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## **About the Author**

Sybil Hurley has been using some of the New Age disciplines for several years.

She wrote this ebook to help people learn about some of the benefits which she believes are possible through using these systems in our lives.

Sybil said, "I know that different people have widely different views about New Age topics. Some people are enthusiastic users-of one or more systems but others are very sceptical and there are some people whose views are at every point in between."

"Some people believe that all of these theories are bad but my view is that it depends on the motives of the person and how they use the methods."

"I have tried with this book to act like a good friend who can guide your exploration so that you can get the most benefits and avoid wrong turns and dead-ends on the way."

"I won't even try to convince you to change your views, but just help you find those systems and ideas which may benefit you most."

"Then, you can just make up your own mind!"

Sybil has explained everything in plain language and hopes that you will enjoy her book and benefit from the wide variety of material it contains.

## Introduction

You probably know that your brain is believed to have the potential above that of the most advanced computers?

I didn't think that was possible for everyone, especially for someone like me!



But, I found that none of us, not even the best thinkers on our planet, use more than a very small percentage of the power which the brain has within it.

Nobody can be sure about what abilities and talents are in that greater portion of our brains, but governments and companies are reported to be spending millions trying to find out.

I have been using some of the New Age disciplines for several years. I think that these systems are a low-cost, almost risk-free way to connect with some of that extra mental power which we have within us.

I started learning about them after a friend pushed me into signing up for a course at a local adult education center. She became very interested as well and we explored numerology, pendulums and other areas together.

I hope that my ebook will be like a friend that helps you to find something which helps you to improve your understanding of yourself and to get greater enjoyment in your interaction with other people.

I know that some people believe that these systems are evil. I respect their right to those views, but I think that any evil is not in the systems but perhaps in the way that some people use them.

One important factor is whether people are using the systems for the benefit of all the people who will be affected by their use or whether they are focused on only using them to attain their own selfish and unworthy goals.

My explanation of these systems is based on my experience and research of a wide variety of material from people that I know or have good reports about. But, I don't claim that is without any flaw.

It is important that you and I keep our minds open to new, updated information. No scientists really know all the reasons for everything that happens.

You will often read about some widely held "fact" which has been disproved or amended after someone discovered it really isn't so.

We are all quite different with an unlimited variety of backgrounds, life experience and conditioning. So, your results will likely be different to mine and the other people I write about. Be careful and always seek the advice of qualified professionals before undertaking any significant action.

The methods I describe are what I and other people I have discussed them with, have found to be most useful. Some might be less or more useful for you than others.

If you are just beginning your journey through New Age material, you will get a broad menu and be able to "taste" many of the most popular areas.

I believe there is enough information to help you to make up your own mind about what is likely to be the most useful and interesting areas for you to explore further.

You can use them to get in touch with your core feelings and abilities but you might also want to use some of them to have fun with your friends too.

This can be an amusing diversion for a party or any other informal gathering. You can demonstrate what you know and invite the more adventurous of your friends or colleagues to test their abilities too.

You'll find almost everyone will want to take part.

You may find that some people you know have more than a superficial interest in the subject as well. You might find, as I did, that some of your friends or other people in your group have had their own experiences with New Age and some will be eager to share them with the group.

That will give you another subject to talk about and maybe you will start to help each other gain more proficiency as Joyce and I did.

Don't worry about negative comments from sceptics or people that believe that New Age is evil. I just say that I respect their views and hope they will respect mine. Also, that I don't claim any special powers but have found the systems useful and want to show them so that we can try them out safely among friends.

I never use any grim imagery or any reference to any kind of religion. Everyone's religion is a very personal and private matter and I wouldn't intrude there ever. If anyone feels they want to hear about death, disaster and destruction, they can just read the newspaper or watch the television news!

Another reason that I keep a light tone is because I want you and every other reader to enjoy each step of their journey of discovery about the benefits of E.S.P. in our everyday lives.



## Mind Messages

Modern technology has got us to the point where it is pretty easy to contact almost anyone quickly and, often, fairly inexpensively.



But, at some point, you've probably thought that it would be great if you could contact someone just by thinking about them. Some people develop a relationship with their partner that seems very close to that situation.

This would be of great value to us as individuals. It would certainly save a lot of money for phone bills or postage.

And you can see that it would be even more valuable to businesses or governments. It's a matter of record that many governments and some private organizations have been conducting experiments in this area for many years.

They could be interested in using the talents of anyone that could send and receive messages over long distances.

We'd be very happy if we could send a secret message to that attractive stranger that we just saw on the other side of a crowded room.

We don't need the Faraday cages and other gear which scientists use with their experiments.

Of course, we need someone that is also interested in the subject. It should not be hard to find someone among your friends that is willing to try this with you.

Just set up a time which suits both of you. Although you could do it when you are not in the same place and just talk to each other on the phone, I suggest that it will be more comfortable for you both to be together, at least for the first couple of tests, so that you can discuss all aspects of the experiment as you go through it, iron out any problems that crop up and support each other.

You could use a variety of things to start with. A very basic set-up would be to have:

1. Some large pieces of cardboard
2. Playing cards
3. Blank pieces of card

These could be small blank cards or sheets of thin card which you could cut to make small cards.

