

# The Ultimate Guide to Unleash Your Inner Psychic!

# 7

Powerful & Easy-to-Understand Techniques to  
Achieve Your Goals of Health, Career,  
Relationships, Finance and Love!

## Copyrights

This product contains copyrighted material, trademarks, and other proprietary information. You may not modify, publish, transmit, participate in the transfer or sale of, create derivative works of, or in any way exploit, in whole or in part, any proprietary or other material.

## License

All images, text, contents, products and scripts are licensed and never sold, unless otherwise stated. Reproduction is prohibited. You may not copy, emulate, clone, rent, lease, sell, modify, decompile, disassemble, otherwise reverse engineer, or transfer this licensed program or product, or any subset of this licensed program or product, except as provided for in this agreement or expressly in writing. Any such unauthorized use shall result in immediate and automatic termination of this license and may result in criminal and/or civil prosecution.

Our company reserves all rights not expressly granted here.

## Warranties

All Websites, products and services are provided, as is, without warranty of any kind, either express or implied, including, but not limited to, the implied warranties of merchantability and fitness for a particular purpose. Our company does not warrant, guarantee or make any representations regarding the use, or the result of use, of the websites, products, services or written materials in the terms of correctness, accuracy, reliability, currentness or otherwise. The entire risk as to the results and performance of the websites, products and services are assumed by the purchaser. If the websites, products, services or written materials are defective, you, and not our company, assume the entire cost of all necessary servicing, repair or correction.

This is the only warrant of any kind, either expressed or implied, that is made by our company. No oral or written or advice given by our company shall create a warranty on in any way increase the scope of this warranty, and you may not rely on such information or advice to do so.

## Customer Remedy

Our company's entire liability, and the purchaser's exclusive remedy, shall be a refund of the price paid or replacement of our product, at our option. We limit replacement to thirty days. All remedies are limited to the United States.

Some states do not allow the exclusion or limitation of liability, so the above limitation may not apply to you.

For returns of physical products, please send your product to the senders address and include inside your full name, address, order number reason for return (we always like to improve our products) and form of payment you used.  
For returns of digital products, please send an e-mail to [info@unleashyourinnerpsychic.com](mailto:info@unleashyourinnerpsychic.com)  
and include your full name, address, order number, reason for return and form of payment you used.  
Please allow 30-45 days for processing your return.

## About The Psychic Institute, LLC

The Psychic Institute compiled about a 100 Years worth of experience from over 30 psychics, mediums and healers.

It is now for the benefit of the reader to experience first class information and hands on techniques in developing psychic abilities.

Learning these abilities is a process.

The mission of The Psychic Institute is to provide easy to understand and hands on guidance to make it possible for anyone – even with very little experience to open the door to their Inner Psychic.

That is why The Psychic Institute offers wide variety of products to accompany this process:

**Unleash Your Inner Psychic** (special report)

**Expert Interview Barbara Simmons – Psychic and Healer** (audio and transcript)

**Expert Interview Jan Saks - Medium and Animal Communicator** (audio and transcript)

**The Ultimate Guide to Unleash Your Inner Psychic** (e-book)

**The Ultimate Guide to Unleash Your Inner Psychic** (Manuals and CD's)

**The Ultimate Guide to Unleash Your Inner Psychic – Mastery**  
(e-book – coming soon)

**The Ultimate Guide to Unleash Your Inner Psychic - Mastery**  
(Manuals and CD's- coming soon)

## TABLE OF CONTENTS

Welcome.....	5
Getting Started/Overview.....	8
Where to start.....	9
Finding your psychic purpose and the power of "WHY" .....	14
Reaching your psychic mind.....	15
Developing your own psychic powers, talents and gifts.....	20
Letting go of stress in order to become receptive.....	22
Creating your personal beach of time.....	32
Getting grounded.....	39
Clear and balance your energy system.....	43
Protecting your space.....	50
6 more tips on how to prepare and protect yourself.....	52
Trusting what you see vs. self sabotage.....	55
Getting in touch with your inner voice.....	57
Accomplish your personal goals with your innate psychic powers.....	59
Ethics.....	65

**Disclaimer: If you are diagnosed with any mental or psychological disorder then you are not fit to do any psychic work.**

**Please check with your Psychiatrist first before using this manual.**

# Welcome to a Journey That Will Change And Empower Your Life Forever!

Hello and welcome to the first session of The Ultimate Guide to Unleash Your Inner Psychic.

My name is Annette Sassou with the Psychic Institute and this course will help you to achieve your personal goals with an easy to follow, step-by-step system.

In this session you'll learn everything you need to **prepare** for your psychic development.

Today is the day, that could change the rest of your life!

That's right - this book will open the door to the endless possibilities of your innate psychic powers.

Maybe you are not sure yet if you actually have these powers.

Maybe you are a little skeptical if these abilities really work.

One thing is for sure - if you open your mind to the secrets, many of the most powerful people in the world are using to succeed in life, you too will see the results.

Who of these powerful people are using psychic abilities?

Almost all of them, without even knowing it!

Take Donald Trump for example.

Most of his decisions are based on a gut feeling.

Of course he will first get all the information he needs, but the final word comes from his inner voice.

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

This inner voice or intuition is one of the abilities you will learn to cultivate, which will allow you to have success in all areas of your life.

Now, let me ask you a question:

Have you contacted psychics in the past to find the answers to your questions?

From now on you don't need to pay anyone to tell you how your life will turn out!

Why am I so convinced that you can stop depending on other people or psychics and rely on your own capabilities?

Because I was in that situation myself!

For a long time I consulted with different psychics. Some of them were good, some of them, well - you know what I mean.... They were fake.

But for every decision I was depending on them.

Sometimes they told me things that had nothing to do with what **I** wanted from **my** life.

Let's say in regard to my career.

One psychic told me I would only be successful as a realtor.

But I hated this kind of work. It wasn't for me at all.

So should I work in a job that I dreaded because a psychic told me to?

I became more and more frustrated (Not to mention all the money I spent...)

And so I said to myself "There must be a better way!"

I didn't want to leave my destiny in the hands of someone else anymore.

So I started to research, to learn and to speak with real psychics.

With time, not only was I able to turn my own life around, I was also able to help my friends.

I found out that the wisdom of the psychic world was used for centuries in Europe and later here in the US.

And in today's day, TV shows like "the psychic detective", "Medium" and "John Edwards Cross Country" have finally acknowledged the fact, that using this gift (which everyone posses) can help and empower people in every day life.

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

So what can you actually do with your gift?

Some people are just using it as a hobby. Which is fun...

But what if you could actually take control over your life and achieve your goals with it?

Many years went into this study. I interviewed many experts and tried the techniques myself.

The result is this manual and a life, exactly as I planned it a few years ago.

By using these techniques I am now married to the love of my life, living in the house I always wanted, having a business I love and the financial freedom I always dreamed of.

In addition to all of this I am on a spiritual journey that is one of the most exiting things I've ever done.

Are you ready to get started?

Great!

As you venture out on your psychic journey, do so with love, light and peace.  
You will be empowered and you will find good favor.

## Getting Started

There are 12 stages of preparation that are necessary to tap into your psychic powers.

Each stage has a specific purpose. Understanding these stages first, makes it easier to use for specific techniques later.

So – no cheating.... ;-)

1. Where to start
2. Finding your psychic purpose and the power of "WHY"
3. Reaching your psychic mind
4. Developing your own psychic powers, talents and gifts
5. Letting go of stress in order to become receptive
6. Creating your personal beach of time
7. Getting grounded
8. Clear and balance your energy system
9. Protecting your space
- 10.6 more tips on how to prepare and protect yourself
11. Trusting what you see vs. self sabotage
12. Getting in touch with your inner voice
13. Accomplish your personal goals with your innate psychic powers
14. Ethics

This leaves us with the exciting prospect of starting your inner psychic journey. Chances are you have always felt as if you've had the power to envision and see things even before they happen.

Someone might also have told you that you have a gift, a kind of fore-sight or sense of what is to come....

