

YOUR PSYCHIC PATHWAY

Sonia Choquette

SIDE ONE: WHAT IS THE PSYCHIC PATHWAY?

The psychic gift. Old superstitions, new interpretations. Perceiving life from the soul. Understanding your psychic abilities. How intuition is born: A personal story. Listening to a higher authority—your inner voice. The sixth sense. Ten basic principles of psychic awareness.

SIDE TWO: A JOURNEY INWARD

Discovering your special psychic pathway. Four decisions you'll need to make. Tuning into your psychic frequencies. The magnetic force of expectation. Trusting your intuition. Entering the kingdom of total consciousness. How to listen to the voice of your soul. Using intuition to make critical decisions.

SIDE THREE: GETTING READY FOR PSYCHIC

EXPERIENCE Determining your psychic blocks. Past and present blocks. Religious and intellectual blocks. Fighting the skeptic within you. Avoiding the "ugly duckling" block. Passing the psychic tests. Risking rejection. A mental inventory of your blocks.

SIDE FOUR: CLEARING AWAY DISTRACTIONS

Raising your awareness. Assessing your environment. Decluttering your life. Making space for the psychic within you. Why you need to slow down. Making only important commitments. Techniques for avoiding psychic sabotage. Finding time for your psychic playmates. Seven days to a whole new you.

SIDE FIVE: HOW OTHERS AFFECT YOU

Notice the people around you. Making the personal connection. Observe other people's emotions, don't absorb them. Exercises for grounding yourself. Playing "I Wonder." Using your imagination to awaken the creative being within you. Exercises for heightening your psychic perceptions. Your auric field. How to eliminate psychic pollution.

SIDE SIX: YOUR SEVEN PSYCHIC CENTERS

Chakras: the seven planes of consciousness. Balancing your chakras. Using the power of the chakras to protect yourself. The stepping stones to higher power. Learning to see beyond appearances. How each chakra is a stepping stone to the next.

SIDE SEVEN: CREATING YOUR PSYCHIC PERSONA

The source of all mental confusion. Expressing yourself. Honing an active imagination. The seed of clairvoyance. Playing the "I Am Psychic" game. Giving yourself permission to be psychic. The value of pretending. An exercise for unleashing your psychic persona.

SIDE EIGHT: YOUR PSYCHIC SUPPORT SYSTEM

Meet your psychic companions. Inviting your guides to participate in your life. Who are your guides? The angels in your life. Children's experiences with angels. Utilizing your runners. A helping hand from your helpers. Learning from your teachers. Making the most of your joy guides. Honoring your master guide.

SIDE NINE: ASKING FOR PSYCHIC DIRECTION

Living life as a partnership with spirit. The "Yeah, But" syndrome. Letting go and learning to trust. Cherishing life's many surprises. Psychic techniques and tools for enhancing your awareness. The power of the pendulum, automatic writing, and psychometry.

SIDE TEN: LIVING THE PSYCHIC LIFE

A new way of being in the world. Staying focused. Quieting the mind's activity for a clearer reception. Getting rid of fears. Living a happier life. Eliminating stress. Channeling your authentic power. A psychic love story. A liberating pathway. Accepting life's most precious gift. Reclaiming your own magnificence.

SIDE ELEVEN: PROFOUND MEDITATION

In this guided session, Patrick Tully teaches you the basics of calming your mind, relaxing your body, and entering into a peaceful state of deep meditation.

SIDE TWELVE: CHAKRA BALANCING MEDITATION

A powerful session, led by Patrick Tully, to bring your chakras into balance and focus on the seven power centers of your being.

Nightingale Conant

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Printed in U.S.A.