4. Writing pads or notebooks
5. Pens and pencils

You could do the experiments when you are on opposite sides of your table with a cardboard barrier between you which hides what you write from the other person. But, you should discuss whether it would be better to sit at a distance apart and with your backs to each other during the actual tests.

Keep your arrangements as simple as possible.

We can just use an ordinary pack of cards to see how easy (or not) it is for us to transmit a thought to someone else and also how good we are at receiving them as well.

Each of you should take turns at trying to send the messages and being the person that tries to receive the messages that your friend is sending.

It's important to do each type of test more than once with each person as the receiver and the sender. Repeating the tests a few times will help to reduce the effect which chance plays in the results which you see.

That will give you a better idea of how well you each can send and receive your messages.

Here are some different tests which you can try.

### ***1. Sending a Picture***

This is a good thing to try because it doesn't matter if the person who tries to receive it knows what the picture is about; they just have to draw what shapes they see.

It is important that you keep the pictures simple and without fine details.

The sender checks that what they draw cannot be seen by the receiver and then makes their drawing. You might want to have the receiver out of the room while the drawing is done and the person that did it has a few seconds to get a clear impression of it in their mind.

Then, they put the picture away and ask the receiver to come back in.

Give the receiver a few minutes to settle back in and then try to divine the image which the other person still has in their mind.

I suggest that about five minutes is enough for that, but you should decide between yourselves what length of time you are comfortable with.

You might want to use colors in your drawings but I feel that simple, black and white outlines are enough.

Another possibility is to use a pack of picture cards from a children’s game. The receiver can shuffle the cards face-down and pick one to try to send to the receiver.

This might appeal to someone if they feel they cannot draw anything which might be recognizable.

But, my preference would be for the sender to draw each picture they use. Artistic ability is not important here.

It’s my belief that the act of drawing the picture makes a stronger connection between the sender and their picture, so that they have a clearer image in their mind which could make it easier for the receiver.

For many of the tests, you will need to have a sheet for the sender where they can mark what they are sending and also one for the receiver so they can draw, as best they can, what they receive.

That will make it very easy to get an accurate check of their results afterwards.

### ***Colors***

You can try to send and receive different colors.

This maybe easier for people who are not confident about drawing anything.

But, I suggest that you check that you both recognize the colors which will be used.

You might be surprised to find how many people have problems recognizing certain colors.

When you are in agreement about the colors you will use for the test, the sender and the receiver sit down. They can be in the same room but must not be able to see exactly what the other is doing.

It's important that there are no mirrors or other reflective surfaces which would interfere with the fairness of the test.

Then, the sender chooses a random card. They look closely at the color on that card and then mark it on their sheet. Then they focus their mind on its color for about thirty seconds.

Then, the sender asks the receiver, "What color am I looking at?"

The receiver concentrates and then writes the color they believe the sender is focused on onto their sheet.

The receiver then asks for the sender to choose another color.

The receiver should not worry if they get an impression that the sender is focused on a color which they believe the sender had chosen before. The earlier impression may have been false. The receiver should always mark down the color which they get an impression of at that time.

This may mean that they write down the same color more than once and perhaps not record one or more colors at all in one set of tests.

But, the focus of the test must be the impression they get compared to the color which the sender is transmitting then.

Don't let any outside factors affect proper recording of what color you get the strongest impression of each time.

I would not use very many cards in one test. A half dozen of the basic colors is probably enough. But, you should go through the cards two or three times.

The sender should mix or shuffle the color cards after they have been through the whole set.

It is also okay for them to mix the cards again at any time during the test.

I think it is polite to tell the receiver each time that I mixed the cards, but that is not essential.

### ***E.S.P. Cards***

The most commonly used cards used by researchers for this sort of experiment were developed and popularized by Dr J.B. Rhine.

This deck has twenty-five cards; there are five sets of five cards with a square, a circle, three wavy lines, a cross and a five-pointed star on them.

These designs were selected because they are easy to recognize and because none of them are too similar.

You could make your own cards from pieces of stiff, blank cardboard.

Some people use regular playing cards. If you do this, I suggest that you don't use the whole deck because it would take a lot of time and make you both tired.

Just choose, say, five values which are easy to tell apart and which do not have lots of detail in their decoration. I would not use the royal cards because they are highly decorated and some people that don't play cards regularly might have difficulty in deciding if a mental image was, for instance, a Jack (Knave) or a King.

I have used the Ace, two, three, four and King. These are usually easy enough to tell apart.

That would give you twenty cards which would be plenty for you to test yourselves with.

For at least your first few tries, I suggest that you just try to transmit the suit and ignore the value of the card.

If you try to transmit the suit of the card as well as the value, the effort will be much greater for each of you and the message which you are trying to transmit will be more complicated.

You would just make the whole procedure more complex and that would not really add any real value to the results you get.

Also, it would make it a lot harder for the other person if they do not have much experience or knowledge of playing cards and their values.

The cards should be shuffled or mixed before you start each series of tests. Many people cannot shuffle cards well. That’s not really a problem. They can just cut the stack of cards into a number of small piles and re-assemble them in a different order a few times or just spread the cards face down on the table and pick them up in a random order. This would have the same effect as shuffling the cards.