- *Have you had dreams that later occurred in real life?*
- *Have you ever felt déjà vu? (You feel as if you experienced the exact situation before, where everybody says and does exactly the same things. Even the sounds around you are the same)*
- *Maybe you 'sense' and deeply know that you have been at a certain location, place or time in your life before and have no means of explaining it?*
- *Have you ever decided not to do something because your gut told you that something was amiss there, only to discover that something bad happened?*

If you answered yes or silently nodded agreement to any of these questions, then you likely have psychic abilities already! (You just haven't learned to realize, harness and utilize them yet).

**This guide is going to teach you how to unleash your own psychic ability to reach and accomplish your goals throughout your life.**

You can enrich your life, inspire and influence those around you,  
when you develop your psychic powers.

## 1. Where to Start?

So, you may be wondering, where is the best place to start.

That's easy.

Meditation. (some call it 'quiet reflection')

Meditation is what actually helps the conscious mind to connect with the psychic mind, which we all have inside ourselves.

It is through practice and dedication, where you can learn to bridge your physical and psychic self.

It is what opens the doors to a new spiritual knowledge that has always existed within you, but that you may not have been able to tap into.

That is until now.

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

There are many different forms of meditation that you can choose from and this manual focuses on **Guided Meditations**.

With **Guided Meditations** you listen to a voice guiding you through mental "Journeys" by using visualizations.

The more positive your attitude is; the easier it is to make a connection to the positive forces around you.

Another important step is to is to **relax and to let go of your fear of the unknown.**

In order to learn how to get yourself in the right frame of mind, create a little space for yourself, dedicated for your reflections and meditations.

It needs to be quiet and private.

As you get ready to make the time and space for yourself to explore and unleash your 'Inner Psychic', you need to be able to build positive environments and fear-free zones for you to work and practice in.

Before undertaking any form of psychic activity you will learn to **protect** yourself against people or forces that might be out to harm you.

Don't worry, this is not where it get's scary... :o)

As you open yourself up to new energies, sometimes some uninvited guests think they can tease you a little.

So let's just put a big "off limits for negative forces!" sign in front of our mind.

It is really easy to do.

Here is how:

Envision a bright light beam from above flowing down your body as a barrier, keeping you safe from intrusion, that lets only positive energies in.

Do this every time before you meditate.

The next step is to let go of fear.

Although fear is sometimes necessary in life, you can set up a timeframe to turn your fear off.

Here is how:

Once protected, say to yourself:

"I will let go of my fear for ....."(insert a time frame like 15 minutes for example).

That's it.

Very simple, yet effective.

Also, many psychics will tell you that they got their start by learning how to open up their aura enough to allow psychic messages to get through.

Your aura is basically your energy field. It surrounds you.

It is often characterized as an embodiment and manifestation of cascading colors, representing your soul's vibrations or energy fields.

All of us have an aura.

Through practice and exercise you might be able to use your aura to work on your psychic level.

You might ask "how do I open up my aura"?

This can be accomplished by simply letting out all negative energy and focusing on the positive energy instead.

\*\*\*\*\*

*Here is a way to do this:*

*Try and focus on letting your mind go*

*no fear.. no thoughts....*

*Think about absolutely nothing.....Just focus on your breathing....*

*Clear your mind of clutter and breathe in and out.*

*With every breath in, envision positive energy and thoughts entering your aura and mind....*

*.... and with every exhale let go of any negative thoughts and energies.*

*Do this a couple of times.*

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

*If you are a novice or beginner, set a time aside.*

*Try 10, 15 or even 20 minutes, until you are used to this process of relaxing, preparing and setting the stage for going deeper, letting go of the stress, the worries...*

\*\*\*\*\*

You also want to start to monitor your progress during meditation, by writing down what you experience.

A good way to follow your meditative progress is to open your **“BOOK OF WISDOM –Workbook and Journal”** that you received with this Manual and keep track of your experiences, and how your psychic development progresses.

The first thing, you could record in your book is:

- What would you like to accomplish, by developing your psychic powers?

## 2. Finding Your Psychic Purpose and The Power of WHY

### STOP!

If you have not completed the meditation exercises and answered the one question on page 8 about what you'd like to accomplish, please go back and do so before you go on!

I guarantee that doing so, will ensure a safe and fun trip to your psychic destination.

If you have completed everything, great - let's continue!

While you develop your psychic abilities and write them down, you will soon find out what your strengths are and if you'd like to build on them.

Now you can go back to your "Book of Wisdom" and re-read your reasons for wanting to be psychic. (What are your motivations?)

Take a good look at what you wrote, and try to view it objectively from a third person's point of view.

Did you say something like: *"I want to be able to find the love of my life."*? Is there anything that stood out or surprised you? What did you learn about yourself and your journey through the words that you wrote?

This is your psychic purpose.

And knowing why you want to become psychic will help when you begin reaching your psychic mind

### 3. Reaching your psychic mind

Now we're getting to one the most important parts of your psychic development:

#### **Reaching your psychic mind**

You will get introduced to different ways of working towards your personal goals.

I call these different ways "psychic platforms".

In order to get to these psychic platforms you need to learn how to open the door to your psychic mind.

So, picture your psychic mind for a moment like a house.

When you enter this house you will step into the hallway, which represents your basic meditation and relaxation techniques.

When you look around, you see different doors.

Each of these doors leads to a different workplace.

One of them will lead to your **basic psychic level**.

This basic psychic level can also lead to other psychic platforms.

With the following exercise you will learn how to easily open the door to your psychic level anytime and anywhere. You can do this either with your eyes open or closed.

I think it's a perfect way to reach it without anyone noticing it.

Are you ready?

Let's get started!

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

Please make sure, that you can't get interrupted.

If you don't want to jump right away into it, you can read through this exercise first and then come back and do it.

*Close your eyes*

*Take a deep breath....*

*Exhale slowly.....*

*Picture a warm red ball of light above your head.*

*Now see and feel how this warm red light is moving from the top of your head through your body to your toes.*

*While you see and feel the red light moving through your body, count down from 3 to 1.*

*Repeat this 3 times.*

*Open your eyes.*

How do you feel?

Relaxed?

Warm?

Good job!

This is the basis for the next exercise:

*Close your eyes.*

*Take a deep breath....*

*Exhale slowly.....*

*Count yourself down from 10 to 1..*

*With every count tell yourself: "I am getting deeper and deeper to my psychic level"*

*When you arrive at 1 say to yourself:*

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

*" I am now at my deepest psychic level. I can reach this stage with my eyes open or closed whenever I want, simply by counting down from 3 to 1. Thank you"*

Repeat this exercise as often as you can for a few days.

Then try to count down from 3 to 1 first with your eyes closed and then with your eyes open.

I usually visualize that I am standing in a round and golden room with candles and torches everywhere and I can actually hear the big flames of the torches.

From this level you can work with all techniques mentioned in this manual and even heal people.

For Example:

My friend Jason was about to go on a cruise and the night before he complained about a terrible stomach ache. He had seen a doctor already with no diagnosis.

I was seriously worried, that he could get stuck on the cruise with a serious health problem.

His face was pale and he threw up the next morning.

I advised him not to go.

"I'll be fine..." he reassured me.

Later that night I went to my basic psychic level and there he was in front of me.

He had a lump on his belly that seemed to be filled with some sort of liquid.

So in my mind, I cut the lump open and drained the liquid. Then I sealed it with my "heal all" paste. This paste is a healing wish for this person.

I then gave him a "cure all" to drink and put him in bed to rest.

After that I imagined a bright white light coming down from the universe and shining on his body, bringing all the healing energies to him.

That's it.

After one week Jason returned from his cruise.

"So, how do you feel?" I asked curiously.

"You know Annette." he told me "it was so weird. That evening I felt all of a sudden terribly tired. So I went to bed. The next morning I woke up with no pain at all. I felt refreshed and healthy."

"I am glad to hear that," I answered with a smile.

Now, I could have told him, that I had healed him, right?

Wrong!

I didn't heal him.

I was just the tool for the healing powers of "the kind and loving source", which many call God. (You might want to call it something else if you feel more comfortable with that).

