The Dance of Life as an Ecstatic Conversation with Everyday Reality

“Darn, I had thought that being psychic meant you had a voice that gave you all the right answers.”

A student

“Desire has such a wild yet subtle creativity that when you engage it with courage and unconditional responsibility, it leads you from the surface of your longing to the depths of meaning.”

In Psychic Psychology we embrace the uniquely personal, joyous, and meaningful events of everyday life and relationships. As humans, we are enticed into the psychological life of everyday life and relationships through our desires, and in psychic psychology we welcome our desires as a divine attraction, neatly and sometimes not so neatly drawing us into all the adventures and lessons of human life. Still, reliable happiness does not come from fulfillment of desires, it comes from the richness that can only result from real life experience. Everyday life presents us with a dazzling array of subtle and specific interactions which offer spiritual, even mystical, opportunities to develop happiness, kindness, and generosity. Souls incarnate as humans because the sharp focus of space, time, and desire generates experiences, meaning, and understandings that the soul cannot generate by itself in its own higher soul plane. In time and space we enter into conversation with our desires, our own humanity, with others, and with the world. This conversation is ineradicably open-ended. Life constantly surprises us, and whether it delights or disappoints, it always offers back more than we knew or could have known before encountering it.

Many excellent systems give psychic/spiritual advice on how to attain your desires. Psychic psychology brings the powers and pleasures of psychic awareness into your life so you can use your ever growing awareness effectively. In this book we explore and use a system whereby when our desires are congruent and we create the aura space for those desires, we obtain our...
goals. However, though most of us tend to imagine that great power will inevitably lead to the fulfillment of our desires and therefore to happiness, life is too rich and deep to be tamed or solved by any technique.

Like all spiritual/mystical paths, this one involves paradox. Without paradox you could program your life into a computer. You would speak and the world would obey. It’s the open-endedness of paradox that generates a never-ending conversation in which you bring newness to the world and it brings newness to you. Two paradoxes in particular are important. The first one we’ve been alluding to already. Our desires are the passageway to embracing life, but reliable happiness comes from much deeper sources than satisfying our desires. Life is so unstoppably creative and spontaneous that following our desires inevitably takes us in unexpected directions.

For example, all of us know that we have longed for things that in retrospect didn’t make us happy, or that would have brought pain if we’d gotten that desire; yet most of us think that we now know what will make us really happy. In a way, we are all like adolescents in our desires. An adolescent lacks the experience to even imagine what love is or to understand that love doesn’t just drop out of the sky: it develops over the span of years and through the power of committed engagement with ourselves and the loved one. Since by its very nature desire anticipates experience, there is inevitably a naiveté and shallowness in our desires compared to the depth of experience and transformation that the pursuit of our desires can bring. In this book we explore powerful means of finding what is authentic and true in our desires, yet even so, it is a good idea to be open to the unexpected directions that desire inevitably takes.

The second centrally important paradox is you create your reality but cannot absolutely control it no matter how powerful or aligned you become. The external world has a life of its own; when we engage it, it engages us back with spontaneity, creativity, and surprise. Our inability to pin down the external world is part of the very fabric of reality and meaning of existence. Were it otherwise, there would be nothing to be gained by life experience. It would be a puzzle to be solved that would quickly become as predictable as tic tac toe, and as deadly as the life King Midas discovered when he turned everything he touched into gold, even his daughter. Reality’s intrinsic uncontrollability is an essential precept of wisdom teachings from ancient Taoism and Buddhism right down to the modern Seth, originator of the phrase “You create your own reality.”

The price we pay for being in a world we create but do not control is that life inevitably involves an interplay of pleasure and pain. We can learn to engage the dance of pleasure and pain with practical skills like those taught in this book. Such skills allow us to engage the world capably, achieving more of our goals. Still, there is something even more fundamental, more core than competency. All life expands in all directions; everything is ultimately redeemed in an underlying unobstructed and sublime awareness (technically called non-dual awareness). It is the nature of desire to resist change so that we can rest eternally in the pleasure we anticipate it will bring, but it is the purpose of desire to engage us in the unceasing change of life expanding in all directions. What is most essential is learning to engage life with a courageous open-heartedness that welcomes unbridled creativity and generates happiness.