It’s important to mix the cards, not how it is done.

With these tests, the sender and the receiver must carefully record the cards they select and the images they receive in the correct sequence so that they can compare their lists after each series.

That will take some people more time than others which is another reason not to use too many cards in one run.

Researchers commonly set the effects of random chance at sixty percent rather than fifty percent.

You are likely to be a bit nervous when you first try this sort of experiment and that will probably affect the results you get.

No-one should worry about very low scores or be too excited about high scores. The results which each person gets can vary from day to day for any number of reasons.

I think that at least two hundred series would be needed before we could get a reasonable idea of someone’s potential in this area.

This is one test which you could also try when you have a group of friends at your home.

## Using a Pendulum

There are many tools which are used for testing someone's potential E.S.P.

I think that the pendulum is one of the most interesting tools which I've used for this sort of experimentation.

Most women have probably encountered the popular pendulum experiment where a pendulum of some sort is held above the stomach of an expectant mom?

This pendulum can be as simple as a piece of cotton with a paperclip at the end to add a little weight to it. Sometimes, the person who operates the pendulum will attach a hair from the mother's head to the weight.

To get a stronger attachment to the person who is being experimented on, they might use a ring or some other person or object of the mother-to-be as the weight itself.

The most important factor in making sure that the experiment gives the best possible result is that the person holding the pendulum above the mother needs to have a very steady hand. This is to ensure that nobody can suggest that any movement on their part is affecting the experiment.

There are a variety of opinions about which movement of the pendulum indicates that the baby is more likely to be a boy or a girl, you should discuss this and make a group decision before doing the experiment.

Assign a circular movement to "boy" and a straight movement to "girl" if the group is happy with that.

Then, you can start the test when the mother is comfortable and the person doing the test is in position.

You will probably find that this experiment is particularly popular. Some of the other people in the group may also want to try a pendulum experiment themselves.



If the mother-to-be is willing, she can let another one of your friends use the pendulum on her. Then, everyone can compare and discuss the results of the two trials.

### ***Yes and No Test***

Rather than possibly tiring the mother and imposing on her goodwill, I suggest that you offer the rest of the group a different way to test their ability with a pendulum.

This is a test which is commonly used to try to find "yes" or "no" answers to questions.

You will need a pendulum, a sheet of paper and a piece of card for each person that tries the experiment.

You can make a simple and quite effective pendulum from a short length of thread with a paperclip on one end. Of course, if anyone already has their own pendulum and happens to have it with them then they should use that.

Use a marking pen to draw a large cross which fills most of the cardboard.

Then, each person should write all of the questions which they intend to ask on the sheet of paper, but leave a line or two between each of them.

Before starting on the questions, it is important that everyone checks how their particular pendulum reacts to questions. In my experience, some people will see their pendulum move from left to right and back again when the answer is "no", while other people will have their pendulum move away from them and then back towards them.

Checking the action of pendulum is very simple to do. This description is fairly long but that's because I have tried to cover the process in detail. You will see that it is very simple to do once you have read through my explanation.

Just hold the other end of the thread between your thumb and forefinger so that the paperclip is suspended a couple of inches above the centre of the cross on the piece of cardboard.

Now, everybody should try to relax so that you have the best chance of getting good results from this pendulum experiment. When everyone is ready, they should keep the hand which holds the thread as still as possible while mentally trying to make the pendulum swing from left to right and back again. Some people will find this happens almost immediately, but others will take a bit longer.

Reassure everybody that this is not a competition and lack of movement with their pendulum is not a sign that they cannot have a successful result. It just takes some people a little longer to get into the swing of things.

When most or the entire group have seen some reaction from their pendulum, ask them to use their other hand to stop the pendulum swinging and position it again above the centre of the cross on the card.

Now, everyone should try to hold their hands steady as they did before and mentally cause the pendulum to swing gently away from them and back again.

Then, try to make the pendulum swing in a gentle circle. Don't worry if your pendulum swings clockwise while other have theirs swinging anti-clockwise. The main thing is to get the pendulum swinging, even just a little bit in the direction you intend with out any physical effort at all on your part.

Then there is just one more step to complete testing of the pendulum.

Silently ask a simple question. This must be one which you know the "yes" or "no" answer to.



Study the direction in which the pendulum swings. That will indicate the reaction you should get when the answer to your future questions are the same as for the test question which you just asked.

Give everybody a few minutes to complete this test. It is important that everybody is comfortable with the procedure before you start using it for more important questions.

Be sure to mention to everybody that some people will find that their pendulum swings left to right to indicate "yes" and forward and backward to indicate "no" while others will get opposite results from their use of a pendulum. There is no one set of results which is best for everybody.

If you get someone whose pendulum is making an obviously circular motion that is probably because they are putting too much mental or physical effort into getting a reaction from their pendulum. Just suggest that they try to relax and let the pendulum do the work.

Like most of these types of experiments, the use of pendulums has as many critics as supporters.

I don't try to convert someone who has a different opinion to mine. I just offer them the opportunity if they want it to try a pendulum.

If they don't, that's fine too.

