

# Psychic Ability Guide



ALIZON

# Psychic Ability Guide

**By Alizon**

White Witch and Spell Caster Alizon offers Free Psychic Readings & Magic Spells, plus lots of info on Crystals, Colours, Chakras, Love Spells, Tarot Readings and lots more. Visit her website: [alizons-psychic-secrets](http://alizons-psychic-secrets)

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This Magic Spell will surround you with positive energies that will allow your psychic ability to increase. Click the link to visit my [Psychic Spell Page](#)

# Table of Contents

<a href="#"><u>Introduction</u></a>	3
<a href="#"><u>Using Affirmations, Thought Exercises and Meditations in Daily Life</u></a>	4
<a href="#"><u>Open up your psychic ability</u></a>	4
<a href="#"><u>Elemental Energy &amp; Connecting with Spirit</u></a>	6
<a href="#"><u>Exercises for Elemental Energy Awareness</u></a>	6
<a href="#"><u>Air</u></a>	6
<a href="#"><u>Fire</u></a>	6
<a href="#"><u>Earth</u></a>	7
<a href="#"><u>Water</u></a>	7
<a href="#"><u>The Fifth Element – Spirit</u></a>	9
<a href="#"><u>Affirmations</u></a>	10
<a href="#"><u>Meditations</u></a>	12
<a href="#"><u>Meditation to Connect to Spirit 1</u></a>	12
<a href="#"><u>Meditation 2</u></a>	14
<a href="#"><u>Meditation 3</u></a>	15
<a href="#"><u>Meditation 4</u></a>	16
<a href="#"><u>Meditation 5</u></a>	17
<a href="#"><u>Thought Exercises</u></a>	18
<a href="#"><u>Thought Exercise 1</u></a>	18
<a href="#"><u>Thought Exercise 2</u></a>	18
<a href="#"><u>Inspiration Exercise</u></a>	18
<a href="#"><u>Thought Exercise 3</u></a>	19
<a href="#"><u>Thought Exercise 4</u></a>	19
<a href="#"><u>Success Exercise</u></a>	19
<a href="#"><u>Thought Exercise 5</u></a>	19
<a href="#"><u>Rainbow Honouring the Gifts of Nature Exercise</u></a>	21
<a href="#"><u>Celebration of Colour Exercise</u></a>	21

## Introduction

Psychic Ability is the study and application of forces and powers within us all. It uses elements of mental training, concentration, and a system of symbols or foci to help us programme positive thoughts and produce positive results in our environment. The purpose of Psychic Ability is to alter the self and the environment according to the Will.

Your subconscious mind is an important ingredient in Psychic Ability. It is the part of you that exists outside of your normal conscious awareness. It is the part of you that links you to all the consciousness of the Universe itself.

Psychic Ability is an adventure that can take you to the very edge of what you know and expect of the world around. Psychic Ability is fun, interesting and exciting. You can use Psychic Ability to enrich your life with new experiences and expectations. Fantasy becomes reality with Psychic Ability. It can help you to better health and bring you constant good luck, improve you as a person and eradicate bad habits. Psychic Ability can make you more attractive to others. Psychic Ability can give you new reasons for living. Psychic Ability is powerful, and you should never underestimate its potential. Psychic Ability is a philosophy. You can use Psychic Ability to alter events and achieve what you want in life.

We all have the Psychic Ability within us to achieve what we want and what is good for us and for those we love.

## Using Affirmations, Thought Exercises and Meditations in daily life

I believe that meditation, positive thinking and affirmations work by attracting energy and focusing it with the subconscious mind to manifest change. We have unlimited power to change the world around us, to create the life we want, to draw towards us positive and beneficial events, experiences and people. Similarly, we can also draw towards us negative destructive events, experiences and people. By developing your psychic abilities further you will be ideally placed to differentiate between positivity and negativity in people, environments and situations.

### Open up your Psychic Ability

The Colour Purple. If you haven't already, try to surround yourself with more of the colour purple, clothing, beauty products, soft furnishings, writing pens and stationery etc. The colour purple will heighten your psychic abilities. Even concentrating for a few minutes each day on a sheet of lilac or purple paper will help you develop your psychic abilities.

Pick up an item belonging to someone, hold the item in your hands, and start to relax, slow down, close your eyes and let the object 'connect' with you. Feel its texture and shape, let the item become imprinted in your mind. 'Communicate' with the item; remember it is linked to the owner. Visualise the energies of the item flowing through your fingertips. Verbalise any thoughts, flashes of scenes, feelings or evoked emotions. Ask friends for items belonging to people you don't know so that you can practice verbalising everything you sense about the object and its owner.

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Get familiar with information coming to you from a different source, the more you practice the easier it becomes. Try pausing before you do something. For example, when the telephone rings pause before answering, and guess who is calling. Try it when someone knocks at your front door. Practice with anyone you come into contact with. Feel if you can

you tell when someone is happy, sad, or pre-occupied with other things on their mind?

