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Chapter 1: Introduction

Welcome to Psychic Secrets: The Amazing Powers of the Human Mind!

This special report, unlike others you may have found before, takes an honest look at the science behind such subjects as:

- ✓ Mind Power/The Subconscious
- ✓ Extra-Sensory Perception/Intuition
- ✓ The Esoteric Arts, such as Tarot, Runes, Dowsing, etc.
- ✓ Reality creation and manifestation

Each of these subjects is as fascinating as it is mysterious. The good news is that legitimate scientific inquiry into these areas continues to reveal astounding facts about the human brain and its capacity for seemingly paranormal abilities.

Here's a quick example...

Have you ever had a gut feeling that you should call someone, but you didn't know why? Then, when you call, it turns out that person was just thinking about you or in some sort of trouble?

You can call it ESP or even intuition if you want, but don't call it a coincidence!

There's a reason these things happen. We don't fully understand yet exactly how this works, but the research so far reveals that our minds are constantly sending and receiving messages with other minds.

This flow of information takes place without regard to time or distance.

Now, before we go any further, there one misconception I would like to clear up.

You've probably heard it said that human beings use only 10% of the total power of their brain at any given time.

This is false.

You actually use 100% of your brain 100% of the time, BUT only about 10% of the process is conscious to you. In other words, the 10% figure represents how much of your brain's busy-work you are aware of at any moment.

What this means is that we are all psychic. The reason the average person doesn't manifest psychic abilities is because his attention is focused on the mundane details of daily existence.

In order to change this, one must focus instead on relieving stress, anxiety and over-thinking. You have to learn how to be still. Keep this in mind as you read along.

Chapter 2: The Power of the Human Mind: Plasticity and the Sub-Conscious

The bulk of what we know about the human brain has been discovered within the past 10 to 15 years. Advances in brain imaging have allowed researchers to discover some surprising truths. In fact, much of what we used to believe about the brain has now been proven false.

For instance, it was once a commonly held belief that the brain does not create new neurons. Instead, scientists claimed, we are born with a set number of neurons, they die off as we age, and there's not much we can do about it.

This has been proven wrong!

We now know that the brain continues not just to create new neurons, but also new neural pathways if we are willing to nourish and exercise our brains just like we do our bodies.

What's so exciting about this discovery is that it means it is never too late to learn something new, and never too late to boost your own brain power.

The simple act of thinking a new thought, creating a piece of music, learning a language or anything else that stimulates your mind is also good for the physical health of your brain. It thrives on stimulation.

So, these are the first key points to note:

✓ You can boost your overall intelligence

✓ Your brain has plasticity, i.e., the ability to grow and change

✓ Boosting your mind power is a matter of will and focused dedication to continually learning, trying new things and stepping outside of your comfort zone.

This is one of the most powerful features inherent in the human brain when viewing it purely on a concrete level. However, it doesn't really answer our questions about the mind or human consciousness.

The nature of consciousness itself is best left to psychologists, philosophers and monks, but we do need to talk about the power of your mind (here, we are differentiating between the mind and the physical entity we call the brain).

The majority of your powers DO NOT reside within your conscious awareness. Your real power lives within your subconscious.

Your subconscious has a big job. It not only regulates your autonomic nervous system (this is why you can walk and breathe without having to think about doing so), it also dominates much of what pops into your conscious awareness.

You can think of your subconscious as being like a computer program that is always running in the background. Whatever is not within your conscious awareness in the present is, by definition, in your subconscious.

Put another way, you might be thinking about several things right now. For example, you are thinking about the concepts being presented in this report and, at the same, planning your evening meal.

Those two thoughts are conscious.

Now, you may also have the knowledge that a friend's birthday is coming up. However, if you are not currently thinking about your friend's birthday, then the information can be said to be subconscious.

This idea tends to trip people up simply because we're taught to believe that the subconscious is this dark, mysterious place full of information that we don't want to know about ourselves. We've learned to see it as inaccessible and ambiguous.

Often, you'll also hear people mistakenly interchange subconscious with unconscious. The two aren't the same. If you are unconscious, then you are knocked out! The reality is that your subconscious is simply the things you aren't thinking about. It is made up of everything within your memory that you are not recalling in the moment.

There is no thought without consciousness. There is no consciousness without thought. It is more accurate and correct to say that thoughts are either conscious thoughts (present moment) or sub-conscious thoughts, e.g., information stored somewhere in your memory.

