PSYCHIC DEVELOPMENT
FOR
PROSPERITY, SELF-DEFENSE
& POLITICAL INFLUENCE
BY KERTH BARKER

ANGELIC DEFENDERS & DEMONIC ABUSERS
MEMOIRS OF A SATANIC RITUAL ABUSE SURVIVOR

CANNIBALISM, BLOOD DRINKING
& HIGH–ADEPT SATANISM

MENTAL LIBERATION
DEPROGRAMMING SATANIC RITUAL ABUSE, MK ULTRA,
MONARCH & ILLUMINATI MIND CONTROL

PSYCHIC DEVELOPMENT
FOR PROSPERITY, SELF DEFENSE & POLITICAL INFLUENCE

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PSYCHIC DEVELOPMENT

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& POLITICAL INFLUENCE

KERTH BARKER
Psychic Development for Prosperity, Self-Defense & Political Influence

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It is advised that persons below the age of eighteen should avoid reading this book because of explicit descriptions of child abuse. If you have children in your home, please make sure that they do not have access to it.

Acknowledgement
I would like to thank James the Just and his think-tank associates who have taught me all I know of psychic ability. Without their teachings this book would not be possible.
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“All things come out of the one, 
and the one out of all things.”

“Man is most nearly himself 
when he achieves the seriousness of a child at play.”
The secret to psychic power is this:

*If you believe that you can develop psychic ability then you can,*
*but if you’re convinced that you can’t, then you can’t.*

This book is unique. You won’t find any book presently available that will teach you the things that you can learn in this book.

If you’ve already awakened your psychic powers, this book will help you to expand your existing abilities. But if you know nothing of psychic ability, this book is a good introduction. The teachings in this book weren’t conceived by someone living in an ivory tower but by practical persons facing real world challenges.

In studying this system, know from the start that the only truth that you must accept on faith is that of your own potential for psychic ability. If you do have the faith that you can develop psychic ability, this handbook will prove its value. And once your psychic powers begin to emerge, you will have the certainty that comes from experience.

You don’t need permission from some authority figure to believe in psychic powers or to use them. Once you start to use them it will become self evident that you have them. And the fact that you have them is proof that you were created to use them.

This book has two major sections:

The **1st Section** of this handbook is on psychic self defense and it explains in simple terms how you can use your natural talents.

Some people have a high level of inborn psychic talent, but they just don’t know what to do with it. I have to point out that, in general, women
are naturally more talented than men when it comes to psychic abilities. But there are many exceptions to this, and I don’t wish to offend anyone. I point this out because many women can awaken their psychic talents very quickly and with minimal training.

And this is also true for some men. Therefore, for some of you, just reading the 1st Section will instantly awaken your psychic powers and you’ll intuitively know what to do with them. You’ll intuitively know how to use them to defend yourself and others. You’ll intuitively know how to use them to create prosperity for yourself. And you’ll intuitively know how to use psychic influence to change the political system in positive ways.

This is not to say that a man can’t awaken his psychic powers to the same level as the average woman, but for the average man, it usually takes more time and effort.

I’m a man and this isn’t some sexist attitude on my part, just a simple observation by someone who has worked with a number of advanced psychics. And what I have been told by them is that anyone can compensate for a lack of inborn talent with hard work and persistence. So, male or female, the more work you put into your training, the higher will be the level of your skill.

Therefore, in the 2nd Section, I go into the techniques which slowly, step by step, awaken psychic ability. Basically this is a twelve-step program that leads to higher levels of psychic awareness. It was developed by an elite group of researchers in a private think tank. A dedicated student might be able to complete the program in a month’s time, but most students should expect to take at least forty days. Others might take longer. If you do complete all twelve lessons, you can expect to have a demonstrable level of telepathic ability.

Yet, no matter how far you make it into the study of this system, it will empower you in ways never expected. And the simple reading of this book, even without doing all the drills, may stimulate your own creative thinking on how you can develop your unique psychic talents.

Although I am personally a Christian, this handbook was designed to help all persons no matter their religion or philosophy. So this handbook doesn’t really teach a belief system. The researchers who developed the
techniques for this handbook did start off their research from the point of view of their Christian religious belief system. But in the process of their research, they transcended their belief system while fulfilling it at the same time. They did this by experiencing miracles. And in the process of my own psychic awakening, I have come to realize that experiencing miracles matters more than religious dogma. Religious indoctrination seeks to place limits upon your beliefs, but you don’t need indoctrination when you have the experience of miraculous revelation. Therefore, this handbook doesn’t seek to tell you what to believe; instead it’s a system which shows you how to experience miracles.

You don’t have to agree with everything you read in the lessons. And you’ll do better in studying this system if you don’t become preoccupied with those teachings that just don’t seem right to you.

Complete agreement with these lessons isn’t a requirement for developing psychic ability. But you do need to study the lessons carefully. Even if you don’t agree with everything you read, the study of these ideas will help to focus your mind in certain ways.

And don’t worry about having a full intellectual comprehension of all you read. It’s better to understand these lessons with your heart.

I would make the analogy that training in psychic ability is like training in sports. You are taught certain exercises designed to increase your skills. You learn a few simple rules. And you develop the right attitude. These lessons have been designed to help evoke an attitude conducive to psychic development. This isn’t really a system of philosophical indoctrination. So what type of philosophy you choose to believe in is your responsibility.

But in the 2nd Section of this twelve-step course, you are more likely to have success if you perform the training practices described at the end of each lesson. Furthermore, your chances of success will increase if you perform all of them exactly as explained.

The level of psychic power that you achieve through training will be determined by two factors: how much effort you put into studying this handbook and the nature of your own unique, inborn psychic talent.

Don’t place limits on your potential for psychic ability. However,
nobody is going to promise you that you’ll achieve supernatural abilities like those depicted in sci-fi movies. Psychic powers initially emerge as subtle influences and intuitive insights.

However, these basic psychic abilities, subtle as they are, can be extraordinarily empowering in helping you to achieve your goals in life. This is a path to personal liberation more than anything else.
1ST SECTION
PSYCHIC SELF DEFENSE
THE ABCs OF PSYCHIC ABILITY

A. All people are potentially psychic whether they realize this or not.

B. Psychic practices involve visualization, creative imagination, emotional sensitivity, intuitive awareness and physical action.

C. The mental disciplines developed in psychic training are useful in every aspect of your life. Thus, psychic training is also a form of self realization which enhances your life in general.

D. Psychic training is a mind-body discipline. The development of psychic ability comes primarily through repetitive practices done over a period of time. This is much like the training for sports.

E. For decades, psychic abilities have been studied in a serious way by governments, educational institutions and private think tanks. Millions of dollars have been spent on this research.

F. Many of the most advanced scientists around the world recognize that all human minds are interconnected.

G. Advanced principles of physics can be used to explain the mechanism of psychic interconnection. However, an intellectual understanding of why psychic powers work is not necessary to being able to use them.

H. Space and time do not place limitations on psychic abilities. With your psychic powers you can mentally access any location at any time period in the Cosmos.