While walking through a busy High Street or Supermarket think of one 'fact' about all the people that pass you. They have a black cat at home, they take their holidays in France, they never watch soap operas etc. No matter how silly or trivial you think the fact is it will help you to not be afraid of taking a guess.

Go to a library or bookshop. Think about a problem that is concerning you. Think silently and ask for guidance. Trust your intuition to guide you to a particular book and page. Read the entire page and try to relate what is there to your problem. Look for a subtle meaning.

If you haven't already got an Amethyst crystal, please try to get one. By using an Amethyst crystal daily it will open up intuitive and psychic abilities.

For more on the meanings of colour and the properties of crystals like amethyst see the comprehensive sections on my website:

[alizons-psychic-secrets.com/COLOURS](http://alizons-psychic-secrets.com/COLOURS)

[www.alizons-psychic-secrets.com/CRYSTALS](http://www.alizons-psychic-secrets.com/CRYSTALS)

## **Elemental Energy and Connecting with Spirit**

Alongside the elements of Air, Fire, Water and Earth there is an often forgotten fifth element of Spirit. The five elements make up everything and everyone. It is important to realise how fundamental the elements are to our existence and how we can harness the energy contained within them.

Elemental energy is in all things – the oceans, storms, rocks, plants, animals and us. We are all connected and all one. Some people are in unison and can master the elements and wield their energies more effectively. Almost anyone can learn to use this energy effectively as long as they attune themselves to the elements.

Being fully aware and in tune with the elements allows us to balance ourselves, our qualities, our emotions, our reactions and interconnections with others. This can take a lifetime to achieve but is an aspiration worth striving for. As with anything in life, practice makes perfect.

### **Exercises for Elemental Energy Awareness**

#### **Air**

The element of Air relates to intellect, thought and reason. This element is concerned with justice, truth and ethical principles. This element is also associated with states that lead to disharmony and unhappiness.

The element of Air is related to the Tarot suit of Swords, to the Zodiacal signs of Gemini, Libra, and Aquarius and to the direction East and the colour Yellow.

#### *Positive Qualities*

Key words related to the positive aspects of the element of Air include: Analytical, articulate, clever, direct, ethical, forthright, honest, incisive, intellectual, knowledgeable, literate, logical, moral, objective, outspoken, quick-witted and well-informed.

#### *Negative Qualities*

Key words related to the negative aspects of the element of Air include: Arrogant, blunt, cold, condescending, controlling, critical, cutting, domineering, insensitive, intolerant, opinionated, patronising, standoffish, thoughtless, unfeeling and unresponsive.

#### **Fire**

The element of Fire is associated with creativity, action and movement. The element of Fire is associated with the workplace, our careers, and our sense of ambition. Creativity, enthusiasm, determination, adventure, risk-taking, confidence and boundless energy are the hallmarks of this element.

The element of Fire is related to the Tarot suit of Wands, to the Zodiacal signs of Aries, Leo and Sagittarius and to the direction South and the colour Red.

#### *Positive Qualities*

Key words related to the positive aspects of the element of Fire include: Adventurous, attractive, brave, charismatic, confident, courageous, creative, energetic, enthusiastic, extroverted, inspiring, optimistic, outgoing, passionate, risk-taking and self-confident.

#### *Negative Qualities*

Key words related to the negative aspects of the element of Fire include: Aggressive, brash, cocky, foolhardy, hasty, headstrong, hot-tempered, rash, impatient, impulsive, irresponsible, overconfident, overzealous, reckless, restless, self-absorbed and thoughtless.

### **Earth**

The element of Earth is the element of practicality, security and material concerns. The element of Earth also represents prosperity and wealth of all kinds.

The element of Earth is related to the Tarot suit of Pentacles, to the Zodiacal signs of Virgo, Capricorn and Taurus and to the direction North and to the colour Green.

#### *Positive Qualities*

Key words related to the positive aspects of the element of Earth include: Capable, careful, competent, conscientious, dependable, determined, enterprising, generous, hardworking, organised, practical, realistic, reliable, responsible, skilful, steady, supporting and trustworthy.

#### *Negative Qualities*

Key words related to the negative aspects of the element of Earth include: Conventional, drab, grim, humourless, inflexible, materialistic, obsessive, overcautious, over-organised, perfectionist, pessimistic, stubborn, unadventurous, unexciting and unimaginative.

### **Water**

The element of Water is associated with the emotional or spiritual side of our lives. It affects our inner states, feelings and relationship patterns. The energy of water flows inward and symbolises our changing moods and emotions. It is not concerned exclusively with affairs of the heart, but expresses the whole spectrum of our emotions, both positive and negative.