I continue to use it because I like the results I get with it. That, for me, is the best test of anything.

I know that there are people who use pendulums on maps to try to find lost treasures. I guess some of them must be successful because they keep doing it.

## *Dowsing*

This involves using some kind of simple pointing device to try to locate water, precious minerals or lost items - just about anything which might be of value to the person who is doing the dowsing or someone who is willing to pay them to do it.

While many people discount the possibility of being able to find valuable resources or lost items with no more than some twisted wire or a couple of bent sticks, but there are just as many people who claim to be able to find everything from water to gravestones by using the ancient practice of dowsing.

There are many professional dowsers who are paid good money for the results which they get by hard-headed farmers and resource companies. That is enough reassurance for me to give it a try.

I haven't found anything of great value through my dowsing efforts yet, but you or someone in your family might be a whole lot more successful than me.

This doesn't really require much more investment of money or time to try than the pendulum test. In fact, there are people who use pendulums for some or all of their dowsing.

The traditional method of dowsing requires you to find or make a dowsing instrument. This is usually metal or wood but some people say they get great results with other materials.

I use a traditional V-shaped dowsing rod and I will explain you can easily make your own now. Then, I will describe making and using a pair of L-shaped dowsing rods which some of my friends prefer to use.

To make your traditional V-shaped dowsing rod, I suggest you get a wire coat hanger and cut and twist it into a Y-shape. When you start your first dowsing test, you will hold each side of the V in one hand and have the straight section pointing away from your chest.

But, for comfort and safety, I suggest that you make a couple of small adaptations to your dowsing rod.

Bend the last inch or so of each end of the V downward. This can help you to keep a grip on the rod if it suddenly starts to react strongly to the possible presence of whatever it is you are looking for.

Then, wrap the last few inches of each side of the V in insulating or parcel tape. I do this because it is more comfortable for me than holding the bare metal of the rod in my hands.

To use this type of dowsing rod, go to the area where you think there is a good chance of finding whatever it is you are looking for.

If the area is large, divide it into small sections. You will test your dowsing skills on each section in turn so that you ensure that you make the most effective search that you can in the time you have available.

Stand at one corner of the first section you are going to dowse.

Hold each side of the V in one hand. Have the dowsing rod parallel with the ground and the point of the Y farthest away from your chest.

Grip the sides of the V firmly so that you will be able to sense any reaction in them but keep your arms as relaxed as possible.

Keep a steady pace as you walk over the first section of ground which you are checking.

It's probably a good idea to move more slowly than you usually would when you are doing your first couple of tests, to walk backward and forward across the area one way. When you have covered the whole section, start on the next section.

It will take time for most people to become good dowsers. It's important that you do not become discouraged if you don't get great results in your first few tries.

After you have dowsed a few areas, you might like to revisit the areas that you only got poor results from before. You might find that you get better is

results because you have become more comfortable about the whole dowsing process.

Making a pair of L-shaped dowsing rods is even easier than making the Y-shaped one which I just described and which I personally prefer to use.

Cut two 18 inch lengths from a wire coat hanger.

Bend about 6 inches at one end of each length of wire so that it is at 90°.

Bend the last inch of those 6 inch lengths so that it is at 90° to the remaining 5 inches and parallel with the 12 inch length of that piece.

If, like me, you do not like holding the bare pieces of wire in your hands, wrap the 5 inch sections of each rod with insulating or masking tape.

Select and divide up the ground you are going to dowse as I described in the previous section.

At this point, you should try to focus on a clear mental image of the sort of thing you are trying to find. If this is a ring or other personal items which you or a family member has lost, that will probably be quite easy. But it can be harder to form a good mental image of a pool of water or some ore. But the potential rewards are worth the effort.

Wrap your hands around the 5 inch sections so that the 1 inch bent ends are below your fists and the longest sections are above your fists and pointing directly ahead of you as you begin to dowse the area.

Depending on the quality of your mental focus on what you are trying to find and the strength of the signal which the rods receive, you should notice that the ends swing towards each other when you approach an area which might require further checking.

This swing can be as strong as it is unexpected which is why I suggested that you wrapped tape on the handles and bent up the last inch of each rod to give you the best possible grip.

If you get a strong signal, it is worth testing the result by approaching the spot from a different direction to find whether you get the same sort of strong signal.

It is possible, sometimes, for you to find something else has caused the reaction from your dowsing rods because you had lost focus on what you were looking for and were thinking about something entirely different when you crossed that area.

## Using a Crystal Ball

The crystal ball is probably the most well-known tool used by people interested in the New Age disciplines.



They are fairly easy to obtain though quality and price vary widely.

You don't actually need to use a crystal ball. People often have used a piece of glass or a pool of still water. There is nothing magical about the ball – it is just a an aid for focusing your attention on the subject you want more information about and shielding yourself from the everyday distractions around you.

There are very small crystal balls available and they might be alright for some people. But, when I tried one, I found that it was much more difficult to focus my thoughts and psychic energy.

I use an 85 mm ball (about three and a quarter inches). That is a very popular size and fairly portable.

They are very fragile. You should keep your crystal ball wrapped in a soft cloth inside a strong container which will protect it from bumps or scratches. I keep mine in a well-padded leather camera case which I kept after the camera broke.