I. Psychic ability isn’t supernatural or abnormal. Rather it is a natural mental faculty which emerges with proper training.

J. Meditation training is beneficial to psychic ability because meditation
increases the ability to relax at will and to sustain a prolonged mental focus.

K. Your thoughts affect your physical health and your body’s energy field.

L. Your thoughts influence the social environment in which you live.

M. Rejecting negative, fear-based thinking while enhancing positive, love-based thinking results in the proper attitude for psychic development.

N. Feeling empathy for another person increases your telepathic connection with that person.

O. The active use of imagination enhances the ability to project psychic energy or to transmit psychic information.

P. However, because you don’t want to confuse imagination with incoming information, it’s best to eliminate imagination when receiving telepathic communication.

Q. When preparing yourself to receive telepathic information it’s best to eliminate distractors such as bright colors, loud noises, food, hot or cold drinks, picture books, strong electrical fields, pets and people demanding attention.

R. Your entire physical body is the organ of psychic reception and projection. Your body is an energetic system and your aura is a part of your body.

S. When you close your eyes, you invite imagination. So its best to keep your eyes closed when you are transmitting psychic information or projecting psychic power.

T. When you concentrate on a repetitive physical activity, you banish imagination. This is especially true if your eyes are open. So it’s best to be physically active and to have your eyes open when you are receiving psychic information.

U. All of the human minds that have ever existed, that exist now and
that will ever exist are all connected psychically.

V. Spoken affirmations can be used to attune your mind to another mind. Therefore prayer or positive affirmation can be used for the purposes of psychic healing and protection.

W. You will know that you have made a positive telepathic connection when you experience feelings of empathy, good will and serenity.

X. Your brain, mind, body and social environment are all interconnected. They are all a part of the same gestalt that makes up your identity. Therefore, if you expect to become a psychic, you must have social relationships with others who believe in and practice psychic ability.

Y. The optimal attitude for psychic ability is to be physically relaxed, mentally attentive and to approach the work as if it were an interesting game to be played.

Z. The foundation of the living Cosmos is made up of consciousness and information, and this too is the foundation of the human mind.
THE BASIC DYNAMICS OF PSYCHIC ABILITY

This diagram shows how knowledge from a transcendental source finds its way into an individual’s conscious mind. It demonstrates why both visualization and physical awareness are necessary to psychic ability.

Although the arrows in this diagram only point in one direction, this actually works both ways.

So visualization and physicality are essential to both the reception and projection of psychic powers.

Please refer to this diagram as you read through the definitions in the next section: The Basic Theory for Psychic Ability. I would suggest that you carefully read, and if necessary reread this section until the diagram above makes sense to you.
Here is the basic theory of psychic ability in a nutshell. Here we define the terms in the chart in the preceding section, *The Basic Dynamics of Psychic Ability*. Please understand that I’m not trying to teach neuropsychology. If I were trying to teach neuropsychology, I would put this in a more complex way, but for our purposes here I’m going to put this as simply as I can. But I do need to go into some information that the science of brain research has indicated.

The human brain has two hemispheres, each of which in a generalized way, can be associated with certain mental attributes:

- **Left hemisphere brain traits**: logic, reason, rationality, language, math, science and analysis. (Thinks with words or symbols.)

- **Right hemisphere brain traits**: emotion, imagination, intuition, spatial awareness, holism and visualization. (Thinks with emotional mental images.)

- **The conscious mind** is associated with a dominance of the left hemisphere of the brain.

- **The subconscious mind** is associated with a dominance of the right hemisphere of the brain.

And although they represent two differing modes of thought, the conscious and subconscious minds have a complementary relationship. Much of psychic ability has to do with the interplay between the conscious mind and the subconscious mind.

**The limen**

The subconscious mind and the conscious mind are separated by a barrier
Psychic Development

which is a partial absence of wiring between these two hemispheres of the brain. This allows the brain’s functions to be specialized. This ability of specialization has survival value. In our daily lives, we all go back and forth between these two modes of thinking. For example: when you are reading a book you are using your left hemisphere brain functions, but when you immerse yourself in playing a sport you are using your right hemisphere brain functions.

A name for this mental barrier between the conscious and subconscious minds is the limen. This come from a root word that means threshold. In psychology the word threshold refers to a limit beyond which a stimulus fails to cause a reaction. So what goes on in one hemisphere doesn’t stimulate a reaction in the other hemisphere. The word subliminal is derived from the same root word. So anything that is subliminal is something which speaks directly to the subconscious mind or which involves the subconscious mind.

The male brain and the female brain are wired in a slightly different way. One difference is that women have more wiring between the left and right hemispheres than men do, and this means that the connection between the left and right hemispheres is more prominent in women than in men. So this is why women are generally more intuitive than men. However, with training a man can develop his intuitive abilities. Understanding how the brain works is essential to this.

The visual cortex

At the back of the brain is the visual cortex. This is the part of the brain that receives and processes information from the optic nerves. But the visual cortex isn’t just involved in processing optical information. Neurologists have observed that the visual cortex is still active in persons who have been blind for life. This is because this part of the brain is involved with conceptualizing the surrounding environment and what goes on there. Most people use optical information to conceptualize their surrounding environment. However, blind persons use their other senses such as hearing, and yet it is still the visual cortex which is involved in this conceptualization of the environment. This suggests a deeper meaning to how the visual cortex operates. The visual cortex is vital in understanding your personal relationship with your surrounding environment. Consider the fact that both of the brain’s hemispheres
use the visual cortex. The visual cortex connects the left and right hemispheres. The visual cortex is able to incorporate both modes of thinking. So it is like a doorway which connects two rooms together.

The left and right hemispheres communicate with one another through the activities of the visual cortex. Via the visual cortex, the subconscious mind sends messages to the conscious mind in the form of visions such as those which you experience in sleep dreams. Via the visual cortex, the conscious mind sends messages to the subconscious mind through daydreams and imagination. So it is important to be clear in understanding the nature of the conscious and subconscious minds.

As infants, both boys and girls are more dependent upon the right hemisphere for their thinking because they haven’t yet learned language. As children grow up, they learn more language and become more dependent upon the left hemisphere for thinking. So the consciousness of the child slowly shifts from the right hemisphere to the left hemisphere which then becomes dominant in thought processes. So the adult mind is the conscious mind which depends more upon left hemisphere thinking than upon right hemisphere thinking. Thus the childlike mind that is involved with right brain thinking becomes the subconscious mind because it becomes subordinate to the adult conscious mind of rationality.

The superconscious mind

The superconscious mind is the aspect of mind which transcends the ego and the physical body. In religious terms, it’s the mind of the soul. This mind is essentially spiritual and it’s the source of psychic abilities. The superconscious mind communicates with the Universal Mind. So the superconscious mind is above and beyond the intellectual limitations of the conscious mind.

