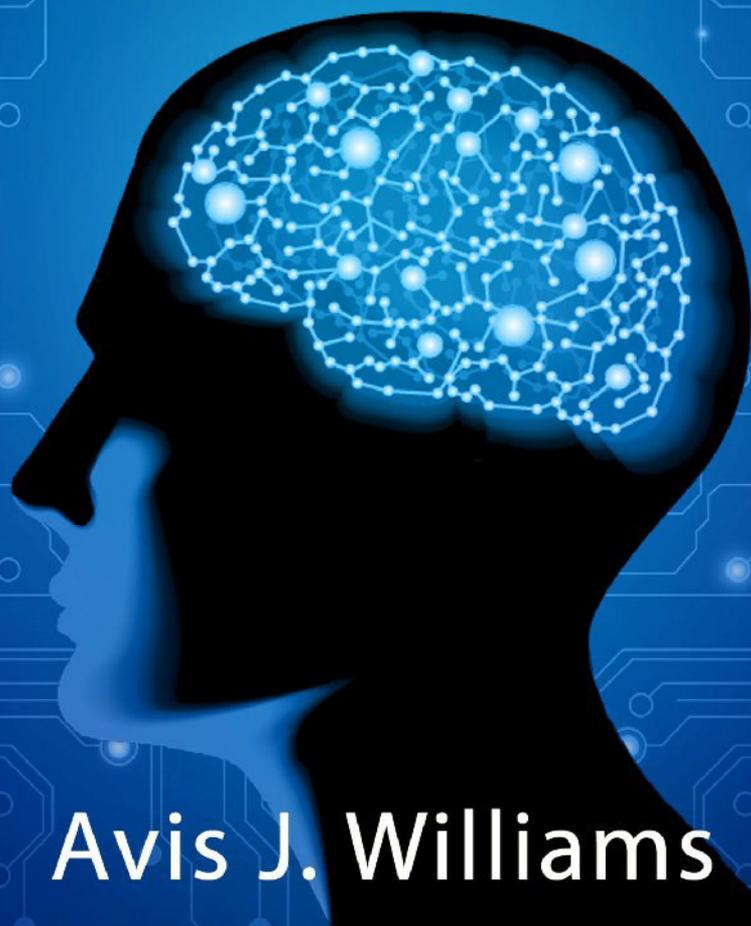


# The Psychic Mind

A Practical Guide to Psychic Development  
and Spiritual Growth



Avis J. Williams

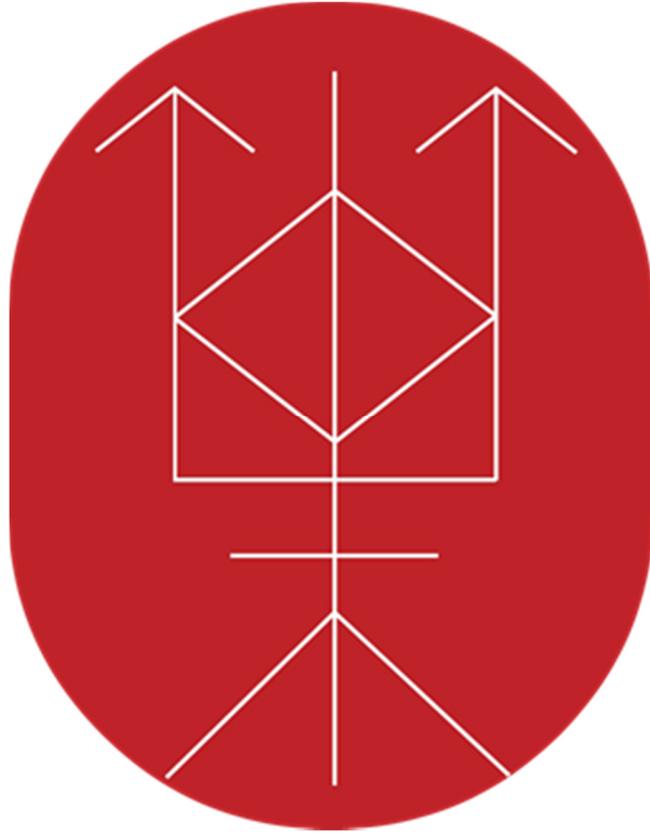
# The Psychic Mind

A Practical Guide to Psychic  
Development & Spiritual Growth

First Edition  
(Book Sample)