But, many people prefer to keep theirs in a suitably decorated box.

Do not let anyone touch your crystal ball unless you are doing a reading for them. In that case, just let them touch it lightly and be sure to wipe it over thoroughly before you pack it away.

You need to relax to get any practical benefit from using a tool like your crystal ball. Some people find that it helps to play some syutable music, dim the lights.



Make sure that there are no lights being reflected in your crystal ball.

Arrange that you won't be interrupted except in real emergencies. If your session is interrupted, deal with the matter and give yourself a break before even thinking about restarting your session with the crystal ball.

It may feel quite strange when you are doing your first few sessions, but that is to be expected. Focusing for even a fairly short period on an inanimate object is not common practise and you can expect that it will take at least a little time for you to become comfortable.

The upside of this is that you will probably find that your ability to concentrate on other things of importance will also probably improve in tandem with your use of the crystal ball.

It is very important that you don't make any of your sessions too long. This will reduce your enthusiasm because you are likely to find the experience fairly tiring.

If you feel any stress, I suggest that you refocus and give yourself a break from your practise. After some time, you will find it becomes easier as long as you don't try to force yourself to do too much or stress about the time it might take to start to get the results you want.

When you start your session, focus on one question and look at the center of the ball.

After a little practise, as your focus and concentration improve, you should find messages and thoughts appearing. They won't all be of value to you but you can expect to get some that will possibly more than repay your time and effort.

## Psychometry

Psychometry is a way to read impressions of people that have owned or used an object from it without having any direct knowledge or access to those people.



I have been told that the theory behind this is that whenever we come into contact with an object, we leave a psychic fingerprint on it.

If the object is in our direct possession during some highly emotional, dangerous or exciting event, then the connection is much stronger than otherwise.

All you need to try this technique is someone that is prepared to let you examine and try to gain impressions from one or more objects which they know the history of but you don't.

It is not important whether the items belong to that person or not. It may be a help for your tests if the items and the people they belong to were involved together in some exciting or traumatic episode.

Pick up one item and try to focus your whole attention on it. Try to tap in to your emotional reaction to the item as well as the impression you get from its physical appearance and feel.

It might help you to close your eyes so that you can focus harder on your mental image of the item.

When you start to get the thoughts which relate to the object you are examining, say them out loud so that the person who brought them to you can, if they wish to, give you some feedback or other comments about the impressions you are revealing to them.

A better way for them to respond would be to write down what they want to tell you rather than speaking it. That's because the sound of their voice could break any connection that you have established between your mind and the object.

This sort of test can be quite tiring, so I suggest that you limit each one to no more than 5 minutes.

Then, put the first object back and give yourself a couple of minutes to clear your mind of the material relating to it.

Then, do the same for the second and third items in their turn.

After that, you can ask for comments and feedback from the person who loaned the objects to you.

If you prefer, you may want to have them comment on your impressions of the first object before starting to examine the second one. This may help you to do better with the later objects even if there is no connection between them and the first object or the person who owned it.

I prefer the first method which I suggested because any negative comment by that person about the impressions which you got from the first object may discourage you from giving your best efforts to your examination and discussion about the second and third objects.

If you want to give your friends a chance to try psychometry, here are a couple of ways that you can do that.

Both these tests will probably work best with a little advanced preparation. When you invite your friends to your home for the occasion when you want to try some casual psychometry, ask each of them to bring a personal object which is not easily identifiable as belonging to them or the particular member of their family who owns it. They could bring something small which belongs to another family member or even someone from an earlier generation.

Of course, to avoid any risks they should not offer any items which have significant financial or emotional value.

### *Psychometry Test #1*

If you have a group of reasonable size, ask for two or three volunteers who will be the amateur psychometrists.

Ask them to all go to another room while the rest of your group prepare the test for them.

Ask for three or four of your friends to each put the item which they brought with them on to the table.

Now, tell the group that it is very important that none of them give any sort of indication by word or gesture to any of the volunteers about which item belongs to which of your friends.

Also, make sure that the items displayed on the table are mixed up so that each one is not directly in front of the person who provided it. And, I also suggest that you change the order of the items on the table before the second and the third volunteers have their turn.

Assign somebody to be the scribe for the session. Be prepared to do this yourself if nobody volunteers.

All the scribe has to do is to note down the comments of each volunteer psychometrist about each object.

Then, you bring in the first volunteer and let them try to gather impressions about each of the objects in turn. They tell everybody what they think they have received from holding and thinking about that object.

The scribe carefully writes everything down.

When the first volunteer has given the impressions about the history of all of the objects in front of them, mix the objects up so that the next volunteer will get to see them in a different order.

Then you can call in the second volunteer for their session.

When all of your volunteer psychometrists have had their turn, the scribe can reveal each one's comments about the first object. Then, the owner of the

first object can reclaim it and give their feedback about the accuracy and any other comments that they wish to.

Provided that this is done in a friendly and light-hearted way, it can be both entertaining and informative.

### ***Psychometry Test #2***

For this test, you will also need some envelopes which are big enough for the items to be put in.

This time, you just ask for one volunteer. Thank them and ask them to go to another room while the test is prepared for them.