The Universal Mind

On a foundational level of the Cosmos, everything is information and consciousness. A name for this phenomena is the Universal Mind. In religious terms, the Universal Mind would be the mind of God. But advanced physics can also show theories that explain this phenomenon. Through the Universal Mind, all knowledge can be accessed.
An analogy that might be used is that the Universal Mind is like the internet and the superconscious mind is your computer terminal which gives you access to the internet.

The thought processes of the superconscious mind and the Universal Mind are difficult to explain in words. Again there is an analogy which might help. A holographic image is a three-dimensional picture made with laser light beams. Like a statue, it looks different depending upon the angle at which you view it. The holographic image is created by projecting laser light via a hologram. And unlike a two dimensional photo, every part of a hologram contains all the information contained in the whole. Holographic intelligence is based on the principle that all of the object is contained in every part. So the Universal Mind and your superconscious mind are based on what might be described as holographic intelligence contained in subatomic wave forms. If this isn’t completely clear to you, don’t worry. It’s impossible for the human intellect to comprehend the superconscious mind. It transcends the conscious mind. However it is important to note that one aspect of the subconscious mind is that it’s more holistic in its thinking than is the conscious mind. So this is one reason why the subconscious mind more easily relates to the superconscious mind. Both the subconscious mind and the superconscious mind think holistically, but the conscious mind thinks in a logical, sequential way.

Some studies into psychic research indicate that children are naturally more psychic than adults and that their natural psychic abilities decrease as they become older. Because of their lack of language skills, young children have to be super-intuitive. So the subconscious mind, which developed in childhood, is the key to superconscious, psychic abilities. As the Christian psychic Edgar Cayce once pointed out, the subconscious mind is the doorway to the superconscious mind.

The superconscious mind is the source of your psychic abilities. The subconscious mind is emotional, imaginative, intuitive and its thinking is not based on words or numbers. Yet it is these qualities of intuition and imagination which make the subconscious mind receptive to the superconscious mind. The thinking of the conscious mind is based on language and logic, but the superconscious mind has knowledge that transcends the limits of human language and logic. For whatever reason, the subconscious mind better translates the transcendental knowledge of the superconscious mind. So communication between the subconscious
mind and the conscious mind is the key to awakening psychic powers.

The nervous system

The visual cortex is one pathway between the conscious and subconscious modes of thinking but there is another. The nervous system of the physical body also connects the two hemispheres.

More than anything else, what the conscious mind and the subconscious mind have in common is the physical body. The left hemisphere of the brain and the right hemisphere are divided by the limen, but they are connected to each other through the body’s nervous system. So a sensitivity to feelings in the physical body allows for communication between the left hemisphere and the right hemisphere. Also physical actions use the body’s nervous system to allow communication between the left and right hemispheres. Thus the conscious mind and the subconscious mind do have a dialogue with one another through physical sensitivity and physical actions.

So visual processes and physicality are the two doorways between the conscious mind and the subconscious minds.

There is a Universal Mind which connects everything and everybody in the Cosmos together. Depending upon your personal philosophy, you can call this anything you like, such as God, the Life Force, Spirit or the Great Unknown.

The superconscious mind allows you to interact with this Universal Mind. And it’s the subconscious mind which most easily attunes itself to this superconscious source of psychic information. Your intuition or feelings of faith can help awaken you to the wisdom and power of the Universal Mind.

You develop your intuition by paying attention to what you feel in your physical body. When you want to receive psychic information, pay attention to what your body is feeling or allow your physical actions to be guided intuitively. When you want to transmit either psychic information or psychic energy, you use your imagination and act out physically in some way.
How to apply these theories through practices

**Psychic Transmission**

- Close your eyes and use your imagination to visualize something.
- Act out physically to send a message to your childlike subconscious mind.

**Psychic Reception**

- With your eyes open, practice automatic drawing or writing.
- Allow your physical actions to be guided by your feelings of intuition.

The more you work with these understandings, the more you will sense how you can use them in psychic practice. And there are even more complex techniques where these understandings can apply. But put simply, you use your physical body and your power of visualization to receive or to transmit psychic powers.

*The main point that I’m trying to make is that psychic ability isn’t a purely mental practice, it is a mind-body discipline.*

Those persons who understand Satanic occultism know all about how these dynamics of psychic power can be used. But they use these understandings unethically. And they cause great harm with their occult practices. Knowledge is power, and the occultists desire for the general public to remain ignorant. Those who fail to learn about psychic power are condemned to be manipulated by it. There is nothing new about the secret societies and their occult practices. Occultists take advantage of the general public’s ignorance of psychic power. And this has been going on since ancient times. But by understanding the diagram above, you are taking your first step in empowering yourself for the purpose of psychic self defense.

The diagram above is a flow chart. When you want to receive information or guidance from the Universal Mind it goes through two paths:

1. It goes through the superconscious mind to the subconscious mind, then through the visual cortex to the conscious mind.
2. But it also goes through the superconscious mind to the subconscious mind. Then as physical sensations it is transmitted through the body’s nervous system. This sensitivity to your physical sensations is the essence of intuition. Through feelings in the physical body, the right hemisphere communicates to the left hemisphere and thus the conscious mind.

So to put this in plain language, physicality and visualization are the keys to psychic development. It is a mind-body discipline that you develop by training yourself in much the same way that you would train yourself for sports. You practice visualization and adopt appropriate physicality. You do this repeatedly until you get positive results.
In saying a prayer or positive affirmation you need to learn to bring in physicality and visualization into the practice in order to bring out your full spiritual powers. Many religious movements use a combination of physical movement and mental concentration. Muslim prayer, for example, involves standing, deep bowing, touching the forehead to the ground and sitting. There is deep wisdom in this type of spiritual practice which involves physical involvement. And if you look at traditional spiritual practices throughout the world you find physical disciplines such as those in Yoga or Tai Chi. This sort of mind-body awareness is necessary no matter what your religious or non-religious philosophy.

Spiritual power is the best defense against psychic attacks. And, in some cases, religion can be a source of spiritual power. But you need to understand the difference between religion and spirituality. Religions often seek to control a person’s beliefs and behaviors. But spirituality is the emotional experience of feeling your unity with the divine Universal Mind. Whether you describe this experience as faith in God or as an intuitive awareness of the spiritual aspects of the Cosmos, it is primarily an emotional experience rather than an intellectual one. You can be spiritual without being religious, or religious without being spiritual.

A religion is useful to the extent that it encourages spirituality. But in some cases, religions suppress spirituality. What I personally believe is that God is love, God is the Creator of all things and that God is good. Religions, on the other hand, can be good or bad. Sometimes religious experience can enhance psychic ability. However, sometimes religious dogma can limit psychic ability. But if you do have a connection to a religious group that is positive and life affirming, that can help to protect you from occult psychic attacks.

Love is the essence of true spirituality, but chronic fear suppresses spirituality. So whether you believe in a religion or a non-religious
philosophy, you can only develop a positive spirituality by rejecting irrational fear and developing spiritual love. No matter what your religious or non-religious philosophy, you have the potential to develop psychic ability.