But, here is where the problem comes in...

Your subconscious stores millions of bits of information every day. It also filters millions of bits of information every day. As it does so, your subconscious discards anything you have programmed it to believe is not important.

Let's talk a little bit more about how this works.

Imagine for a moment that you are on a date. There are a lot of things that you are consciously aware of, such as your date's appearance, cologne/perfume, body language, etc. At the same time, you are also aware of your surrounding environment: all of the sights, sounds, people and so on.

Now, let's say that your date was a total bore. More than likely, you are going to focus on something else. Maybe you start winking at someone hot across the room.

What do you think you're going to remember most clearly the next day?

You'll remember how boring your date was, and you'll remember the hottie. What you probably won't remember are all the little details about your date. What were they droning on about? Were they just as bored as you were? What kind of shoes were they wearing?

If there is any reason or motivation at all to store this information, your subconscious will do it. However, you won't have conscious access to this information because it has been labelled as less important due to your overall boredom and lack of focus on your date.

You may have glanced at your date's feet only once the entire night, but rest assured: your mind took a snapshot of the shoes. What it will not do is allow you to recall those shoes easily.

If you aren't picking up on where I'm going with this, I'll lay it all out right now:

The subconscious is very closely tied to memory!

In fact, the subconscious may represent the nature of memory itself. Anything that makes an impact on your senses and your emotions is going to create a much more vivid memory than a low-level, low-impact impression like what type of shoes your date had on.

Make sense?

Here is where it gets really interesting, though. Your subconscious uses everything, even the impression you don't realise you've formed, in order to guide:

✓ Your emotions

✓ Your habitual thoughts

✓ Your intuition

✓ Your psychic senses

Imagine millions of powerful computers all processing data in parallel and you'll get an idea of just how busy your subconscious is. It is always synthesising and labelling new information.

The level of importance placed on that information and, hence, your ability to access it consciously, is based in large part on your beliefs.

The true power of the mind is that perception is reality. You can re-program your subconscious to notice what you want it to notice, and to give you the information you want from it.

In order to do this, however, you usually have to change a belief. Your beliefs are what guide your subconscious in assigning priority to your memories. Whatever you've told it you need in order to function and feel safe in your

day-to-day life is what it is going to give you, even you consciously do not like what it's giving you.

If all of this is still somewhat confusing to you, don't worry. It is not necessary for you to completely understand how the process works from one step to the next.

The most important ideas you need to take away from this section:

✓ Beliefs guide your subconscious

✓ Beliefs create reality

✓ Change your beliefs and you change your reality by changing what you perceive.

✓ Because of the brain's plasticity, you can re-program your subconscious so that new beliefs and habits are automatic for you.

Chapter 3: The Power of the Human Mind: Psychic Perception and Intuition

This is mostly likely the part you've been waiting for ;) It's my favourite, too! We've all wished at one time or another to be more psychic and intuitive. It is easy to envy those in the public eye who appear to have been born with exceptional gifts.

But, just how exceptional are they?

The answer is that they are not that exceptional at all. Everyone is psychic. Everyone is intuitive. These two phenomena are a built-in part of the human brain. We are hard wired for them as a matter of survival.

What is exceptional is any individual who has a greater than average ability to access these functions of the mind. We call people psychic, as if they are different from the rest of us.

They are different, but only in the sense that they are better at using the natural powers of the human mind than the average person.

Psychic Abilities

Let's review now some of the different psychic abilities of the human mind. I'll bet you've heard of a couple of these already!

1. **Clairvoyance** – Clear seeing. Picking up information through the mind's eye.
2. **Claircognizance** – Clear knowing. Roughly, this is your intuition and it can speak to you in a variety of ways.
3. **Clairsentience** – Clear feeling, also known as psychometry. It is the ability to touch a person or hold an object to read the energy/information imprinted on them.
4. **Clairaudience** – Clear hearing. Do not confuse with auditory hallucinations. Involves the ability to receive thoughts or information from another frequency or dimension of reality.
5. **Telepathy** – The ability to read minds, as well as transmit one's own thought-forms to another mind.

These are some of the most commonly known abilities, but there are others. Clairscent, for example, means clear smelling. All of the abilities fall under heading of ESP or extra-sensory perception.