There are many paths to that open-hearted happiness. The path we explore in this book focuses on skillfully engaging everyday life and relationships through a combination of psychic skills, understanding the big picture, and practical wisdom. Psychic psychology approaches everyday life and relationships through a fun, exciting, and easily learned system of psychic development that is uniquely psychological and relationship-based. But being psychic is not enough by itself to generate life and relationship skills. Thus there are two other equally
important aspects of life covered in this book which, when integrated with psychic skills, do reliably generate life and relationship skills, and more fundamentally, do reliably generate happiness. These other two aspects are: 1) the “big picture,” or understanding our place in the world and the purpose of desire and life experience itself; and 2) practical wisdom, or the ability to engage complex real-life situations that have no single right answer.

Part One of this book explains how to develop psychic abilities that are particularly focused on everyday life and relationships. The psychic skills we each develop can enhance our own psychological well-being. Using these skills we become more self-aware, authentic, kind, and generous, and more understanding of others.

Two simple kinds of awareness are the basis from which a rich assortment of psychic skills grows. First you learn to sense psychic energy, something surprisingly easy for most people. In particular, you learn to sense what energy is yours and what energy is another’s. It is true that underneath all manifestation there is a fundamental unity, so from that point of view there is just the one energy of All That Is. But within manifestation, that is, within your life as a human, life’s purpose is to learn how to engage the utter uniqueness of all the manifested world, particularly that of each human being. As a psychic you can explore your uniqueness by identifying and learning to use the energy that is uniquely yours. That unique energy has an intrinsic directionality, that is, a desire or impulse towards action in your unique authentic direction. When you act skillfully using your own energy, you move and act naturally and spontaneously. Acting naturally and spontaneously out of your intrinsic uniqueness is “authenticity.”

The second kind of awareness or psychic skill out of which all others emerge is the skill called “being in current time” or simply “current time.” Ideally, moment by moment, your aura is free to vibrate through the entire range of human actions, emotions, and thoughts and thus respond to whatever you turn your attention to. However, in any given moment there is a tendency for portions of your aura to be stuck in past reactions to life. Where the aura is stuck it vibrates in an unresponsive fixed pattern called a picture. Having stuck pictures in your aura is much like having a muscle with a cramp in it or a guitar string with knots tied in it; the stuckness limits your ability to be open to, active in, and responsive to the present. Your ability to have new experiences is degraded. This book teaches a powerful method for psychically releasing the stuckness so you become more open to the present.

Once you learn to recognize your own energy (which generates authenticity) and learn how to free your aura of pictures (which allows you to be open to whatever is happening now), a world of powerful psychic abilities opens up.

Part Two of this book explores the big picture: how you create your reality, the purpose of human experience, and how to find happiness. Some traditions address the uncontrollability of the external world by trying to rise above desire. While rising above desire can reliably generate a kind of happiness, we the authors are committed to a path of engaging the world through our humanity and our relationships. Desires particularize experience and trigger the spontaneous creativity and surprise inherent in life. Desire is the way one commits to life.

The second part explores what creating your reality means, what you can and cannot do, and where desire fits in. Here is discussed the surprising fact that not only your soul but also your personality is eternal. One needs to look in a usually unexplored psychic direction to see that the personality survives and continues to grow into finding its own sublime and unobstructed consciousness. The personality isn’t lost in further incarnations, though further incarnations usually happen; nor is the personality gobbled up by the soul. As illustrated in Chapter 14
through the experience of John’s deceased friend Will, a personality grows and powerfully transforms, yet retains what seems most precious and individual. Understanding that the personality continues and grows eternally after this life, and understanding the personality’s eternal relationship with the soul, helps us comprehend the sometimes-mysterious complexity of desire. We close Part Two by exploring the nature of happiness—what it is and how to attain it.

Part Three delves into practical wisdom, sometimes called know-how. We can use psychic abilities and techniques to help us create the reality we want, but every day moments defy formulation. What do you do when your spouse says you’re spending too much money? We explore how to use all you’ve learned to have a meaningful discussion when neither of you are likely at your best. You’re both probably vying to prove your point rather than deeply engaging your own concerns and those of your partner. Practical wisdom is the ability to address the tension inherent in the dance of polarities that underlies all manifestation, even to use that tension as a vital part of the unbridled creativity of all life. Yes, there is an intrinsic underlying harmony to all the universe, but too many of us try to repress the irrepressible other voice that lies outside our ego self. With practical wisdom we move from trying to repress the external world so that it adds nothing of its own, to engaging the spontaneous creativity of All That Is.