When you pray or use positive affirmation you are attuning yourself to the Universal Mind. Below is a set of prayers and a positive affirmation any of which can be used to evoke the spiritual protection of the Universal Mind. Depending upon your personal philosophy, you may use one of these or any other which seems right to you.

I’m going to suggest a visualization. After saying the prayer or positive affirmation close your eyes and imagine that there is a beam of divine light coming down from above. Imagine that it enters into the crown of your head. It fills your entire body and then emanates out from your body. Not all persons find it easy to visualize things in their minds. So you can support your ability to visualize by subvocalizing the visualization. That would mean that in a whispered voice you would describe the visualization so that your visual cortex will translate it into images that will be accepted by the subconscious mind.

Subvocalize this:

I now see a beam of divine light come down from above.
It flows like clear glowing water.
It enters the crown of my head.
It fills my entire body.
It glows outward through my aura.

I’m going suggest how a simple awareness of physicality can be involved in prayer. The position or attitude of your body communicates to your subconscious mind. A traditional prayer position is to hold your hands together at the center of your chest at the heart level. Your head is bowed. You are either sitting or knelling. Your eyes are closed. When you assume this body attitude, notice how it mimics the body position of an embryo in the womb. The memory of being in the womb is contained in your physical body. It was an experience of being unconditionally loved by your mother and being embraced completely. So by assuming the prayer position, you are communicating the idea of an acceptance of unconditional love.
I’m going to suggest that you practice prayer or affirmation for protection in this way:

1. Assume the prayer position.
2. Speak out loud saying a prayer or positive affirmation.
3. Visual a beam of divine light coming down and filling you.

The more often that you practice prayer, the more powerful it becomes. Eventually you will begin to feel yourself being filled and surrounded with loving spiritual energy. It is good to be alone and in a quiet place when you practice this type of prayer. Such prayer opens you to an awareness of the Universal Mind and it evokes the spiritual protection of the Universal Mind. There are many different prayers that you can use.

The following prayer is one that I have used and I know of other Christian psychics who have used it. It was written by the minister James Dillet Freeman.

Prayer for Christ’s Protection

The light of Christ directs me.
The love of Christ enfolds me.
The power of Christ protects me.
The presence of Christ upholds me.

Later the author of that verse came up with an altered version of it which has become widely known and used. I have known of Christians and persons of other faiths who have used this prayer. So it is a universal, interfaith prayer for all who believe in God.

Prayer for Protection

The light of God surrounds me.
The love of God enfolds me.
The power of God protects me.
The presence of God watches over me.
Wherever I am, God is.
I knew of some atheists who were developing their psychic abilities. They asked me for a positive affirmation that they could say which made no reference to God. I came up with a variation to the *Prayer for Protection*. I believe that James Dillet Freeman would not be offended. After all, Christ demands that we love all people, and that would include atheists. No matter what your philosophy, the following affirmation is something that you can say to yourself to center yourself in spiritual awareness.

*The Love Affirmation*

The light of love surrounds me.
The aura of love enfolds me.
The power of love protects me.
The presence of love watches over me.
Wherever I am, love is, and all is well.
The principles above will only make sense to you as you start to use them. There are many types of training drills that you can do. Just like in sports, the more you practice, the better you get. In this drill here, you are involving yourself physically in the act of receiving psychic information but you are also keeping your eyes open and paying attention to visual impressions. So you are actively linking your right and left hemispheres via your visual cortex and nervous system.

Your superconscious mind is your highest level of awareness. Your superconscious mind can access the Universal Mind. Much of psychic training involves techniques to make you more aware of your superconscious mind.

There is a stream of consciousness drill that sometimes can awaken psychic ability in a person. I can’t guarantee that you will get results from this drill the first time you do it. But for most people, this drill does awaken an awareness of intuition. And doing it will help to give you an idea about how psychic practice works, whether or not you have an immediate psychic response from this drill.

Before doing this drill you should center yourself in a positive sense of spirituality. You might do this by saying a prayer for protection as described in the previous chapter. If you are nonreligious you might say appropriate positive affirmations or meaningful quotes of philosophy. You can use the Love Affirmation above if you want to. If you are religious, say appropriate religious prayers. Depending upon your religion you might want to have a religious book on hand. Perhaps a copy of the Bible, the Torah, the Koran, the Upanishads or books of Buddhist teachings. Whatever books or symbols help you to feel safe and spiritually centered should be on hand. If you practice meditation, perhaps you should meditate for a while first. We don’t want you to open yourself to any negative psychic sources; we want you to be in a
state of mind where you are open only to a positive and loving source of spirituality.

The training drill

The training drill works like this:

1. Sit at a table in a comfortable environment. This should be an environment that is free of distractors such as bright colors, loud noises or anything that demands your attention.

2. Make sure you are in a calm mood and have peace of mind when you perform this drill. If you feel angry or upset about something, don’t do the drill until you have resolved your issue.

3. As you perform the drill keep your eyes open, but blink naturally as needed.

4. Have a notebook in front of you.

5. Concentrate on breathing slowly and deeply for a while until you feel alert and physically relaxed.

6. Hold a pen or pencil in your non-dominant hand. For most people, their right hand is dominant, so if that’s the case for you, you would hold the pen left-handed.

7. Place your dominant hand on or near the center of your chest at the level of your heart. Then say something like, “I open myself to a source of loving wisdom.”

8. After that, start writing or drawing anything that comes into your mind.

9. Keep your non-dominant hand moving continually. Write anything. Draw anything. If nothing immediately comes to mind, scribble on the page slowly and deliberately. You might write the same phrase or word over and over. Make up nonsense. Or just write down thoughts as they occur to you in your mind. Don’t stop to correct spelling or grammar. Don’t stop to appreciate what you’ve just written or drawn.

10. Although you may blink in a natural way, keep your eyes open and look at what you are writing and drawing as you work.
11. If you fill up the page, flip over to the next one. Just keep on going continually writing or drawing whatever comes into the stream of your consciousness.

12. Do this for ten minutes or so.

It’s probable that you may have to do this drill more than once in order to get a result. If you play a sport like baseball, think about how much practice it took to get good at it. You probably didn’t hit the baseball the first time you swung at it. This is also true for psychic training. It often takes practice. But you might get some result the first time you try it.

Some people who have tried this drill have found themselves receiving information from a spiritual higher power. This can also be a way to connect with your inner spiritual wisdom. If nothing else, it will help in connecting you with your intuition.

When you are done with the drill, look carefully at what you have scribbled, drawn or written. Sometimes there might be words or symbols in the scribbles that you didn’t consciously intend.
The Nature of Positive Spirituality

You best connect with your spiritual nature through your positive emotional experiences. Such experiences are not the glee that might come with materialistic indulgence. A sex addict might feel gleeful when he indulges himself sexually in some perverse way, or a plutocrat might feel smugly superiority when he contemplates his wealth, but these types of materialistic indulgences don’t lead to a true emotional contentment and happiness. These fleeting feelings of glee which come from materialistic indulgences are based on either fear or on the baser animal instincts. The overly greedy plutocrat has a subconscious fear of poverty. The sex addict fears emotional intimacy.

