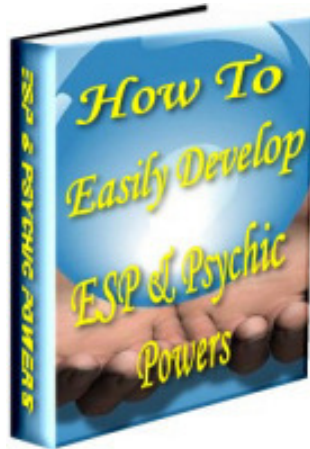


# HOW TO DEVELOP YOUR PSYCHIC AND ESP POWERS



ESP, also known as extra sensory perception, in the Greek vocabulary means 'to feel from a distance'.

The meaning of the word telepathy gives an insight into what exactly ESP means. Having a belief in ESP means humans possess some additional sensing capabilities alongside the usually or natural basic sensory organs and processes. And everyone is believed to possess these ESP powers and abilities however the belief in the psychic world is that most people are not aware of their ESPs.

To develop one's ESP and psychic powers, the basic thing to know is that one will never be successful in the act if one is skeptical. This means that if you doubt your ESP capabilities, then it may never work for you. Secondly, the other person you are connecting with during telepathy or ESP stage development must have the same emotional and thinking level as you are. This makes the whole environment interesting and easier to work with.

One other major point to note while developing your ESP is that trying too hard or forcing yourself to sense what others around you are sensing will not get you anywhere.

Psychic or ESP development will naturally work for you if your mind is at ease and not too much extra work on your senses. A mild state of mind and a good receptiveness is the best state of mind to be in to develop your ESP.

Mistakes will always happen if you are not in the right state of mind.

You have to open your mind totally and forget all other things to achieve the maximum result in ESP development.

Your physical health must be sound; you can never achieve a great psychic development result if you are dealing with a sickness or infirmity. Even though some people have claimed that they have received healing through psychic and meditations.

However the vast majority of people involved in ESP development do fell out at some stages of the development when they are not in their perfect healthy state. Also it is essential for you to take note of some basic breathing styles while taking your psychic classes, ensure that you consult your instructor on this.

You need to remove distractive elements around you while developing your ESP. You will have maximum concentration in a quiet environment. You need to separate yourself from your kids because they will always want to know what you are doing. You can get rid of this kind of situation by encouraging your kids to be actively involved in ESP development.

Kids have been found to learn very fast while developing their psychic powers, even though they might not understand totally what they were doing.

Make sure that you pay a serious and calculative attention to the ways in which each and every psychic perception you have occurs. At each different stages or session you must examine the correlation between your perceptions and what you are learning from each stages of the development. It is not compulsory that the new skills you have developed during ESP developments is different or is the same with what you knew before. Developing your ESP is a learning process and should not create confusion in you. ESP should be seen as a skill developing process.

The major obstacle that has been discovered from research conducted over the years on ESP development students is the fact that most people get discouraged whenever they missed out at a stage of their ESP skill acquisition. They tend to become frustrated and they back out.

The simple logic is that you must not back out or be discouraged even if you don't automatically understand your perceptions. Try and analyze the impressions you have at each stage of developments and make conclusions from each impressions and skills. This will naturally keep you going at each stage of ESP development.

Make up your mind that exploring your own psychic power is a privilege and it is a pleasurable journey, even though the tasks might get rigorous at some stages. It's a learned ability that can be quite easily cultivated.

It is advisable for students of ESP classes not to share their acquired ESP skills with skeptics. Skeptics can manipulate your mind with ideas and make you look stupid when you share your psychic ideas with them.

Rest assured that a doubting mind will never achieve any meaningful success in ESP skill development. The key to a successful ESP skill development is an open mind and a good sound healthy mind devoid of skepticism.

Don't be afraid if you learn any unusual skills. Some ESP students have backed out in recent times when they perceive in their minds some new spiritual elements.

While you are at some stages of developing your psychic powers, it is expected that you should start to practice your acquired psychic skills.

Try and direct your acquired psychic powers at real world situations.

It is expected that after your Psychic development lessons, you should be able to make predictions on some world events, sporting events and even some family issues.

Some have even make use of their psychic powers to train their dogs that ordinarily might prove difficult for you to resolve.

You are expected to significantly turn things around for the better with your psychic powers.

Note how powerful your psychic powers can be and make amendments where necessary. Don't be discouraged if your psychic powers are not achieving maximum results for you.

In fact don't expect a total or everyday result with your psychic powers. That is why there is always a room to learn new things about life, including psychic power usage.

