, mostly at Menninger Clinic in Topeka, Kansas, where it was discovered that in order to be cognizant of the images produced in your dreams, which serve as answers or solutions to problems, you must maintain consciousness at the alpha brain wave level.

It is unclear whether or not hypnagogic imagery can actually be classified as psychic, however. That classification is still highly debatable. Although, you may call many different things by many different names, so does it really matter what you call it as long as it gives you the desired results? To paraphrase Shakespeare, a premonitory vision by any other name would still remain as clairvoyant.

The complicated world of your subconscious mind is just waiting for you to tap into it, and it is ripe for the picking. Learning to access your subconscious can provide with you more knowledge and power to understand your life and the world around you than you may fully comprehend.

If you follow the exercise outlined above, you will probably find that your intuition and creativity levels will amplify significantly.

Chapter 8: Psychic Shields... What You Need to Do

Protect Yourself with a Psychic Shield

As you continue to develop your psychic abilities, you are going to want to learn how to create defenses in order to shield yourself from negative energies.

Medieval knights wore chainmail armor as a way of protecting themselves from their attackers, and so in a similar way, you need to use mental armor to protect yourself from potential psychic assailants. And what I mean by this is that you need to create a psychic shield for yourself.

Generally speaking, it is good to keep an open mind, but there are some energetic influences that exist which could be detrimental for us to accept into our psyches. Therefore, you are going to want to try the simple exercises detailed below.

However, before we get into all of that, let's begin by first explaining what a psychic shield is exactly...

What is it?

A psychic shield is a field of energy, unique to all individuals, that envelops and defends you from negative beings, spirits, thoughts, and other types of parasitic energies, which can wreak havoc on your energy storehouses. You can image your psychic field to look any number of ways. For example, it could resemble a bright, shining light surrounding you, kind of like a full-body halo.

Why should you use it?

There are many reasons as to why a person would want to employ a psychic shield. One reason might simply be to establish some boundaries. Once you open yourself up to psychic and paranormal activity, you might find that the psychic occurrences that you are experiencing become too intense, and therefore you need to dial it down a notch and take more control.

The development of a psychic shield will allow you to discern which energies are negative and unwelcome in your world, a skill which is especially useful for when you are sleeping. Plus, it will serve as a form of protection.

How to create and use a psychic shield...

The way that psychic shields work is they are trained to either reflect or absorb

psychic energies, and when I say ‘trained,’ what I mean is that you transform your intentions or goals into energy so as to train this energy to carry out tasks which are in line with the fulfillment of what you hope to accomplish.

Two types of psychic shields and two types of programming...

The first type of psychic shield is the bubble shield. As you may have guessed, this type surrounds your body in the shape of a bubble.

The second type is the skin shield. This type encloses your body much more closely, like a second layer of skin.

The first type of programming is absorption, which seeks to soak up all of the energy that runs into it. And the more energy that it comes into contact with, the more fortified it becomes. The downside to this type of programming is that after absorbing a ton of energy, the psychic shield runs the risk of becoming overloaded and doing damage to your body’s system of energy.

The second type of programming is mirroring, which operates by reflecting the energy that runs into the psychic shield. This is probably the preferred method of programming for your psychic shield; although, it does have one flaw. There is no way to target the energy being reflected off the psychic shield; therefore, the energy could bounce every which way.

Creating your shield...

Below, you will find a 6-step process for how you can realize the goal of creating an effective psychic shield for yourself.

Step 1: Goal definition – Through the creation of your psychic shield, what aim do you want to accomplish? If you think you need a strong defense, then mirror programming may be best, but if the perceived threat is less and you feel comfortable with energy manipulation, then you can probably use the absorption shield.

Step 2: Find your center – This involves the process of quieting your mind and clearing it from unrelated thoughts as much as possible. You want to maintain your mind’s focus on the task at-hand.

Step 3: Energy allowance – In this step you are going to draw energy into your body’s preferred energy system. Your energy systems, or energy body, are

collectively known as your aura, which also relates to your body's chakra system. Your aura, or energy body, contains three different kinds of energy centers: your primary energy centers, aka your 7 Chakras; your medium energy centers, located in your joints; and lastly your energy exchange ports, which can be found in your skin.

The concept of the Chakra system originates from Hinduism. The Chakras are believed to be wheel-like vortices of rotating energies, stemming from specific areas of the physical body. The rotating energies are comprised of the layers of the subtle bodies, which hover around a person's physical body and can be considered the building blocks of the body's aura.

Here is a list of the 7 Chakras, along with their locations in the body:

1. Muladhara, aka the Base or Root Chakra, located in the last bone of the spinal cord.
2. Swadhisthana, aka the Sacral Chakra, located in either the ovaries or the prostate.
3. Manipura, aka the Solar Plexus Chakra, located around the naval.
4. Anahata, aka the Heart Chakra, located around the heart.
5. Vishuddha, aka the Throat Chakra, located around the throat or neck.
6. Ajna, aka the Brow or Third Eye Chakra, located at the pineal gland.
7. Sahasrana, aka the Crown Chakra, located at the top of the head (the location of the 'soft spot' in a newborn baby).

...So, having said all of this, concentrate on your preferred Chakra, energy center, or energy exchange port to draw in lots of energy. One way that you can do this is through touch stimulation.

Place your index finger on the energy center you have chosen. Start moving it around in a circular motion, paying careful attention to the feelings that arise. After doing this for a couple of seconds, take your index finger off the energy center but continue sensing the same feelings you experienced while your finger was drawing the circles (try to keep your feelings isolated to the specific energy center you were initially touching). This process of 'feeling' touch sensations through only the use of your mind is referred to as tactile manipulation.

All of your body's energy centers are linked to your nervous system. And so, through the stimulation of your nervous system in this way, you are able to stimulate your entire aura, or energy body, drawing all kinds of energy into your body.

Step 4: Make your intention known – This is similar to the first step where you defined your goal. At this point, however, you want to refine your goal to make it more specific. First, you have to decide whether you are going to use mirror or absorption programming, and second, you need to conclude whether you want your shield to protect you from all energies or just specific types. Make your intention known and hold it in your thoughts.

Step 5: Shield set-up – Now, it's time to actually create your shield. To do this, you are going to need to use an energy manipulation technique to form either a bubble or an extra layer of skin around yourself, all the while holding your intention inside your mind.

See Chapter 9 for more information on energy manipulation techniques.

Step 6: Shell-it – Once you have formed your psychic shield, it's time to reinforce it by turning it into a 'shell' so to speak. You can do this by creating a mental image of your shield growing hard and impenetrable (a process referring to as 'shelling') – a solid fortress of protection. Then, once you have done this, the process of creating your psychic shield is complete!

You shouldn't keep your shield up at all times, however. When you don't need it, you should lower it.

The process for lowering your psychic shield is very simple and can be completed in two easy steps...

Step 1: Assert your intention to lower your shield; hold that thought in your mind.

Step 2: Create a mental image either of your shield being lowered or of it disappearing all together.

Voila! That's all it takes to lower your psychic shield when it is not being used.

Both processes of creating and lowering a psychic shield are not difficult to do once you get into the swing of things. The main points you need to keep in mind

are maintaining a well-developed intention that you hold in your mind at all times and effective energy manipulation, which we will get into more in the next chapter.

Chapter 9: Everything You Need to Know about Successful Energy Manipulation

Energy Manipulation 101

The term ‘energy’ is a relatively broad one, which can be divided into two sub-categories: PSI and KI.

PSI, also known as ‘mind energy,’ is continually being emanated from your mind. You have a lot more control over PSI than you do KI, and it has the potential to carry emotional vibrations.