Simple emotional intimacy with other people and with life itself is the essence of spirituality. When you hug a friend and feel that friendship physically in your body as love, that is a spiritual experience. When you enjoy being with a pet, that is a spiritual experience. If you feel joy in your heart when you are in a beautiful natural environment, that is a spiritual experience. And as a Christian, I have physically felt the feeling of fellowship throughout my entire body when I have prayed and worshipped with other Christians. And I know that people of other faiths have had such experiences as well. I don’t care what your personal philosophy is, spirituality is a human need. And the development of a strong, positive spirituality is your best defense against psychic attack or manipulation.

I believe that there are many paths to the mountaintop, many paths to a positive spirituality. So you must take into consideration the beliefs and practices which seem most natural for you and your peers. I try to understand as many different philosophical viewpoints as possible. This way I can relate to other people in explaining psychic ability.

I have known some atheists who nonetheless believe that God exists, but they believe that God is an archetype which only exists the psychic
matrix of all human beings. So they deny a belief in God in a religious sense, but accept the concept of God as a phenomena of psychic power and psychology. The word archetype comes from a Greek word that refers to something which is molded as a model. So, for example, a man who sells statues might make a model of a statue for his workers to imitate, and that model would be an archetype. In psychology and psychic technology, an archetype refers to something that represents data or presents data. So with that concept in mind, let me explain what my atheist friends believe. They believe that all human beings are psychically connected on a subconscious level of mind through a collective unconscious. They see God as a data system within the collective unconsciousness of all human beings. And I believe that their theory is worth contemplating, even by those of us whose theology demands a faith in God. As a Christian, I believe that God is more than an archetypal data system. But I also think that this idea of the collective consciousness does seem to have some merit.

The famous psychoanalyst Carl Jung believed that there was a collective unconscious which connected all human beings together. You might conceive of this collective unconscious as ideas that are inborn into all people as instincts. However with an awareness of psychic abilities, you would also have to consider that the collective unconscious is the subconscious psychic connection of all humans. Within this collective unconscious lives archetypes. Jung defined these archetypes as symbolic representations of human beliefs. So according to Jungian philosophy, God exists within this collective unconscious as an archetypal symbol. Thus, according to this philosophical viewpoint, when people pray to God in Church, they are evoking this archetypal symbol from the collective unconscious and experiencing it consciously. These atheists I know who believe in this theory accept psychic abilities as a fact of science. They believe that God, Satan, demons and angels are all archetypal symbols within this psychic collective unconscious. They theorize that if everyone in the world were to stop believing in Satan and demons, the world would instantly turn into a living Heaven ruled by an archetypal God and served by archetypal angels. Personally I’m not an atheist, but I enjoy contemplating their theory.

And this theory makes a point about spirituality. I don’t care how you intellectually justify a positive spirituality. It’s more about emotions than about ideas. It’s about developing love-based emotions and rejecting fear-based emotions. The essential conflict in humanity is between
spiritual love and irrational fear. I’m a Christian, but I recognize that angry, judgmental Christians are lacking in a positive spirituality. Occult Satanists deliberate evoke negative emotions and use them to project negative psychic energy toward others. This psychic projection of negative emotions is a Satanic practice. A Christian who prays or preaches when he has anger in his heart is actually practicing Satanism even if his theology is officially Christian. Nevertheless, even an openminded atheist with a loving attitude can have a positive spirituality. No matter what your theology, if you wish to develop your psychic abilities for healing purposes, you need to let go of irrational fears and concentrate on spiritual love.
POSITIVE & NEGATIVE PSYCHIC ENERGY

One way of understanding psychic energy is to look at the brain. At the base of the brain is a reptilian brain. This is a primal brain known as the basal nuclei because it is at the base of the brain and forms the foundational nucleus of the brain. This reptilian brain is surrounded by the limbic complex. The word limbic comes from a root word that refers to the edge of things, and the limbic system is on the edge of the lower reptilian brain as well as the higher brain. This limbic brain is found in other mammals and is associated with basic human feelings as well as basic physical drives. The neocortex is the outer core of the brain which is associated with advanced human thought processes such as aesthetics, imagination, intuition, spirituality, intellect, language, math, logic and reason. Evolutionarily speaking, the neocortex is the new brain. The reptilian brain is an older, survivalist brain. It thinks in terms of the fight, flight or freeze instinct. For example, when you feel threatened, you react with hatred, anger, fearful retreat or immobilizing terror. That’s the reptilian brain hijacking your emotions and possibly your behavior. When the higher brain functions of the limbic system or the neocortex are inhibited, the lower reptilian brain can take over and drag your emotions and behavior down into negativity.

The highest level of psychic energy is associated with those mental activities that relate to the neocortex. There is a field of invisible psychic energy that surrounds your body. This is an energy system that interacts with and is related to the brain and nervous system. The mind is more than the brain. The mind is also mental, psychic energies that interact with the electrical and chemical processes of the brain and nervous system. These psychic energies can be thought of as vibrational energies. The higher vibrational energies are associated with the higher brain, and the lower vibrational energies are associated with the lower, reptilian brain. The high vibrational psychic energies are the most powerful.

However, Satanic occultism is based upon evoking the lower vibrational
psychic energies. The word *occult* means hidden. Often times people hide things because they are ashamed of them. In occult practices, deviant sex or violence may be used to evoke lower brain functions. The psychic energies created from these lower brain activities are of the lower, negative psychic vibrational energies. However, when these negative psychic energies are skillfully directed toward people who are naive about the existence of occultism, they can be used to successfully attack and manipulate them.

When higher vibrational, positive psychic forces are evoked, they are more powerful than the lower vibrational, negative psychic forces. So, for their occult powers to work, the Satanic occultists need for the general population of humanity to be ignorant of psychic abilities. Most people are good, and would prefer to use their psychic powers for loving, positive purposes. The secret societies of occultists can only have power by keeping the general population in the dark about the truth of psychic power. So long as this small minority of occultists are using their psychic abilities and the majority of the Earth’s population are ignorant of their psychic powers, this small group of occultists are very powerful. But as a general awakening of psychic awareness takes place in the world, these Satanic occultists will be defeated.
If you start to develop psychic abilities you will come across angels and demons. You may think of them in different ways, depending upon your philosophy. You may think of them in terms of traditional religion, which is how I personally think of them. But I like to consider other points of view. You may think of them as the phenomena of psychic energy and psychology; that is, you would think of angels and demons as archetypes in the collective unconscious of humanity. You may also think of angels as the psychic presence of benevolent extraterrestrials. And in this way of thinking, demons would be conceived of as the psychic presence of hostile ETs. And there is a great deal of information suggesting that extraterrestrial intelligence does exist. So don’t discount any theory. But make sure of this one truth, angels and demons are in some sense real.

