

CHECKLIST PREPARATION

- ☐ Prepare for Meditation by protecting yourself and banning fear
- ☐ Open up your Aura by doing the exercise on page 11
- ☐ Answer the question about what you would like to accomplish by developing psychic powers
- ☐ Reach your psychic mind by going to your basic psychic level (page 16)
- ☐ Look at different techniques for your personality type.
- ☐ Create your meditation Niche or Corner:
 - make sure to have all the elements of Fire, Air, Water and Earth included
 - Add crystals and other meaningful things
 - Designate this place only for your psychic work
 - Perform a ritualistic cleansing of the space
- ☐ Answer questionnaire on page 25 in the Book of Wisdom to make sure you have everything you need for your meditation niche
- ☐ Do the basic Meditation in your new space on page 27
- ☐ Make sure to pay attention to your breathing
- ☐ Answer the questionnaire on page 31 in the Book of Wisdom to assess your stress level
- ☐ Your Personal Beach of Time: Use the “outside view” and keep an open mind.
- ☐ Answer the questionnaire on page 34 in your Book of Wisdom to define what you would like to do with your psychic powers
- ☐ Access your Personal Beach of Time on page 35

The Ultimate Guide To Unleash Your Inner Psychic!
SECTION 1: Introduction

- ☐ Try some of the things you can do at your Personal Beach of time:
 - Calling your spiritual guide or guardian angel
 - Contact a loved one that has passed
 - Getting rid of unpleasant events
 - Solve conflicts
- ☐ Remember to journal your experiences.
- ☐ Stay grounded by pressing your middle fingers against your thumbs or squeezing a stress ball.
- ☐ Answer the questionnaire on page 40 in your Book of Wisdom to find out which technique helps you best to stay grounded
- ☐ Clear and balance your energy system by:
 - Keeping things positive (release negative thoughts)
 - Turning the chakra wheels
 - Physical Exercise
- ☐ Answer the questionnaire on page 44 in your Book of Wisdom to assess your energy level
- ☐ Clear your chakras with the exercise on page 46
- ☐ Protect your space by creating a protective barrier around yourself
- ☐ Prepare and protect yourself by:
 - Being aware of negative energies
 - Eating right and relaxation
 - Closing yourself off by saying in your mind "I am protected and have no fear!"
 - Cleansing your Aura regularly
 - Casting a protective circle
 - Trying to stay away from Drugs and Alcohol
- ☐ Learn to trust your abilities and the spirits that guide you
- ☐ Accept for now all incoming thoughts as messages
- ☐ Answer the questionnaire on page 55 to help you trust your psychic abilities
- ☐ Do the exercise on page 57 to get in touch with your inner voice.

Achieving your goals:

- ☐ Know what you want and be specific
- ☐ Do the goal setting workshop in your Book of Wisdom
- ☐ Go to you Personal Beach of Time and ask for the fulfillment of your goals "From the Infinite Source with no harm to anyone!" Do this for 30 days every night before going to sleep. Then once a month for as long as you wish.
- ☐ Use your powers responsibly
- ☐ Live your life to the fullest!

Congratulation!

**You have completed the preparation to achieve your goals
by using your intuition and psychic powers.**