Part Three, then, offers practical skills such as: how to relate to and work skillfully with anger, how to integrate the insights of psychology and communication theory with psychic abilities, and how to pursue your goals in ways that enhance your overall clarity, kindness, and generosity.

Hindu iconography portrays life as an ecstatic, chaotic dance. The world of psychic psychology takes us directly into a skillful engagement with this dance. Engaging this dance is the most authentic of spiritual journeys. Our spiritual state grows through and is most powerfully reflected in our responses to everyday life—a baby crying, the demands of work, an unexpected promotion, a parent’s death, a wedding, heavy traffic, grocery shopping, a baby laughing. If the everyday life of a human weren’t deeply meaningful and enriching, we would never incarnate in the first place. The opportunity to know oneself more authentically and more joyfully is present in every breath.

Our goal is to engage life with practical wisdom and a sense of adventure, to know that life is a spiritual journey, and to know that each of us (and no other) holds the key to our own happiness. Seeing life as an adventure and staying open through its ups and downs with authenticity, practical wisdom, kindness, and generosity is a reliable way to cultivate happiness.

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# Table of Contents

**Acknowledgments**

xix

**Introduction: The Dance of Life as an Ecstatic Conversation with Everyday Reality**

xxi

**Part One: Psychic Skills for Life and Relationships**

1

**CHAPTER 1: Openness, Playfulness, and Curiosity:**
The Attitudes That Work Best

3

**CHAPTER 2: Perceiving Energy**

5

*Perceiving Emotions*

7

- EXERCISE 1: Noticing Your Emotions
- EXERCISE 2: Exploring How You Know What Your Emotions Are
- EXERCISE 3: Seeing, Hearing, and Feeling an Emotion

8

*Om*

9

- EXERCISE 4: Experiencing the Energy of Om

10

*Neutral Earth and Cosmic Energy*

10

- EXERCISE 5: Experiencing Golden Cosmic Energy
- EXERCISE 6: Experiencing Green Earth Energy