It is better to contemplate God and the angels than to contemplate fearful symbols or ideas. Angels are the servants of God. They never evoke fear, they only evoke love. An angel will never encourage you to worship it. The angels only want you to worship God. The angels know that God is love. The angels will never try to possess you. But they will provide loving guidance if you ask for it. They are messengers of the Divine. Angels are invisible, but you can physically feel their presence as love. When an angel is with you, you will have a positive physical sensation of some type, often at your heart center or at the crown of your head. Angels are not merely intellectual constructs, they are energetic beings, and their loving energy can be physically felt. Sometimes a pleasant floral smell may accompany the invisible presence of an angel. Pictures and statues of angels should never be worshipped, no angel would want that. But such representations can be lovingly contemplated as a way of evoking the presence of angels. For example, when I evoke an angel to assist in defending me from an intentional Satanic occult attack, I sometimes contemplate the image of the Archangel Michael. I have known other psychic adepts who have successfully defended themselves
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from Satanic occult attacks; some of them have put images of various angels around their homes. This has nothing to do with superstition. And it isn’t based on fear. It’s based on love. Representations of angels are symbols of love, healing, faith and courage.

However demons are deceptive and cruel. They hate humanity and desire to destroy us. Demons will try to turn you away from the worship of God. They will deny the Universal Mind. They will invalidate your positive spirituality. They will use facts in a distorted manner to conceal the truth of things. Demons are invisible, but you can feel their presence as intense feelings of terror or hostility. Their negative emotions can cause sickness in people. They enjoy creating mental confusion. They enjoy tricking people into doing degrading things. The smell of burning sulfur may accompany the presence of a demon. Demons may promise you wealth or sexual indulgences if you do as they command. They seek to control you and to possess you. Their goal is to bring your soul under the possession of Satan who is the personification of all evil.

As I have tried to point out, you can understand the phenomena of God, Satan, angels and demons in different ways. You may think of these phenomena in terms of the collective unconscious of humanity and the archetypal symbols contained within it. You may think of it in terms of traditional religion. You may put it into the framework of a belief in extraterrestrials. Personally I find it easier to understand all this through a simple faith in God who is loving and good. I don’t feel the need to intellectually understand exactly what angels and demons are, I only need to understand my relationship with God. However, although I am a Christian, I try to understand the phenomena of angels and demons from as many points of view as I can so that I can relate to as many different people as possible. But in a way, it doesn’t matter how you intellectualize this. An encounter with an angel or a demon is an emotional experience. You will learn to recognize them by a sensitivity to your feelings. If you can tell the difference between the feeling of spiritual love and the feeling of unreasoning fear, you know the difference between an angel and a demon. The angels are empowered by your feelings of spiritual love, but the demons feed on your feelings of fear, anger and hate. At some point, you have to choose sides in this ongoing battle between them.
THE MATRIX OF EVIL

There is a type of psychic matrix of evil that is presently being imposed upon humanity. I’m not trying to make you feel paranoid. In fact, I believe that the benevolent psychic power of the Universal Mind is greater than this evil psychic matrix. This evil psychic matrix may simply be the negativity that arises from the negative archetypes contained in the collective unconscious of humanity. This evil matrix may be the mind of Satan as described in the Bible. This matrix of evil may be a mental occult attack by hostile ETs. Whatever it is, it is real. It is as real as every unnecessary war that is now being fought. It is as real as the crushing poverty that is needlessly imposed upon so many people. It is as real as every starving child in the world. It is as real as every lie told by every lying politician. It is as real as every broken family and every drug addict on the streets. There may be political and economic solutions to some of these issues, but in this handbook I’m going to mainly focus on this as a spiritual problem. You can’t solve every problem that this world now faces, but you can disconnect your mind from the mental force of this matrix of evil. And you can better connect yourself to the love, peace and wisdom of the Universal Mind. This is the essence of psychic self defense.

When you realize that this psychic matrix of evil does in fact exist, you can stop feeling hatred for those human beings who do evil. This is because you realize that those persons who are doing evil are themselves merely puppets of this evil matrix. I personally believe that all human beings are born with the potential to be good. However, because of the nature of this world, we are all influenced, to varying degrees, into evil attitudes and behaviors. As the Bible metaphorically states, we have all eaten of the fruit of the Tree of the Knowledge of Good and Evil. However, there is for each of us the choice between good and evil as a lifestyle. Some people allow themselves, of their own free will, to become the slaves of this evil occult matrix. And I believe that there are ultimate consequences for surrendering to this matrix of evil. Some
Satanic occultists deliberately accept this evil matrix because they believe that it will lead them to the fulfillment of lustful or greedy desires. But ultimately, those persons who knowingly accept this evil matrix suffer greatly. So in realizing this, you can feel compassion for those human beings who have done evil, even while you renounce the evil that they have done. It is the matrix of evil acting through human beings which is causing all this harm, not the persons themselves. So this is a way for you to let go of hatred for any of your fellow human beings and to feel love for all of your fellow human beings.

Reverend Martin Luther King once said, “Love is not this sentimental something that we talk about. Love is creative, understanding good will for all men... When you rise to the level of love, of its great beauty and power, you seek to only defeat evil systems. Individuals who happen to be caught up in that system, you love, but you seek to defeat the system.”

Furthermore, this evil psychic matrix doesn’t just tempt some human beings to become corrupt, it is also a source of emotional oppression. I’m not going to try to diagnosis mental health problems for people I’ve never met. Nevertheless, I have known persons who have been told that they were suffering from depression, but the psychiatric drugs and the therapies didn’t work. However, when they started to use techniques of psychic self defense, the depression stopped. Many mental health problems have been misdiagnosed. When you understand the true nature of the world, you realize that spiritual issues are at the heart of everything.

There is spiritual warfare going on in this world at this time in human history. And whether you know it or not, you who live now are under psychic attack. Everyone on this planet now is under a Satanic occult attack. But once you learn a few simple principles and techniques, you can defend yourself and those you love.
Here are some common sense rules to help you avoid psychic attack:

- Don’t dabble with occult practices or Satanism. Many people who dabble with the occult or Satanism find themselves being manipulated by dark forces. Don’t experiment with such practices just to see if they work.

- Never use Ouija Boards. If you use an Ouija Board, you are inviting any type of spiritual being to come into your consciousness to manipulate you. This invites demonic possession or poltergeist visitation.

- Extreme use of drugs or alcohol can make you vulnerable to psychic attack or demonic possession.

- Never include skulls or bones, whether human or animal, on any altar at which you might pray.

It isn’t just occult Satanists who have practices for psychic attack. Remote viewing research was conducted by US military intelligence after WWII and before the end of the Cold War.

**Remote Viewing**

Remote Viewing is a highly structured form of extrasensory perception. Controlled remote viewing involves exact protocols and is based on numerous principles. It was conceptually developed by the Stanford Research Institute and used for many years by military intelligence in the USA.

**Remote Influencing**

Remote Influencing is a closely related psychic discipline. With Remote
Influencing, the health, beliefs or behavior of a subject can be shaped by the remote influencer. First the victim is remote viewed, and then the remote viewer tampers with the subconscious mind of the victim. Remote Influencing can be used to heal someone, and it’s ethical to do so if you have permission from the subject. But some psychics use Remote Influencing for unethical purposes.

