

Be Your Own Psychic

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Be Your Own Psychic

Please read the entire program before doing suggested meditations, in order to enable you to have a better understanding of the information.

The information you are about to read is of little value to you unless you apply it.

YOU must do your part. anything that is worth having is worth working for.

After over twenty years of research and application plus hundreds of dollars invested in this field, the author of this program knows that this program will definitely change one's life for the better if information is applied as directed.

If, we let it, the mind can give us anything that we ask. People function at one-tenth consciousness and at most one-tenth of their abilities. Everyone has tremendous latent powers within their subconscious mind. It is truly unfortunate that most people are not taught how to contact it.

Are you serious about contacting your sub-conscious and thereby acquiring apparently miraculous results in your life?

SUPERIOR LEARNING MADE EASY

You must be "willing" to absorb new knowledge.

You must "open your mind" to new ideas.

You must "imagine".

You must "visualize" that the knowledge is "flowing into you".

MEDITATION

Let us now discuss meditation. Meditation has many different uses and it can be applied into practically every aspect of your life.

Children do it naturally. Have you ever watched a child so absorbed in play that he isn't even aware of anything beyond his fascination with his toys? If someone was to walk up behind him, the child would be startled.

Meditation requires that you acquire this type of absorption.

This absorption is what refreshes and heals.

Meditation is a very powerful tool. As our muscles relax, our mind will quiet down and our sagging spirits will revive. We are once again in control of our lives.

Scientific research has repeatedly proven that meditation has many great benefits such as:

slowing down our aging process

alleviating pain

letting us get by on less sleep

lowering our serum cholesterol level

reducing bacteria levels in our saliva thereby fewer cavities

increasing blood flow to brain making us smarter

better memory

plus many, many more benefits too numerous to mention

Everyone who meditates on a daily basis claims different benefits he or she acquired in these four levels: emotional - mental - physical - spiritual.

LEARNING TO MEDITATE

Learning to meditate can be fun and exciting, but you must keep these three important factors in mind at all times:

(1) **POSTURE** - the important thing is to keep your spine straight because this positions your nerves just right and helps keep you alert.

(2) **BREATH** - after you have relaxed your body, you want your breathing to be slow, even and diaphragmatic. By controlling the breath, you directly influence the autonomic processes in your body, like immunity, circulation and digestion. Breathing is the one body function that is both voluntary and automatic.

(3) **ATTITUDE** - Try to have a relaxed, confident attitude before you start to meditate. Don't worry about "doing it exactly as outlined". Just do your best and with time you will discover the method that is "perfect for you".

As a beginner, you will notice that your thoughts keep wondering

in one direction, then another. Keep returning your attention, as best as you can, to the objective of your meditation. (Whether it is your mantra or visualization, which we will discuss later.)

DAYDREAMING while meditating will not produce the same results.

MANTRA MEDITATION

This meditation is very powerful. It is designed especially to help you overcome your inability to quiet your mind. Quieting the mind is one of the greatest stumbling blocks, which must be overcome in order to enable you to get the most out of meditation.

When your thoughts wonder, return your attention to the mantra and begin again.

Do not get upset or angry with yourself, simply start over.

Before doing any meditations, one should mentally say a prayer. This prayer is very effective:

"In the name of the holy ghost and with the aid of my spirit guides, I draw into my body white light for strength, guidance and protection. Thank you."

Repeat this prayer several times - while mentally visualizing white light entering your body from the top of your head, slowly penetrating your entire body then slowly extending outwards, until your entire body is completely surrounded in white light approximately three feet all around you.

ARE YOU READY TO MEDITATE

This meditation should be done every morning, before eating, for ten minutes, gradually increasing time up to twenty minutes.

This meditation will tend to keep you awake longer so if you decide to do it in the evening please do it before your evening meal.

Now that you have decided to meditate, choose a comfortable chair which allows you to sit upright, loosen or remove any tight clothing. If you are extra tense, you can shrug your shoulders, roll your neck and use your favorite body stretches.

1. Inhale a deep breath to the count of four and slowly exhale to the count of six. Repeat five times.
2. Assume normal breathing.
3. Close your eyelids and focus your eyes upwards to third eye. This is the point between eyelashes directly above the bridge of the nose.
4. Let your chin rest on your chest, head relaxed downward.
5. Let your hands rest easily on your lap, palms turned upwards as a sign of receptivity.
6. Make sure your spine is upright and also have the bottom of your feet rest on the floor thereby keeping you grounded.
7. Your mantra is the word "aum". Mentally repeat this word over and over without moving your lips or tongue.

As you are mentally repeating your mantra "aum - aum - aum", if other thoughts enter just gently push them aside.

By doing this MANTRA Meditation on a daily basis, you will feel inner peace, inner serenity. This inner serenity will glow to such an extent outwardly, your friends may even comment on it.