Avis J. Williams

Psychic Mind Foundation  
London, UK



[Http://www.igossuccesstech.org](http://www.igossuccesstech.org)

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*"Your journey has molded you for your greater good, and it was exactly what it needed to be. Don't think that you've lost time. There is no shortcutting to life. It took each and every situation you have encountered to bring you to the now. And now is right on time."*

*~ Asha Tyson*

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# Introduction

*“Self-knowledge is the great power by which  
we comprehend and control our lives”*

*~ Vernon Howard*

We are all born with a psychic mind, whether you know it or not or even believe it or not. Have you ever had a gut feeling that turned out to be true? Did you know who was calling you before you picked up the phone? Have you ever had a sudden impulse to do or not to do something, only to discover later that you should have listened to that feeling?

If any of these things has ever happened to you, then you have been using your psychic mind instinctively. As a child, we can freely access our psychic mind, if it is encouraged and developed further, we would have become a genius. But unfortunately, this does not happen to every child because over time you may have received negative reaction from your friends, teachers, acquaintances or family and start to doubt your intuitive voice and shut down this channel of information.

The good news is that with a little patience and practice you can reawaken and develop your psychic mind to gain access to a valuable guidance system to help guide you to the right path in life regarding career, finances and relationships, even when social convention or common sense appears to tell differently.

This book is not just about accessing and developing your psychic mind, it is about you going on a journey of self-discovery and awakening your true potential so you can create the life you want to live.

This book will teach you how to access and trust your psychic mind, to release the abilities available to you, including clairvoyance, claircognizance, psychometry and much more, once you have unlocked your psychic mind, you will be able to use your intuition, your inner guidance to help you create the life you want to live and take control of your life to achieve ongoing success, fulfillment and happiness.

### **What are the Benefits of Developing the Psychic Mind?**

- Increase activity of the brain, enhance intelligence, perception, memory, creativity, problem solving and decision making. The meditations and techniques mention in this book activates and strengthens communication between two parts of the brain's frontal lobe, the anterior cingulate cortex and dorsolateral prefrontal cortex, both are connected to handle errors and conflict resolutions and the dorsolateral prefrontal cortex is primarily involved in executive functions of the brain such as decision making, memory and cognitive control, when the two parts of the frontal lobe are working together it

enhances the overall activity level of the brain which develops total brain functioning.

- Your mind and body will be in balance which will improve your overall physical, emotional and spiritual wellbeing. A balanced mind and body reduces stress on your immune system, decreases any anxiety, tensions, ulcers, muscle and joint problems insomnia. You will experience increases energy levels, feel great joy and a greater peace of mind.
- Your intuition will improve, the six inner senses, which include seeing, hearing, smelling, feeling/touching, tasting and knowing will become stronger and more frequent. You can use your intuition to guide you in all of your decisions in life regarding career, money and relationships. The more you use and trust your intuition, the stronger it will get and the more confident you will feel about it.
- Your focus and concentration will improve. The meditations and other techniques in the book will help you to reduce distraction and develop concentration.
- Your consciousness will grow and expand in time you will experience states of higher consciousness. When this happens the problems in your life become less significant. Anger and disappointments become passing emotions that occur briefly and then disappear. You start living in the moment and let go of the past.