If you think that some unethical person is trying to use Remote Influencing to harm you, one thing you can do is to start paying attention to your dreams. Dreams are the key to understanding your subconscious mind. And Remote Influencing is directed toward the subconscious mind. So by writing down your sleep dreams after you wake up, you are bringing your own will power and consciousness into the subconscious realm. This makes it harder for you to be manipulated against your will through subconscious manipulation.

And you may be under psychic attack from an untrained person who is using his or her psychic abilities unintentionally. If you are in a relationship with a person who is controlling or hateful, that person may be directing intense levels of negative psychic energy toward you without really understanding what he or she is doing.

And there is another principle that you should realize and that is that ethics are necessary to psychic self defense. If you attempt to use your psychic powers to manipulate other people against their will, you make yourself vulnerable to psychic attack. I know that you have been told that we live in an amoral universe. This type of intellectual rejection of ethics has become common. But in fact the Universal Mind operates on the basis of ethics. If you use your psychic powers in unethical ways, you weaken your ability to defend yourself psychically. For whatever reason, that’s just the way it is. So if you are intentionally using your psychic powers, you have to use them in purely ethical ways. This means that if you want to maintain your highest level of psychic ability, you must only use your psychic abilities to heal people and to defend the innocent. The unethical use of psychic abilities weakens your psychic powers.

In using your psychic abilities to heal people, you may use them to heal your own life. You may heal yourself physically, emotionally and financially. You may use those insights which come from psychic practices to better your life. The angels might guide you to a better path
to prosperity, for example. But if you were to use psychic powers to steal from somebody else, that unethical use of psychic power would weaken your psychic shield and make you open to psychic attack. Both the Universal Mind of goodness and the matrix of evil have the ability to influence human beings. If you intentionally or unintentionally attune yourself to the matrix of evil, harm will come to you even if you do gain some worldly power. But if you intentionally attune yourself to the Universal Mind of goodness, you will heal your life as well as the lives of others.

Your psychic shield is the energetic and spiritual aura that surrounds your physical body. It’s not an abstraction; it’s tangible. If someone were to photograph you with an infrared camera on a dark night, the heat which your body produces would be visible in the picture. But that thermal energy is only one aspect of your aura. There are other energies involved which cannot be directly measured with any type of device, but these psychic energies are nonetheless real. A strong psychic shield makes you less vulnerable to psychic attack. So anything that strengthens your psychic shield protects you.

One thing that can strengthen your psychic shield is an attitude of goodwill for all humanity and all living things. If you have a persistent attitude of goodwill for all people, and somebody tries to attack you through a psychic means, they will be influenced by your attitude. Before they attack you they must psychically contact you. When they do this, your attitude of goodwill is likely to affect them if only on a subconscious level of mind. But their psychic powers also have to go through their own subconscious minds. So when they try to remotely influence you, your loving aura will instead remotely influence them. This means that they are likely to change their minds and decide to not attack you.

So the commandment given by Christ to love our enemies is actually very practical advise. When people use their psychic powers, deliberately or unintentionally, for harm, they do so because they are caught up in an evil system of occultism. So you must reject the matrix of evil but feel compassion for the person who is caught up in it. The more you understand about the nature of Satanic occultism, the more you can see this truth. There is a culture of materialism, fear and anger which is being imposed upon humanity. It causes the individuals caught up in it to strike out in fear and anger. When they do so with their psychic powers, it can cause harm to you or those you love. Your greatest defense against these
psychic attacks is the redemptive love of good will for all humanity. You can feel compassion even for those who feel hatred for you when you realize that they are being manipulated by demonic forces directed against humanity. I’m not saying that you should forget or minimize the harm done by those who have surrendered to this matrix of evil, I’m saying that it is to your practical advantage to have an attitude of forgiveness. I know that this is difficult. But this commitment to love for all humanity and all life is your greatest defense against psychic attack.
You can reinforce your natural psychic shield with meditation and visualizations. One technique is to use visualization to imagine yourself surrounded by a bubble of divine light. But this should not just be a mental process. You should also involve yourself physically in this process.

Remember that you consciously communicate to your subconscious mind with a combination of physical actions and imagination. When you close your eyes you invite imagination into your consciousness. The subconscious mind responds to these two things: first, the conscious thought of an imaginary mental picture, and then a physical reinforcement of that visualization which will energetically drive the expression of psychic power.

It’s best to sit down in a comfortable chair when you do this meditation. Meditate on the thought that your psychic shield is like a ballon and that every time you breath out, you are strengthening and expanding your psychic shield. Before you practice this meditation, center yourself in serenity and love. Prepare yourself in whatever way seems appropriate. Say a prayer or a positive affirmation. As you close your eyes and visualize, breathe slowly and deeply. As you breathe out, purse your lips as if you are blowing up a ballon, and visualize a bubble of divine light flowing into your aura and expanding out into the universe. You may subvocalize the words of the visualization in order to help make it real to you.

I see myself surrounded by a bubble of divine light. Every time I exhale, this bubble gets bigger and stronger as if I were blowing up a balloon.

You can do this visualization for five to ten minutes whenever you feel like it. The regular practice of this technique can reinforce your natural psychic shield.
psychic shield. Also you can use this type of visualization to protect your loved ones. Imagine someone you care about surrounded by a bubble of divine light into which you blow love-based psychic energy. When you finish the meditation, open your eyes and breath normally for a while before you stand up.
**MIND-BODY PSYCHIC DEFENSE**

Sometimes it’s just common sense things which can strengthen your auric psychic shield. Taking care of your emotional and physical health helps you to have a strong aura. To be careful to eat only healthy foods can actually influence your psychic abilities because how you treat your physical body does influence your psychic powers. Your aura is connected to your physical body. And physical-based spiritual practices such as Tai Chi or Yoga can be very helpful in strengthening your aura. Martial Arts training can strengthen your psychic shield. Even if you aren’t really good at Martial Arts, and even if you practice Martial Arts in a gentle or moderate way, it helps in developing a mental attitude which makes it difficult for you to be psychically manipulated. So understand that psychic ability isn’t just a mental ability, it’s a mind-body discipline.

Many people in our culture are encouraged to disconnect their consciousness from their feelings. When this attitude of emotional disconnection becomes too extreme, it’s called disassociation. And disassociation is a form of mental illness. So being in touch with your feelings is essential. You must learn to pay attention to your emotions. When you are under psychic attack, you will usually have physical sensations. It’s not unusual to have feelings of unease in your solar plexus and heart. If you do experience these sensations and feel that they might be the result of a psychic attack, it’s a good idea to do something physical to process these negative feelings. Here are some things you can do to process negative feelings:

- Rhythmic drumming
- Chanting or singing
- Deep breathing exercises
- Doing an exercise routine
- Concentrating on a physical chore like gardening or cleaning house
If you have a feeling that you can’t escape a psychic attack, go someplace safe and start walking briskly or jogging. The physical movements will distance you emotionally from the psychic attacker.