KI on the other hand is a neutral energy that does not contain any kind of emotional attachment. Pronounced “key” and frequently spelled ‘Chi’ or ‘Kye,’ KI is the type of energy that is found in all living organisms; it is the energy used in many different healing techniques, such as the Japanese palm healing practice of Reiki.

Everything in the universe is comprised of energy that is raw and without polarization. Flowing naturally and constantly, this raw energy cannot be constrained by anything, not even physical densities. As a result, it is sometimes suggested that this raw energy subsists on a plane that is differentiated from the physical one.

In any case, energy is all around us. And if we learn how to properly harness it, it can be a great benefit to us.

Energy Manipulation Prerequisites

In order to practice effective energy manipulation, there are three principle skills you need to develop:

1. Patience
2. Visualization
3. Sensory Attunement

...In previous sections, we have gone over several different exercises whose aims have been to strengthen these three skills. Therefore, we won’t spend too much time going over them again right now, but we will touch upon them briefly.

Patience

As I'm sure you've heard before, patience is a virtue - one that is not always easy to live up to, however. We live in a society that moves at warp speed, and we are frequently juggling a dizzying amount of balls in the air. As a result, we often find it difficult to slow down and just live in the moment.

Below, you will find two exercises that can be used to increase the amount of your patience output.

Sitting Still

How often is it that you just sit still and do absolutely nothing? My guess would be hardly ever. Well, for this exercise, all you have to do is get yourself into a comfortable position (you don't have to be sitting; you could also be lying down if you prefer) and then remain as motionless as you can, with the obvious exceptions of blinking and breathing, for at least 10 minutes. This will definitely be easier said than done at first, but try to do this at least 3 or 4 times a week for optimal results.

Clock Watching

Similar to the sitting still exercise, get yourself into a comfortable position – one where you can easily view a clock, watch, or some other time-telling device. Then, try to remain in that position for at least 10 to 15 minutes, all the while directing your undivided attention towards the clock. To the best of your ability, do not let your eyes shift their gaze. The purpose of this patience-building exercise is to literally watch time pass.

Visualization

We have already gone over several different visualization techniques that you can use for a variety of purposes, but it can't hurt to have a thorough database of mental exercises to choose from, so I'll share a couple more with you here.

Step 1: Stimulate the area of your brain responsible for visualization. To do this, sit in a comfortable position and close your eyes. Now, imagine seeing a blue triangle. Hold onto this image for as long as you can.

Step 2: Enhance your capacity to maintain the image of a dynamic shape. Continue picturing the same blue triangle as before, but now, try to imagine the blue triangle starting to rotate. Then, increase the speed of the rotation and, if you are able to, change its direction.

Step 3: Focus on depth perception. In this step, you are going to take your visualization to the next level by turning the blue triangle into a pyramid. Once you have done this, try to make the pyramid rotate. You will probably find this step to be more challenging, given the new 3 dimensional view, but with practice, you will be able to master it.

Step 4: Moving onto bigger and more challenging visualizations. Once you have mastered the technique of visualizing a 3 dimensional object, it's time to graduate to larger undertakings. In this fourth step, you are going to visualize something that you see regularly in your everyday life, for example, a specific room in your house or apartment.

To do this, it's usually best to start out by visualizing a small part of the whole and to then build upon that until you can see the entire picture, including things like textures. Continuing with the room example, you could first imagine a single piece of furniture, then bring in additional pieces along with any decorations then imagine the walls and the ceiling, etc., continuing to build until you have created a clear and detailed picture of the entire room.

Next, to really push yourself, try to envision beings and entities existing in the room. This portion of the exercise is not entirely necessary, but it may help you in the future, depending on the path that your psychic development takes.

Wireframe Exercise

If you are not familiar with wireframes, they are the visual representations of 3 dimensional objects, most commonly seen while generating 3D computer graphics. They resemble complex lattice work or webs, consisting of numerous individual sections.

We generally don't need to use wireframes to operate within the physical world, but being able to visualize and think in terms of them are good skills to have for your psychic development.

To carry out this exercise, commence by visualizing outlines around individual objects in your view path. It is recommended that you visualize the outlines as being brightly colored so as to make them really stand out.

After outlining the objects, graduate to creating full blown wireframes of them. Start by doing one object at a time. Then, when you feel comfortable, you can advance to creating wireframes that are increasingly complex and detailed.

Sensory Attunement

We previously covered the development of sensory attunement for your first five senses, but in this context, sensory attunement refers to something slightly different.

Here, sensory attunement refers to developing the sense that is activated when you have the feeling that you are being watched. By learning to control this sense, it will become much easier for you to detect and manipulate energy.

Unfortunately, there really aren't any exercises that you can perform to further develop this sense other than to continue enhancing your patience and visualization skills. As these skills are developed, you are likely to find that your ability to *feel* energy more efficiently just starts to advance naturally.

Alright, having laid down the groundwork, let us now move onto a series of lessons whose aim is to describe the basic energy manipulation developmental process.

Basic Energy Manipulation Techniques

You have most likely noticed a pattern emerging with all of the exercises detailed in this book, being that the first step is nearly always to breathe deeply and get yourself into a calm and relaxed state of mind, and this exercise is no exception.

So, first things first. Use your favorite relaxation technique to get calm, cool, and collected. Then, when you are ready, move onto the first lesson...

Lesson 1: Energy Awareness

Hold out your hand, either one is fine.

Draw in several deep, meditative breaths.

Close your eyes.

Picture energy flowing in and around your fingers and through your hand.

You may experience a slight tingling or warming sensation as you do this; this is perfectly normal and to be expected.

Continue doing this until you feel satisfied with the effect, then move on to the second lesson.

Lesson 2: Energy Extraction

Choose an object, preferably something elemental, like a piece of wood.

Float your hand approximately 1 to 2 inches above the object.

Imagine the object's energy flowing up into your hand - like an upside-down waterfall or a tiny tornado.

Feel the object releasing energy and you accepting it.

This should lead to you feeling recharged or energized.

Lesson 3: Energy Release and Direction

Once you have mastered energy extraction, it's important to also learn how to release energy. The reason for this is because too much energy can have negative

consequences, such as hyper-active or psychotic behavior, or off-balance energy systems.

In this lesson, you are going to be doing the same thing as you did in Lesson 2, except this time, you are going to be releasing energy rather than extracting it.

Take the same object that you used in Lesson 2.

Hover your hand 1 to 2 inches above it.

But this time, imagine the stream of energy flowing from your body, being released from your hand back into the object.

Feel the energy being drained from your body and the object re-accepting it.

This exercise should cause you to feel like you have discharged or expended energy.

Continue working on this until you are satisfied with the results. Then, move on to the fourth lesson.

Lesson 4: The Formation of Energy Balls

An energy ball, commonly known as a PSI ball, is the fundamental component of effective energy manipulation. Energy balls enable energy to be condensed and transferred more efficiently over distances. Additionally, energy balls can encourage energy ‘surges,’ which may come in handy at some point.

Hold your hands approximately 4 to 5 inches apart.

Imagine that you are holding a tennis ball in between them; position them accordingly (the tips of your fingers should be almost touching, and there should be a circular area of negative space in between your hands).

Use the technique detailed in the third lesson to project energy from your body to create a sort of swirling energy mass contained in between your hands.

Allow the mass to increase as you pitch more and more energy into the ball.

Side note: You are likely to find this process easier to master if you keep your eyes closed while doing it.