- You can control your thoughts. Man has conquered space and Mount Everest. But the most difficult thing to conquer is your own mind. Even the greatest minds on earth are not able to control their thoughts. Look at Van Gogh, he surrendered to his thoughts and committed suicide. He and many others were not able to eliminate their negative thoughts and focus on the positive. The exercises and techniques in the book will teach you how you can control your own thoughts to eliminate your negative thoughts to create the peace of mind that you want.

## What you will learn

This book contains simple practical information and exercises which will help develop and increase your psychic senses and abilities. The Psychic Mind is divided into eight parts:

**Part 1:** begins by explaining what the three minds are and teaches you how they can work together to bring our whole mind, body and spirit into balance. Also looks at practical techniques you can use to reprogram the mind, to manifest what you want and need in your life.

**Part 2:** begins by explaining what the third eye is and looks at practical meditations to help stimulate and re-activate the third eye.

**Part 3:** begins by explaining what an aura is and why it is important to cleanse and balance it. Also looks at practical techniques to sense and see an aura and learn methods on how to read your own aura and other people's auras. Lastly

look at practical methods to cleanse, re-balance and protect the aura.

**Part 4:** begins by explaining what the chakra's are and the various practical techniques you can use to cleanse, unblock and balance them.

**Part 5:** begins by explaining what grounding is and the various practical techniques you can use to ground yourself.

**Part 6:** begins by explaining the preparation you need before starting the meditation and breathing practices. Also looks at breathing techniques and various meditation practices, to help calm and balance the mind.

**Part 7:** Looks at practical techniques to develop your psychic senses including clairvoyance, clairaudience, clairsentience, claircognizance, clairallience, clairgustance and psychometry. Also looks at methods on how to give psychic readings to other people and how to give readings using divination cards for yourself and others.

**Part 8:** A daily plan of psychic development activities you need to do.

## **How to utilise this book**

First you must read this book with an open mind and believe you can develop your psychic mind. This is a simple and practical book that only shares techniques, experiences and resources that do work to help develop your psychic mind. I also encourage all readers to explore metaphysics, cosmology, ancient yoga meditation (Kriya Yoga and Pantanjali yoga sutras) and parapsychology research and books to give you more of an understanding and a solid grounding on the science of psychic phenomena.

The techniques contain in this book are also used by professionally trained psychic's and yogi masters. Practice the exercises in the book daily, even if you don't get the results straight away, keep practicing, practicing and practicing that's the only way you will develop and increase your skills and to get the maximum benefit from this book.

# **PART 1:**

## **The Three Minds**

## Chapter 1

### What are the Three Minds?

*"The mind is everything. What you think, you become"*  
~ **Buddha**

The mind is composed of three types of consciousness, the subconscious, conscious and the superconscious. Each one of these consciousness represents an aspect of our mental, emotional and spiritual self, that needs to work together to bring our whole mind, body and spirit into balance.

#### **Subconscious Mind (aspect of emotional self)**

The subconscious mind is subservient to the conscious mind. It has no reasoning and operates at a basic and instinctive level. The subconscious mind does whatever it is programmed to do, with no exceptions. It is also detached and makes know judgments concerning the validity of information it receives and stores.

## **The main purpose and functions of the subconscious Mind:**

1. Manages and controls functions of the body such as our heartbeat, breathing, the pumping of blood, organs and glands etc.
2. Stores and process information received from the conscious and the superconscious mind – the past and present thoughts, memories, feelings, emotions, knowledge, desires, beliefs, habit patterns, impulses, images and intuition.
3. Functions according to the law of attraction. Everything in this universe is energy, all energy has a vibration that emits a frequency, our thoughts, sounds and colours are also energy and have a high vibration. Everything that's coming into your life you are attracting into your life, from your thoughts in your subconscious mind, your conscious mind is the means by which, the subconscious receives it's information, stores it, and goes to work to attract, create, or bring into the physical reality.
4. Runs 24 hours per day 7 days a week, and consistently absorbing information, creating and sending out vibrational frequencies (our thoughts) based on the information that's been processed and stored within it through the filtering mechanism of the conscious mind.