There are some basic examinations you must carry out before unleashing your psychic powers. The most important examination you should carry out when you want to unleash your psychic skills or powers is the PSYCHIC ABILITY. This is usually demonstrated when a psychic person discover some information or knowledge that such a person might not ordinarily know. This knowledge will usually be distinct from learned knowledge and experience.

This knowledge will make you for instance manipulate and read people's mind. Some skeptics usually think that psychics use supernatural powers to read people's mind.

This is a wrong notion. Someone can read other people's mind through unusual knowledge he or she acquires while acquiring psychic powers

If you can pass the psychic ability test you should be able to predict what exactly will happen in succession. You should also be able to know the person online when your phone rings. You should also be able to get the urge to do something at the right time just to save a situation or rescue someone and if you fail to do so, you will regret your inability to save such situations.

This is an indication that your psychic powers are working. You should also be able to understand someone's inner feelings just at a simple contact without the person telling you much about him or herself.

You should have a feeling that there is someone or something behind the scenes helping you to achieve your aims and goals and when something strange happens in your life, you should be able to discern the cause and the purpose behind such occurrences.

All these are achieved by constant practice of your acquired psychic skills. If you don't practice your psychic powers continually, unleashing it will be quite difficult.

Practice makes perfect. If you can achieve all these things then you should be able to develop upon your psychic powers.

You should work on being the best you can be at any given time if you want to maximize your Psychic potentials. You should learn to live with your abilities for a long time. You should learn to live with your abilities and also learn to integrate and infuse these abilities in your everyday life. This will make you to be confident of unleashing your psychic powers.

Look around for courses, seminars and workshops that will give you more information about maximizing fully your potential psychic powers.

Another important helpful tip is that you need to start to notice things. Be very observant on the things going on around you. Work on these things you notice, add to it your potential psychic powers and you will be surprised at the results you will get in solving your daily problems.

You should be able to reach out to your friends and neighbors and see if you share the same interests, you can learn from them, share your observations, thoughts and knowledge with them.

You can change their minds through your psychic powers and at the same time develop more psychic powers in yourself. Never underestimate even the youngest person around you; you can learn from even infants and day old babies.

To unleash your psychic power potential, you should be able to learn from the usual normal human intellect. Acquire information from beyond the scope of everyday life, and then you will be able to unleash your psychic powers.

Extra sensory perception will always give you more information beyond the scope of the ordinary sensory perceptions. You should know that intuitive perception of things will allow you to know things based upon an intellectual capacity that utilizes logic, personal experience and learnt knowledge to arrive at certain conclusions about the facts.

Making use of this idea over and over again will ensure that the development of your psychic powers is certain.

To ensure your maximal psychic power, your senses must be in tune with a higher level source of knowledge.

The spirituality added to psychic power ensures a medium between a live human who has acquired enough psychic powers to connect with deceased souls to maximize their psychic powers to deal with their everyday situations.

It should however be noted that Psychic power usage is different from supernatural or occult powers.

One other thing you should know is that learning to read the energy of your own life will make you learn to move on and become a better and stronger person, and have more of what you want from life.

Paying more attention to your inner self will help you to understand more about how to deal with yourself .This in turn will make you a better person.

Make sure that you keep a record of whatever new things you learn on a daily basis. This will ensure that you can make references whenever something is shrouded in a mystery.

You can always contact your records which will then help you in solving the situation.

You should also learn the acts of interpreting. This you can achieve by learning the universal symbols, Astrology and numerology which influence our attitudes and behaviors and pay serious attention to your spiritual, emotional, physical and mental health.

There will always be a higher level of sensory instincts in you. Remember, if you eat and sleep well, as well as do your usual aerobic exercises, you will be in the best form of physical alertness to unleash your psychic potentials and don't be shy to let people know that you have an extra power within you.

There are various aspects of life you can unleash your psychic powers. As a TELEPATHIST, you should be able to inject your thoughts in the mind of others and in so doing you change their perceptions and thoughts .You can also unleash you psychic powers true what is known as PRECOGNITION ,which is the skill of looking into the future and seeing events before they take place.

This is done through dreaming and some other subconscious means. Through CLAIRVOYANCE, you can unleash your Psychic powers to view and see things that may not be ordinarily available to your basic

senses. The people around you will not know about these facts except you alone.

Through PSYCHOKINESIS, you should be able to move objects through your psychic powers and with your power of the mind, you should be able to influence issues.

Before unleashing your psychic powers, you should also be able to test yourself in the following ways; Conduct a Drowsing test on yourself, The Psychic IQ tests, and Psychometric test.

A satisfactory score in these tests will ensure your success while making use of your psychic powers.