12

**CHAPTER 3: Whose Energy Is It? An Elegant Path to a New Kind of Authenticity**

15

*Distinct Energy*

17

- EXERCISE 7: Comparing Your Energy with Someone You Respect Enormously

18

*Is It Your Energy?*

19

- EXERCISE 8: Comparing Your Energy with Different Consciousnesses

19

*Be Respectful and Gentle with Your and Other People’s Energy*

21

---

*Collecting Your Energy and Sorting Out Others’*

21

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<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Separating from Energy Enmeshment with a Parent</td>
<td>22</td>
</tr>
<tr>
<td>EXERCISE 9: Discerning Your Father’s Energy</td>
<td>22</td>
</tr>
<tr>
<td>Two Basic Methods for Separating Energy</td>
<td>23</td>
</tr>
<tr>
<td>EXERCISE 10: Separating Your Energy from Your Father’s</td>
<td>23</td>
</tr>
<tr>
<td>EXERCISE 11: Giving Your Mother a Rose</td>
<td>25</td>
</tr>
<tr>
<td>Advanced Energy Concepts</td>
<td>29</td>
</tr>
<tr>
<td>Boundaries</td>
<td>32</td>
</tr>
<tr>
<td>You Are Not a Mere Victim</td>
<td>33</td>
</tr>
<tr>
<td>Matching Energies</td>
<td>34</td>
</tr>
<tr>
<td>No Matter Where You Go, There You Are</td>
<td>36</td>
</tr>
<tr>
<td>EXERCISE 12: Pulling Your Energy Out of Someone’s Space</td>
<td>36</td>
</tr>
<tr>
<td>Exploring Pain</td>
<td>37</td>
</tr>
<tr>
<td>EXERCISE 13: Separating Pain Energy</td>
<td>38</td>
</tr>
<tr>
<td>CHAPTER 4: Pictures</td>
<td>41</td>
</tr>
<tr>
<td>Present Time or Current Time</td>
<td>42</td>
</tr>
<tr>
<td>Exploding Pictures</td>
<td>43</td>
</tr>
<tr>
<td>The Tools and Process for Exploding Pictures</td>
<td>44</td>
</tr>
<tr>
<td>EXERCISE 14: Exploding Pleasant and Unpleasant Pictures</td>
<td>45</td>
</tr>
<tr>
<td>If You Find Exploding a Picture Too Abstract ...</td>
<td>47</td>
</tr>
<tr>
<td>EXERCISE 15: Breathing Your Energy Out of a Pet-Peeve Picture</td>
<td>48</td>
</tr>
<tr>
<td>EXERCISE 16: Dissolving the Picture of a Moderately Difficult Event</td>
<td>49</td>
</tr>
<tr>
<td>More on Pictures</td>
<td>50</td>
</tr>
<tr>
<td>CHAPTER 5: Grounding and the Center of the Head</td>
<td>55</td>
</tr>
<tr>
<td>Creating a Grounding Cord</td>
<td>58</td>
</tr>
<tr>
<td>EXERCISE 17: Creating Your Grounding Cord</td>
<td>60</td>
</tr>
<tr>
<td>EXERCISE 18: Quick Grounding</td>
<td>62</td>
</tr>
<tr>
<td>EXERCISE 19: Creating a Mental Image of a Grounded You</td>
<td>63</td>
</tr>
<tr>
<td>Center of the Head</td>
<td>64</td>
</tr>
<tr>
<td>EXERCISE 20: Finding the Center of Your Head</td>
<td>65</td>
</tr>
<tr>
<td>CHAPTER 6: The Energy of Biological Differences</td>
<td>67</td>
</tr>
</tbody>
</table>
### The Divine Complexity of Women, the Divine Simplicity of Men, and the Skills to Appreciate Both

- Male and Female Grounding

### Male Energy: An Elegant Simplicity
- EXERCISE 21: Creating a Male Grounding Cord

### Female Energy: An Elegant Complexity
- EXERCISE 22: Creating a Female Grounding Cord
- EXERCISE 23: Intentionally Challenging Your Female Grounding

### Discovering and Appreciating the Beauty and Strength of Your Gender’s Biological Energy
- EXERCISE 24: Acknowledging Your Exquisite Complexity
- EXERCISE 25: Acknowledging Your Exquisite Simplicity

### Observing and Appreciating the Biological Energy of the Other Gender
- EXERCISE 26: Acknowledging Your Female Complexity and Male Energy Simplicity
- EXERCISE 27: Acknowledging Your Male Simplicity and Female Energy Complexity

### Two Drives: Responsibility and Supporting “Potential”
- Male Grief and Female Guilt
- EXERCISE 28: Female Grounding for Male Grief in a Woman’s Space

### Male Clarity
- EXERCISE 29: Cultivating Male Clarity

### Female Guilt
- EXERCISE 30: Female Guilt

### Male Rage
- EXERCISE 31: Male Rage

### A Reminder: Explore These Ideas with a Playful Curiosity

### Recap
CHAPTER 7: The Seven Major Western Chakras: Psychic Centers of Awareness and Healing

Chakra Placement 102
Chakra Functions 104

First Chakra: Grounding, Preservation, and Manifestation 104
Second Chakra: Emotions, Boundaries, and Creativity 104
Third Chakra: Success in Everyday Life, Understanding Self and Others 106
Fourth Chakra: The Heart Chakra—Love and Affiliation 108
Fifth Chakra: Communication, Listening, Inner Identity, and Telepathy 109
Sixth Chakra: Beliefs, Clairvoyance, Center of the Head, and Neutrality 110
Seventh Chakra: Knowingness, Seniority, and Connection with Your Path 111
Feet Chakras: Grounded Mobility 112
Hand Chakras: Healing and Communication 112

Opening and Empowering the Chakras 113
EXERCISE 32: Opening and Empowering the Seven Major Chakras 116

Mantra Meditation 120
EXERCISE 33: Mantra Meditation for Each Chakra 121

CHAPTER 8: Tools for Large-Scale Changes 123

Creating and Destroying Roses 124
EXERCISE 34: Second Chakra—Creating and Destroying Roses 125
Vacuuming Energy 127
EXERCISE 35: Fourth Chakra—Vacuuming Energies 127