As your energy ball grows, you might start to notice some interesting things about it, such as viscosity and other textural changes – this is what you are

striving to accomplish. If you begin to sense these types of things, you have successfully created a highly evolved energy ball.

Creating an energy ball is no easy feat, so don't get discouraged if at first you don't succeed; this is something that is definitely going to take some practice.

But, once you have mastered the technique, here is a short list of amusing things you can do with an energy ball to further enhance your skills:

- Toss is to another person or a pet.
- Toy with its elasticity.
- Throw it into a room.
- Place it on someone's plate of food.
- Etc.

Intermediate Energy Manipulation Techniques

As with basic energy manipulation, the first thing you want to do to prepare yourself for intermediate energy manipulation is to get yourself into a cool-as-a-cucumber state of mind.

Intermediate energy manipulation builds upon what you learned in the beginner's stage by incorporating the use of colors, which play a very important role.

Lesson 1: Corresponding Colors

Below, you will find a listing of the different colors and their corresponding purposes, which can be either positive or negative.

Red

Positive: love, passion, fertility, assertiveness, physical strength, determination, action, energy, stimulation, and courage.

Negative: aggression, dominance, quick temper, intolerance, rebellion, stubbornness, and brutality.

Pink

Positive: romance, peace, youth, warmth, hope, sweetness, nurture, tenderness, friendship, and emotional love and healing.

Negative: being overly emotional, unrealistic expectations, neediness, immaturity, and lack of will-power or self-worth.

Orange

Positive: optimism, encouragement, kindness, prosperity, success, warm-heartedness, sociability, and abundance.

Negative: a sign of superficiality, too much pride, insincerity, dependency, and being over-bearing.

Gold

Positive: self-confidence, creativity, perfection, luxury, charisma, self-worth, and

overcoming bad habits.

Negative: fear of success and wealth, self-centeredness, distrustful, false, and being overly demanding.

Yellow

Positive: cheerfulness, progress, communication, knowledge, clarity, enthusiasm, fun, originality, and concentration.

Negative: impatience, cowardice, spite, deceit, inflated ego, an inferiority complex, and criticism.

Green

Positive: growth, rejuvenation, healing, recovery, balance, hope, peace, nature, good judgment, and the power of observation.

Negative: possessiveness, materialism, controlling behavior, jealousy, selfishness, and being overly cautious.

Blue

Positive: calmness, tranquility, wisdom, truth, justice, guidance, reliability, conservation, patience, loyalty, sincerity, devotion, and prophetic dreams.

Negative: rigidity, deceit, self-righteousness, superstition, predictability, weakness, unforgiving, manipulation, and unstable emotions.

Violet

Positive: psychic abilities, counter-acting negativity and curses, inspiration, meditation, uniqueness, humanitarianism, mystery, and spiritual prowess.

Negative: immaturity, cynicism, aloofness, pomposity, fraud, corruption, and delusions of grandeur.

Brown

Positive: conservation, financial help, decisiveness, practicality, stability, support, comfort, protection, strength, sensitivity, honesty, and finding things that are lost.

Negative: dullness, frugality, materialism, a lack of a sense of humor or

sophistication, and stinginess.

Silver

Positive: emotional stability, rebirth, neutralizing negativity, dreams, illumination, dignity, glamour, self-control, insight, wisdom, and intuition.

Negative: melancholy, loneliness, rigidity, dullness, and being deceptive.

Black

Positive: repelling negativity and evil, breaking addictions, deep meditation, protection, sophistication, seduction, mystery, and unlocking the subconscious.

Negative: aloofness, depression, secretiveness, domineering power, sadness, and pessimism.

White

Positive: purification, cleansing, spiritual enlightenment, innocence, equality, self-sufficiency, truth seeking, and clairvoyance; white can be used as a substitution for any of the other colors.

Negative: sterility, starkness, emptiness, isolation, criticism, dullness, fastidiousness, and being overly cautious.

This list of colors is by no means exhaustive, and the corresponding purposes are subject to variability. But you can use this list to help select the proper color for your intended purpose.

All you have to do is understand your purpose and then look to the chart to find the corresponding color. For example, if you want to engage in energy manipulation for the sake of protection, then you would fare best to choose either silver or black, which both serve to neutralize and repel negativity.

You may also feel free to mix and match the colors and/or use different shades, depending on your intentions.

Practice using different colors until you feel comfortable with this step. Then, move onto the second lesson.

Lesson 2: Using Energy for Protection and Defense

Energy is commonly used for protective purposes, and so, in this lesson you will

learn specific techniques for how to go about doing this.

The Egg Technique

The goal of this technique is to create an energy ‘egg’ or shell that will encompass your entire body and be used either to repel or absorb negativity before it has a chance to reach you and take a toll on your essence.

Step 1: Either lie down or sit in a comfortable position – think meditation style. Use the techniques previously outlined to prepare yourself for energy manipulation.

Step 2: Choose from either one of the methods below and put it into effect:

Energy Ball Formation (detailed above)

Chakra Focus – Select one of your 7 principle Chakras and allow it to serve as the focal point to which you will direct all of your energy. This method is very similar to creating an energy ball, except that instead of directing energy into a ball made up of the negative space in between your two hands, you are going to direct the energy into one of your Chakras.

Step 3: After creating a swirling mass of energy, either located at one of your Chakras or existing in energy ball form, permit more and more energy to accumulate into the principle focal point.

Step 4: Allow the energy mass to expand (you control the speed with which this occurs; go as slow or as fast as you feel comfortable) until it is the size of you. Allow it to take the shape of a shell, surrounding your entire body.

Step 5: Imagine the shell growing hard, like a suit of psychic energy armor. Then, visualize the shell not only encompassing you, but completely filling you up as well (this may require you to project additional energy into the shell).

Step 6: Imagine the shell taking on reflective qualities, like a window or mirror, so that it can reflect or bounce back negative energy to where it came from and prevent it from penetrating your shell.

Step 7: Now, visualize the texture and appearance of the shell changing to become shiny and slightly blurry. Imagine it being refractive. The purpose here is for your shell to take on the ability to redirect negative energy but not for it to send that energy back to its originating source.

Step 8: Make like an ogre (Shrek) or an onion and add layers to your shell. Each layer will lie inside of the other, and it will serve a different purpose. For example, you might have one absorbing shell layered on top of a reflective or mirroring shell. Just be careful when you are creating the different layers that you don't become burnt out from projecting too much energy too quickly.

Step 9: At this point, your egg shell should be complete and ready for use!

The Floating Energy Balls Method

The second protection method is called Floating Energy Balls. This is a relatively quick exercise to complete, perfect for anyone who is pressed for time. The goal here is to create multiple energy balls (just as you previously learned how to do) and then enable them to float or orbit around yourself.

Step 1: Make yourself as comfortable as possible.

Step 2: Use the energy ball formation methods we previously discussed to produce an energy ball roughly the size of a tennis ball. Make sure to include protective properties along with the addition of some color as you are creating your energy ball.

Step 3: Now, replicate what you just did in Step 2 to create more energy balls (shoot for between 8 and 12).

Step 4: After each ball is created, imagine it being launched into orbit around your body. Once this process is complete, you should have a number of energy balls floating around your body at a quick pace, providing you with ample protection.

One note with this method is that if you are susceptible to motion sickness, you may start to feel dizzy or nauseated if you continue to visualize the energy balls orbiting for a prolonged period of time.

Lesson 3: Energy Used for Healing

Through the use of energy manipulation techniques, you can actually learn how to heal yourself or other people – pretty amazing, right? The way that it works is through the transportation of healing energy onto the part of the body where there is either an illness or an injury - a process that should result in the enhancement of the body's natural healing capabilities.