It is very dangerous to brag about your gift. Because it isn't really you that does the healing.

The moment you take credit for it, your gift will fade away.

If you'd want to mention to the healed person that you helped, you could say for example: " I prayed for you". (That works for me at least...)

Also, you might have noticed that the process was kept very simple.

The spirit world communicates usually in a very plain and simple way.

As you could see, they showed it to me as a lump. That is pretty easy to understand.

So I communicate simply back, that I want this lump drained and healed.

It seems sometimes a little mechanical but it works.

Another way to use your basic psychic level is to get answers to your questions.

Many times the answer appears as a symbol. And sometimes, you might hear the answer.

Even when you hear the answer, it is usually kept very simple and leaves room for interpretation.

It is then your job to interpret the symbol.

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

Within time you'll get a feel for what different signs mean.

Your mind is a powerful and surprising place to explore.

But where does all the information come from?

The information you will receive is usually brought to you directly or indirectly by spirits. They are your messengers, if you will.

Spirits might appear in your basic psychic level and show you a little movie or a picture.

Just give them permission to share their wisdom with you.

So now you have entered the first workplace.

Keep practicing.

It gets easier with time.

Trust me!

## 4. Developing Your Own Psychic Powers, Talents and Gifts

When it comes to finding out what your special talents are as a psychic, there are many different techniques to choose from.

For Example:

If you are a **visual** person, there are 4 techniques you might be open to:

- **Palmistry:** Which is using the lines in your hand to foretell your future and warn you of any bumps along the road of life
- **Numerology:** harnessing the power of your name, and birth date to give you psychic insight through numbers
- **Tarot Cards:** Using spiritual cards that will give you insight and guidance in your daily life
- **Astrology:** Using the constellation of stars to predict the future and the compatibility of different zodiac signs

If you are more of a **spiritual** person, there are 3 techniques you might be open to:

- **Dream interpretation:** using your dreams to receive and send psychic messages
- **Divination:** using nature's gifts in order to receive psychic messages
- **Clairvoyance:** using the help of spirit guides and angels as a means of receiving your messages

If you are a person that likes to **heal** others, there is one technique you might be open to:

- **Energy work:** Recognizing different energies and possibly changing those energies to help others and yourself

The psychic institute offers books on all of these techniques.

Also, trying them all will help you learn which talents are particularly yours, so that you can focus on them, until you have them mastered. (In this life, we need all the help we can get.)

As you grow and practice with them, tools like the **visual** techniques will be needed less and less. Until you will not need them at all.

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

Developing and mastering these psychic abilities will come over time and the ones that particularly provoke, spark and capture your interest, you can expand on in more detail at a later stage after you get more comfortable with the basics.

**At this point you might want to listen to the “Meditation to Find Your Unique Gift and Talent” included in your package.**

.....

Did you do it?

I hope you enjoyed it!

<b>REMEMBER TO MASTER THE BASIC PREPARATION FIRST BEFORE MOVING ON TO ANY OF THE OTHER TECHNIQUES.</b>
--------------------------------------------------------------------------------------------------------

## 5. Letting GO Of STRESS

### In Order to Become Receptive

Being able to let go of your stress, is a fundamental role in being able to open up to your psychic abilities.

The best way to reduce stress is:

- Get enough sleep
- Eat right
- Exercise regularly
- And meditate

Obviously I can't help you with the first three recommendations...

But meditation is an excellent way to open up to your inner psychic, so that you can enrich your daily life and accomplish your goals.

Here are two steps on how to start using meditation to reduce your stress levels:

**Step #1: Create a Meditation Niche or Corner**

**Step # 2: Start with your basic meditation**

#### **Step #1: Create a Meditation Niche or Corner**

Find your very own space that is quiet and safe from any intrusions or distractions.

Your space should be comfortable to relax in and specifically dedicated for these purposes.

When meditating you will want to unplug all telephones or turn their ringers off, turn off televisions too, because the added noise will certainly be a distraction to you.

Ensure that you choose a time in the day or night when your responsibilities can be put on hold as well. You can't meditate properly if you have to cook dinner in 15 minutes.

Once you have created a space free from distractions, you can begin your basic meditation. (More on that on page 27)

Your space is your place to connect to your divine self.

## Creating your space

Your meditation space is pivotal to your success in getting in tune with your inner psychic and inherent powers, talents and gifts.

This is your sanctuary, so it stands to reason that you need to keep it safe from intruders and clutter.

Opt for a private area that is not easily accessed by others such as a living room. Instead you could use your bedroom, a den or if you have a limited space a walk in closet in your home because these are more private domains.

This could become your place of comfort, relaxation and peace.

Try to include all 4 elements of **Fire, Air, Water and Earth**.

For Example you could use:

1. white candles for **Fire**
2. incense and a open window for fresh **Air**
3. a table fountain for **Water**
4. and a decorative bowl of sand for **Earth**.

Remember that this space is all about YOU, your process and your comfort.

Make sure you select things you like.

Invest and indulge in yourself!

I always look forward to sit in my "Divine Place":

There is a little angel figurine from a friend of mine, a white candle with ornaments, some crystals placed all around my setting and amber incense for purification and cleansing.

Just entering my space relaxes me....And from time to time I rearrange things and add things to it....

Feng Shui offers great ideas on arranging everything for best energy flow. (See our membership site for more information. You can find it at [www.unleashyourinnerpsychic.com](http://www.unleashyourinnerpsychic.com))

You also want to protect your space from negative energies.

Only positive energies should reside in your space.

Here is how:

- 1. Set up meditative perimeters, and adhere to them**
- 2. Perform a ritualistic cleansing of the area, in order to remove all negative energies from it.**

### **1. Setting up your meditative perimeters and adhering to them**

You might want to set up your perimeters by physically or visually drawing a circle around the space where you meditate. Try not to enter this space unless you are to meditate there.

This is your domicile for relaxation, meditative and other related activity and should be treated as such.

Just be sure to keep your necessities in this circle, so that they are there when you need them. (Like a glass of water for example)

### **2. Perform a ritualistic cleansing of the area, in order to remove impurities and negativity from it.**

You can cleanse this space by lighting white or yellow candles with the thought of letting all positive energies in.

Every time you light the candles, do so with a purpose in mind.

You could also say or think while you light them "please let all the wisdom I need today come to me." Or whatever it is, that's on your mind.

You also can use dried sage in a bundle or amber incense, light it, blow out the flame and lead the smoke through your meditation area to cleanse it. (However, please be careful not to overwhelm your room with it.)

Then say: "I hereby release all negative energies, may only positive energies reside here!"

Now your space has been cleansed.

But there are still other things to think about when creating a psychic area.

Try this questionnaire from the BOOK OF WISDOM:

**Questionnaire # 2 : 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.

## More Tips for Your Divine Space

You will want to create your space while you are in the best of moods and you want to be at peace when you create your space so that you don't add any negative energy to it.

Here are some more ideas for your space:

- Find a place in your home that is quiet and hopefully a place, in which you will enjoy reading or sitting. Your meditation space should be a place where you can start or end your day in a peaceful manner, and one that represents you and your beliefs.
- Put together things in your meditation place that are meaningful to you in some way for example things that give you peace, and make you thoughtful and reflective. Surround yourself with things that remind you of people that are particularly important to you, or of places you've been that have taught you something new.
- Choose a centerpiece or focal point in the room that reflects who you are.
- If you want to use candles in your meditation space, you should light them with purpose in your mind. For instance if you want to improve your health and wellness, then light the candle with that thought in mind. White candles and light blue candles are best for this.
- Visit your room or space at least once a day so that you can sit down for 5 minutes or so and light a candle.

The meditation space idea has been around for millennia and is common to all cultures. It's common to have a small sacred space that is built around the simplest of things. These places benefit how we feel, our state of mind, and our sense of identity and relaxation.

When you find that your daily life brings you to a state where it is difficult for you be receptive to the messages that you receive, it is time to let your meditation exercises cleanse your inner being.