Grounding an Energy Out of Your Body and Aura with Your Grounding Cord 128
EXERCISE 36: Full Aura Clearing Using Your Grounding Cord 129

Cords: Limitations on Communication and Autonomy 129
A Few Important Exceptions 134
Three Methods for Removing Cords 134
EXERCISE 37: Third Chakra—Removing Cords 135
The Power and Freedom of Healthy Boundaries  
EXERCISE 38: Fifth Chakra—Exploding Roses, Vacuuming Energy, and Removing Cords  

More on Designing Your Daily Practice  

CHAPTER 9: Opening to Life As It Is: Resistance and Neutrality  
EXERCISE 39: Observe the Space of Anger, Happiness, Impatience, and Love  
EXERCISE 40: Comparing How Emotions Occupy Space  
EXERCISE 41: Giving Your Mild Anger All the Space It Naturally “Wants” to Unfold  
EXERCISE 42: Observing If a Difficult Emotion Is Compressed or Taking Its Space  
EXERCISE 43: Noticing That You Are Not Your Emotions  

Resistance  
EXERCISE 44: Dwelling on Someone or an Ideology You Really Dislike  

Seniority  
EXERCISE 45: Seniority  

Intentionally Lighting Yourself Up  
EXERCISE 46: Intentionally Lighting Yourself Up  
EXERCISE 47: Non-Judgmentalness: Letting Someone Be Who He or She Is  

Seeing All Experience as Sacred and Meaning-Filled  
EXERCISE 48: Seeing Experience as Sacred and an Opportunity to Grow  

Two Approaches for Cultivating Neutrality: In-the-Body and Out-of-Body  
In-the-Body Neutrality  
EXERCISE 49: A Golden Crown in Ten Seconds  
EXERCISE 50: Bringing Your Crown to Gold with a Clearing  
EXERCISE 51: Moving Something Further Away  
EXERCISE 52: Making Your Challenge Smaller  
EXERCISE 53: Changing the Color of a Challenge  

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Going Out-of-Body to Gain Neutrality 160
EXERCISE 54: Go to Your Crown or Just Above 160
EXERCISE 55: Go Back Behind Yourself to View Something 161
EXERCISE 56: Going Up into the Corner of the Room 162
EXERCISE 57: Going to the Edge of the Universe 163

Perfect Pictures 164

Spiritual Freedom 166
EXERCISE 58: Running the Colors of the Rainbow through Your Aura 167

Part Two:
The Mysticism of Everyday Life 171


CHAPTER 11: Humanity Has Chosen to Have a Self-Reflective Ego 177

CHAPTER 12: What’s New About the New Age? Enlightenment, Mastery, and the Spacious Ego 183
The Value of Personality 185
The Limitations of Enlightenment 187

CHAPTER 13: Rambunctious Multidirectional Time 193

CHAPTER 14: The Reincarnational Process and the Eternal Validity of the Personality 199
After Death 201
The Co-Personality 202

CHAPTER 15: The Limitations of the Ego and the Assets Available to It 207

CHAPTER 16: Desire and Trust 213
If You Could Make Your Desires Come True 214
EXERCISE 59: Imagine You Could Make Someone Love You According to Your Design 214
EXERCISE 60: Consulting Inner Wisdom 216

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What to Trust 217
Two Examples of the Imperfection of Intuition 217
Getting Your Desires Is Not a Good Predictor of Happiness 220

CHAPTER 17: Creating Your Own Reality According to Your Aura 221

CHAPTER 18: Matching Pictures and Unconditional Responsibility 231
EXERCISE 61: Brainstorm About Beliefs That Might Bring Seemingly Different Groups Together 234
EXERCISE 62: Finding Matching Pictures by Revisiting an Unfair and Unpleasant Interaction 235

Matching Picture Issues Don’t Require Proportionality 236

Accepting People as They Are 236

CHAPTER 19: Pain and Punishment 239
Guilt and Pain 240
Pain Doesn’t Actually Originate in the External World 240

CHAPTER 20: Pleasure, Happiness, and Joy 243
Happiness and Joy as Functions of Meaning 244

Joy 245
There Is Always a “You” That Is More Intrinsic 246
EXERCISE 63: Finding Your Intrinsic You 247
EXERCISE 64: Finding Meaning—Observe the Same Event from Two Perspectives 248
EXERCISE 65: Brainstorming with Someone You Trust to Find Meaning in an Event 249