The element of Water is related to the Tarot suit of Cups, to the Zodiacal signs of Pisces, Scorpio and Cancer and to the direction West and the colour Blue.

#### *Positive Qualities*

Key words related to the positive aspects of the element of Water include: Affectionate, calm, caring, diplomatic, empathetic, gentle, imaginative, intuitive, loving, peaceful, romantic, sensitive, soft, spiritual and tolerant

### *Negative Qualities*

Key words related to the negative aspects of the element of Water include: Broody, fanciful, frail, hypersensitive, hysterical, introverted, melancholic, moody, morose, narcissistic, overemotional, passive, sulky, sullen, temperamental and touchy.

### **Exercise 1**

Try to match yourself, your family members and friends to one of the elements, regardless of their Zodiacal sign. Are you a Fire element? Is your best friend an Earth element? Does your sister have lots of the qualities, both positive and negative, of the element of Water? Do you have too much of the negatives of one element and not enough of the positives of another element?

List famous people, living or dead and identify what qualities they display and what suit they mainly fall into.

Contemplate on which of the elements you are lacking and in what ways you can rectify this.

### **Exercise 2**

This meditation is to strengthen your relationship to the elements. This can have immeasurable results. The elements resonate with our human qualities, so bringing them into balance helps you become a more rounded person. This meditation can help you to focus on those elements, which have qualities you need.

This exercise is ideally carried out within a natural environment on a sunny day close to water, but a quiet place indoors will do just as well.

If you are outdoors look towards the element of Air in the sky around you, the element of Fire from the power of the Sun, the element of Water from the ocean, lake or river and the element of Earth from the ground beneath you.

If you are indoors relax, stand comfortably, close your eyes and breathe deeply and slowly.

As you breathe in, feel the air fill your lungs and sense the air becoming part of you. Allow the air within you to connect to the air around you. Think of how the element of Air is expressed in your life through communication, ideas and thoughts.

As you sense the warmth of the Sun feel the fire within your body to connect to the element of Fire. Visualise the power of Fire in your life through action, courage and passion.

Be aware that your body is nearly 70% water. Sense the blood flowing through your veins, feel your heart beating, pumping life round your body. Feel how the emotions connected to the element of Water manifests in your life through intuition, love and sensitivity.

As you feel the ground beneath you know that you are connected to the earth. Bend your knees a little and feel your feet firmly on the ground. Be aware of your body, its physicality. Become aware of how the element of Earth manifests in your life, your body and your environment.

### **Exercise 3**

#### **The Fifth Element - Spirit**

The element of Air can be seen as our expressing communication and the qualities of the mind. The element of Fire can be seen in our creativity, energy and passion. The element of Water is related to our emotions and the element of Earth relates to the physical world and the body and keeps us grounded.

The fifth element of Spirit, essential to successfully increasing your psychic abilities, can be seen as the full representation of the four elements working in harmony. As you strive to balance these aspects of yourself and your world, so you become closer to Spirit.

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## Affirmations

Many of us use negative affirmations such as 'I am fat and unattractive', 'I don't deserve to be happy', 'I can't do that,' 'I am a failure', 'I'm plagued by bad luck', 'I'll never be happy'.

These negative thoughts begin to infiltrate our subconscious minds and become a reality. Many of the difficulties in our lives come from our negative beliefs about others and ourselves.

Now is the time to change all that, as you begin making positive affirmations. Affirmations can be a major tool in drawing towards you positive changes in your life, whether it be in the form of personal change or bringing new people, things and situations into your life. Affirmations are very powerful tools, so powerful in fact that they could seem to be magical. In fact, they are a kind of Magic.

When you perform affirmations, you are in effect sending out to the Universe a declaration or command. And although it may seem that only you are hearing the words, this is not so. These words go out to the Universe.

Affirmations work on many different levels. Affirmations affect your own and other people's conscious and unconscious levels. If you affirm and it involves others, you are in a way communicating with another person's higher self. This is when things really start to happen, and results come quickly. The power of affirmations is only limited by your personal conviction and belief that the affirmations are working. If the affirmations are only done half-heartedly, those are the results that will be received. But if you believe completely in achieving the aspiration stated in the affirmation, then it is almost sure to be achieved.

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Begin then by using the powerful positive affirmations contained below, practice believing what you are saying for a few minutes, several times a day. After a while, these affirmations will become the way your body, mind and spirit respond to the challenges of everyday life.

If done regularly and with sincerity, you will soon be surprised by the changes you see starting to occur in your life. Once you intensely believe you can make positive changes in your life and accomplish your desires you must focus that intention, visualise the outcome, gather your strength, and send that vision outward to become reality.

If you decide to make use of affirmations in your life, be prepared for change. Remember what they say, be careful what you ask for, because with affirmations it can manifest quickly.

The next page outlines some examples of affirmations you can choose to take up. You can choose just one, several or all. Or create your own.