I cannot repeat this enough, "This meditation is very powerful".

Within thirty days, you yourself will surely notice a lot of little changes, all positive changes and just by doing this "MANTRA Meditation". You will surely notice its "miraculous healing powers awakening within you".

DO YOU NEED A MEDITATION ROOM

The serious meditator has one corner of a room or a small closet as his own "inner sanctuary". In this room, you should have a small table - covered with a white cloth. Upon this white cloth, you should also place a picture or a statue of Jesus or Buddha or whoever represents your God. Whatever your belief, this is done merely as a symbol of GOODNESS. This greatly enhances your ability to meditate peacefully.

To enable you to have better control of the subject of your meditation, you have to insulate yourself from outside influences. This is done by wearing a robe covering you from head to foot. This robe should also have a hood to go over your head. You can use a spare bedsheet or blanket for this purpose. Whatever you use, whether you buy a robe, or make your own,

this robe must be used for meditation only. You must not wear it for any other purposes. It should also be kept safely away so that no one else can touch it or use it, because if another person touches it or tries it on, you then have that person's influence in the robe - which you are trying to avoid - and so you have another obstacle. By meditating under this insulated, isolated condition, you are immune from outside influences.

You may meditate with a loved one BUT it is strongly advised NOT to meditate in large groups because your meditation will be influenced by their thoughts.

THE POWER OF YOUR MIND

The mind can give you all that you ask, providing you follow certain laws of nature. There is nothing mystical about this. Ordinary people from all walks of life have applied these principals and achieved their desired goals plus much more.

THE MASTER PLAN

1. You must know what you want, you must say what you want, you must write what you want and you must visualize what you want.

Decide precisely what you want, be absolutely definite: What exactly do you want?

You must state exactly what you want. You must visualize it - picture it in your mind - and hold that picture firmly before you.

2. In order to receive you must give. What are you going to give?

3. Your time limit must be feasible. You cannot expect it in five minutes. In (X) amount of months or weeks practically anything is possible.

4. What are you going to do to realize your ambition?

5. The written word is stronger than the spoken word BUT the two together are an unbeatable combination.

Do you want more money? - Do you want to attract love? - Do you want to lose weight? - Do you want to eliminate bad habits?

LET US REVIEW MASTER PLAN

If you want more money you must state exactly how much you want. Do not state "I want about one million dollars": This is not definite.

In order to receive you must GIVE. Are you willing to help less fortunate people? If you willingly give to less fortunate without expecting anything in return, if you willingly help the less fortunate, you will definitely receive much much more. This is one of nature's laws.

Supposing you want to lose weight. Are you willing to exercise and control diet?

Are you looking for a husband or wife? If so, are you prepared to do your share to make a success of marriage?

Do you have any bad habits? Are you willing to try to eliminate them?

Now that you have decided exactly what you want - write it down as clearly and simply as possible.

At the end, write: "I will give that I may receive."

Read this daily in the privacy of your room. Do not let anyone see your plan.

As you read your MASTER PLAN, feel it and be positive about it. Imagine that your plan is actually within your grasp. Believe in your plan.

Do not let doubts enter.

By adopting this plan, you will drive the thoughts into your sub-conscious and your sub-conscious will help you more than you can possibly imagine.

MASTER PLAN MEDITATION

This meditation should be done every night for thirty (30) minutes. Re-read your written MASTER PLAN.

This meditation is the same as your MANTRA Meditation except, instead of repeating MANTRA, you will now use your powers of visualization.

1. Inhale a deep breath to the count of four and slowly exhale to the count of six. Repeat five times.

2. Assume normal breathing.
3. Close your eyelids and focus your eyes upwards to third eye. This is the point between eyelashes directly above bridge of nose.
4. Let your chin rest on your chest, head relaxed downwards.
5. Let your hands rest easily on your lap, palms turned upwards as a sign of receptivity.
6. Make sure your spine is upright and also have the bottom of your feet rest on the floor thereby keeping you grounded.
7. Now, visualize your MASTER PLAN. Visualize yourself on a large screen. You can now see yourself on a large screen, see the screen surrounded in white. See all your dreams, all your goals on this screen. See yourself wealthy, slim or with a partner. Whatever your plans, whatever your desires: see them on the screen. What can you see? What can you smell? What can you hear? What colors do you see?

The more you practise this visualization, the sooner it will become reality.

The power of visualization is very real - THOUGHTS are stronger than words.** If, at first you are having difficulty visualizing believe you can and you will.

Visualization must be practiced every day. People are unaware of its true power. If you are having difficulty, practice the following:

Close your eyes:

- Visualize an apple. Visualize the color red.
- Visualize an orange. Visualize the color orange.
- Visualize a banana. Visualize the color yellow.
- Visualize a tree. Visualize the color green.
- Visualize the sky. Visualize the color blue.
- Visualize a plum. Visualize the color purple.
- Visualize a violet. Visualize the color violet.
- Visualize a wedding gown. Visualize the color white.