We define it this way because the true nature of psychic intuition lies beyond the five senses. Any information you pick-up that is not coming from what you sense in your immediate environment via touch, sight, sound, taste or smell is by definition extrasensory.

What does science have to say about all of this?

The research conducted so far suggests that these abilities are real. At least, a gifted psychic can get accurate hits, when tested, at a rate greater than what would be expected based on probability.

The theory used to explain these phenomena so far is Quantum Mechanics.

We won't go into great detail on the subject here, but the central idea is that information equals energy. We do not know for sure whether thoughts have mass and charge the same way electrons do, but at the very least there must be a link.

If it is true, as quantum theory suggests, that every particle in the universe is aware of every other particle in the universe, then it is not too much of a leap to say that we human beings exist within a thought-field that operates in much the same way.

Otherwise, how is it that a psychic can pick up on objects, people and so on from thousands of miles away?

If it is a matter of physics, then physics says the answer is easy: there is no such thing as here and there is no such thing as there. If you think you want to explore this particular aspect further, I recommend reading up on what physicists refer to as non-locality.

Chapter 4: Becoming More Psychic and Intuitive

The science behind these “gifts” offers the element of faith more than it does a step-by-step explanation. Faith or belief in your ability to be psychic is not a pre-requisite. The phenomenon operates whether you believe in it or not.

However, faith may guide you in noticing your own psychic/intuitive signals, and that is half the battle.

For most of us, our personal psychic and intuitive cues remain, you guessed it... subconscious! In order to change what you perceive, then, you must change what you focus upon.

Here’s where things get interesting again.

In order to access psychic information, particularly any kind of spirit information, what you must focus on is absolutely nothing. In other words, you must be able to still and quiet your mind and allow the psychic impressions to come to you.

I’m drawing a distinction here between psychic intuitions versus everyday intuition. The reason for that is, although the process of accessing the information is similar, the information received is not.

Psychic intuition can be (and often is) completely irrelevant to your daily life. For example, Let’s say you have a pre-cognitive dream about a plane crash,

and then it happens the next day. You had no travel plans and the crash was in another country, therefore, the information you received wasn't personally relevant.

Plain intuition, on the other hand, does give you relevant information about yourself and about the people in your environment. It is more immediately actionable and provides you with the insights you may need in order to steer a situation in the direction you desire.

The first and best step to take if you want to enhance your sixth sense is to learn how to meditate. Meditation will help you greatly in terms of learning to quiet your mind and become open to receiving psychic/intuitive impressions.

Chapter 5: Esoteric Arts: Another Key to Psychic Awareness

The esoteric arts make use of divination tools and scrying tools to help clarify and enhance psychic awareness. It is important to realise that these tools are just that: tools. There is nothing out of the ordinary about them. You and your mind supply the magic.

The most common Divination tools are:

✓ Tarot cards

✓ Runes

While the most common Scrying tools are:

✓ Crystal balls

✓ Pendulums

In using any of these tools, it is best to start with the instruction manuals and work from there. There is a reason that the instructions work and you need to learn the fundamental principles behind using these tools before you begin to tweak those methods into your own unique approach.

You must also learn to trust your instincts. As you get better and better at using these tools, you will find that the strict interpretations no longer apply and you must follow your own intuitive hunches about the meaning of the information you receive.

Practical tips: Tarot Cards

You must choose whether you want an oracle deck or a tarot deck. Oracle decks are for divining personal guidance, while Tarot decks are geared more towards getting a birds-eye view of situations and likely probabilities.

Remember when dealing with the future that it is never set in stone. What comes up for you in a reading is likely, but it is never a guaranteed outcome. Also, in the beginning you may want to do readings with no reversals (upside-down cards) so that you avoid any muddying of your reading based on personal fears.

You will find that there are numerous varieties of tarot decks available. The best one for a beginner to start with is the Rider-Waite tarot deck. The artwork of this deck is clear and highly archetypal, making it much easier to pick on the symbols and metaphors running through the reading.

There are also a variety of layouts for tarot readings:

✓ Triangle and Cross

- ✓ Celtic Cross (most popular)

- ✓ One Card spread

- ✓ Past, Present, Future spread

- ✓ Relationship spread

- ✓ And many more...

You'll make your life easier if you will pick just one or two layouts/spreads in the beginning and stick with them until you master the process of interpretation. The reason for this is that the meaning of the card's changes based on their position in the spread and within the type of spread.