On the next pages you will find a meditative exercise, that can take away your inner stresses, so that your psychic messages can reach you:

Here is now **Step #2** in Letting Go of Stress:

## Getting Started With Basic Meditation

In order to practice meditating properly, you will need to go to your special space.

Be sure that you have plenty of time and no distractions around you. The exercise below should help you to become a master at meditation. (Just remember that practice makes perfect!)

*Go to your Divine Space and make sure, you won't be disturbed for 20 to 30 minutes. You are not under any time limit, but you should try and aim for a minimum of 30 minutes.*

**Choose some music that you find relaxing. There are some suggestions on our Membership site that you might find extremely useful as well. Be sure to check back regularly to make your own personal collection!**

*Sit comfortably, on the floor or in a chair.*

*Find a comfortable position and remember to keep your back straight. Your arms should be placed comfortably in your lap, (or at your sides if you are lying down). Whatever is the most comfortable for you will be just fine. Bear in mind as you get ready, that you are going to be in this one position for at least 30 minutes.*

*You will want to begin your meditation with a deep cleansing breath.*

*The next thing to do is up to you, you can either find a focal point in the room, or you can close your eyes.*

*I would recommend that you start with your eyes closed until you have mastered the meditation fundamentals.*

*Close your eyes as you exhale.*

*You will want to focus on the rhythm and sound of your breathing.*

*Naturally, slowly, take in 5 long, deep breaths through your nose filling your lungs to their fullest capacity.*

*Then just as slowly, exhale through your mouth, allowing the air out from your lungs as much as is comfortable for you.*

*Here comes the Visualization:*

*As you are exhaling, imagine the events of the day or week being carried out through your mouth on a gray smoky cloud.*

*Put these burdens beside you and begin to relax your entire body and mind. Let go of the stress, your thoughts, your worries...*

*Go back to your normal breathing and relax each portion of your body in unison.*

*You should begin to feel the tension in your muscles begin to subside.*

*You will also want to visualize with each inhale, a Divine white light coming from the universe and entering the top of your head.*

*With each breath you take in, this light should grow stronger, more vibrant to get larger while it is pushing any stress out of your body.*

*Within a minute or so, the light should grow so large that it covers the entire torso of your body.*

*Now you can start to push the lower half of this light down toward your toes slowly.*

*Now the lower half of your body is fully surrounded inside and out by this white light.*

*Use the same technique to push the light from the small of your back upwards to your neck and head, pushing the stress out the top of your head back into the universe.*

*This step takes a little bit of practice, so don't worry if you can't do this for a long time, but at least give it a try.*

*This will get easier with practice.*

*Keep your eyes closed and look up towards your forehead.*

*Try to keep your eyes focused on this point.*

*The muscles around your eyes may get sore as you stretch them this way, so don't over do this at first.*

*As you practice this step, it will become easier and easier to do.*

*This step is considered as a symbolic gesture to bridge the physical eyes with that of your third 'eye'.*

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

*Now clear your mind of the problems that are held within it.*

*Don't think about the work you have to do tomorrow, don't make your to-do list, just think about being at peace.*

*You are training your mind to shut down for several minutes and to do nothing.*

*Just focus on your breathing*

*You can repeat a word over and over with your out breath.*

*For example a syllable like "ohm" or a word like "peace".*

*This step is the key to effective mediation. As a newcomer it may be harder to do at first.*

*Keep it slow and relaxed and all will be fine...*

## Breathing

Learning how to breathe is fundamental to reducing your stress level so you can open up your aura and unleash your inner psychic.

It is through the natural flow, rhythm and sound that you will find a relaxed state.

You can train your mind through the rhythmic vibrations of each breath to let each positive thought in and get each negative thought out.

It is also important that you take deep and un-timed breaths.

In addition, listen to and focus on the sound of your breathing. This is where you will find your most relaxed state.

It also helps if you can focus on a peaceful place during your meditation. This can be a meadow, a babbling brook on the beach or in front of a fire place, whichever you prefer. Envision a place which appeals and works for you, which is welcoming, inviting, a favorite place...

If you practice doing this at least once a day for 15-30 minutes, you will be able to master it in no time.

Just remember: let it unfold naturally – do not get frustrated or try to force yourself to a relaxed state. It will be counter-productive and not get you the results you desire.

If you do get frustrated because it doesn't happen right away, know that this is ok, too. It happens a lot in the early stages. We are not accustomed to 'tuning in' or relaxing this way.

It will take practice and your relaxation will get deeper every time you practice.

NOTE: The following questionnaire, (available in the "**BOOK OF WISDOM**" workbook/journal), will help you to assess when are the times of stress for you.

Once you are aware of it, you can counter it with your meditation exercise.

Please refer to your BOOK OF WISDOM for the following questionnaire.

**QUESTIONNAIRE # 1: MEDITATION AND STRESS**

- 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?

## 6. Creating Your Own Personal Beach of Time

In this chapter you will be introduced to a different level for your psychic experience.

It is called "Your Personal Beach of Time".

That sounds already relaxing, right?

It is a deeper level than the basic psychic level.

When I work psychically, I usually pass through my basic psychic level (My round, golden room with candles everywhere....)

Sometimes I stop there for a little and see, if there is anything my spirits want me to know at the moment, before I move on to the personal beach of time.

"But why a beach?" you might wonder.

Well, to begin with, the image of a beach and the sound of the waves are automatically relaxing.

And as you know, relaxation is crucial for our psychic work.

Here are some of the things you can do there:

1. Communicate with your spirit guides, guardian angels and those who have passed on to the other side
2. Achieve your goals
3. Get rid of unpleasant events
4. Solve conflicts

Your personal beach of time is a direct gateway to the spirit world.

You will be able to communicate with those who have passed on and tell them anything that you feel like or get answers to your questions.

You can even confront those that have hurt you. This is the aspect of your psychic development that can help you heal your soul and get the guidance from your spiritual guides and angels.

Also you will be able to "plant" your goals into your subconscious mind.

The universe will support you in achieving them.

Of course, you'll need to take some action as well. :o)

Before you dive right into learning how to create and use your personal beach of time I would like to give you a couple of helpful tips.

**Tip #1      Using the “outside view”**

When you use your personal beach of time to go to the past, present and future it is important to look at it occasionally through an ‘outside’ point of view.

That means: look at your experiences with a little bit of distance, as if you are an observer.

This will help you understand the messages you will receive and then you can work with them.

**Tip #2      Open-mindedness and Receptive**

You will also want to become open to the guidance that you receive. You can actually learn to speak and receive guidance from spirit guides and guardian angels, through your personal beach.

### Questionnaire # 3

There are some important questions that you have to ask yourself when you seek to enhance your life with your personal beach of time.

Please refer to THE BOOK OF WISDOM for the following Questionnaire:

#### Questionnaire # 3 SEEKING TO ENHANCE YOUR LIFE

Listed below you will find the types of things that you can do when you have created your own personal beach of time. It is early in your process yet, but taking a close look at your motivations, goals and reasons for doing this, will be helpful and serve as a constant reminder as you set out to unleash your inner psychic.

Here are some ideas. Write down a couple of examples for each. Maybe you have other areas you'd like to work at....

- Achieve your goals
- Find the love of your life
- Hire the right employees or get hired for the job of your dreams
- Gain a different perspective of your work
- Become financially free
- 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.**

## Gain Access to Your Personal Beach of Time

### Exercise

*Go to your meditation space and clear your mind as you have done already a couple of times on this journey. It will be getting a little easier now.*

*The more you practice the better you will get at it. (We know that you have been practicing!). It will reap you great reward!*

- 1. Go to your deepest psychic level.*
- 2. Once your mind is clear, see yourself on top of a spiral staircase with 5 steps.*

*Tell yourself "when I reach the last step I will stand on my beach of time!"*

*See yourself stepping down the steps. 5,4,3,2,1.*

*You are standing now at a beach. The sky is dark with a few stars. \*

*From here you can for example:*

- Call your spirit guide, guarding angel or passed on loved ones
- Achieve your goals (remember we will have a goal setting workshop later)
- Get rid of unpleasant events
- Solve conflicts

## Calling your spiritual guide or guardian angel

While standing or sitting on your beach of time say "I am here."