5. Can send thought forms or visual images such as prayers, affirmations and visualisations to the superconscious mind for answers and for manifestation.
6. Creates dreams – dreams are a form of feedback to the conscious mind, so that we are aware of what is happening within our subconscious. Your dreams can also come from your superconscious mind.
7. Controls the inner senses – seeing (seeing visions), feeling/touch (sensing a presences, or have a gut feeling), hearing (hearing a voice and sounds), knowing (receiving ideas and inspirations), smell (get smells like perfume, tobacco and so on) taste (get a taste in your month).
8. Can connect to objects, divination tools and other people using psychometry, psychokinesis, tarot, oracle cards, runes, i-ching and pendulums.

### **How to balance the subconscious mind**

The subconscious mind will be in balanced once most of the negative limiting beliefs are removed. Once negative thinking, emotions and feelings are removed you can start achieving success and make progress in what you want to accomplish in your lives. You will learn how to remove negative thoughts and emotions, in the next chapter.

## **Conscious Mind (aspect of mental self)**

The conscious mind is to be the master and the programmer of the subconscious mind and is subservient to the superconscious mind. It is our reasoning mind, where we consciously analyse the thoughts that we are thinking or creating and consciously change those thoughts to create new ones, which can overwrite the old data stored in the subconscious mind.

### **The main purpose and functions of the conscious Mind:**

1. The conscious mind creates and analyses the thoughts that we are thinking.
2. Programme the subconscious mind, by saying affirmations, prayers or by using visualisations.
3. Interprets the information sent from the subconscious mind through our six senses and dreams.

### **How to balance the conscious mind**

To balance the conscious mind, we need to create positive thoughts, to get rid of the negative thoughts stored in our subconscious mind. Everything that's coming into your life you are attracting into your life, from your thoughts. Thoughts create emotions, emotions create feelings and feelings create behaviour. So it's very important that our thoughts are positive, to attract the right people, events and circumstances into our lives.

The first thing we need to do is to meditate to silence and

calm the mind, meditation will help to filter out the distractions of the surrounding world and allow you to focus on reprogramming your subconscious. Your concentration, awareness is increased and we can experience inner peace in the midst of worldly turmoil. The next thing we need to do is take control of our conscious mind and become conscious of our thoughts. Become conscious of what you are allowing the conscious mind to absorb, and only allow information that is in alignment with what it is that you are trying to attract to you.

### **Superconscious Mind (aspect of spiritual self)**

The superconscious mind is the gateway to the higher consciousness also known as the higher self, divine self, universal mind, god or whatever you want to call it. It is the all-knowing mind which gives us access to infinite wisdom, inspiration and abundance.

### **The main purpose and functions of the superconscious mind:**

1. Gain access to inspiration, ideas, infinite knowledge, infinite wisdom and abundance.
2. Gives us answers to our prayers and affirmations as dreams, or by using one or more of our six senses. Also we can receive answers through synchronicities and signs you may come across throughout your daily life.
3. Manifest your thoughts and desires that were sent to

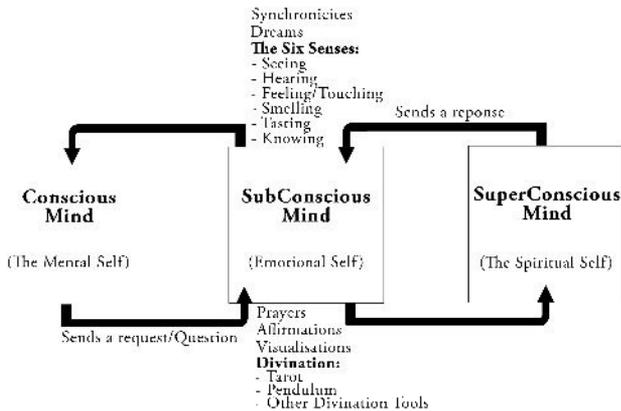
the subconscious from your conscious mind.