So much is about intent and focus and once "spot x" means "hopes and fears" to you, and you put a card down, then that is what it is going to mean. It is difficult to change that once you've set it in your mind.

Lastly, understand that there really is no right or wrong way when it comes to working with tarot. There are no set rules about how many times you have to shuffle the cards or how you pull the cards from the deck.

Practical Tips: Runes

Runes are less popular, but very powerful. They work similar to tarot cards, but have their own ancient history in terms of symbolism and types of spreads one can use to do readings. Follow the same basic ideas as with tarot cards.

The only other thing I would recommend is that you attempt to create your own set of runes. You can make them out of paper, wood, stone, gemstones, tiles or anything else you choose. Making your own runes is not just a fun craft project. It will also help you memorise their shapes and meanings much more quickly.

Practical Tips: Scrying

Scrying, or “far-seeing”, can be performed in a variety of mediums, meaning there are a variety of tools to choose from. The reading of images and information can take place within:

✓ Water

✓ Crystal

✓ Fire

✓ Metal

Basically, any reflective medium.

Again, this is a situation where making your own tools will be beneficial. You do not have to go out and purchase an expensive crystal ball. Instead, you can use something as simple as a garden gazing-ball.

You can use richly coloured ceramic bowls filled with water. You can even go out to a lake or find a puddle of water if water-scrying is your goal. It's your intent that matters, and not the tool itself.

Practical Tips: Pendulums

It is best to make your own pendulum out of natural materials. I highly advise against purchasing one. The reason for this is that, by making your own pendulum, you get to choose the weight and the length of the cord that pendulum hangs from so that it feels right to you.

Because pendulum work requires a steady hand for accuracy, it is recommended that you not ingest any sort of caffeine or other stimulants before starting a session.

Other Types of Divination

There are several other types of divination not mentioned here, such as:

✓ **Bibliomancy** – Involves selection a passage at random from a holy book (Bible, Torah, Koran, etc) to gain spiritual guidance and insight.

✓ **Sitchomancy** – A form of bibliomancy, but the selections are chosen from secular books.

These types of random or synchronistic divinations can be a lot of fun to play around with, and the results are often surprisingly relevant. You may not see or understand the relevance of a certain passage at first, and that is okay.

The goal here is not to get a reading that confirms what you already know (unless that is what you intend). Rather, you'll find you gain more insight if you take the time to meditate on the passage you've selected. The goal is to gain insight by introducing new thoughts into your mind.

Chapter 6: Reality Creation and Manifestation

You've probably heard of a movie called "The Secret", or have some general awareness about the prosperity consciousness movement. Here, we enter the realm of reality creation and manifestation.

The central idea here is that one can manifest their desires through focused intent and clear-thinking. For example, you can set an intention that says: "I now pay all of my bills on time and I have money left over for entertainment."

The purpose of stating the goal in this way is to create within you a condition of acting as if the outcome is already true. In other words, if you want money, you must learn to raise your energy level (vibrate) at the frequency of the wealthy. If you want love, you must be love.

These ideas often sound too simplistic for many, and that is understandable. It is not obvious at first to our conscious minds how changing the way we think, and the words we use in our 'self-talk', could have such a profound effect on our reality.

Whether there is truly a mystical element at work, I can't say. What I can say, however, is that there is definitely a psychological element at play.

The process of controlling one's thoughts, beliefs and habits will lead to a re-programming of the subconscious mind. Once you've changed your program, you will automatically start perceiving and receiving new

information into conscious awareness, and you will also change your behaviour.

You see the results of this change in your behaviour and believe that it is magic because the process happens so automatically. You follow your intuition and you are drawn to the people and situations which will help you receive what you desire.

If your re-programming is strong enough, you do not even have to consciously focus on your intention once it is set.

Practical Tips

You will have no difficulty finding a wealth of information online about reality creation and manifestation. You will find that some of the teachings are based more on the concepts of metaphysics, while others are firmly rooted in psychology.

In other words, you should decide whether you want to take a more practical approach to this process or a more spiritual approach. In the first case, you would focus your attention specifically on re-programming your subconscious. In the second case, the focus is heavily geared towards faith and feeling.

No matter which approach you take, you're going to want to get a couple of blank notebooks to record your intentions, work your re-programming exercises and generally monitor your overall progress.