*I am aware that my dreams and hopes can and do create my reality. I choose to create a positive and abundant life for myself now.*

*I am a loving human being. I am never harmful to myself or to others in thought, word, action or feeling.*

*I choose to believe that I am worthy of love and all good things  
By putting light, and love, and laughter around things, I create positive magic in my life.*

*My enthusiasm and joy for life spills over into everything I choose to do. This ensures my success at every level!*

*I am aware that everything in the Universe is energy, and that positive thought; words and actions are attracted to each other.*

*I am aware that the three steps to manifesting abundance are: Conceive it, Believe it, Receive it!*

*I believe I am able to create a life filled with love, prosperity and good health, and I manifest this by being loving to others and myself at all times.*

*I feel the love of Spirit inside of me,  
and I trust that I am always safe.*

*I am aware that the tools for my success reside inside of me. I choose to be happy and successful in everything I do, think, say and feel. And so it is!*

*I create abundance by being impeccable in my choice of positive thoughts, words, actions and emotions. I am always lovingly truthful with others and myself.*

*I am aware that the tools for a happy, prosperous and healthy life are being loving, joyful and positive in thought, word, action and emotion.*

## **Meditations**

Anyone can meditate, not just Buddhist monks or deeply spiritual people. As the body relaxes, so does the mind. Our soul never sleeps, but you can achieve states of relatively long periods where the mind is silent. It is during these moments, no matter how brief they are, that we enter a state of listening to Spirit. The benefits of meditation are not just helping you with your spiritual journey. There are a myriad benefits to your health and well-being from a simple, daily meditation practice. For starters, meditation can decrease blood pressure, as well as cortisol (a stress hormone) and cholesterol, increase creativity, reduce anxiety and strengthen the immune system.

Meditation is a technique of resting the mind and attaining a state of consciousness that is totally different from the normal waking state. In meditation you help to slow down your mind's rapid series of thoughts and feelings and replace the mental activity with inner awareness and attention.

While meditating you are fully awake and alert, but your mind is not focused on the external world or the events taking place around you. Meditation involves a type of inner attention that is quiet, concentrated and at the same time relaxed.

The greatest difficulty for anyone meditating for the first time is that their mind has never been trained to create inner quiet and attention. There is a misconception that to meditate requires the mind to go totally blank and that all thoughts have to stop. This in itself is impossible as to do this would mean that you would have no awareness of self or place.

Do not create pressure for yourself about how your meditation should be or what to expect from your meditation. Also, do not try to force the mind to be empty. You should not attempt to give the mind a direct suggestion or to control your mind. Simply observe and let it become quiet and calm.

The simple meditations contained with this guide will allow you both mental and physical 'time out' from the day-to-day hectic lifestyles that most people lead. You need not confine them to the specified times outlined in this guide but practice and repeat them as many times as you like to get full benefits from them.

### **Meditation to Connect to Spirit 1**

Your Guardian Angel, your Spirit Guide, your inner light or your intuition – call it what you like. You need to connect with 'Spirit' to fully make changes to your life and harness your psychic powers to effect this change.

This meditation will help you to connect with Spirit. Again, this meditation is best done outdoors in a beautiful place of nature – near the sea, a forest, at a lakeside, a secluded garden or even a quiet area of a local park. If not find a peaceful,

comfortable place indoors, away from possible interruptions. Read through the meditation a couple of times so that you are happy that you can recall the gist of it throughout the meditation.

Relax, breathe deeply, stand, sit or lie comfortably and allow the feelings of peace, tranquillity and safety to surround you. Be aware that you are about to embark on an important and special experience. Continue to breathe deeply, close your eyes and feel completely relaxed and calm.

Begin to take notice of your breathing. Take deep breaths, focusing on the element of Air. Feel the air on its intake into your body and its exhale outward. Visualise the air mingling with the fluid in your body, the element of Water. Feel the heat within your body as you continue to breathe deeply, the element of Fire. Notice your body and its connection to the element of Earth through the ground beneath you. Feel the security of this support connecting you to the earth. Acknowledge this connection and how grounding it is to sense your body connected to the element of Earth.

Spend a few moments noticing how relaxed this makes you feel, knowing you are in the present moment, grounded and centred and in touch with the elements. Now take a moment and connect with your sense of smell. Breathe in and out a few times as you become aware of your sense of smell.

Now that you are connected to your sense of smell, ask to recall a time where you were very happy, a time when your sense of smell delighted you, when you felt secure and satisfied. As you inhale, breathe in the memory of the fragrances surrounding you during this time.

Now reconnect with the rhythm of your breath and pay attention to your sense of sight. Allow your awareness to move to a time when your sight gave you great pleasure. Allow your mind's eye to bring a picture of this time into visual clarity. As your attention connects to this moment, your inner sight is able to bring it into clear focus. You feel a sense of well being as you embrace the view that is before you.