Ask each person to put their object into one of the envelopes and seal it. Make sure, of course, that the objects are all different so there will be no problem in returning them to the rightful owners after the test is over.

If there are two or more items which are very similar, I suggest that you number all the envelopes and make sure that the owners of the similar items remember which envelope contains their property.

Then, you can ask the volunteer to return.

They pick up the first envelope and open it. After examining the item that was on the envelope, give them a few seconds to gather some impressions from it and then ask them what those impressions were.

Then, you ask them to return the item to its rightful owner.

Do this for each item in turn.

This is not an easy test, especially for someone that has not done any psychometry in the past, but you may be surprised at how accurately some people can tie a number of objects to their owners in this situation.

## Auras – the Colors that Surround Us



Everybody, according to the experts has an aura surrounding them which reflects the current state of your life energy. The colors will change from time to time as your general health and outlook are changed by new experiences and feelings.

Unlike most of the New Age techniques, aura reading is something which many people have some difficulty with.

The main requirement is to be able to take your eyes slightly out of their normal focus just as we had to do when we were trying to see the hidden

designs or messages in those 3D pictures which were wildly popular a few years ago.

I found that I got my best results only when I was in a relaxed, informal situation with some friends. Even then, I had to try on a few different occasions before I was able to get the right focus consistently. It was the same for me when I was looking at those 3D pictures too.

You are looking for colors which surround the other person. Because they are always reflecting the changing health and attitude of that person, they can vary in intensity and depth. So, they can be harder to see on some occasions than they will; be on others.

According to yehudi Menuhin, the famed violinist and sincere champion of aura-reading, the auras of everyone in a room are affected by the entry of someone new. (This is not an exact quote. Please see his book, “The Music of Man”, for the full text.)

The person who taught me agreed with that view. That can make it harder still for you when you are starting to look for and interpret auras.

The aura has three bands.

The closest to the body is also the thinnest. It is usually less than an inch wide. You will probably find it hard to see any color in this “**Etheric Double**” band but that may become easier when you have had more practice. The color usually is in the form of thin lines rather than filling the band entirely and that increases the difficulty when you are just beginning.

The next band, called the “**inner aura**” is up to four inches wide, with a background color and other colors appearing in spots on that.

If the person is up-beat and fairly healthy, the colors will probably be flashing and dancing about the whole band in a dazzling display. But, people who are depressed or possibly ill may show a dull, mostly static inner aura.

The “outer aura” may be more than ten inches across. Sometimes, there is a slight bulge outward around the person’s shoulders and head.

The colors are softer and there are usually not many of them.

This list will help you by explaining how some aura readers relate the colors which they see to the person that they are doing a reading for.

**Blue** is usually visible in the aura of someone that has a variety of talents, along with the desire to use them. But, they may be unhappy if they are in a situation where they’re under strict control by other people.

**Green** may indicate that the person is very work-oriented and that they may be careless only about keeping their paperwork up to date.

**Indigo** is common in the auras of people that are capable of dealing responsibly with any type of matter. They may also display good taste in their choices of food drink and the other nice things in life.

**Orange** may indicate a sensitive person who is very touchy or caring and helpful to other people who are in need.

**Red** is usually associated with strength and energy. Aura readers say that it shows some degree of ambition. They use other aspects of the aura to refine their interpretation.

**Violet** is usually associated with people that have some interest in spiritual matters.

**Yellow** is linked with the degree of creativity which the person may use or still have locked inside themselves. A deep yellow could also indicate that they are intensely curious about other people and how things work.

The colors listed below are usually regarded as less important but they will, of course, have some bearing on the person whose aura they are in.

**Copper** suggests that the person is willing to share what they have, even sometimes to their own eventual disadvantage.

**Pink** suggests that the person may have a very strong focus on what they get from any arrangement, whether it is business or personal.

Remember that the colors change in their intensity from time to time, so that you probably will not be able to give someone a definitive reading just from their aura.

As with any other kind of reading, always concentrate on the positive aspects.



## Dealing with Stress

I know that many people have periods when they are dealing with what seem insurmountable problems and they build up a stress level which makes it hard for them to think or act in a positive manner.

Knowing how to deal with stress is a key factor in improving whatever situation you find yourself in. If you continue to focus on negative aspects, you start to train your mind to accept that you cannot expect anything better as you go forward.



One thing which helped me to deal with the severe pressures which I was under attack from a few years ago was to consciously look for positive things, however small, which occurred each day.

A friend suggested that I start to keep a journal. At first, I could not understand what possible benefit there might be or how I would find the time to do it.

He said that he had been in a similar situation himself and had found that the time and effort was really minimal. But, he wasn't suggesting that I kept a normal diary, just a book where I recorded

positive aspects of each day.

Some people call this a "journal of gratitude" because it is a record of things which we achieve all which others help us with that brighten our day and can improve our future.

The effect of this was to start to change my attitude to life in general because I was no longer obsessed almost completely with the negative forces and feelings I had to deal with each day.

This simple step was a great help in dealing with those problems. As I started to fill the pages of that first journal (I have just started number four!), I noticed that my ability to deal with problems, personal and work-related, improved greatly.

