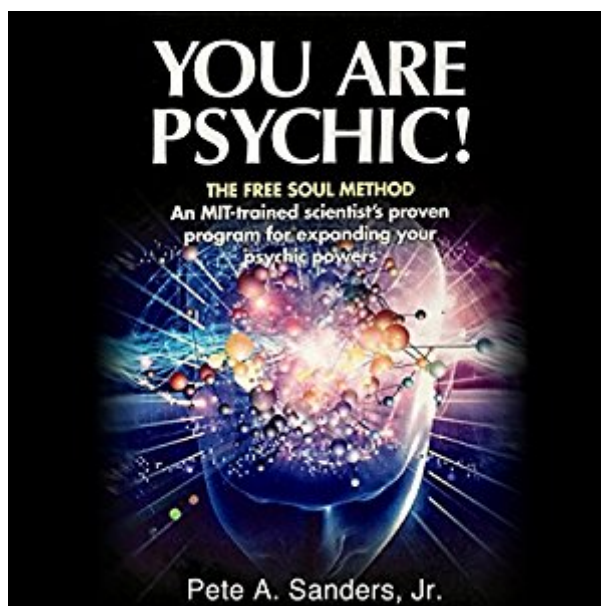


The book was found

You Are Psychic!: The Free Soul Method



Synopsis

Use a scientifically proven method to harness your inborn psychic abilities and achieve breakthroughs in everyday life! Everyone has occasional psychic experiences, but few people realize that it is possible to access ESP on command. Using his extensive study of biomedical chemistry and brain science at the Massachusetts Institute of Technology, Pete A. Sanders Jr. has developed a method to show how we can tap into our psychic abilities at will to expand our knowledge and gain control of our destiny. By sharing the techniques that he and his instructors have taught to more than a million people, *You Are Psychic!* offers a program of simple exercises to teach you how to: Experience nine senses, instead of only five Locate the body's four Psychic Reception Areas and find out whether you are strongest in psychic vision, hearing, intuition, or feeling Tap your extrasensory awareness whenever you wish Use your psychic abilities to improve your professional success, your relationships, and your creativity, and to heal your body Apply your sharpened perceptual powers to solve complex problems and handle difficult people

Book Information

Audible Audio Edition

Listening Length: 9 hours 39 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Pete A. Sanders Jr.

Audible.com Release Date: December 22, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01N6IXHJ4

Best Sellers Rank: #122 in Books > Religion & Spirituality > Occult & Paranormal >

Parapsychology > ESP #645 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

Common sense way to look at the abilities that we all have. Great read. Thanks for the information being given so clearly and concisely!

The book was very interesting and easy for me to understand. I have not found another book that explains how to develop one's psychic skills to this extent so clearly and in such detail. I would

recommend it highly for anyone wanting to refine their psychic abilities. There are some wonderful anecdotes which personalize this book and make it seem highly relevant to anyone who is tuned in to the subtle feelings and signals which are commonly referred to as ESP.

The general information in this book is correct, but I felt a bit too simplistic and could have used more instruction. For example, the exercises begin with relax and perhaps instructions to take some deep breaths. It helps to go a bit deeper when beginning by using a simple meditation such as focusing on the breath to silence the mind and relax more deeply than simply taking some deep breaths. Also, for seeing auras, while this need not be complicated, again, a bit more explanation would be advisable. Sanders instructs to shift your vision to your Vision Psychic Reception area (basically your aina chakra) and try to look just beyond the person. While this is basically correct Sanders fails to instruct on some simple adjustments that may have to be made at first such as dimming the light. Despite what people may think, simple is best and usually correct. As one psychic put it to me, if it's complicated it's probably wrong. I just think these instructions are little too simple and need a bit more explanation.

Nice Product.

This is a really great book. It tells all about the psychic abilities and how they work, why you have them and who you are. I didn't know I was a psychic feeler, now I understand what it is and it helps me even more. Thanks Pete for explaining it all.

This is a terrific book that is still completely relevant today. It offers very clear explanations of psychic skills and how to increase them.

Allusions to Sally Field aside---yes, I really did find this book to be very helpful and the best of its kind that I have read so far(out of approx. 4 or 5 books on psychic development). The part that I found most useful was the explanation of the four types of psychic senses, and how some people are stronger in one or two than the others. This may sound obvious, but a lot of people try to receive psychic information by SEEING it, when their real ability may be in FEELING it. Or, someone may experience messages clairaudiently (hearing them) and not trust what they are receiving because it didn't spring up before them in a full-blown "vision." I understand now that my strengths are in psychic feeling and intuition, whereas my daughter is a psychic visionary---she has to have every

light on in the house, she works in a very creative, artistic job and she receives vivid messages in full color. Read the book and you'll understand why this description of a person with psychic vision is spot on! There are "case histories", or anecdotes, about people with each particular psychic strength which I think help back up his assertions. There is also the best "how-to" chapter on seeing auras that I have encountered. It works! All in all, I found it to be enjoyable, informative, and a different approach to the subject. Try it, you'll like it!

Wonderfully written in scientific and easy to read language. The insides of the four psych centers can enhance a person's life and understanding of the world. We are truly unlimited.

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