Pseudo-Reiki

The first technique that we are going to learn is referred to as Pseudo-Reiki. It is called 'Pseudo-Reiki' because it does not mandate any special training course as most traditional Reiki practices do. Plus, there are a few other slight differences between traditional and Pseudo-Reiki.

Below, you will find a clear-cut, step-by-step guide for how you can practice Pseudo-Reiki for healing purposes.

Step 1: Identify the origin of the illness or the area where the injury occurred on the person's body; float your hand around 1 to 2 inches above this spot. You may want to make actual physical contact with the other person, but this depends largely on comfort and sanitation levels; if you are dealing with an open wound, you definitely do not want your hand to be touching it directly.

Step 2: Choose whether you are going to employ your own energy or the energy from your surrounding environment in the healing process. If you decide to use your own energy, you need to be aware that while your own energy is more powerful and easier to use, it is also more inclined to upset the natural energies of the person whom you are trying to heal.

On the other hand, employing energy from the surrounding environment and using yourself merely as the instrument for energy transmission is less likely to cause any disturbances to the other person thus making it the safer option.

In general, you should only use your own energy for healing purposes if you have a very close and special bond with the person you are healing.

Step 3: Projecting energy onto the person you are trying to heal. In this step, you are going to use an energy projection technique similar to those previously described. However, in this technique, you will be employing slightly different visualizations.

In this case, it is recommended that you envision the energy in one of the following two ways:

1. Rushing towards the cells in the person's body to offer assistance.
2. Accelerating the healing process to a rapid rate.

Continue imagining this for as long as you feel necessary. This could be for as

little as 10 minutes or for as long as several hours; it depends on the person's ailment.

The Healing Ball

This technique is very different from the aforementioned Pseudo-Reiki one. It is also not as popular, but it is still very effective.

Step 1: For this technique, it is generally best for you to be in a lying down position with your head slightly propped and none of your body parts touching each other. It is also to your advantage to be in a room that is either dimly lit or completely dark.

Step 2: Create an energy ball and imagine that it's either hovering very close to your body, close enough that it's touching, or that it's actually inside of you, probably close to one of your Chakra points.

Alternatively, if you are working to heal another person, do the same thing, but instead of imaging that the energy ball is hovering near or inside of your own body, imagine that it's doing one of those two things to the body of the person you are trying to heal.

Make sure you visualize the energy ball being a color that best serves your purpose (remember before when we discussed the different colors and their corresponding purposes).

Step 3: Imagine the energy ball moving towards the location on your body (or the body of the person you are trying to help) that you want to heal. Once the energy ball arrives at the designated spot, imagine it soaking into, adhering to, or simply healing the illness or injury.

Step 4: Continue visualizing this for however long you see fit. Times can range from 10 minutes to as long as a few hours.

Pseudo-Reiki and the Healing Ball are two wonderful, starter techniques for someone just getting involved with the processes of psychic healing. Continue to practice these techniques as often as you can, and feel free to make subtle adaptations to them so that they evolve to best suit your personal style and needs.

Lesson 4: Energy Manipulation Ailments

Practicing energy manipulation methods over the course of a long period of time can often result in adverse side effects, such as headaches and nausea. There are several factors that can account for this:

Too much storage

Especially if you practice energy absorption techniques, excess amounts of energy can build up in your body and cause you discomfort. As with just about anything, moderation is key. Storing too much energy is in the same vein as eating too much for dinner; there are going to be ramifications.

If excess energy storage is your problem, you can rectify the situation by using one of the aforementioned energy expulsion exercises.

Energy Burnout

When you experience this, it simply means that you have done too much energy work for the day, and you now need to take a breather and get some sleep.

Energy Overkill

This issue arises as a result of having produced too many protective layers, energy balls, etc. The best way to rectify this situation is to eliminate some of these energy devices. You may think that the more protective energy shields you have, the better, but this is not always the case. Sometimes, the possession of too much energy protection can have negative side effects.

Well, this concludes the portion about intermediate energy manipulation. In the next section you will learn more advanced energy manipulation strategies.

Advanced Energy Manipulation Techniques

Phew! It's been a long haul getting to this point, but you should feel very proud of yourself for having made it this far in your journey towards psychic development. In this section, we will be pushing your energy manipulation prowess even further to incorporate more advanced strategies.

OK, let's begin.

As always, let's kick things off by getting into a calm and relaxed state of mind. Hopefully, this is becoming more like second nature to you at this point.

Having done that, let's now move on to the first lesson.

Lesson 1: Different Energy Uses

Up until now, we have only discussed protective energy uses. In other words, we have been taking a highly defensive approach to energy manipulation. If energy as we currently know it were to be in a football game, it would play in a linebacker's position.

In this section, we are going to learn more offensive approaches to energy manipulation; now, energy is going to play the role of quarterback.

However, before we get started with any offensive energy techniques, it needs to be said that the reason more energy manipulation techniques focus on protection rather than offense is because of the moral implications that offensive energy use can have. It is sometimes the case that people will abuse energy offenses and use them to cause harm. Of course it goes without saying that you should not be one of those people.

So, with that said, let us now sink our teeth into a few of the offensive energy manipulation techniques that you can use:

The Catapult of Energy

Based on the name alone, you probably have a rough idea of what you are going to be visualizing with this technique. And there is no funny business or slight-of-hand here; you are exactly right.

Step 1: Using one of the techniques you learned before, create an energy ball

roughly the size of a bowling ball. Or, if you'd like to work with a bigger ball, feel free. As an example, we are going to engage the energy catapult technique to induce mental blockage.

Therefore, good colors for your energy ball would be either yellow, which can stand for an inferiority complex or being overly critical, or pink, which can indicate a lack of will power or self-worth. If you want to use multiple colors, then that is absolutely acceptable. In which case, try to envision the ball having a marbled effect, including all of the different colors.

Step 2: After charging the energy ball to its maximum capacity, imagine yourself catapulting it high into the sky and then seeing it land directly on its target. Repeat this step as often as necessary.

The Spear of Energy

This technique is slightly more advanced than the energy catapult, mostly due to the shape of the spear, which mandates a greater energy concentration.

Step 1: Create an energy ball that is relatively small in size.

Step 2: Visualize the energy ball growing, but as you do so, imagine that it is stretching and elongating until it takes on a more spear-like form. You may find this difficult to do at first since up until now we have been working almost exclusively with energy that is in the shape of a round ball.

Step 3: Once you have created the spear, direct your focus onto it and imagine it being charged with energy, kind of like a battery. As the spear is "charging," imagine that its pressure or force is being amplified.

Step 4: Then, once the spear is fully charged, imagine it launching itself towards the target at an accelerated speed. Once it is launched, the spear should penetrate the target's energy field, causing a significant disruption.

The Clouds of Energy

This third offensive energy technique is by far the easiest one to master.

Step 1: In this exercise, you don't need to worry about creating an energy ball or morphing it into another shape. All you have to do is imagine natural energy.

Step 2: Assign a specific color of your choosing to the natural energy.

Step 3: Visualize the colored energy floating like a cloud towards the target.

Step 4: Imagine the colored energy cloud entering the target's energy field.

This technique isn't always as effective as the two aforementioned ones. But, depending on the situation and surrounding environment, it can still achieve satisfactory results.

Lesson 2: Using Energy for Object Imbuing

One of the main reasons why you would want to imbue or fill an object with energy is for the purpose of energy storage, which would enable stored energy to be obtained at a later time. Another reason would be to renew an object's energy level to its original state which could have become depleted through too much use.