That, of course gave me more material to write into my gratitude book.

This experience reflects what I have read about stress and pressure. We often misunderstand the relationship between them. Pressure is what we feel from events and people that we deal with each day.

Stress is the result of how we try to deal with that pressure.

If we decide to focus on the positive aspects of our situation and accept that we can deal with that pressure, we have made a good start.

But, if we tell ourselves that the pressure is too great for us to handle and we focus on negative aspects of our daily existence, it just gets so much harder to cope. And that negativity can influence our relationships and even our general health as well.

When we become aware of these choices, the potential benefits to our self-confidence and our future make the time we need to start and maintain our journal a very wise investment.

Although I probably have as many pressures on me now as I had to deal with and those dark days, they are much easier to deal with now that I can reinforce my positive attitude by just dipping into my old journals whenever I feel the need.

## Power of Your Dreams

Do you remember what you were dreaming about last night?

Almost everybody has dreams every night but many of us do not remember anything of significance about them.

Some people become upset because their dreams are full of unhappy and even frightening images. If this is happening to you, don't worry because your dreams are just temporary images and you can usually change the content as simply as you would change the channel on your television set.



I have found dreams usually are a reflection of the thoughts and ideas which I have been feeding my own mind during the previous day.

To change the content of your dreams, try to feed more positive material to your subconscious, and you will find that your dreams will reflect that.

One way that you can start to do this is to give yourself a few minutes quiet time before you go to sleep and just think about the good things which have happened during that day.

If you have begun to keep a journal with details of all the positive people and events which are part of your daily life, this is a good time to bring it up to date. You can also flick through the pages to remind yourself of some earlier things which have brightened your days and helped to reinforce your positive attitude.

I believe that this can be an important step in changing the focus of your dreams to a more positive one. This can also help you to get better sleep so that you will feel more empowered when you wake up the next morning.

Many people believe that we have a more direct connection with the power of our subconscious when we are asleep.

When I am trying to deal with a particular problem, I will ask myself a question about it just before I go to sleep. I often find that my mind



produces hints or even full blown answers for me which might cause me to wake up during the night were they might just pop into my head as I am waking up in the morning.

The most important thing about this is to make sure that you are focused on a positive outcome when you ask yourself the question. If you are feeling negative about the whole matter, there is much less chance that any feedback you get from your subconscious will

be useful to you.

### ***Dreaming about People that have Died***

Some people have said to me that they become upset because they have dreams where they meet people that were close to them but have died.

I understand why they feel as they do but I believe that the upset they feel can be easily overcome.

Their feelings come from their sense of loss and disappointment that these people are no longer here with them.

So, I suggest that they look on these dreams as a wonderful opportunity to share more time with them rather than regretting that they have gone.

### ***Recalling Your Dreams***

Some people say that they are sure that they dreamed about the solution to a problem that was troubling them or perhaps had a great idea presented to them in a dream but they cannot remember it when they wake up in the morning.

I don't know any sure way of being able to bring these ideas back from wherever they are stored in your subconscious, but these suggestions may help you to recall more from your dreams in the future.

Put a small notebook and a couple of sharp pencils at your bedside. You want to remember any important insights or ideas which occurred to you that

night, but it is good insurance to have that notebook ready just in case you wake up during the night with an idea buzzing around in your head.

I suggest that you put pencils rather than one or two pens with the notebook because it is possible that the pen might not write when you pick it up during the night. I have had that experience on the one night that I forgot to check the pen before I went to sleep. So I started putting the pencils with the notebook and can see that they are ready for use or if they need sharpening very easily.



The mood that you are in when you are ready for sleep will obviously have an effect on the quality of your rest and your ability to retain any ideas you get until the next morning. So it is important to that you feel relaxed when it is time to sleep.

For that reason, I would never have a television in my bedroom. Most television programs are designed to deliver emotional jolts, either negative or positive, at an unnaturally fast rate so that they get the maximum response from those people watching the program.

That's great for advertisers and regular viewers but it is likely to interfere with your desire to relax and get a good night's sleep.

Many people like to have a nightcap - a small alcoholic drink which they believe will help them to get a better sleep. Unfortunately, research shows that alcohol in our bloodstream tends to have a negative effect on the REM (rapid eye movement) portion of our sleep which is the period when we are most likely to dream. I would expect that it's also likely that you will be unable to clearly remember anything of importance from the dreams that you do have that night.

You can also use that notebook to record anything in your dreams which might seem to relate to a future event. Put the date alongside that entry and check back after a few weeks to see if there is any possibility of a connection between the dream sequence and something which has happened since then.

You might find sometimes that what you wrote in your notebook during the night is impossible to understand the next morning. I have had that happen and even though I suspect that some of my best ever ideas were lost that way, I realize that I can do nothing about it and just resolve to improve my late-night writing in future.

As with any other aspect of our lives, if we adopt a positive attitude about our dreams, we are likely to improve the quality and that includes the ideas which come from them.

If you keep a dream journal and a positive attitude about your dreams, I hope that you gain the sort of benefits which many famous people have said they got from the dreams.

All sorts of things, from inventions like the sewing machine to anthems and famous books are said to have started from seeds people harvested from the dreams.