Finding the Larger Context of Experience 250
EXERCISE 66: Finding Your Meaning Space About Three Inches Above Your Crown 250
EXERCISE 67: Finding an Event’s Essential Meaningfulness 251
EXERCISE 68: Finding Happiness Through Meaning 252

Everything Is Full of Meaning 253
Part Three: Practical Wisdom 255

CHAPTER 21: Internal Awareness: A Bridge to Change 257

Becoming Aware in Current Time 257
EXERCISE 69: Noticing Your Breathing, Sensations, Emotions, and Thoughts in Current Time 257
EXERCISE 70: Becoming Aware of Your Energy Field in Current Time 258

Becoming Aware in Past Time 259
EXERCISE 71: Reconnecting with Your Past Thoughts, Feelings, and Sensations from Today 259
EXERCISE 72: Reconnecting with Your Thoughts, Feelings, and Sensations from Your Distant Past 260
EXERCISE 73: Reconnecting with Your Thoughts, Feelings, and Sensations from Various Times in Your Life 260

Monitoring Your Whole Aura: A Core Skill 261
EXERCISE 74: Observing Your Aura’s Response to Making One Change 262
EXERCISE 75: Observing the Effect of Anxiety on Your Aura 263

Becoming Aware of How Your Aura Changes in Specific Situations 264
EXERCISE 76: Pure Imagination—Be Angry About the Weather 264
EXERCISE 77: Imagining How Someone Would Respond and Your Own Internal Response 265

CHAPTER 22: Self-Talk and Stories: Conversation vs. Commands 269
EXERCISE 79: Exploring Your Self-Talk Regarding Parents or In-Laws 271

Stories Are How We Tie Our Self-Talk Together 271

Stories Organize the Energy Field of the Personal Aura 271
What Happens to the Personal Aura When Someone, Gritting Their Teeth, Says, “I Am Loving, I Am Loving, I Am Loving…”? 274

Two Kinds of Stories: Feeling Tone and Self-Talk 274
Indulging Self-Righteousness for a Moment 274
Stories Are the Gatekeeper

EXERCISE 80: Finding Feeling Tones
EXERCISE 81: Explore the Standard Interpretations You Believe About Life
EXERCISE 82: Exploring and Changing Your Inner Landscape

CHAPTER 23: Anger

Becoming Skillful with Anger

More on the Mechanics of Anger
EXERCISE 83: Breaking Your Grounding to Explore Ungrounded Anger
EXERCISE 84: Exploring Second-Chakra Enmeshment and Anger
EXERCISE 85: Finding Hidden Anger and Resentment—Throwing Purple Light at Something to Light It Up
EXERCISE 86: Clearing Anger and Resentment from Your Spleen and Liver

Compressed Emotions: “I’m So Over It!”
EXERCISE 87: Freeing Hidden and Compressed Emotions

Conscious Breathing
EXERCISE 88: Counting Your Breath to Reduce Stress Quickly
EXERCISE 89: Counting Your Breath Extended Meditation

CHAPTER 24: Self-Evaluation

You Engage the World, Making the Best Choices You Can Make

Mistakes
EXERCISE 90: Accepting a Personal Mistake and Exploring Its Meaning
EXERCISE 91: Clearing Punishment Energy Out of Your Aura

CHAPTER 25: Difficult Conversations

A Paradoxical Goal
EXERCISE 92: Exploring Your Anger at Not Getting What You Felt Entitled To
EXERCISE 93: Exploring Why Someone Behaved As They Did
EXERCISE 94: Bring into Current Time a Specific, Subtle Energy Related to Desire—Turning Off Your Perfect-Picture Energy 303

Chapter 26: Affirmation and Visualization 307

Chapter 27: Manifestation 309
EXERCISE 95: Letting a Goal Light You Up So You Can Clear Pictures 309
EXERCISE 96: Sorting Out Energies from Your Goal 310
EXERCISE 97: Vibrating Your Goal Throughout Your Aura 310
EXERCISE 98: Releasing Your Goal into the Dreamstate for Manifestation 311

Chapter 28: A Good Life 315

Notes 321
Index 333
About the Authors 347

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