## How to balance the superconscious mind

Once you have balanced the conscious and the subconscious mind, you will gain access to the superconscious mind.

You can contact this mind by meditating daily, prayers (ask only for what you need), affirmations, through divination using tarot cards, pendulum, runes and other methods, visualisation, (visualising what you want), automatic writing or journaling.

*A diagram of how the three minds communicate to each other:*



The conscious mind sends a request or a question in a form of a prayer, affirmations or visual image to the subconscious mind. The subconscious mind processes and stores the request and then relays the request to the superconscious mind.

The superconscious mind sends a response in the form of symbols or images to the subconscious mind, the

subconscious mind processes and stores the response and then relays the response to the conscious mind as dreams, or by using one or more of the six senses – seeing (seeing visions), feeling/touch (sensing a presences, or have a gut instincts), hearing (hearing a voice and sounds), knowing (receiving ideas and inspirations), smell (get smells like perfume, tobacco and so on) taste (get taste in your month). You may also experience synchronicities and signs throughout your daily life.

## Chapter 2

# Reprogramming the Subconscious Mind

*“Believe it can be done. When you believe something can be done,  
really believe, your mind will find the ways to do it.  
Believing a solution paves the way to solution.”*

*~ David J. Schwartz*

Every single thought we think, whether it is positive or negative is an affirmation. Every single word we say is an affirmation. Every single action or behaviour we take is an affirmation. All of our inner dialogue or self-talk is a flow of affirmations. We are repeatedly affirming subconsciously with our words and thoughts and this stream of affirmations is creating our life experiences in every moment. That voice you always hear inside and you think it is you talking those are all affirmations and they are very powerful.

As you know the internal voice within every one of us has both positive and negative thoughts and attitudes. The positive thoughts are the ones we need to concentrate on and empower to eliminate the negative thoughts out of our minds. It is kind of like brainwashing the negative thoughts

only to leave the positive thoughts in our mind. To successfully reprogram the subconscious mind you must have a strong desire, belief and behave as if you have already obtained your desired outcome. The subconscious mind does not know the difference between what has actually appeared in this physical reality and what you believe to have already created.

Positive thoughts need to be repeated over and over again in order to reprogram the subconscious mind and transform our thought patterns, behaviour, habits and actions accordingly. You will mentally and emotionally feel a difference within your being and your perspective on your life will change.

If we don't take responsibility for our own reprogramming of our subconscious mind, negative thoughts and attitudes will hinder us from achieving success and progress in what we want to accomplish in our lives. Sometimes we may feel we are unable to achieve and incapable of doing anything, this can make you feel worthless and you may not want to try or do anything.

Negative thinking can also attract negative emotions and events that may start to affect our physical wellbeing and even worse start to affect the people around you. If your negative attitude starts affecting other people then you have great reason to worry because if the people you surround yourself with all feel the same way as you, you will not be able to overcome the negative thoughts or feelings. Being surrounded by negative people is very dangerous because they will not try and make you see the best in you.

No matter what part of your life you're dealing with or who you are, positive affirmations will manifest real change in

your self and your life, by eliminating the old limiting negative beliefs that have been sabotaging you throughout your life. You have the power to change the way you think and behave, to create the reality and life you want to live.

### **How to write affirmations**

Writing affirmations is not something uncommon or new. In fact it has long been practiced and used by Tibetan monks, motivational speakers, spiritual teachers, life coaches, hypnotherapists and other alternative therapists and many others. There are many forms of affirmations such as written affirmations, mantra affirmations, subliminal affirmations, visual affirmations and meditative affirmations. The methods that are the most effective is the written and mantra affirmations, these particular forms of affirmations are very powerful. When writing your affirmations use the word "I", it starts of the creation process. The words "I AM" is very powerful, they are statements to the universe or god. But whatever follows the word "I" tends to manifest in physical reality.

Continues...