Now take a few deep breaths and turn your attention to your body. Feel your body's shape being embraced by the surface upon which you are standing, sitting or lying. As you do this, imagine feeling yourself touching the softest, smoothest fabric against your skin. As your hand glides over this imaginary luscious fabric, ask to remember a time where you were enveloped in the sensation of touch. Remember when this sensation left you feeling delightfully supported, nurtured, and connected.

As you are comforted by these memories and your sense of touch, feel your entire being reaching upward. As you do so Spirit recognises this gesture as a desire to connect. Now you feel Spirit touching you and a great connection of love passes between the two of you. Spirit's touch is so soothing and gentle and surrounds your whole body.

Now, imagine the sound of your heart beating within your body. Listen to its rhythm beating steadily. Notice your heart beating in time with your breath, as the air moves in and out of your body you become aware of how your heart and breath are connected to the heart and breath of the universe. They are blending together creating one breath and one heartbeat. Your inner ear listens intently to the sound of the Universe as the sound is gently amplified. The tone and sound begins to deepen and define until you actually hear the sound of the life force energy within all things, including you. You can feel reassured, knowing that your inner hearing is here to serve you as you softly hear the whispers of Spirit. You are able to pick up an audible message. This is a message Spirit is eager to give to you.

Perhaps you feel excitement as your inner ear begins to clearly hear the message Spirit is giving you. It seems the message comes to you in the form of thoughts that you can hear through your attentive inner ear. It lets you know that you are clairaudient and that your intuition will guide you.

As your breath moves easily through the cells of your body, your attention connects with the deliciousness of your sense of taste. Your taste buds become enlivened and awakened as you remember tasting delicious foods and thirst-quenching drinks. You are reminded that the Universe is truly abundant, and you are connected to all things and that your Nature's divinity is rich and full, and at any moment abundance is there for your choosing.

Now it is time to come back to the present moment. Your Guardian Angel, your Spirit Guide, your inner light or your intuition wants to remind you that they will stay with you as you gently come back to the present moment. They want you to know they are always close by.

Open your eyes and reconnect with the environment around you. Shift your focus to the sights, sounds, smells, tastes and touch around you. And thank the elements of Air, Earth, Fire, Water and Spirit for accompanying you on this special journey.

## **Meditation 2**

Take a few deep breaths, paying deliberate attention to the sound of the air as it enters and exits. Imagine as you draw deep breath into your lungs, that this breath is a white colour. See the white air filling your lungs, travelling through your bloodstream and reaching your entire body. Focus your mind on your body and begin instructing it to relax. Beginning at the top of your head, instruct the muscles to relax, and then actually feel these muscles relax. Move on to the face and neck muscles, focusing your mind on instructing your body to relax these muscles and then actually feeling the muscles relax before you go on. Continue doing this until you have reached your toes. Then you will be aware of the relaxed state your body is in. If at any time your mind drifts onto something else, just return it back to the task of relaxing your body parts.

Don't fight or struggle against these thought intrusions, just let them go peacefully away, and continue the process. Now imagine a huge ball of golden light at your feet. This ball of heavenly light is getting larger and larger. As it rests on your feet you start to sense its warming capabilities. Your feet and toes are getting warmer and warmer. See this ball of light now begin to travel up your calves and shins. You feel the warm peaceful sensation as this light wraps your body in its protection. Protecting you from any harm or evil, this light continues travelling up across your knees, and now to your thighs, encasing you in immense bright white-golden protective light. This ball of light is now encasing your pelvic area, your stomach, back, chest, neck, face, and out through the top of your head and falls all over you to surround your entire body. You are now sitting in a protected and guarded ball of golden light.

Imagine this light now stretching outward, growing bigger and bigger until it is larger than the room you are in, then the entire building. The light continues to encircle your town or city, your country and then the earth. You feel your connection to the earth and your place in the universe.

You feel protected, comforted and totally at peace. Breathe deeply and let every part of you bathe in this wonderful golden light. Imagine now the golden light shrinking back from covering the entire earth, your country, your city or town, your building, your room and finally becoming a small ball in the centre of your chest. This is where the soothing, protecting and healing light will now reside.

As you slowly become aware of your surroundings and focus your attentions away from the meditation know that this inner golden light is there and whenever you need to feel protected, healed or soothed.

### **Meditation 3**

Breathe deeply as you begin your meditation and imagine yourself stepping into a wonderful peaceful garden. This garden is full of the most wonderful vibrant trees bearing fruits and blooms you have ever seen. The colours of green from the leaves of the trees and the soft grass beneath them are brighter than any of the greens you have seen before. The blooms and fruits of red, pink, orange, yellow and purple are equally as bright and vibrant in their colour. You glance towards birds flying amongst the trees and hear their birdsong chirping merrily. You see brightly coloured butterflies dancing in pairs as they fly before you in the air. Your eyes look downward to a white stone path before you that winds out into the distance deeper and deeper into the lush green garden.