The power of Clairvoyance psychic methods is one of the most practiced in the modern world.

You can do this by sitting comfortable in a confine place with a lighted candle or incense. Your sitting should be in such a way that your spine is upright.

Breathe deeply while releasing your mental tension. You should be able to make use of your psychic powers after few minutes or about an hour of your deep meditations.

If you focus on your breath at this stage with maximum concentration, you should feel more relaxed to open your up your psychic powers at this stage.

Take your attention to the area between your eyebrows. Visualize a colorful rose bud just below these eyebrows and allow your mind and soul to imagine it in a larger beautiful magnificent picture and then imagine it blooming into a full bouquet of rosebuds, and then revealing all its beauty to you.

After this, imagine yourself giving the fully blossomed rosebuds to someone you recognize during your meditation. It might be a friend or a family member.

Notice any changes that might occur to the beautiful rose after handling it over to the person you pictured out in your meditation.

Now imagine you passing the flowers to another person and notice the changes that may occur to the flowers again. The changes you notice should give you an insight into the kind or nature of the person who handed over those flowers to.

Your psychic power then should be able to predict the intentions in the mind of those people merely by looking at the changes that occur to those flowers.

If the beautiful rose blossoms more and expand looking more radiant in the hands of any of such people, then the person will normally be generous to you and if what happens to the beautiful rose is negative, you should be careful of such a person. This is one of the numerous ways of unleashing your psychic powers.

If you continue to practice this everyday, making use of different objects like your car, house, or even dogs or cats during your meditation, you should be able to maximize to the fullest your psychic powers.

An advanced practice of Clairvoyance psychic practice is expected to make you predict into the future of people around you and turn things around for the better in their lives and in your personal life too.

Some people have used their Clairvoyance psychic powers to heal sick animals. You don't need to over stress yourself to unleash your full psychic potential powers, a positive mind and the right mental and healthy state and the maximum concentration are the best combination to achieve your full potential.

Not everybody is a suitable person to develop their psychic powers, even though everyone does already have some degree of psychic powers already.

Most instructors and trainers will always ask for your medical records before admitting you into a Psychic class.

They need to ascertain if you have a perfect healthy mind and nature to start training. So if you don't have a sound medical record, they either ask you to leave the training session or go for a routine medical examination.

Your mental state is also tested. Advanced Psycho-therapy is conducted in some centers before Psychic power development trainings are given to you.

Skepticism should be totally out of your mind for you be successful in psychic development. If you are in doubt of what you want to do, then

you shouldn't bother to venture into the act of developing your psychic powers.

The simple truth is that psychic powers are as normal as talking or listening to music. Everybody consciously or unconsciously knows that he or she has them. But the advanced stage is what everyone doesn't know how to handle or learn. Psychic power development is wholly a natural process.

If you want to start your Psychic power development training, you should try and read materials ,either online or from books and journals.

Look for a professionally designed website and read about various training sessions and how to prepare for a psychic development class.

Don't read books or websites that make bogus or unrealistic claims of psychic power usage.

Those sources of information are after your money, they are not sincere about giving you the real and specific Psychic power development training, so don't be carried away by their super-Psychic power claims.

Some Psychic power development trainers will even tell you that they can make your partner love you more, or they can make you become the boss in your office in a short time and many more outrageous things.

Don't be fooled. You can do all these things yourself when you have developed you full Psychic potentials. Look for testimonials from people before starting Psychic development training.

You should find at least a person that has positive things to say about a Psychic development training centre.

You should request from the Psychic development training centre how long it has been in operation, and what are the track records of success by the training centre.

You should prepare your mind to face the truth about yourself but prepare your mind to listen and adhere strictly to whatever your instructor tells you.

Don't be scared if the psychic power developer or reader tells you anything strange about your future.

Experts have advised that before anyone starts Psychic power development training, they should start taking some form of physical activities such as taking early morning exercises.

It is also suggested that one should take interest in reading books about human existence and the supernatural world.

This will prepare one's mind for the task ahead. You can start a pre-psychic development session in the comfort of your room by meditating for at least an hour, a week prior to the actual start of the Psychic development sessions.

Ensure a clean and comfortable environment. A well lightened room and a soft surface for your meditation is advised.

All these should be done in preparatory to your actual Psychic development classes.

Experts have also advised potential Psychic development students to engage in swimming. Researches over the past years have linked swimming to a more successful meditation sessions.

Your breathing is greatly improved if you take some swimming lessons prior to meditation.

The most important thing is to be positive in your own mind that you will be successful.

Skepticism will never allow you to successfully develop your Psychic powers.