### ***Finding Meaning in Your Dreams***

Although we probably have widely different backgrounds and life experiences, it would not surprise me to find that we may have similar themes running through many of our dreams.

After all, whatever our background we are likely to aspire to improve our position in life, make better provision for our family than our parents were able to do to us despite the very best efforts and to help others who are less fortunate than ourselves.

Also, however comfortable and secure our present situation is, we are likely to have at least some residual fear that it may all be lost at some time. And, of course, those who have very little are likely to have a constant fear that they might lose even that.

I have not made any deep studies of how to interpret dreams, but the research that I have done shows that the following themes are among the most common. So, I have listed them here along with some tips about how you might interpret them.

Of course, each of you must filter my suggestions through your own experience and knowledge and discard anything which does not seem helpful.

**Flying** is a very common theme in many people’s dreams. A very positive aspect of this is that your subconscious may be trying to tell you that you are capable of much more than you are letting yourself believe and achieve at the present time.

It may also indicate that you feel held down by something or someone in your current situation and you have a great desire to make some important changes.

Dreaming that you are **falling** or at great risk of doing so may indicate that you are unsure about where you are heading or that you feel you are being pulled into a bad situation.

You might take this as a signal that you need to slow down and take stock of where you are and the real value of the options which are available to you before proceeding.

There is a risk when someone dreams of falling or jumping or making any other vigorous kind of physical movement, which they may actually do so and either hurt themselves or their partner.

The best option is to wake up before that point is reached.

But, if you just dream of falling, your subconscious may be helping you to release some of your pent-up fear and frustration where you are least likely to hurt yourself.

## Accentuate the Positive

Although it may sound too simplistic to be correct, a positive attitude can be a great help in most situations. I firmly believe that your attitude and level of self-belief affects your results.

If you dwell on past disappointments and especially if you let yourself be deflected from learning something new by a few minor setbacks, you are priming your mind to expect that sort of result in the future. You are helping to impose limits on your potential for success in personal and business situations.

You probably already know that a positive attitude will help you greatly in your dealings on a personal and a professional level with other people. The only people that like to associate with people who are habitually negative are other negative people!

The person that said, "misery loves company" was spot on.

Unfortunately, that sort of association will only make everyone concerned more miserable and unsuccessful as time goes on.

If you let doubts about your ability to succeed in something, whether it is some athletic event or using a pendulum, you are setting yourself up for further disappointment.

I'm not suggesting that you need to tell yourself that you will always be the best there is at everything you do. That would be unrealistic and just as likely to backfire on you.

Keeping a positive outlook means that you invest the time and effort required to achieve your goals and, when you do not get the results you hoped for, you don't say, "I can't do this!"

Just say, "I know that I can do better and I will do better next time."





Every successful athlete knows that they can be beaten sometimes despite their thorough preparation and most determined efforts. But, they never go into any event thinking, “I probably won’t win this one.”

Someone once told me, “You don’t lose until you quit trying.”

If your first experiment does not work, study it for any lessons you can get from it so that you are better prepared for the next one. And make your next attempt as soon as you can.

If you put off another attempt without good reason, you will lose some of your enthusiasm and find it harder to do.



## Use Your Intuition for greater Success!

This has been the most interesting part of my personal exploration of New Age practices.

I hope the males that are reading my ebook have not skipped over this section because they think that intuition is something which is almost entirely used only by women.



Not only do many men use their intuition with great success in their social dealings, there are many examples on record of men that have based their success in business at least in part on their use of their own intuition!

Of course, many of those men call it, "following a hunch" or something like that.

But, it's really no different to the famed "women's intuition".

Intuition does not do all the work for you. You have to prepare the ground by researching the facts about that particular

matter, planning how you will complete the venture and equipping yourself with the equipment and skills necessary for success.

Once you have prepared the ground, you are ready to accept or reject the output from that powerful computer, your subconscious.

Let me quote Albert Einstein, "The really valuable thing is intuition". Who would be prepared to argue with one of the most productive minds we have seen?!

All good decisions (and some bad ones) are made on the basis of the best available information. But, when you allow your intuition to be part of your decision making process, you can get great results.

Intuition bridges the gap between what is known and what may be.

Conrad Hilton was said to rely on his “invisible counsellors”. At that time, I doubt that any businessman would have admitted that they used and trusted their intuition.

There are countless other examples but I must warn you. There really is no such animal as a sure thing.

Trust your intuition but make sure, as far as you can, that you have thoroughly reviewed the downside you would have to deal with if you did not get the outcome you expected.

I believe that you can improve your intuition by using it in small things from time to time.

Then, when you are familiar with those areas where your intuition is most powerful, you can decide when you might use it more.

## **Afterword**

Thankyou for selecting my ebook to help you with your exploration and use of the New Age Disciplines.

I hope and expect that you will find your experiences and results as enjoyable and beneficial as I and my friends have done.

You may find that you sometimes don't get results as quickly as you hope but that is the same as when you undertake anything new.

My belief is that my book will give you a basis for your adventures and support for those times when you find it a bit difficult to keep your enthusiasm as high as usual.

I wish you great success and all that you wish for yourself many times over.

*Sybil Hurley*

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