As you begin slowly walking along the path, you become aware of a gentle soft breeze caressing your skin. You feel comforted by this and are anxious to continue your journey along the white path. You feel totally at peace and know that nothing can harm you and you have nothing to fear. You are in a beautiful place and feel at one with your surroundings. You look upwards and see a clear blue sky with just a couple of white fluffy clouds floating gently.

You become aware of the sounds of a babbling brook. You can hear the water gently rushing over the rocks in the bed of the river as the clear, fresh, cool water travels downstream. The path takes you to a place where you have sight of the stream. As the stream comes into your view, the rushing water looks cool and inviting.

You see a bridge and know that it will lead you to another more secluded area of the garden. As you step onto the bridge you let your hand gently slide on the handrail as you cross over to the other side. You become aware that the stone path is now gone, and your feet step off of the bridge onto soft green grass. The grass is so soft and welcoming you lie down and stretch out your whole body.

In this very relaxed state be open to the messages you receive from Spirit. This is where your Spirit Guides and Angels will meet you. Your Guides and Angels will reveal themselves to you when they know you are psychically ready to meet them.

Lie quietly and peacefully and only when you are ready raise up from the grass. Walk back now over the field and feel the soft green grass under your feet. You see the bridge coming into view. You walk onto the bridge and cross over it, again caressing your hand along the handrail as you go over. Step onto the white stone path, which will eventually lead you back to where you began. You once again look above you and again see the beautiful blue sky with white fluffy clouds.

As you walk on through the garden you see a white stone bench. Sit on this bench and feel the whiteness surrounding you. Know that you are protected against the outside forces of the world. You are now able to leave the garden, knowing that you can return at any time of your choosing. Slowly open your eyes and bring your awareness back to reality.

#### **Meditation 4**

Breathe deeply and close your eyes. Picture a beautiful nature scene of your choosing. For example a mountain view, a forest, meadow or ocean.

Breathe slowly and rhythmically. Observe how your body releases tightness with every exhalation. Continue inhaling and exhaling being aware on the inhale that the oxygen is relaxing your muscles from your toes to scalp as well as deep to your core.

Feel relaxation deepen with every breath as if your body is spreading and melting out. Now maintaining your body's sense of deep peace and relaxation, imagine yourself in a mountain, forest, meadow or ocean setting. Use all your senses to develop the image. Start with whichever sensation feels the strongest. For example, can you feel sunshine warming and relaxing your body – is there a gentle caressing breeze?

How does the earth or sand feel beneath your feet or are you lying in a meadow amongst flowers and grass? What scents are you aware of – salty ocean air, fragrant flowers, crisp mountain air. Are there sounds around you? The breaking of waves on

the shore, birdcalls, the singing of a breeze through trees or tall grass, friendly animal sounds. If you touch different elements what texture or sensations does that feel like? What shade and colour is everything?

This exercise will develop your ability to access information and knowledge through your five physical senses and increase your psychic intuitive capability.

### **Meditation 5**

You will need to lie down for this meditation. This should leave you feeling energised and more receptive to your intuition. Close your eyes. Visualise yourself lay down and outstretched on a soft sandy golden beach. The sun is warming your body and helps you relax into the soft sand beneath you. You see one fluffy white cloud amidst a clear blue sky. You inhale deeply and taste and smell the exhilarating ozone coming from the crystal-clear sea. You hear gentle waves lapping at your feet.

Your breathing is in time with the waves. As the wave comes in, you inhale. As the wave goes back from the shore you exhale. As you continue to breathe deeply you feel the cooling water from the sea touching your toes as a wave comes in. The wave goes out again and leaves your toes revitalised and tingling with energy.

Another wave comes in and covers your toes and your feet. The wave goes out again and leaves your toes and feet revitalised and tingling with energy.

Still breathing in time with the movement of the sea, another wave comes in and covers your toes, feet and your lower legs. The wave goes out again and leaves your toes, feet and your lower legs revitalised and tingling with energy.

Yet another wave comes in and covers your toes, feet and your lower legs and upper legs. The wave goes out again and leaves your toes, feet and your lower legs and upper legs revitalised and tingling with energy. Again still breathing rhythmically another wave comes in and covers your toes, feet and your lower legs and upper legs. The wave goes out again and leaves your toes, feet and your lower legs and upper legs revitalised and tingling with energy.

This time the wave comes in and covers all your lower body to your waist and your hands. The wave goes out again and leaves your lower body and hands revitalised and tingling with energy. As the next wave comes in it covers all your lower body, your chest and your arms. It leaves your body and arms revitalised and tingling with energy.

A final wave comes in and engulfs you completely and covers your toes, feet legs, arms, body and head leaving your entire body revitalised and tingling with energy. Bring your focus back to reality and very slowly rise from your lying position.