What you should not do is be physically passive. Don’t curl up in a fetal position and fall into a black well of depression. Don’t sit in front of the TV eating junk food. Make yourself do something actively physical. You feel emotions with your body and you express feelings with your physical body. So understand that psychic self defense is a mind-body discipline.
Doing a Telepathic Reading

This is another simple psychic drill you can do. I can’t guarantee that this will work for you the first time you do it. However, it will help you to understand how psychic abilities can be used, and it will help to attune you to your intuition. In this drill you will read the mind of someone you care about.

1. First, create or find an environment that is conducive to doing a psychic reading. This would be a comfortable environment free of distractors. Remember that distractors are anything that might demand your attention. Some examples of these are food, hot or cold drinks, pets, people, bright colors, electronic devices, noisy machines, picture books and such.

2. Sit at a table with a pen and paper.

3. Relax yourself and clear your mind. This is an eyes open meditation because you don’t want to invite imagination. You want the reading to be only of the other person’s mind and not of your own fantasies about that person.

4. Before performing this meditation, say a prayer or a positive affirmation such as the Love Affirmation above.

5. On one piece of paper write down the name of a person for whom you only have positive feelings. Or you could use a photo of that person. Hold that piece of paper or photo in your dominant hand. For most people that would be the right hand. With your non-dominant hand, hold a pen or pencil.

6. Contemplate your intention for a few moments. It would be unethical to be a peeping Tom who might read something in a person’s mind which they don’t wish to share with others. Intentions are very
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important in psychic ability. So you want to hold the strong intention that you will only learn something about this person that they would feel good about you learning. You will intend to learn something about this person that you do not yet know. You will intend only good will for that person.

7. Speak a simple affirmation similar to this one: “I open myself to any information about this person (state their name) which he (or she) would be OK with me knowing. I open myself to information about this person which I do not now know. I have only good intentions for him (or her).”

8. First, look intently at the name or photo of the person that you are holding in your dominant hand. Then you will start to continually scribble, draw or write on the paper. If you have the coordination to easily do so, continue to gaze at the person’s name as you scribble, draw or write. But if that’s too much to ask, turn your gaze to the paper upon which you are writing. Practice this for as long as you feel comfortable.

9. When you are done, look at what you’ve drawn or written and analyze it to see if there is a message in it.

If you get a positive result from this, you may try this with other people. This is one way to make it real to you how all human minds are connected together.
How Far Do You Want to Go?

One thing that you should know is that some people have a great deal of hostility toward anyone who practices psychic abilities. The information and practices described in this book were developed by persons in a think tank created to do research on psychic ability. However, all of these researchers are very careful with whom they share the fact that they are psychics. They all took oaths of secrecy when they joined their group. This was because they didn’t want the criticism that would be directed toward them as practicing psychics. And this criticism would not have been directed only toward the researchers but also toward their families. The children of psychics are sometimes ridiculed by others, and these researchers were concerned about that as well.

You may think that we live in a free society and that people will accept you so long as you aren’t hurting anyone, but if you start to openly practice psychic abilities, you will find out that this is not the case. Some narrow minded Christians accuse anyone who is using their psychic abilities of being evil. But the Bible itself encourages Christians to use the gift of the Spirit. Jesus said, “The least among you will do greater than I.” Your psychic abilities are good as long as your intention is good.

Although it is true that some Satanists are deeply involved with the occult, such occult practices are not the only expression of deliberate psychic practice. There is also the ethical use of psychic ability, and that is why this handbook was written, to teach ethical psychic techniques. But the problem of psychic-phobia is not just with narrow minded Christians. Some members of the so called Skeptics movement make personal attacks against all persons who identify themselves as psychics. These Skeptics pretend to be scientific in their thinking, but they ignore science whenever it fails to endorse their preconceived beliefs. Although there are some frauds who pretend to be psychic when they aren’t, and there are some mentally ill persons who believe themselves to have powers when they don’t, in reality most persons who use their psychic
powers are mentally healthy and law abiding. But in spite of this fact, the Skeptics accuse all persons who identify themselves as psychics of being criminals or of being mentally ill. And these personal attacks from narrow minded persons are likely to become worse if you actually start to demonstrate that you do in fact have psychic abilities. Eventually society will change and psychics will be more able to practice our disciplines openly. But until that time, you should consider being at least somewhat in the closet about developing and using your psychic powers.

Think about which of your friends are open minded about psychic ability and discreet in their social dealings. Talk with such persons and work with such persons as you develop your psychic skills.

I’m not encouraging you to feel afraid of anyone or anything, and I don’t want you to feel ashamed of your abilities. But in the present day social environment of this world, you will find it easier to practice psychic ability if you are discreet in doing so.

I have a suggestion. Take whatever you have learned in this 1st Section and live with it for a few days. Your natural intuition may suggest to you a path for using your psychic powers to achieve your goals in life.

If most of your friends and family discount psychic ability, developing your abilities to a higher level might be a problem. This 1st Section is designed to help you to awaken your intuitive abilities and to use them to defend yourself psychically. You can use what you have learned in this 1st Section without having to advertise the fact that you are using psychic abilities.

On the other hand, if you feel drawn to the path of psychic awakening, you may want to go farther than this 1st Section describes. If you know someone else who has an interest in developing psychic ability, you may want to go on and develop psychic powers with them by going into the 2nd Section.

I’ve know a number of people who have done the 2nd Section, and they’ve told me about their experiences. Many people who do the 2nd Section are couples. There’s an interesting psychic dynamic in having a man and a woman do the course together because the male brain is wired slightly differently than the female brain. Men and women problem-solve in slightly different ways, and when a man and woman
work together it can create a useful mental dynamic. Some couples who have done this are romantic couples and some are not. It’s also true that your study partner can be of the same gender, and the training will still work. Some study partners who have done this 2nd Section are gay couples. But being in a romantic relationship with your study partner certainly is not necessary. This training works just as well if you work with a person with whom you have a platonic relationship. I’ve known people who are religious who have done the 2nd Section. But I’ve also known open minded atheists who have also had success with it. At this point in time, most of the people who have done training in this 2nd Section are Christians who are opposing Satanic occultists in a type of secret war. So they took this training very seriously. But you do not have to have such intense motivations to do the 2nd Section.

If you want to you can scan through the 2nd Section and take from it what you will without doing all the drills described in it. Your intuition may tell you to do the drills in a way that’s different from what you will read here. And if your intuition is clear, that’s OK. But I have to tell you that you are more likely to get positive results if you study the materials in a serious way and do the training exercises exactly as described.

I have to stress that you need to be honest with yourself about how far you want to develop your psychic powers. For many people in our present society, awakening their natural intuitive powers and learning a little psychic self defense is as far as they want to go in their personal psychic development. If you want or need to go further, it’s not easy to do it by yourself, so find a study partner and study the 2nd Section together in a serious way. The choice is yours.

If you’d like to read the rest of this book, you can buy it here:

http://www.amazon.com/Psychic-Development-Prosperity-Self-Defense-Political/dp/1505504171/