Below, you will find a simple, step-by-step process for how you can imbue energy into objects:

Step 1: Imagine energy flowing into the object that you want to imbue. This can be through the use of energy balls, in which case, you will need to create them first, or it can simply be through the use of natural energy flow.

Step 2: Continue to imagine energy flowing into the object until it has reached its capacity, like a hose filling a bucket with water until the water level reaches the bucket's brim.

Step 3: Once the object has been filled with the optimal quantity of energy, imagine it breaking it four separate pieces.

Step 4: Then, picture the four separate pieces rejoining together, locking into place, and securely sealing the energy inside.

Step 5: In completing the fourth step, also imagine a way for the energy to be released when the time is right. You might want to picture a nozzle of some sort that can be turned on to release energy or perhaps a button that can be pushed.

Lesson 3: Sending Energy over Both Short and Long Distances

The classification that we will use here to determine what is a long distance and what is a short one is the line of sight. Once you can no longer see the person or object to which you would like to transfer energy, it is can no longer be

considered a short distance; at this point it has to be a long one.

Energy Transfers over Short Distances

Step 1: To start, acquire the person or object to which you'd like to transfer energy in your direct line of sight.

Step 2: Your goal is to establish a link between yourself and the chosen target. Imagine a rope, chain, or some other type of linking device attaching you to the target. You can imagine the link being attached to your hand or to one of your Chakras.

Step 3: Depending on whether you wish to give or receive energy, visualize the energy flowing like a stream either to you or from you, heading towards the target. You could also imagine the energy moving in a pulsing motion like a beating heart, with each beat propelling the energy closer to its desired destination.

Side note: If you want, you can actually orchestrate an energy transfer where you are simultaneously both giving and receiving energy.

To do this, create two attaching links between yourself and your target. The intent of the first link will be to draw energy into you, and the aim of the second link will be to send energy from you – one line for incoming energy, one line for outgoing energy.

Energy Transfers over Long Distances

Given the previously stated definition of long distance energy transfers, you do not need your eyes to complete this exercise. Therefore...

Step 1: Close your eyes.

Step 2: Imagine the energy source that you would like to tap into, whether it is yourself, another person, or an object. Visualize the energy source in as much detail as you can.

Step 3: Now, begin extracting the source's energy. Pay close attention as the energy comes pouring out.

Step 4: Imagine the energy making its way over the distance, getting closer and closer to the target. You may find it difficult to maintain focus while doing this.

You might even lose sight of the energy altogether.

Step 5: Since it is difficult to effectively imagine energy travelling over great distances, you might fare better to simply visualize the energy arriving expressly at the target, penetrating its shield, and flowing into it.

Typically, people have much higher success rates when they perform the fifth step as opposed to the fourth.

...With that said, you now have all the tools you need to practice advanced energy manipulation. How does it feel? Pretty amazing, right?

In learning, and hopefully mastering, all of these different techniques, you have made significant progress in fostering your psychic development. Therefore, hearty congratulations are in order!

But, our work is not done yet. There is still progress to be made. In the next section, you are going to learn several energy manipulation strategies that are even more advanced - strategies that I like to call the all-star techniques.

All-Star Energy Manipulation Techniques

Having arrived at this point, it is going to be assumed that you have read through the previous sections (beginner, intermediate, and advanced) and at least tried, if not mastered, the exercises and techniques. With that said, let's continue.

As always, the first thing you need to do is get yourself into a relaxed and peaceful state of mind. Once you've done that, you can move on to the first lesson, which concerns several different energy sources that you can draw from.

Lesson 1: Electricity as a Source of Energy

As a pure and almost entirely unadulterated form of energy, electricity is like the cash cow of energy sources. Also, electricity is pretty much completely neutral, and the energy that is expended is replaced without fail.

Furthermore, thanks to Benjamin "\$100 bill" Franklin, electricity is also relatively easy to come by. You don't have to stand outside during an electrical storm wielding a high-flying kite in order to harness its powers. In this day and age, you can gather electricity from most household appliances, such as computers, televisions, toasters, or even some types of toys.

Now, before you try to extract energy from electricity, you should know that there are two principle types of electrical currents: alternating current (AC) and direct current (DC), the latter of which is the safer of the two due to it being constant.

When you are extracting energy from electricity, you have to carefully monitor the energy transfer and take heed of the voltage rating. If you take energy from something like a cell phone battery, the energy change isn't likely to have a very noticeable effect. Whereas, the consequences of extracting energy from something like a transformer can be much direr.

Lesson 2: The Elemental Energy Sources

The four principle elemental energy sources are earth, air, fire, and water. Earth and air elements, however, have become highly depleted, especially in urban and even suburban areas to a certain extent. Therefore, we will focus mostly on fire and water, which are more highly charged.

Fire

Fire is probably the optimal elemental energy source in that it possesses elevated levels of kinetic energy resulting from collision theory, which explains that heat is generated due to atoms running into other atoms at a given rate, thus producing a reaction.

Fire is a high-powered source of energy, so you are able to extract a significant amount of energy from it with ease. Just be mindful that you don't extract too much energy too fast, especially for the purposes of offensive energy manipulation, because you are likely to become burnt out (no pun intended) very quickly.

Water

Water may not be quite as powerful as fire, but it is a more stable and constant form of energy. The best sources of water are those that are free flowing, unpolluted, and occur naturally. Rivers and streams are great examples. Water sources such as these are not always easy to come by, however. Therefore, for the sake of convenience, you can simply use the water flowing from your tap.

If you'd like to increase the force of the tap water, one strategy is to put the tap water into a container and allow it to sit out for around 24 hours. The reason that doing this increases the tap water's power is because all elemental energy has magnetic-like qualities, meaning that other energy is attracted to it. So, when you permit water to rest like that, all the while that it's sitting out, other energy is being drawn into it.

Since water is a relatively neutral charge, it is best used for the purposes of energy re-charging and protection.

Lesson 3: Using Energy for Urban Protection

The technique you are about to learn draws from the previously described intermediate Egg Technique. At this time, you may want to go back and re-read that section so as to refresh your memory.

The Sharp Shell Technique

In order to complete this technique, you first need to employ what you learned in the Egg Technique.

Then, after creating a simple protection shell, add one additional protective layer, and then top it off with a layer of large, obtruding spikes, kind of like a sea urchin or porcupine.

This spiky layer will provide you with a powerful defense that will be very difficult to penetrate.

The Sensor Orb Technique

In its essence, a sensor orb is merely an energy ball, but the difference is that sensor orbs are designed to absorb energy. And when you imagine a sensor orb as being in direct contact with your body, you will be notified of any energy that it has absorbed, thus enabling it to act as an alarm system, alerting you to the presence of harmful or dangerous things and giving you enough time to remove yourself from the situation.

Well, now that about does it for the all-star energy manipulation techniques. I hope you've been practicing the strategies we've covered and have been getting a lot out of their implementation.

Chapter 10: Psychic Master Minds and Your Own Psychic Goals

Define Your Goals

You have now learned a multitude of effective techniques that you can employ to greatly enhance your psychic development. At this point, it's a good idea to take some time to figure out what your psychic goals are. Psychic or intuitive abilities are not things that should be taken lightly or handled recklessly. Therefore, it is recommended that you have a clear idea of how you intend to use the information that you have learned here.

Moreover, goal-setting is a beneficial tactic to use to help ensure that you are successful. When you turn a desire into a specific goal, you are programming your brain to treat that goal like a command that is going to be fulfilled. When you want to accomplish something, you have to change the language of your thoughts.

