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Practical Guide to Physics Powers: Awaken Your Sixth Sense

By Melita Denning, Osborne Phillips

Llewellyn Publications,U.S. Paperback. Book Condition: new. BRAND NEW, Practical Guide to Physics Powers: Awaken Your Sixth Sense, Melita Denning, Osborne Phillips, ESP. Divination. Psychometry. Telekinesis. Astral vision. You've heard of all these talents. The amazing truth is that you can have all of these abilities when you practice the simple, but powerfully effective, exercises in Melita Denning and Osborne Phillips' "Practical Guide to Psychic Powers." World-famous experts Denning and Phillips explain exactly what you need to develop your own innate abilities, including advice on diet, rest, and exercise. They advise you to meditate daily, and give instructions how you can bring this wonderful skill into your life. They also reveal how you can make your own tools for psychic development, such as a pendulum, ESP cards, and a Vision Mirror. "Practical Guide to Psychic Powers" explains that your attitude is important in establishing these abilities in your life. You'll discover how to eliminate boredom and stress, practice mental concentration for long periods, and have foreknowledge of the future. Many of the exercises to help you to develop psychic abilities are in the form of games, making them fun, preventing boredom, and creating faster success. For example, you'll learn a game...



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