If you can visualize any of the above, you can visualize anything. Believe you can and you will.

We have discussed two meditations.

By doing the MANTRA every morning and the VISUALIZATION every night, you are programming your sub-conscious to give you all that you ask.

Nowadays many people think that money is everything. As long as one has enough money to feed, clothe and provide shelter, one should be grateful. We never have too much spirituality, we never have too much purity of thought and we never help others too much because in helping others we are helping ourselves.

Now that you know the MASTER PLAN, it is suggested that you choose your desires with goodness for all as the main theme. The choice is yours. Choose wisely.

DO YOU WANT TO SEE CLAIRVOYANTLY?

Here is a little exercise which will enable you to do so. Do you have a crystal? If not, a diamond ring with one stone will be fine. You need something that shines.

1. You are completely relaxed sitting in your meditation chair. You are holding the crystal in the palm of your hand.
2. The lighting is so low that you can barely see the outline of the crystal. You know that you are holding it. You know you can see "something".
3. Look into the crystal without trying to see anything. Look into the crystal as though you were looking in the far distance. (MILES AWAY.)
4. As you keep looking into the crystal, it will gradually cloud, and you will then notice white clouds forming. Keep looking. Suddenly, the crystal will appear to be full of milk.
5. This is the critical time. Do not jerk. Do not let yourself become alarmed.
6. Then, as if by magic, the whiteness rolls away - the same as curtains being drawn to disclose a stage.
7. The crystal has apparently vanished because you now see the world. You now appear to be looking down upon the world. You will have a sensation of falling. Do not be frightened. Do not jerk. Remain in control. (Otherwise, you will have to start over on a different day.)
8. Suddenly you are in a scene on earth. Regardless of the scene, do not be alarmed. No harm can come to you. Although you will not hear a sound, you will know everything that is being

said.

So it is that we see in clairvoyance.

This exercise is easy providing you have faith. Even the skeptic will see results. Believe you can and you will. You will be able to see anything that has ever happened and anything that will ever happen.

You want to make progress? Then you have to abide by certain rules - you have to keep calm, you have to take the middle road. Some people try so hard that they cannot "see the wood for the trees". Others are so lazy that "nothing at all is done".

Go somewhere between the two extremes and your progress will be remarkable.

EVERYONE DREAMS EVERY NIGHT

Do you remember your dreams? The true meaning of your dreams will not be found in some book written by someone else.

Within weeks, you'll be able to predict many events in your life simply by being aware of the true meaning of your dreams.

If you have difficulty recalling dreams, mentally, repeat to yourself before sleep: "I will recall all my dreams upon awakening and I will also know their meaning". Repeat seven times.

Keep pen and pad beside bed. Upon awakening, remain in bed, keep eyes closed and jot down all major events in your dreams. If you have difficulty recalling dreams, think of important people, places or events in your life. This will often jog your dream memory. Whatever you remember, write it down.

Many dreams will be easy for you to define because they will deal with your inner dreams, desires and fears. By examining yourself you will recognize these dreams immediately.

Every night in your dream journal, record your day's activities, etc., the same as you would if it were a diary. By doing this you will soon learn the true meaning of your dreams. Certain symbols in your dreams will always pertain to the same meaning. This daily analysis will greatly enhance your ability to predict many events in your life.

NEED AN ANSWER!

Do you have a major problem in your life? A minor problem? If it really bothers you and you really want an answer, before bedtime mentally repeat to yourself: "Tonight in my dreams I will be shown the answer or solution. I shall wake up in the morning with full recall. Thank you." Repeat seven times.

HAVE YOU EVER ARGUED WITH ANYONE? PROBABLY NOT, BUT IF YOU HAVE, PLEASE READ ON.

The earth is like a magnet. It has a North Pole and a South Pole. You probably know that in the Northern Hemisphere, water runs down the drain in a clockwise direction and counter-clockwise in the Southern Hemisphere. This North-South magnetism also has a great effect on humans.

Did you know that by sleeping with your head facing North and your feet facing South, your body requires less sleep or should we say your body will be rejuvenated much more with the same amount of sleep.

If you are ever in a mild or serious difference of opinion with anyone, always try to be sitting or standing or whatever, on the north side of the person. This way you will win the argument or at least it will be a draw. Experiment with this North-South and then you will realize its true power.

The MANTRA and VISUALIZATION programs are very powerful. It is hard to change the habits of a lifetime overnight. It requires discipline. This discipline will pay for itself beyond your wildest dreams - mentally, physically, emotionally and spiritually. While in altered states, secrets will be revealed to you but only when you are ready for them.

Many psychics - seers - fortune tellers - whatever you want to call them have developed their abilities by following this program.