## **Thought Exercises**

In the same way as we try to keep our body exercised and in good shape so that it performs at its best, is not sluggish, is not too tired or too out of shape to hinder our daily lives, then we must exercise our thought processes. The power of positive thought, always looking on the bright side and being an optimist, does not come easily to everyone. You may need to train, work out and exercise your positivity to always get the most from your life – even during difficult times.

The simple but effective thought exercises outlined in this guide will reinforce your positivity and diminish any negativity that holds you back.

### **Thought Exercise 1**

We are often told in difficult times to count our blessings. You must learn to be grateful and make the most of what you have. You need to learn to focus on the Blessings you have right now at this moment. Don't think about all the things you don't have, the things you feel are lacking. It is true that where thoughts go so does your energy. Those who stay focused on their blessings make room for more of them to flow in. Those who take the pessimist's view receive more negativity. If you need some more blessings in your life, then count the one's you already have.

Name 20 things you are blessed with. Write them down on a piece of paper or at your computer. Focus on these 20 things for the rest of your day. When your thoughts start to turn to what you don't have, pull them back to your 20 blessings. See how much more enriched you feel at the end of this day. Repeat this exercise as often as necessary.

### **Thought Exercise 2**

Sometimes we all need a little inspiration, a spark or a boost, to know that we can create the life we want to lead. Remember that in your life there are no mistakes, merely lessons. Learn to be your own life, and when you start to reflect on all the mistakes, errors or failure of the past let them be the stepping-stones along your path of learning and not the shackles that keep you forever in chains to shatter all your hopes and dreams.

### **Inspiration Exercise**

Make a list of your twenty greatest qualities and twenty of your greatest achievements. When you begin to feel down and need to be inspired take out your list and review it, or better still, keep it with you or pin it up so that you can look over it every day.

### **Thought Exercise 3**

To be empowered to live our lives without self-imposed limitations and restrictions is the ultimate sense of freedom. When we refuse to release negative energies like resentment, anger or feeling victimised, we remain in prisons of our own making. When we tell ourselves 'I can't' or 'I'm not', we restrict our ability to grow and reach our fullest potential. When we act from a need to please others, or what we believe is acceptable in the society we are living in, rather than following our own destiny, we destroy the freedom we have to be who we are. We are then powerless.

Focus on what freedom means to you. Ask yourself 'What do I need to do to have more freedom to do what I want to do' Do you feel controlled by your life's circumstances, or do you feel empowered to be yourself despite them? In what ways do you limit or restrict yourself? What can you do today to help release restrictions in your life?

### **Thought Exercise 4**

Success seems to come easily to some people. However truly successful people rely on more than just luck to create their successes. To become successful at something requires hard work, diligence, determination and strength of will. Too often we give up, letting a true dream die simply because we didn't put forth the effort it would take to do something different.

### **Success Exercise**

Think of something you have always wanted to do or a gift, skill or ability you already have that you want to strengthen. Think of someone you know or admire who already has this skill. What did they do to get there? Are you passionate enough about this dream to go after it with all you have? If not, find something else that fires up your true passion and be determined in your efforts to attain this goal and gain success. When you believe you possess confidence, you act confidently and use all your talents to get what you want. When you believe you are clever, you act intelligently making the right decisions. When you believe you are loving, you act lovingly and attract love. When you believe you are limitless, you act limitlessly and attract success.

### **Thought Exercise 5**

You cannot gather inspiration to be creative and fertile in your thoughts, words and deeds to make bigger life changes if you do not have happiness in your day-to-day life. Your daily life can be made happier. It is a matter of choice. It is our attitude that makes us feel happy or unhappy. You may come across all kinds of situations during your day, and some of them may not be conducive to happiness. You can choose to keep thinking about the unhappy events, and you can choose to refuse to think about them, and instead, focus on the happy moments. You constantly go through

various situations, events and circumstances, but you do not have to let them influence your reactions and feelings.

If you let external events influence your moods too much, you become their slaves. You lose your freedom and allow your happiness or sadness be determined by external forces. Alternatively you can free yourself from external influences. You can choose to be happy, and you can do a lot to add happiness to your life.