Don't think in terms of what you *wish* would happen. Instead, think in terms of what *will* happen. Train yourself to think about your goals as if they were absolute, set-in-stone certainties. In doing this, you are far less likely to run out of motivational steam or get discouraged.

Your Bowl of Psychic Goals

A great technique I learned to help get your goals organized and program your mind to achieve them is what is referred to as a "Psychic Goal Bowl," which consists of a wheel segmented off into the various goals that you hold close to your heart.

To create and implement your Psychic Goal Bowl, just follow the simple, 12-step plan outlined below...

Step 1: The first thing you need to do is contemplate seriously on one or more goals that you would like to accomplish. They can be goals you want to achieve right away, or they can be for more long-term intentions. Either way, just make sure the goal is something that you truly want to come to fruition (without inducing harm to anyone).

Step 2: Once you have given your list of goals some serious thought, you are now ready to create your Psychic Goal Bowl. To do this, simply draw a large circle. Then, depending on how many goals you have, break the circle down into

the corresponding number of segments.

For example, if you have two goals, draw a line down the center of your circle, breaking it into two equal halves. If you have three goals, break your circle into thirds. If you have four goals, break your circle into four equal quadrants by drawing two lines – one horizontal and one vertical – that intersect at the center of the circle, etc.

Or, if you only have one principle goal, then that is OK too.

Step 3: After creating your circle with the desired number of segments, fill the first segment in with either a succinct description of your goal or an illustration. Be sure to describe exactly what you want as accurately as possible.

Step 4: Look over each goal section after you finish filling it in. Re-read it and hold it in your mind.

Step 5: Then, close your eyes and try to visualize your goal or you accomplishing it.

Step 6: Using the present tense, say your goal out loud. For example, “My telepathic abilities are at the optimal level,” or “I got promoted at work” – not all of your goals have to relate specifically to the development of your psychic abilities.

Speaking about your goal in the present tense is important because it enables your brain to operate as though the goal has already been accomplished, thus treating your goal like it is reality and not just a pipedream.

Step 7: Next, open your eyes and complete the next segment of your Psychic Goal Bowl, following the same procedure from above.

Step 8: Repeat this process until you’ve filled in all of your circle’s segments.

Step 9: After completing your bowl’s creation, go back and re-read all of your goals out loud one more time, always making sure to indicate that the completion of your goals will not bring harm to anyone or anything.

Step 10: Then, close your eyes and say something like, “I am going to accomplish all of my goals, and I decree my mind to make them a reality.”

Step 11: Tuck your Goal Bowl away in a safe place. For the next 30 days, take

out your bowl and repeat the process we just walked through at least once a day if not more.

Step 12: After the first 30 days have passed, you now only need to go through the steps once a month. Although, the more frequently you repeat the process, the more highly programmed your mind will become towards achieving your goals.

As you continue to use your Psychic Goal Bowl, you will find that your psychic mind will start presenting you with information and guidance that will help you to realize your goals. These cues will often be very subtle, and you might not even recognize when they are at work. Nevertheless, they will manifest themselves in some way, shape, or form; you can be sure of that.

Great Psychic Minds You Can Learn from Today

In this section, we are going to take a peek into the lives of some of the world's most renowned and currently practicing psychics and mediums.

Here is a list of the great psychic minds you can expect to get to know a little bit more about:

John Edward

Dr. Doreen Virtue

George Anderson

Elizabeth Baron

Let's get started with John Edward...

John Edward – Psychic Medium

Born on October 19, 1969, John Edward is a professional psychic medium, best known for his two television programs: *John Edward Cross Country* and *Crossing Over with John Edward*, which you may have seen.

Edward gained the confidence from a relatively early age that he could attain psychic abilities. He started off as a self-proclaimed “huge doubter,” however. That was until he had a reading done by a New Jersey woman, who encouraged him to become a medium when he was 15 years old and completely changed his vantage point.

According to Edward, “[The psychic] told me things that there is no way she could have known. And the first part of the reading was that this was the path that I was supposed to be on and that I was supposed to be a teacher and help people and – I thought she was nuts.”

In a later interview, Edward went on to say, “She told me I would one day become internationally known for my psychic abilities through lectures, books, radio, and TV. I thought she was full of it until she started to tell me things no one in my life knew about... The details were unbelievable.”

And as we now know, all of those predictions came true. Edward wrote his first book about psychic abilities in 1998, which was called *One Last Time*. And from there, he has grown into a household, albeit controversial, name in the United States.

The premise of his show *Crossing Over* is that Edward receives images, clues, and information from “the other side,” which pertains to deceased friends and relatives of his audience members. Edward then questions the members of his audience about the information that was communicated to him and they help him to interpret what it could mean.

Edward also conducts private sessions with people in segments that can go into much greater detail. Edward even conducted a session with reality television personality Kim Kardashian, which appeared on an episode of *Kourtney and Kim Take New York*. During the session, Edward contacted Kardashian’s deceased father, Robert Kardashian.

In his newer show *John Edward Cross Country*, Edward conducts completely “blind” readings for people, meaning that he is not supplied with any form of information about the people themselves or who they are trying to contact. Edward simply allows his spirit guides to provide him with direction.

As is the cases with most psychics, Edward has met with his fair share of skepticism and controversy. His critics claim that he conducts his readings using hot and cold reading techniques, which either rely on the use of prior knowledge or a series of quick, generalized guesses to feign psychic ability.

However, psychologist and parapsychology researcher Gary Schwartz conducted an investigation into Edward’s paranormal assertions and came to the conclusion that Edward’s abilities were legitimate. His findings were published in the book *The Afterlife Experiments*.

Dr. Doreen Virtue – Clairvoyant Metaphysician

Dr. Doreen Virtue is a fourth-generation metaphysician and a spiritual doctor of psychology who holds B.A., M.A., and Ph.D. degrees in counseling psychology. In her writing and workshops, Dr. Virtue focuses on elemental, angelic, and ascended-master realms.

She has authored more than 20 books pertaining to Chakras, angels, and the health and diet niche, including best-sellers *Healing with the Angels* and *Messages from Your Angels*. Additionally, Dr. Virtue was the founder and former director of the Nashville, Tennessee WomanKind Psychiatric Hospital.

Dr. Virtue's clairvoyant abilities first manifested themselves when she was a child. She used to see and talk to what most people would refer to as "imaginary friends." Dr. Virtue, however, had been given a gift – a gift which neither the people around her nor she herself fully understood.

As a result, Dr. Virtue was made the object of ridicule and teasing by her peers. Consequently, she taught herself to suppress and hide her natural abilities until she was mature enough to comprehend their significance, an event that was sparked by the happenings on July 15, 1995.

Dr. Virtue had been working as a teacher of mind, body, and spirit issues when she received a warning message from an angel who told Dr. Virtue that her car was going to be stolen. She didn't listen to the angel's counsel, however, since she had programmed herself to ignore such messages.

Even still, the angel did not leave Dr. Virtue's side, but his prediction did come to fruition. Just as Dr. Virtue was parking her car on the evening of July 15, she was physically accosted by two weapon-wielding men whose aim was to hijack her vehicle. While all of this was transpiring, the angel spoke to Dr. Virtue once again, only this time in a much more distinct voice, telling her to cry out as loudly as she could.

This time, Dr. Virtue heeded to the angel's instructions. And upon hearing her cry of distress, two passers-by came to Dr. Virtue's aid, scaring off the assailants.