Then wish deeply for your spiritual guide or guardian angel to sit or stand next to you. Now you can talk to them. Take your time and have patience with their response.

**Tip:** When you ask them a question, don't concentrate on their answer. Instead, listen to the waves of the ocean. The answer will come to you.

## Contact a loved one that has passed

If you seek to talk to a loved one that has passed on, you will want to visualize that person and request that your spirit guide or guardian angel bring them to you.

Once you can see them, say the things that you feel are left unsaid or ask the question that you need answers to.

Here is the part where you will have to be patient and receptive to the answers that you receive. You must be willing to accept what you get and not try to hear what you want.

## Achieve your goals

Later in this manual, at the goal setting workshop you will have a chance to define your goals. In the end of section 1 you will get step-by-step instructions on how to achieve all your goals of health, career, relationships, finance and love.

## Getting rid of unpleasant events

See a wire or line hanging in the air in front of you with no end and no beginning.

An empty picture frame is moving from the left in front of you.

Picture the unpleasant event in this frame.

Now the frame is moving to the right and keeps moving until you can't see the frame anymore.

You can also repeat this several times until you feel no emotion anymore when you see the unpleasant event.

**Tip:** Don't repeat it too much. Otherwise your subconscious mind focuses too much on the negative event. I notice usually after 3 times that it has resolved.

Now see the picture frame with the positive outcome of the event moving from the left in front of you.

Take the frame off the wire and put it next to you in the sand.

## Solving Conflicts

When you are arguing or fighting with someone, try to take a deep breath and go mentally to your personal beach of time.

Now picture the person you are fighting with and see yourself explaining your point in a calm manner.

See the outcome of the conversation you would like to have.

Now see how the person reacts to you.

**Tip:** Try to say as little as possible after doing this technique. It's better to try and to find an excuse to leave the scene for a moment. Going to the bathroom works best for me. This way the other person has a chance to receive your message.

You can apply this technique at work or in your private life.

Always remember to journal your experiences to deepen your abilities!

## 7. Getting grounded

When it comes to your meditation and putting it into practice, a very important aspect of it is to be able to keep yourself grounded during the process.

The following grounding techniques may be used anytime you find yourself moving out of your body or getting non-centered during your mediation practice for any reason.

It is very common for some to get carried away when they are meditating.

Mediation is a very powerful and liberating process and you need to learn how to do it safely.

When you cannot stay grounded, it is not uncommon for some to even experience astral travel during the process.

In basic terms, astral travel is the experience of your spirit leaving your body, or also referred to as an "out-of-body experience".

When you purposely meditate to experience astral travel, you can use the grounding techniques to have a safe return into your body.

**In the beginning of your learning experience, leaving your body is too early.**

**First you need to build a good foundation by mastering the basics.**

**That's why it is important to stay grounded in the beginning.**

**Later on you can intentionally leave your body. By then you will learn how to come back.**

**Do not be afraid of this process because it is normal.** Once you get used to meditating, it will also be a wonderful one.

There are two tips that I can give you for getting grounded, and they are:

**Tip #1      Stay in “Touch”**

The old fingers cliché is really true.

Remember the picture that we have all seen of the person sitting with crossed legs on the floor; arms at each leg; with each middle finger pressed against the thumb?

This is a great way to stay grounded, as it helps you to remain in tune with reality.

Applying a little bit of pressure when pressing them together can bring you back to the ground when you reach your heights of meditation.

**Tips #2      Having a “ball”, while meditating**

Placing stress balls in your hands to squeeze can also bring you back to reality and help you get out of your meditation.

Even during astral travel, the feeling of squeezing a stress ball can help call your spirit back your body, because it uses your sense of touch to tell your spirit that your body has been left behind.

You can best choose your method of staying grounded by knowing which of your senses is likely to stimulate you.

In answering the following questions honestly to yourself, you can learn how important it is to stay grounded in mediation.

Please refer to THE BOOK OF WISDOM for the questionnaire on the following page:

**Questionnaire # 4: 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?
2. Do you often daydream?
3. When you are daydreaming are you easily startled by distraction?
4. Do you often find that while sleeping you feel a jolt when you wake up?
5. Can you force yourself out of a dream state whenever you want?
6. How do you bring yourself out of dreams when you are frightened?
7. Do you often find that events, which occur during your dream happen in real life, for example crying or laughing?
8. Have you ever felt as if you were having an out of body experience during sleep?
9. Have you ever been able to see what someone else was doing clearly while you were asleep and felt as if you were watching it in real time?

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?

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

If you are brought back to reality by the **sense of smell**, burning a strong incense while you are meditating will help you stay grounded.

If it is **sight** that keeps you grounded then it is best to have a focal point in the room that is very vivid and bright to stay focused on.

How you sleep and dream is a great way to find out what your grounding point will be:

If you find that **sounds** in the room help you to wake from a bad dream, you will likely want to use sound as your method of staying grounded during mediation.

It helps to stay grounded during mediation because in doing so, you can rest assured that you are safe in your personal space. This will help you, should you experience something uncomfortable during this state.

You do not want to choose a grounding method that will scare you into reality, as this will cause a problem for you and may make you never want to experience it again.

You will want to find something that slowly eases you out of your meditation so that the experience is a positive one.

Grounding processes are more important than ever. With this one, you will want to play with it and notice when and where it helps you to re-orient and re-center yourself.

The nice thing about it is that you can do it anywhere and at any time and no one needs to know what you're doing.

It is great if you are prone to daydreaming, (which is a sign that you will likely be able to experience the feelings and sensations of astral travel) to use one or two things that will keep you in the here and now.

**It is important to practice these kinds of grounding approaches BEFORE you need them, so they are then much more likely to be available to you, when you really do need them to help you re-center yourself.**

## 8. Clear and balance your energy system

If you want to be sure that your psychic experiences are pleasant as well as your meditation, you will want to clean and balance your energy system, which is also called your 'chakras'.

Chakras can be pictured as energy wheels, which are placed along your body. (See image on Page 45)

Balanced chakras are necessary for all aspects of psychic exploration and development.

If the chakras or your aura are not cleansed and balanced, you might attract negativity in your psychic experience.

Your chakras are that part of your spirit that is yours alone. It is your personal energy field. Everything that you do and feel inside of you is a part of your chakras.

Because of this, whatever you feel and say aloud and do is sent out into the universe. Karma is what brings it all back to you.

When you are looking to unleash your psychic powers, you want to be surrounded by nothing but positive energy.

There are three tips that you can use in order to cleanse and balance your chakras which are:

### **Tip #1      Keeping Things Positive**

Keep a positive attitude and try not to let negative events enter your mind and stay there.

When you hold negative thoughts and ideas in, your chakras become a negative force in itself.

This will cause you to send and receive negative energy into your life.

**Tip #2      Turning the Wheels**

Picture your chakras like wheels which can get stuck when your chakras are not balanced.

Here is how to get them turning again:

Next time before your meditate, move your index or middle finger in a circular motion counterclockwise on each chakra according to the chart on page 46.

Start from the bottom and move your way up to the top.

That's was easy, right?

**Tip #3 Physical Exercise**

You might wonder, why I mention exercising all the time.

Here is why:

Regular exercise keeps your chakra wheels turning.

That's why we feel so great after a good run for example.

It keeps our bodies strong and healthy.

**Please try not to perform any psychic work when you don't feel well.**

**When your mind and body is weak, your psychic guard is down and negative energies might get the wrong ideas.....**

Please refer to THE BOOK OF WISDOM for the following questionnaire:

**Questionnaire # 5 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?
2. Have you been having problems sleeping?
3. Have you been irritable or stressed out?
4. Have you experienced some negative forces around you lately?
5. Do you find yourself having petty arguments with others?
6. Do you find that people around you are responding to you in a negative way?
7. Are your eating habits changing (too much eating or not enough)?
8. Are you experiencing digestive problems or stomach problems in general?

