

# **Welcome to the Book of Wisdom!**

This book is meant to be a workbook and journal at the same time.

It consists of all the questionnaires in the manuals.

For easier use I put for you each questionnaire on a separate page.

After the questionnaires you'll find empty pages.

Take as many empty pages as you need to answer the questions as freely as possible.

Then insert them after each questionnaire for later viewing.

Let the words flow without thinking if you spelled them right or if the grammar is correct. Just write everything down. Nobody will get to read it except you. Unless you chose otherwise. :o)

Answering these questions will start the mental processes necessary for your psychic development.

Another important part is to journal all your experiences.

Even that smallest ones.

This will also deepen and confirm you abilities.

Enjoy the Journey!

To your success!

Annette Sassou



# PREPARATION, PAGE 25

## Questionnaire: Spatial Priorities & Considerations

The following questionnaire will help you to ensure that your space is ready to be used for meditation. It is really a checklist of sorts.

If you follow all of these items mentioned, your space will be perfect for meditating. Here are the questions that you should ask when setting up your space:

- Is my space free from clutter?
- Do I have enough room to completely relax?
- Have I placed all of the elements in this space? (fire, earth, air and water)
- Have I created a relaxed mood in this space?
- Is this space separated from distractions in the rest of the house?
- Is my meditation space surrounded in relaxed comfort (i.e. pillows)?
- Are your five senses stimulated in your space?

For example: is it appealing to the eyes, aromatically serene, adapted for soft music? Do you have fresh water around you etc.

## **PREPARATION, PAGE 31**

<b>QUESTIONNAIRE: MEDITATION AND STRESS</b>
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- Do you find that you feel drained at certain times during the day such as after or during work?
  
  
  
  
  
  
  
  
  
  
- When is your body at its weakest point spiritually?
  
  
  
  
  
  
  
  
  
  
- Do certain people automatically seem to drain your of your personal energy?
  
  
  
  
  
  
  
  
  
  
- Do you find that certain types of weather affect your inner consciousness? For example, does rain make you feel blue?
  
  
  
  
  
  
  
  
  
  
- Do you often find that after a particular stressful day you can't find restful sleep?



- Psychic time control
- Psychic warning system
- Heal yourself and others
- Finally understand and communicate with your pet
- Time travel
- Healing when you lose a loved one
- Contacting crossed over souls

**Identify and pick the TOP THREE priorities for you to focus on as you set out.**

**You can always come back to your list later.**

# PREPARATION, PAGE 40

## Questionnaire: Staying Grounded

When you are preparing yourself for getting grounded, there are a few things that you need to consider before choosing how. Every person is different and whatever will keep you grounded may not work for another and vice versa. Here is a quick questionnaire that you could fill out in order to properly determine if you tend to leave your body.

1. Is it common for you drift off a lot during waking and non-meditative hours?  
YES  NO
2. Do you often daydream?  
YES  NO
3. When you are daydreaming are you easily startled by distraction?  
YES  NO
4. Do you often find that while sleeping you feel a jolt when you wake up?  
YES  NO
5. Can you force yourself out of a dream state whenever you want?  
YES  NO
6. How do you bring yourself out of dreams when you are frightened?  
YES  NO
7. Do you often find that events, which occur during your dream happen in real life, for example crying or laughing?  
YES  NO
8. Have you ever felt as if you were having an out of body experience during sleep?  
YES  NO
9. Have you ever been able to see what someone else was doing clearly while you were asleep and felt as if you watching it in real time?  
YES  NO

Now you can determine what would be the most effective way to keep you grounded.

10. Which of your senses are **you** most likely to respond to:

touch, taste, smell, sight, or sound?

# PREPARATION, PAGE 44

## Questionnaire: Managing 'Energies'

For you to be able to balance out and clean your psychic 'energies', however you choose to refer to them, you will want to assess the state that they are in right now. Here is what you can do to find out; simply ask yourself some questions, and be honest in your answers:

1. Have you been feeling tired and drained of your energy lately?  
YES       NO       SOMETIMES
2. Have you been having problems sleeping?  
YES       NO       SOMETIMES
3. Have you been irritable or stressed out?  
YES       NO       SOMETIMES
4. Have you experienced some negative forces around you lately?  
YES       NO       SOMETIMES
5. Do you find yourself having petty arguments with others?  
YES       NO       SOMETIMES
6. Do you find that people around you are responding to you in a negative way?  
YES       NO       SOMETIMES
7. Are your eating habits changing (too much eating or not enough)?  
YES       NO       SOMETIMES
8. Are you experiencing digestive problems or stomach problems in general?  
YES       NO       SOMETIMES



How long are you willing to wait to get answers from your higher self?