After experiencing this harrowing incident, Dr. Virtue no longer dismissed the guidance she received from the other realm. She delved into it head-first and

took a much closer look at her own spirituality. In doing this along with re-examining what she knew about psychology from a fresh perspective, Dr. Virtue developed her practice into what she calls “Angel Therapy.”

Today, Dr. Virtue has achieved international recognition for her work concerning the realm of angels. Moreover, her goal is to teach as many people as she can how to listen to and interpret the communications we receive from our angels.

According to Dr. Virtue, “When you work with angels, you can lean upon their light to help you heal at miraculous rates and in amazing ways. The angels can help us heal physically, spiritually, emotionally, and financially.”

Dr. Virtue has appeared as a guest on numerous talk-shows, including *Oprah*, *The View*, *Donny & Marie*, *Good Morning America*, and *Roseanne*. She has also been featured in many notable newspaper and magazine publications, such as *Woman’s Day*, *Miracles*, *Bridal Trends*, *USA Today*, the *Los Angeles Times*, *The Boston Globe*, and *Shape*. Furthermore, Dr. Virtue is the host of a call-in online radio show, which you can find on Hay House Radio.

George Anderson – Psychic Medium

George Anderson has been in touch with his psychic abilities for more than 40 years. He first became aware of his special prowess at the age of six when he realized that he could communicate with the souls of the deceased.

By many people in the religious, medical, and even scientific worlds, Anderson is regarded as being the greatest living psychic medium in the world. It is Anderson's primary goal to assist grieving friends and family members to communicate with their loved ones from the hereafter. The information he provides is specific and highly accurate.

As I mentioned, this all began for Anderson when he was just six years old, at which time, he contracted a nearly fatal case of the chicken pox. Anderson's bout with the illness turned into encephalomyelitis (brain swelling), which instigated an injury to his cerebrum that caused him to lose his ability to walk. Anderson was not expected to live, but slowly but surely, he did recover. He was even able to walk again.

Shortly after all of this occurred Anderson started having visions, which mostly came in the way of a woman clothed in a lilac-colored dress. Anderson later came to understand that the woman he had been envisioning was St. Joan of Arc, who used to talk to Anderson about the hereafter and what it was like on the "other side." In addition to seeing St. Joan of Arc, Anderson was also visited by some of his own relatives who had passed away.

Initially, Anderson's visions were dismissed as being a side effect of the brain trauma he had suffered. But even still, the visions did not stop, and as he got older, they increased in frequency. When Anderson was a teenager, it was thought that he might be suffering from schizophrenia.

But then a more sympathetic doctor, who was very in tune with his own spirituality, intervened and put a more positive frame around the phenomena which Anderson was experiencing. And over time, Anderson learned how to harness his abilities so that he was able to help grief-stricken individuals reconnect with their lost loved ones and provide them with some solace.

It is believed by some that Anderson was specifically chosen by the souls on the "other side" to act as a go-between. It is also hypothesized that Anderson's

aptitude is the result of his brain being “rewired” after the trauma occurred, which then caused his brain to over-compensate in a way that allowed for it to detect electromagnetic energy, radiating from the souls of the departed.

Whatever you believe to be true, it is indisputable that Anderson has touched the lives of thousands of people, having conducted more than 30,000 sessions. Some of his other significant accomplishments include his 1987 nationally best-selling book *We Don't Die*, extensive veracity testing conducted by esteemed university scientists, and perhaps most notable, his invitation to Holland by the surviving members of Anne Frank's family.

Elizabeth Baron - Trance Medium, Psychic, Ghost Buster

Elizabeth Baron's career as a psychic medium has spanned multiple decades, and her broad-ranging expertise has allowed her to do work in numerous fields, including crime, missing persons, national issues, education, and personal counseling. She had also made many appearances on national radio programs and television shows.

Some people refer to Baron as a psychic or a ghost-buster. In actuality, however, Baron is a trance-medium, whose guardian angel is the fourteenth century nun, St. Catherine of Sienna. According to her website, Baron is considered to be "The World's Most Documented Psychic Medium."

Baron grew up in rural Tennessee and had a very difficult childhood. Her father committed suicide right in front of her when she was just five years old. And around the same time, Baron suffered through a bout of mouth cancer but was able to pull through thanks to the ministers in her neighborhood to whom she attributes her recovery. Shortly thereafter, Baron also lost her mother and consequently had to spend much of her childhood being shuffled from one foster home to the next.

Instead of becoming cold and indifferent to the world as a result of her difficult experiences, Baron believed that the hardships she endured as a child were a gift from God.

All of her trials and tribulations have turned Baron into a highly compassionate person with an extraordinary gift of prophecy. Baron possesses the unique ability to move herself into a trance-like state, during which she can provide messages from the "other side" to up to 150 people at a time.

As a young woman, Baron achieved great success in the workforce. She attended the Crandall Business College and then went on to work for the Director of Military Personnel, 14th Air Force. From there, Baron got a job as the assistant to the Director of Quality Control, Chrysler Missile Division at Redstone Arsenal in Alabama, where she had the opportunity to work with German prisoners of war as well as on the Jupiter Program, helping to launch the first missile into orbit.

Afterwards, Baron moved to Chicago where she worked for a private-brand

hosiery company as the Assistant Advertising Manager. This opportunity paved the way for Baron to open her own search firm at which she operated as President and CEO and became an expert on job placement.

Baron's good fortune would then come to a halt, however, after enduring two embittered divorces and being beaten nearly to death. While she was hospitalized, Baron had a near-death experience. Baron recounts seeing a figure dressed in white, whom she recognized as God, who said, "Come upon the mountain with me. It is time to do your mission. Remember, you gave your life to me when you were 13 years old." And the spirit was right. When Baron was thirteen years old, standing in a church in Tennessee, she had asked God if she could be one of his missionaries.

After taking her up on the mountain during her NDE, the spirit showed Baron a garden of roses, which He told her was a representation of "[His] children." He said, "Take good care of them and then look at what I have for you to do." At this moment, it became clear what Baron's purpose was in life.

Ever since then Baron has been working as a teacher and counselor for people all around the globe, including television executives and people who work in the Secret Service.

Baron uses her spiritual awakening as grounds for providing her clients with life readings to help them overcome depression, drug and alcohol abuse, and feeling like their lives have no purpose or meaning. Baron's clients achieve great success through her assistance. One of her clients stated, "When I receive a reading from Elizabeth, it is as if she is reading my mind and answering every concern without asking me a question at all."

Today, Baron's prowess as a medium has garnered her tremendous respect. She is an author, lecturer, and teacher of meditation. Additionally, Baron was able to issue a warning to former President Ronald Reagan about an attempt to assassinate him; she has worked with the FBI and Secret Service, and she has been the host of her own nationally broadcast radio show.

Chapter 11: Don't Hinder Your Psychic Development with Fear

At this point, you have made some very significant strides with your psychic development. You have learned tons of great strategies and techniques, and about some of the great psychic minds of today.

Therefore, you definitely don't want to stop your progress now or do any backpeddling. However, if you allow too much fear and anxiety to creep into your mind, you could easily end up doing just that.

In this chapter, we are going to take a closer look at fear and anxiety in a number of ways: we are going to explore their origins, how they function as emotions and how they can affect your progress; furthermore, we are going to delve into how you can dissolve these negative feelings away.

The Origins of Fear and Anxiety

Whether you are young or old, man, woman, or child, it is without a doubt that, at one time or another, you have been in a situation that evoked feelings of either fear or anxiety... probably both. The source of these emotions can sometimes be self-inflicted, such as watching a scary movie or listening to a ghost story, or it can be entirely circumstantial, as with a narrow escape from impending danger.