If you answered yes to any of these questions, chances are you are in need of clean and balanced chakras.

This means that you are sending out negative energies into the world and they will rebound on you like a boomerang.

Not to mention they will also impede your ability to unleash your inner psychic. On the following pages is a meditative exercise that you can do to cleanse and balance your chakras.

## How to Clear the Chakras or “Energies”

*Before you begin, you need first be able to locate each of the following points on your body:*

*RED - Base Chakra (Sexual Center): The groin*

*ORANGE - Navel Chakra (Creative Center): The navel*

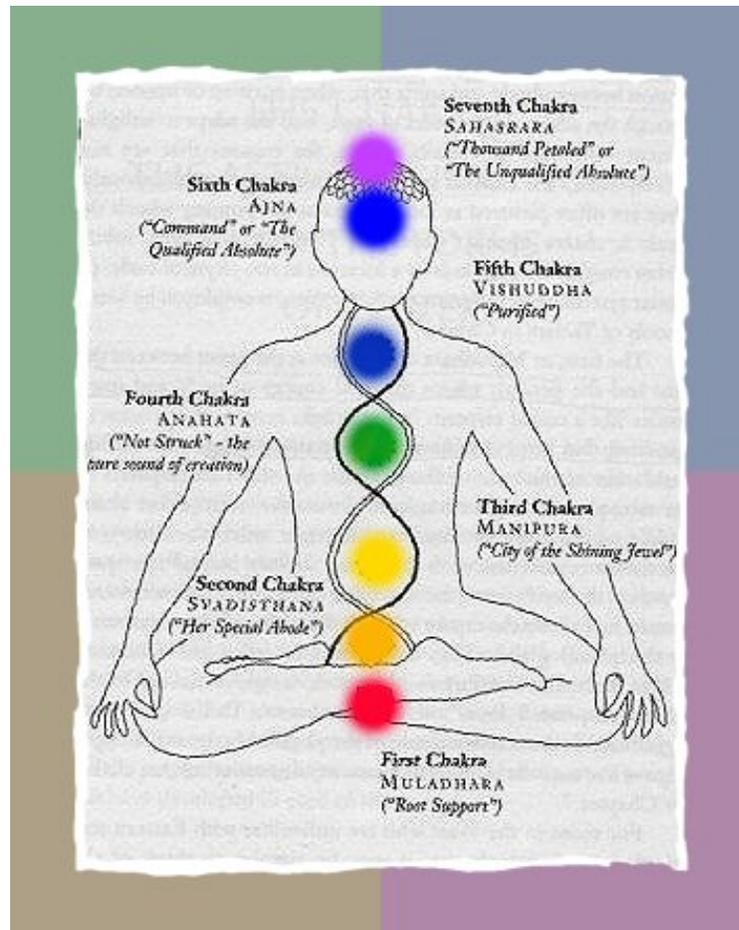
*YELLOW - Personality Chakra (Solar Plexus): Solar Plexus, just below the rib cage*

*GREEN - Heart Chakra (Emotional Center): The middle of the chest*

*BLUE - Throat Chakra (Communication Center): The throat*

*INDIGO - The Third Eye (Wisdom): The middle of the forehead*

*VIOLETT - The Crown Chakra (Spiritual Center): Above the scalp*



**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

Once you have located all of these, you will want to concentrate on them. As you concentrate on each area, your chakra should feel warm to you, letting its location and presence be known clearly.

Now that you have discovered each of these areas, you can begin a clearing exercise that will help you out.

The purpose of this exercise is to push any of your built up energies out of your body and to bring in instead a healthy flow of spiritual energy in its place.

*Start by finding a comfortable position to get into.*

*You can lay with your feet elevated a little bit or sit in a comfortable position such as when you are meditating.*

*Your back must be perfectly straight for this because posture is very important.*

*You will want to think of your spine as a straw through which water must flow.*

*If the straw is crooked, the water cannot move properly.*

*Now you want to bring your concentration to the base of your chakra.*

*Take a deep breath.*

*Hold this breath and focus all of your energy on the red or base chakra.*

*When you can visualize this ball of energy, you will want to release your breath, and push the tension from this area up to the next chakra point.*

*Now you will want to visualize your orange or navel chakra.*

*Inhale deeply here too.*

*Now concentrate on the energy that you get in this area.*

*When you can visualize it, exhale while you start moving the tension up to the next yellow chakra.*

*Imagine the sphere of energy at your solar plexus for this next part.*

*Take another deep breath.*

*When you can see this chakra in your mind, let out your breath, and move the tension up to the green or heart chakra now.*

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

*Concentrate on the heart chakra for as long as you need to.*

*Inhale again.*

*Visualize the ball of energy that you can see clearly now in your chest.*

*When you can see it you can exhale, and move all of the tension up to your throat.*

*Now it is time to concentrate on your blue or throat chakra, and breathe in.*

*Once you can imagine this chakra, let your breath out slowly.*

*Push your tension up to the middle of your forehead from here. See the indigo color.*

*You are almost done.*

*Visualize your minds-eye.*

*Take a deep breath.*

*When this chakra is clear in your mind, push all of the tension up to a point just above your actual scalp. It will appear to be deep purple*

*This is the last of your seven chakras, which is called the crown.*

*Imagine this as if it is like a halo that fits the shape of your head.*

*When you can see this image, release your breath, and push all the tension you have been carrying away from your body.*

*It will be no longer there.*

*You have released it.*

*You should feel completely at ease and ready to fine tune your chakra energies.*

*Stay in the position you got into for the last exercise.*

*Count to five, inhaling deeply at each count. When you reach five, exhale and tell yourself that you are completely relaxed.*

*Concentrate on your base or red chakra again.*

*For this you will want to feel it pulsate inside of your body.*

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

*While your attention is focused on this area, start breathing in unison to the pulse you feel from this area.*

*With each exhale, you can hum calmly to yourself to keep you focused.*

*You will want to do this until you feel completely in tune with this rhythm, usually three times.*

*Move up through each chakra repeating this process, in the same manner you did for the cleansing process.*

*As you move up the pulsation you should speed up humming and it should rise in pitch from here.*

*When you are finished, say to yourself, that you are completely in tune with your mind, body, and spirit.*

Now you have just cleared and balanced your chakras. Doing this on a regular basis should reduce your physical stress increase your energy levels, and give you a more positive outlook on life.

## 9. Protect Your Space

### Negative Forces, Energy and Other Protective Measures

I would like to pause briefly for a quick word on negative energy, forces and influences.

The purpose of this section is to keep you informed, empowered and to protect you on your journey.

I am opting to keep things positive, while being realistic and aware of the less pleasant and prevalent aspects, that you might encounter on your path (**or not!**).

When you open up to the psychic world, there are sometimes energies that don't have good intentions.

These entities can sometimes try to steal our energy, harm, hurt or hinder us in our psychic journey or keep us from accomplishing our goals.

The solution is simple:

**You need to create a protective barrier around yourself.**

I will show you a very easy way to do that.

But let's take a look first at what is really happening when negative forces are trying to, shall we say "tease" you a little?

You might feel on some days that you are full of energy and on some days you might feel totally drained.

This feeling is a good indicator for your energy balance.

At the same time you might get feedback from others, such as "You have a great aura!" or "Why are you so negative today?"

As you see, your energy balance is reflected in your aura and others pick up on it.

The area around your solar plexus is a great warning system for negative energies around you.

The solar plexus, which is located in your stomach area and where your rib cage forms a triangle, is the opening to your energy field.

For example:

If you've ever had a "gut feeling" that something was wrong, this is your solar plexus' way of telling you.

Keeping your solar plexus protected is crucial.

"Losing energy" or feeling drained is a reality we are all familiar with.

We all know someone that can be over-bearing and just 'zaps' or simply drains our energy from us.

Some might not even be aware that they are compensating for their loss of energy by soaking it up from others.

But this can happen not only by humans.

This might happen by entities as well.

