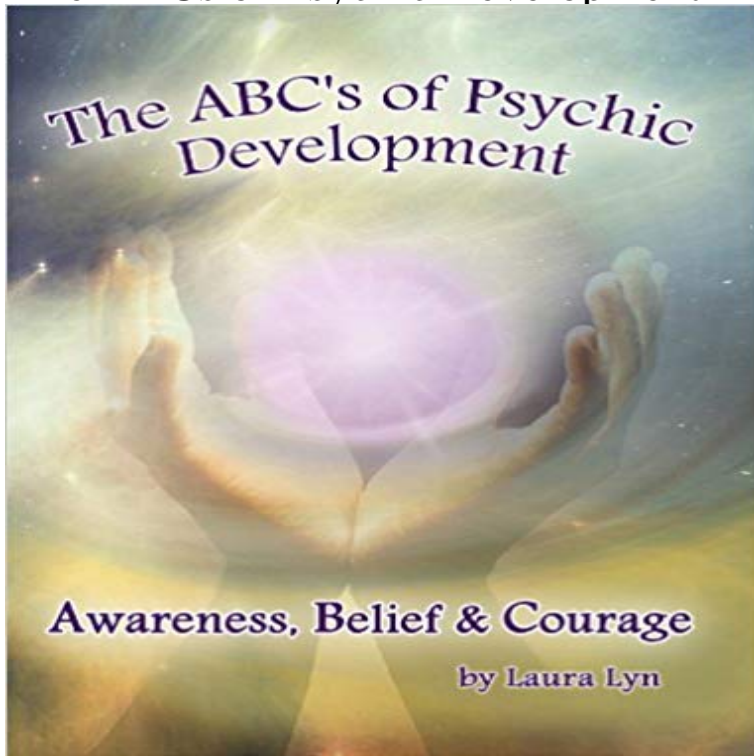


## The ABCs of Psychic Development



Introduction - The premise of this workbook is to teach what I have learned over the years about psychic abilities and how to use them. Before we get into this workbook please allow me to share some fundamental truths that I have learned on the subject. I believe the psychic senses that are in our body are actually determined by a well orchestrated plan using a multitude of muscles, organs and extended energies. Psychic abilities, like all abilities, take practice and repetition to achieve good results. Here are methods I use to keep practicing and exercising my psychic muscle. Listen to tranquil music. Burn candles and pay attention to their flame when questing. I always, every day without exception pray first thing when I wake up. I pray for opportunities to help and to share the love. When going to bed at night I always say thank you to Spirit for the gifts received and gifts that I could bring to others in love. The essence of love comes from within and it can be a welcome acquired energy when you are working with light sources. Everything that I will teach comes from this place of love. This workbook will focus on spiritual guidance through angels, enlightened beings, and loved ones who have captured light within. Love is always the answer. When being psychically attacked, love is the best defense. The work you will learn comes from the heart. When bringing true compassion and your heart energy forward to understand and help someone in need (alive or those who have passed on), you are bringing love. In that space the highest psychic world will open up and you will have a plethora of opportunities to see, hear, feel, and to know the existence of energy. The A,B,Cs - Awareness, Belief and Courage are the basis of this book. Awareness is essential - Being aware that you are never alone, spirit is always around. Believing is absolutely necessary in order to feel and see the energy. Courage

is extremely important in this work. Fear has no place in the psychic world. There are many exercises within this book that have enough space to allow you to write down your experiences. I encourage you to write as much as possible in the space provided. This book will be your own personal journal that will help you track your progress as you develop. You will be pleasantly surprised at how your thoughts advance and change over the course of this workbook and for years to come. Enjoy the learning process and know that you are never alone, for there are wonderful high energy light sources right by your side! Love and blessings, Laura Lyn

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