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helen, Author at The Spiritual & Psychic Development Workbooks

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Providing an introduction to the theory and practical basics of spiritual and psychic development, this book includes a number of relevant exercises.

This title looks at the more advanced subjects within spiritual & psychic development. In an easy, step-by-step process, it takes you into subjects such as deep meditation, psychic art, angelic energy and more.

Everyone is psychic -- it is a natural, normal human instinct. Discover how to use the full capacity of your mind and to incorporate inherent abilities into new and exciting experiences. Learn how to turn hunches and intuitions into strong psychic awareness. Find out how to develop clairvoyance (psychic seeing), clairsentience (psychic feeling), clairaudience (psychic hearing), and discover the seven approaches to psychic development, how to get "unstuck", and ways to employ your psychic abilities to enhance every day. Use this workbooks tools, techniques, and exercises daily over two to three months, and discover that you can have psychic ability when you need it!

There are many psychic development books on the market, but the vast majority are aimed at beginners. This is the psychics' bible, whether you want to tap your intuitive potential for everyday use or whether you are already a professional. The skills detailed in it can transfer to any relationship, any situation. These are not party tricks, they are life skills.

An in-depth coursebook for workshop leaders, development groups or a bunch of like-minded friends. Based on our 'Beginners Guide' our 'Course Companion' is a step-by-step guide to running your own group, circle or workshops on spiritual and psychic development - or just use it for yourself! You don't have to think about it, we've done all the planning for you, a 12 part course of lessons including: Preparation How to open and close meetings Essential basics Easy to understand theory Practical exercises Handouts / worksheets Extra ideas and activities to complement each lesson and develop your skills further. An essential workbook based on our experience of running groups, courses and workshops. Subjects include meditation, dowsing, card readings, working with the chakras, understanding crystals, connecting with your Spirit Guides, working with healing energy, learning how to meditate & developing your own clairvoyant abilities.

This book is designed to help you become reacquainted with natural psychic abilities. The exercises provided will help enhance your potential for tapping into spirit on every level.

Reconnecting to your soul will allow you to see the highest meaning and understanding of all circumstances. Just like any other skill, this comes with practice. As you evolve your connection to your soul, shed your ego, and reintegrate the soul to self, you will notice that your perspective shifts. At this rate, we no longer see people 's actions as aggressive attacks but as mirrored images of their own personal insecurities. We no longer see our pain as pain, but as a lesson. We no longer see a headache as a headache, but as a block to our crown chakra. We no longer see our choices in this life as punishment; we see them as part of the plan. We are no longer the victims of our circumstances but the divine creators of our reality and circumstances. We no longer dwell in the physical events that created us because we understand the growth, lesson, and plan. It is a beautiful vision to share with the world and part of what drives me to do what I do. If we could all view the world through our soul 's eyes, we would experience this life in a completely different form.

Unlock your psychic ability with this powerful, easy-to-use guide to energy awareness. Basic Psychic Development offers step-by-step exercises that explain how to understand and use auras, chakras, and clairvoyance to make the invisible world visible. Based on the work of Lewis Bostwick, founder of the Berkeley Psychic Institute, Basic Psychic Development encourages an open, playful approach to experiencing the energies. Basic Psychic Development shows how to: Read auras Use intuition to develop clairvoyance Overcome blocks and boundary issues Develop meditation and breathing exercises Give chakra therapy

A practical, step-by-step, 12-week interactive program that teaches you how to develop the intuitive sense that lies within you and to live in accordance with the soul's purpose by discovering your center of spiritual power. The Psychic Pathway refines intuition into a life-enhancing tool that can be used every day.

By spending just a few minutes each day performing these Yoga techniques, men and women can create inner relaxation leading to better health, a longer life, and greater control over one's personal destiny. Tailored for the Western mind, here is one of the clearest, most approachable books ever on experiencing the incredible benefits of Yoga.

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