Fear and anxiety are closely related as emotions, but they are different and cannot be used interchangeably. The *Penguin Dictionary of Psychology* defines fear as “an emotional states in the presence or anticipation or a dangerous or noxious stimulus and is usually characterized by an internal, subjective experience or extreme agitation, a desire to free or to attack and by a variety of sympathetic reactions.”

Whereas, according to the source *A Comprehensive Dictionary of Psychological and Psychoanalytical Terms*, anxiety is “a fusion of fear with the anticipation of future evil... a continuous fear of low intensity... a feeling of threat, especially of a fearsome threat, without the person being able to say what he (or she) thinks threatens.”

As you can see, the emotional state of fear refers to a person’s reaction to danger in a situation where it is clear and present. Anxiety, on the other hand, is a person’s reaction to a situation or event that has not yet occurred but is anticipated to occur, or in some cases is imagined.

To explain the origins of fear and anxiety, there are three principle perspectives: biological, cognitive, and learning. We will briefly touch upon all three.

The Biological Perspective

When boiled down, the basic stance of the biological, or physiological, perspective is that an issue arises with proper brain functioning, which in turn leads to fearful emotions or anxiety disorders.

In the area of brain responsible for emotional stimulation, if too much neurological activity occurs, which is experienced as anxiety, it is believed that the excessive activity is the result of a malfunctioning of specific inhibitory neurons whose job is to keep the level of activity to a minimum. Therefore,

when this malfunction occurs, a person may experience fear or anxiety as an emotional response.

The Cognitive Perspective

This perspective stems from the belief that people may possess erroneous or exaggerated beliefs which can lead to fearful or anxious feelings. If a person has a belief system in place that is not consistent with reality, then this can lead to phobias or anxiety. For example, people who suffer from claustrophobia are irrationally afraid of tiny or enclosed spaces, like elevators, and the thought alone of which can produce a great amount of anxiety.

According to cognitive theorists, it is believed that erroneous beliefs develop over time as a result of previous life experiences. A person could have gone through these experiences him or herself. A person could have witnessed something happening to another person. Or, he or she could have merely heard or read about the occurrence of a particular experience.

After an erroneous belief system has become instilled in a person's brain, it is maintained based on borderline catch-22 logic, being that an erroneous belief leads to a distorted interpretation of the surrounding environment and events, and in having a distorted interpretation of reality, the erroneous belief appears to make perfect sense and is therefore maintained and treated as a fact.

The Learning Perspective

According to this perspective, fear and anxiety occur as a result of classical conditioning. What this means is that through the coupling of a fearful or anxious response with a previously neutral stimulus, a person will *learn* to experience feelings of fear or anxiety whenever they are thinking about or are in direct contact with that stimulus.

For example, a person is not born being afraid of dogs. However, if a person were to be bitten by a dog (the previously neutral stimulus), that person may learn to experience fear whenever he or she is in close contact with a canine in the future.

Fears and anxieties that develop as a result of the learning perspective can be abated through a process called extinction. During this process, the fear-inducing stimulus is presented repeatedly to a person in a non-fearful and safe way so that he or she can eventually unlearn his or her fear reaction.

Don't Let Fear Decelerate Your Development: Learn How to Dissolve It

Whether you subscribe to the biological, cognitive, or learning perspective, when fear and anxiety creep their way into your mind, they act as blocks and create limitations on what you can accomplish.

When you feel afraid, you are far less likely to leave your comfort zone, and as a result, the success that you can achieve becomes stunted. Fear can also take a toll on your ability to think clearly and efficiently. It can also undermine your self-esteem.

When you continue to provide fear with stomping ground in your brain, you are essentially feeding it with energy, enabling it to grow more and more powerful until it eventually seizes complete control of your functioning.

At this point, you become frozen with fear and are rendered incapable of moving forward. Your goal needs to be to eradicate fear from your mind so you can make your decisions based on clarity not fear.

Of course in small doses and under certain circumstances fear can be very beneficial to you. In situations where real danger is present, fear can alert you to it and heighten your senses so that you are more prepared to take the necessary measures.

When a real alarm triggers fear as an emotional response that is a constructive reaction. However, you need to make sure that you don't cross the line and have fear start to consume your life, allowing imaginary alarms to trigger it.

Although, it is important for you to face your fears when they arise because fear is like a magnetic force, pulling additional negative energy towards it. Therefore, when you sweep your fears under the carpet, it's like you are giving way for your subconscious to feed your fears with more and more energy, allowing them to grow bigger and bigger.

As you are working towards the development of your psychic abilities, it is common for you to hold some fears and trepidations about what you are trying to accomplish. This is perfectly normal.

However, rather than ignoring your feelings, you need to delve into the source of your fears and figure out what is causing you to feel the way that you do. You

need to arm yourself with knowledge so you can take back your control.

Sometimes, the source of your fear may actually surprise you. For example, when it comes to psychic development, I have found that for many people, their deepest fear is not that they will fail or that they will be inadequate.

Rather, they are most afraid that they will become powerful beyond measure. And this is precisely the type of fear that is going to create limitations for you. Do not fear the unknown or what you are capable of accomplishing. Do not be afraid to show the world how great you are.

Below, you will find two great tips to help you overcome your fears.

1. Gain accurate perspective.

It is often the case that our fears are based on false assumptions. Therefore, try to put your fears into perspective by asking yourself the following questions:

- What is the worst thing that can happen if my greatest fear were to be realized?
- What is the best possible outcome that can happen if I act in spite of being afraid?

...After answering these questions, discuss your responses with a friend or family member. Getting an outsider's point of view can really help you to gain clarity and understand that the worst case scenario isn't so bad (for example, you're not going to die), and the best case scenario is worth working towards (you become psychic!).

2. Swap your fear for curiosity.

Through the experience of fear comes the creation of a barricade, separating you from other people and the external world. The barricade then causes you to perceive the things that exist beyond it as being threatening or dangerous, and as a result, you don't take action.

However, when you swap fearful feelings for those of curiosity, you are opening doors rather than shutting them, and consequently, you are filled with enthusiasm and excitement about what's to come.

So, the next time you feel fearful about your newly developed psychic abilities,

instead of thinking, “I’m afraid of what will happen,” replace this thought with, “I’m curious to discover where my psychic prowess will take me.”

Conclusion

Well now, over the past eleven chapters we certainly have been through a lot, from exploring the signs of the Zodiac to learning how to create an energy ball that will protect you from harm.

It is my sincere hope that the pages of this book have provided you with tons of useful tips and techniques as well as a deeper sense of self. For most people, psychic development is not something that happens at the drop of a hat. Rather, it is a feat that takes time, patience, and practice to achieve.

Therefore, if you don't see results right away, try not to get discouraged. You need to practice the techniques outlined in this book on a regular basis – everyday if you can – and slowly but surely you'll start to notice that you're awareness has been heightened and that you're more in tune with your intuition and the on-goings of your subconscious.

Just remember to always keep an open mind and never be afraid to show the world just how great you are.

“Everyone is born with psychic abilities. It's just a matter of knowing how to tap into it.”

~Mettrie L.

Bonus!

Take a quick quiz to see which type of psychic you most closely resemble when you click [here](#). Knowing this information can help with your psychic development by allowing you to tap into your innate strengths. To your success!

Review Request Page



Thank you for reading [*Psychic Development for Beginners*](#).

If you liked what you read—and I really hope you did— if you could please write a review of the book and leave your feedback [here](#). I'd really appreciate it.

Thanks again.

Sincerely,

Grace Loveman