- A day
- a week
- A few weeks
- A month or two
- As long as it takes?

## PREPARATION, PAGE 61

### GOAL SETTING WORKSHOP

You want to set aside about 1 hour for this GOAL SETTING WORKSHOP.

Please make sure, that you will not be disturbed. While you are writing, you will have a dialogue with your deepest dreams and wishes that you will unravel and that you prepare for fulfillment. Make sure, you have enough paper ready.

When you read the following questions I want you to write down as many things you can think of in every detail as **fast** as you can.

On paper are no limits of time, money or any other limits we usually set for our self. Go ahead, be outrageous! Dare to dream BIG!

So – let's get started:

#### 1. Where would you like to be in 1 month from now?

- how is your **health**? How do walk? How do you look?
  
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where do you live?
  
- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?
  
- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?
  
- and with **love**? Who will you be with? How will you feel with this person?

## 2. Where would you like to be in 6 month from now?

- how is your **health**? How do walk? How do you look?
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where will you live?
- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?
- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?
- and with **love**? Who will you be with? How will you feel with this person?

## 3. Where would you like to be in 1 Year from now?

- how is your **health**? How do walk? How do you look?
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where do you live?
- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?
- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?

- and with **love**? Who will you be with? How will you feel with this person?

#### **4. Where would you like to be in 2 years from now?**

- how is your **health**? How do walk? How do you look?
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where do you live?
- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?
- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?
- and with **love**? Who will you be with? How will you feel with this person?

#### **5. Where would you like to be in 5 years from now?**

- how is your **health**? How do walk? How do you look?
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where do you live?
- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?

- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?
- and with **love**? Who will you be with? How will you feel with this person?

## 6. Where would you like to be in 10 years from now?

- how is your **health**? How do walk? How do you look?
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where do you live?
- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?
- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?
- and with **love**? Who will you be with? How will you feel with this person?

## 7. Where would you like to be in 20 years from now?

- how is your **health**? How do walk? How do you look?
- how are you **financially**? How much will your income be? How much are your **assets**? Where will you live? What car will you drive? Where do you live?

- with your **career**? Where will you work? Who will you work with? Would you own your own business? How will the success look like?
- with your **relationships**? How is your relationship with your family? With your friends? With your children? Will you have children? How many?
- and with **love**? Who will you be with? How will you feel with this person?

**You did it!**  
**Now sit back and read what you just wrote.**

**Then I want you to pick the 8 most important goals of all.**  
**If that is too difficult, start by picking out the most important goal of each category of each timeframe. Then out of these pick your 8 Goals. Write them down on the following pages.**

**You will need them later.**

You might want to make copies of empty goal boxes. I'll explain in the end of the sheet...

**Goal #1**

**Goal #2**

**Goal #3**

**Goal #4**

**Goal #5**

**Goal # 6**

**Goal #7**

**Goal #8**

Keep these 8 goals handy. You can fold them together and keep them with you, wherever you go.

“But what should I do with the other goals?”

I am glad you asked.

As soon as you achieve one of the goals, replace them with one of the goals on your list.

You can just take one of the copies you made and write the list new, so it’s a clean look. Also by writing them again you will imprint them in you subconscious mind.

Now go back to the exercise for the personal beach of time and use the technique to achieve your goals.

# Psychic Communication Page 15

## Questionnaire

### Develop And Strengthen Your Telepathic Powers.

1. Where you able to feel the mental hug?
2. What was your score with the zener card exercise? \_\_\_\_\_%
3. How many conflicts were you able to resolve telepathically?
4. Where you able to do the advanced exercise?
5. How is your stress level at the moment?

Low

Medium

High

6. How many times could you use your telepathic powers with clients or coworkers?
7. Has your relationship with your spouse improved?

# Psychic Communication Page 33

## Questionnaire

### Communicating with Animals

1. What would you like to know from your pet?
2. What would you like to tell your pet?
3. How well is your pet listening to you?
4. Is your pet currently sick?
5. Is your pet behaving strange lately?
6. Would you like to ask your pet a psychic question? What would it be?

# Psychic Communication Page 43

## Questionnaire

1. Which are the sounds you have heard so far?
2. Which images have you seen so far?
3. What did the voices tell you?
4. Who would you like to contact you?