**Below are 13 ways to help you increase the happiness in your day-to-day life:**

1. Listen to uplifting, upbeat, positive music. (Dreary, gloomy, moody sad slow songs only lead to more feelings of sadness.)
2. Make a real effort to change the way you look at things. **ALWAYS** look on the bright side. Your mind may drag you to think about problems, negativity and difficulties. Don't let it. Look at the good and positive side of **EVERY** situation. (Even an emergency visit to the Dentist can be a positive happy event if you for example you meet a new friend, business contact or love interest in the waiting room!)
3. Think of solutions, not problems.
4. Mix and socialise with happy positive people and try to learn from them to be happy and positive. (Negative, pessimistic people who always see the glass half empty drain you and bring you down – don't let them. Limit your time with them.) Remember, happiness is contagious and so is lowness or sadness.
5. Watch funny comedy TV shows that make you laugh.
6. Each day devote some time to reading a few pages of an inspiring book or article.
7. Everyday do something good for yourself. It can be something small, such as watching your favourite programme on TV, taking a bubble bath, eating something you love or taking a walk in the countryside.
8. Watch your thinking. Whenever you catch yourself thinking negative thoughts, start thinking of positive and pleasurable things.
9. Always look at what you have accomplished and not at what you haven't.
10. Each day do at least one act to make others happy. This can be a kind word, helping your colleagues, stopping your car at the crossroad to let people cross, giving your seat in a bus to someone else, or giving

a small present to someone you love. The possibilities are infinite. When you make someone happy, you become happy, and then people try to make you happy.

11. Always expect happiness.
12. Do not envy people who are successful, happy and fun-loving people. On the contrary, be happy for their happiness.
13. Smile more often.

For more on the inspiring and motivational techniques to improve your sense of well-being see the Seven Secrets section on my website:

### **THE SEVEN SECRETS**

#### **Rainbow Honouring the Gifts of Nature Exercise**

Plan in advance a simple walk to honour the gifts of nature. Go to a forest, lakeside, the ocean, the mountains or hillside or a quiet garden or public park. Breathe deeply as you take in all the sights, sounds, smells and feelings of nature as it surrounds you. Pay attention to all the elements that surround you and how they relate to all your senses. Look for gifts of nature - a beautiful stone, a perfect flower, the sound of birdsong.

Let the joys of nature seep into your soul as you stroll along. Look for all the colours of the rainbow as you stroll along. Red, Orange, Yellow, Green, Blue, Indigo and Violet. If you are very, very lucky you will see a rainbow in the sky – if not, look for every colour in the stones, pebbles, river, sky, trees, flowers, birds, butterflies etc. Look closely at each colour and take into you it's particular energy as you stop momentarily to focus on each one and understand that you are connected with everything and everyone.

#### **Celebration of Colour Exercise**

In the morning arrange a bunch of brightly coloured flowers in a vase. Wear bright multi-coloured clothing all day. Prepare and eat as many different brightly coloured foods as possible – a salad containing orange and yellow peppers, tomatoes, beetroot, green leaves is perfect. Throughout your day be aware of all the colours around you.

In the evening concentrate on one particular colour. Whichever colour comes to your mind is the colour that you are most in need of in your life.

If you chose Pink read the following:

Pink generates a feeling of gentle warmth and nurturing. It lessens feelings of anger and irritability, surrounding us with a sense of love and protection. It also helps with feelings of loneliness, unhappiness, over sensitivity, and vulnerability. The main indication with the choice of pink is that you are likely to be in need of some love. Possibly those around you have not been as affectionate, caring or attentive as you want them to be.

If you chose Orange read the following:

The choice of Orange indicates that you could be in need of some fun, joy and laughter. Orange is a joyous colour. It is said to free and release emotions and it is a great anti-depressant and will lift your spirits. It lessens feelings of self-pity, lack of self worth, and unwillingness to forgive. It stimulates the mind and renews interest in life. Creativity and optimism are key words for this choice. Be careful though, as it can indicate a need to overindulge.

If you chose Yellow read the following:

Yellow is associated with the expression of thoughts and the intellectual side of the mind. It can therefore aid the powers of memory and clear thinking, decision-making and good judgment. It shows that your mind is receptive to receiving knowledge and is positively alert to gaining new insights and skills. Try to focus on what you feel is a priority at this time, as it may also indicate an overly loaded mind needing clarity and a logical stepped approach.

If you chose Green read the following:

Green has a strong association with nature. We instinctively seek it out when under stress or experiencing emotional trauma. Feelings of comfort, relaxation, calmness, and space are induced by the colour Green. The choice of Green means that you need to grow as a person. This may be anything that is going to give a sense of moving forward with new beginnings and experiences for you.

If you chose Blue read the following:

Blue makes us feel calm, quiet and protected from all the hassles of everyday life. Blue inspires mental control, clarity, and creativity. Blue relaxes your nervous system and has a sobering effect on the mind forcing you to be more contemplative. Choosing Blue reveals a powerful need to be protected and nurtured. You possibly have to deal with some difficult issues at present, of which you may not feel supported and cared for, by those close to you.

If you chose Purple read the following:

The colour purple helps balance the mind and transforms obsessions and fears. It brings peace and calm to an overactive mind acting like a sedative. It is a very powerful, psychic colour and stimulates intuition and imagination. By choosing

purple you may need spirituality, meaning and answers to many thought provoking questions about what life means to you. You have psychic abilities that need to be encouraged and developed.

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