As you open up your channels to

- Get in touch with other spirits, angels and entities
- Go into the depth of your sub conscious
- Or astral travel

we make ourselves receptive for positive energies, but also for negative energies we prefer to live without...

As I said earlier, the solution is simple:

Every morning and before you do any psychic work, relax for a moment.

Count yourself down from 5 to 1 and visualize how a white light is coming from above and flows slowly from your head down your body to your toes.

If you like you can try to look at yourself and see yourself surrounded by this white light.

This is your protective barrier.

Tell yourself "This protective barrier will let only positive energy **in** and keeps all the negative energy **out!**"

Count yourself up from 1 – 5.

That's it.

Now that was easy right? And it is sooo effective.

## 10. 6 more Tips on How to Prepare and Protect yourself BEST on Your Journey to Psychic Success

Below are some very good tips that can help you prevent the draining of your energy.

These tips will also show you how to protect yourself and/or recover from getting drained, should it be unavoidable which in some cases it is.

Be diligently aware of those encounters, conversations or interactions, which intentionally or unintentionally drain your energy. Then dismiss them from your life.

### **Tip#1: Awareness:**

As you grow in your psychic abilities, you will become more and more acutely aware of your own energy, as well as more attuned to your body's subtle reactions to the environment and to others.

This awareness will help you to develop your natural intuition.

### **Tip#2: Eat Properly and Relax:**

If you feel as if you are drained and excessively tired after being around a certain person, the most effective thing you can do is to regain and reclaim!

Sleep, eat and relax.

For at least a week or so, you are going to want to keep a regular sleep cycle, eat nutritious balanced meals, and meditate and listen to relaxing music.

This will help you to restore your drained energy.

Doing the white light exercise from the previous page will support this process.

After one week you might want to start light physical exercise to strengthen your body and turn your chakra wheels.

**Tip#3: Closing Yourself Off:**

When you encounter a negative person or a negative energy, visualize the white light around you and say in your mind:

“I am protected, safe and have no fear!”

Sometimes I picture armed bodyguards around myself.

Then I visualize how they walk away with the negative entity or person.

**Tip#4: Aura Cleansing:**

The aura, as explained earlier, is the energy field that surrounds your body. When it comes to cleansing your aura, it is pretty easy.

The next time you are taking a shower or a bath, take some deep breaths and really make an effort to feel the water against your skin.

You will want to visualize that the water is cleansing away all the weak spots you perceive intuitively throughout your body. If you know your strengths are growing at meditation, try visualizing your energy and finding out where any of the weaker spots may be and allow and enable them for healing and change.

If you can actually see auras and their colors, you may be able to actually see the dark spots in your aura and remove them with your increasing ‘visualization’ skills and growing psychic abilities.

**Tip#5: Cast the Protective Circle:**

The point of casting a circle is mainly to clean a sacred space for yourself to be protected from negative influences and intent.

Remember back to when we set up our meditation space, we drew a symbolic ‘circle’ not merely to outline our privacy and personal space, but also to keep it intact and protected.

This is created so that we can use it when we have finished cleansing our aura.

Once this process is complete, it will give you the extra protection that you need to meditate in a safe spiritual environment.

Finally, you will want to almost imagine a “protective bubble” surrounding you and protecting you.

State something reassuring to yourself like

“No negative forces or energies may enter through here”

This bans fear and creates a safe and secure environment.

**Tip# 6: Drugs & Alcohol**

The more you will learn to open yourself up to your psychic mind, the more sensitive you will become to drugs and alcohol.

I never did drugs and I stopped drinking alcohol all together, because I noticed that my protective guard went down, even when I had only one drink.

The choice is up to you.

In the future, as you grow in your process and journey, this psychic shielding effect should help you to protect yourself effectively.

So now you have some choices on protecting yourself.

You can use just one or a couple of techniques.

Whatever feels right for you.

## 11. Trusting What You See Vs. Sabotage

This is a very important step that I strongly recommend that you take and it may also be one of the hardest to accept.

There are two areas of trust involved in developing your psychic powers.

They are in fact, learning to trust your abilities and learning to trust the spirits that guide you.

Trust and faith are two words that people on this earthly plane have a very difficult time dealing with because of our learned experiences and trained skepticism.

We have learned over the years to trust our five senses of sight, smell, touch, taste, and hearing and nothing else.

We often sabotage our own messages, because we lack the trust in what they are telling us.

You need to learn how to accept the messages you get, so that you only truly grow in your abilities and make a difference in your life.

This is where and how your psychic talents become stronger.

### Doubt, Skepticism and Patience

At first you will think that the messages you are getting are coming from your own imagination.

Never doubt your abilities.

You are psychic!

Be PATIENT for a while and accept all incoming thoughts as messages.

Later on, you will be able to distinguish which are your own thoughts and which are true messages.

For now, thank your spirits for every message you receive and write down everything you experience.

You are entering a new REALITY,  
which is the TRUE REALITY.

Your soul knows the Truth – so go ahead let go of your doubts.

The following is a worksheet that is designed specifically to help you with learning to acknowledge that you have the gift to do psychic work.

Asking specifically, for example, what kinds of results you want?

Please refer to THE BOOK OF WISDOM :

#### Questionnaire # 6 Gaining Deeper Understanding

**These questions will help you to trust in your abilities.**

**Be as honest and detailed as possible and drill down deep...**

- When was the last time, that you knew what is going to happen next?
- When was the last time that you knew what the other person was going to say?
- Can you describe the last experience that was psychic? For example when you were using your personal beach of time successfully?
- What do you hope you can do with your psychic abilities?

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?

This **questionnaire** will help you consider some key things that you will have to pay attention to when you are looking to trust your psychic experiences.

REMEMBER: This process does take time and develops gradually over a period and with the passage of time, deepening and refining as you go along.

## 12. Getting In Touch with our Inner Voice

How many times did you tell yourself

“I should have listened to my inner voice!”

It’s funny how this inner voice is always right, isn’t it?

So why do we keep ignoring it?

We just don’t trust ourselves enough....

“Why is my inner voice always right?” you might wonder.

It’s very simple.

The spirit world is using your inner voice or intuition like a telephone to tell you their insights.

And trust me, they do have great insights.

I found that the more I listened to them, the better my life turned out.

Now would be a good time to start to listen to your inner voice.....

For now you might have experienced your inner voice only in form of thoughts.

While you develop your abilities you might also start to actually **hear** this inner voice in your head

Do not fear or dismiss. You are definitely NOT crazy if you experience this form of communication!
----------------------------------------------------------------------------------------------------

The following is an **exercise** that you can use in order to **get in touch you're your inner voice and spiritual aides.**

It is called "automatic writing".

Have a pen and paper handy so that you can write down any messages you get.

*You want to get comfortable and make sure you will not be disturbed.*

*Do your protection and meditation exercises until your mind is clear and ready to talk.*

*Now say mentally "I am here. What would you have me know right now?"*

*Next you have to open up and wait for an idea, feeling, or even a thought that pops into your head.*

*You might start to gaze at a specific spot.*

*As soon as you get your reply, you can't analyze it, just write it down.*

*Once you've written it down, go back and see if there is any more.*

*You can ask questions if you feel that you need to clarify what you are being told, or even if you need more detail.*

*If at any time the message seems unclear, you need to understand that your ego might be getting in the way, so you could ask your guide to clarify.*

*When you are performing this exercise it is absolutely important that you do not judge the messages that you are receiving, because it is common for us, especially as newcomers and novices to think we are making it up rather than it being "REAL".*

*The trick to learning to trust your messages is to keep practicing and keep a record for comparison later.*

## 13. Accomplish Your Goals

### By using Your Innate Psychic Powers!

Have you ever wondered how some people walk through a life filled with success, love and happiness?

Yet some struggle and fail with everything they do?

What are successful people doing different?

Let me give you an example of a successful friend of mine.

Her name is Erin and she is one of these "wonder-women".

She has a great career as a writer, is married with two children and lives in a beautiful home.

Whenever I talk with her, she tells me with excitement and in every detail about her plans for her next book.

She is deeply convinced that again this book will be a success.

Then she shows me with pride her list of goals.

