



# Practical Guide to Psychic Powers: Awaken Your Sixth Sense (Practical Guide Series)

*Osborne Phillips, Melita Denning*

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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 of guessing dice, one with ESP cards, and another that uses the vision mirror to predict your future.

The book teaches you how to become aware of the impressions a material object has gathered, the art of psychometry. You'll learn about contacting spiritual entities the way Spiritualists do. You'll also discover the secrets of dowsing and how to develop and use this ability.

Denning and Phillips are known for their clarity of thought and for having effective techniques, as demonstrated in *Practical Guide to Psychic Powers*. Get your copy today.

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