Because subconscious beliefs are often buried and deeply resistant to change, you may also find it useful to listen to subliminal meditation CDs or audios. You can find a variety of these programs online with subliminal scripts geared towards financial health, physical health, relationship success and much more.

Chapter 7: Psychic Safety

The information presented in this report so far has given you a broad overview of your psychic potential and some of the ways in which you might harness it. Now, it is time for an important word about staying safe as you learn to nurture your unique gifts.

Putting your gifts to the test should be fun and playful, but there is a danger of going overboard. For many people, the discovery of these practices is as exciting as having a new toy.

There is a risk of becoming obsessed to the point you begin to lose your connection with reality.

For this reason, I would recommend that you find a study buddy who can provide you with feedback and help bring you back down to earth if you go too far. This person does not have to be personally involved in psychic practices.

You can, for example, call upon an interested and supportive friend who is willing to listen. It may even be better to create a support network with someone who is not involved in these practices so that you avoid fuelling each other's obsessions.

Also, before doing any kind of psychic work, you'll want to learn about the process of grounding, centring and shielding.

Grounding

Grounding is, quite literally, about keeping your head out of the clouds by reconnecting with the earth. It is about balancing your energy.

In order to ground yourself:

1. Close your eyes.
2. Focus on your breathing
3. Relax and clear your mind

Now, imagine that there is a white light running through your body. This light comes up from the deepest parts of the earth, goes up through your feet, out through your head, and continues on into the infinity of the universe.

As the light travels, imagine that it is connecting along the way with each of your chakras, clearing them.

Try to make your mental image of this as vivid as possible. See the light slowly moving from the earth's core, up through layers of rock, tree roots, etc. Let yourself completely let go into the feeling and direct your conscious thoughts to the intention of connecting with positive, grounding energy.

Centring

The next step, centring, is about taking the grounding energy of the earth and containing it within you.

After you have spent some time imagine yourself filled with the light, you then visualize this light contracting on both sides into a ball of energy residing within the centre of your body.

Shielding

The final step, shielding, is meant to protect you from negative entities and energies. You'll want to create a filter which allows you to send and receive information with your higher self and with positive energies, while making you invisible to negative energies.

There is no right or wrong way to do this. Many psychics prefer, however, to imagine themselves shielded by a bubble of some sort. Others might imagine drawing a circle around themselves, or wearing some form of costume that drives away negative energies.

You can choose any colour and any material you want for this imaginary shield. Just make sure that whatever shield you create works for you and is easy to picture in your mind's-eye.

Chapter 8: Ouija Boards and Dark Arts

Finally, I would strongly recommend against the use of Ouija boards or any other form of dark art or element involving spirit communication.

Why?

The long and short of it is this: just because you know how to open a door does not mean you know how to close it!

The fact is we don't know who or what is on the other side. If you begin communicating with this other side through a Ouija board or similar tool, you run the risk of allowing in some very negative entities – ones you may not be able to get rid of without outside help. There are numerous stories from individuals who have had bad experiences with these boards. In one of the most frightening cases, the individual tried everything in his power to dispose of the board, and yet it kept re-materialising in his home!

Chapter 9: Conclusion

In the closing of this report, I'd like to offer some final words of encouragement and advice. Getting familiar with these concepts is just your first step. You are going to want to research and learn as much as possible.

You will also find yourself wanting to play with various tools. This is wonderful.

However, I would like to caution you against playing with anything too complicated or serious to start out.

Again, psychic development is about baby steps. Whether you are trying to boost your brain power through scientific means, or enhance your foresight and intuition through psychic means, the actual practice should begin with things that are familiar to you.

What I mean by this is that it is better that you test your psychic abilities on the people, places and things that you know and are most comfortable with or find the most relevant to your life, rather than trying to divine information about unrelated events or people.

For instance, let's say you are trying to decide about whether to accept a job offer that requires you to move to another area.

Some easy divinations you could perform:

- ✓ Selecting a random book passage.

- ✓ Set the intention that the next song that comes on the radio will have information in it that can lead you to greater insight.

- ✓ Perform a meditation on a single tarot card.

You will no doubt be able to invent some of your own divination tools, and that is fantastic as well. Psychic/intuitive awakening is a gradual process.

Think baby steps.

If you have the time and the budget, you might also consider getting training in the arts of mind power and psychic ability.