Especially the ones she checked off as achieved.

Once she had them written down she planted them in her psychic mind with the technique I am about to show you.

So far her success rate is 80%.

"That's all I need to do? Just write down my crazy goals and drop them in my psychic mind?!" You might ask.

You are very close.....

.....but not close enough.

- 1. It is important to know, how to enter your psychic mind and to plant them correctly there.**
- 2. You have to take action!**

Once you have determined your goals, take the time and write down a plan of the steps you need to take to achieve them.

And if you don't know which steps you need to take, ask people who know:

**"How** can I get there?"

And then take action.

There is only so much, the universe can do for you.....

It will open the doors for you, but you are the one that has to walk through them.

Then the spirit world (or universe) will send you helpers and supporters of your plans.

You will see true wonders and miracles happen.

**Remember:**

**It is quite common to reach 80% of your goals.**

**Just keep working on the other 20%....**

If I could sum up the process of achieving your goals in 2 steps, here is what they would be:

### **1. Know what you want and be specific!**

Be extremely careful about what you ask your psychic mind to do, because you will get what you ask it for and nothing else.

In not being specific, you could tell your subconscious that you want some money, but you may get it through a death in the family if you are not careful.

So watch out for this.

The fulfillment of your goals will come from somewhere.

Some call it God. Others call it cosmos.

I personally like to call it **THE INFINITE SOURCE**.

It is fairly neutral and not charged with any negative religious emotions you might have, by asking for the fulfillment of your dreams.

And since you don't want to harm anyone in the process, I start every request with

**"FROM THE INFINITE SOURCE WITH NO HARM TO ANYONE"**. (A quote from William Hewitt, a great psychic.)

### **2. Go to your personal beach of time and ask for it**

So how can you find out what you want?

Let me make this real easy for you.

The following is a goal setting workshop.

Even if you think you know what you want, this will help you clarify it.

Please refer to the BOOK OF WISDOM for the following exercise:

**For the purpose of the spontaneity of the answers I have prepared this GOALSETTING WORKSHOP for you only in THE BOOK OF WISDOM.**

**If you read the questions now and then do it at a later time, the result will not be the same.**

**When you decide to set your goals, please set about one hour aside and make sure not to be disturbed.**

Did you do it?

Congratulations!

You are ahead of more than 80 % of the population!

Now go to your personal beach of time and ask for the 8 goals:

*Remember, first you would go to your deepest psychic level -> then to your personal beach of time.*

*Stand on your beach of time and picture a long wire which is hanging up high, in front of you.*

*It has no beginning and no ending.*

*Now see a large empty picture frame hanging on the left side on this line.*

*It will move slowly in front of you.*

*Now see a title imprinted on this picture frame.*

*It reads "From the infinite source – with no harm to anyone"*

*Then picture the accomplishment of your goal. It can be a still picture or a movie.*

*See the many things that you associate with your goal.*

*Be as specific as possible.*

*Now take this picture off the wire and put it to your left on the sand. It will stay here.*

Do this exercise for 30 days every night before going to sleep.

*Then once a month for as long as you wish.*

Once a goal is fulfilled, **thank the infinite source** and add another goal.

I could give you now countless examples that this technique works. But I thought I'd reduce it to a couple.

1. About 9 years ago I was single and ready to start a new relationship. So I sat down and wrote down everything I would like my dream soul mate to be. Then I asked for this "super-man" with the-personal-beach-of-time - technique. I imagined that we are like 2 magnets that are drawn to each other and that there would be nothing in our way. 4 weeks later I met my husband we have been married for more than 6 years.
2. Before I met my husband I wanted to go to India for 3 month.

There was just one problem: I had a job I loved.

Back then I used to work in a furniture store with about 500 employees. Never in the 30 years of this store has an employee ever asked for 3 months unpaid vacation and to come back at the same position.

So I envisioned how my boss would make a gesture with his hand of a departing airplane. That's all.

I went into his office and told him about the request. He was surprised at first, but then he said: "I will have to ask the owner."

One week later he called me in his office and guess what?

He made that exact gesture with his hand!

"Have a nice trip!" He said.

I rest my case.

Try it – and you will enjoy the results.

Now would be a good time to listen to the meditation CDs

**The Island**

and

**Meditation to Accomplish Your Goals**

which came with your package.

## 15. Ethics

There are five rules when it comes to making things happen with your psychic mind.

You can get all of the power you need as long as you don't abuse it.

When you start to abuse it, it will backfire.

It's karma – as usual.....

Here are some ethical route-markers and guidelines to make this a fun journey.

- 1. Never seek to attain something that can harm yourself or others. This will rebound on you in the end. What you put out will come back to you. It is called Karma.*
- 2. Do not use your new inner power for revenge on someone as it will only bring negativity in your life.*
- 3. Do not try to get something by taking something from others.*
- 4. Do not try to change someone's natural will in order to get your goals.*

*For example, you can't use this power to make people love you. You can only nurture a feeling that is already there.*

***5. Do not use this power to get away with criminal activity!***

That's all you need for your psychic preparation.

Keep on practicing and journaling.

When you feel ready the technique of telepathic communication is waiting for you.

Enjoy.

And always remember to

**LIVE YOUR LIFE TO THE FULLEST!**

## CHECKLIST

- Prepare for Meditation by protecting yourself and banning fear
- Open up your Aura by doing the exercise on page 11
- Answer the question about what you would like to accomplish by developing psychic powers
- Reach your psychic mind by going to your basic psychic level (page 16)
- Look at different techniques for your personality type.
- Create your meditation Niche or Corner:
  - make sure to have all the elements of Fire, Air, Water and Earth included
  - Add crystals and other meaningful things
  - Designate this place only for your psychic work
  - Perform a ritualistic cleansing of the space
- Answer questionnaire on page 25 in the Book of Wisdom to make sure you have everything you need for your meditation niche
- Do the basic Meditation in your new space on page 27
- Make sure to pay attention to your breathing
- Answer the questionnaire on page 31 in the Book of Wisdom to assess your stress level
- Your Personal Beach of Time: Use the "outside view" and keep an open mind.
- Answer the questionnaire on page 34 in your Book of Wisdom to define what you would like to do with your psychic powers
- Access your Personal Beach of Time on page 35
- Try some of the things you can do at your Personal Beach of time:
  - Calling your spiritual guide or guardian angel
  - Contact a loved one that has passed
  - Getting rid of unpleasant events
  - Solve conflicts

**The Ultimate Guide To Unleash Your Inner Psychic!**  
**SECTION 1: Introduction**

- Remember to journal your experiences.
- Stay grounded by pressing your middle fingers against your thumbs or squeezing a stress ball.
- Answer the questionnaire on page 40 in your Book of Wisdom to find out which technique helps you best to stay grounded
- Clear and balance your energy system by:
  - Keeping things positive (release negative thoughts)
  - Turning the chakra wheels
  - Physical Exercise
- Answer the questionnaire on page 44 in your Book of Wisdom to assess your energy level
- Clear your chakras with the exercise on page 46
- Protect your space by creating a protective barrier around yourself
- Prepare and protect yourself by:
  - Being aware of negative energies
  - Eating right and relaxation
  - Closing yourself off by saying in your mind "I am protected and have no fear!"
  - Cleansing your Aura regularly
  - Casting a protective circle
  - Trying to stay away from Drugs and Alcohol
- Learn to trust your abilities and the spirits that guide you
- Accept for now all incoming thoughts as messages
- Answer the questionnaire on page 55 to help you trust your psychic abilities
- Do the exercise on page 57 to get in touch with your inner voice.

Achieving your goals:

- Know what you want and be specific
- Do the goal setting workshop in your Book of Wisdom
- Go to you Personal Beach of Time and ask for the fulfillment of your goals "From the Infinite Source with no harm to anyone!" Do this for 30 days every night before going to sleep. Then once a month for as long as you wish.
- Use your powers responsibly
- Live your life to the fullest!

**Congratulation!**  
**You have completed the preparation to achieve your goals**  
**by using your intuition and psychic powers.**