

# **Psychic Development Without the Tools**

**A Guidebook for the Development of Your Natural Psychic Ability**

**Beginners to Intermediate Level**

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## *Psychic Development -without the tools*

Is a work programme to teach people how to develop one's natural ability to be psychic. The format is easy to follow (it's a beginners to an intermediate level system) and takes very little time to understand and practise. It is recommended that the exercises are done more than once but as many times as you wish. It is surprising how quick you will grasp it and start to feel more connected to your psychic self. Predominantly for the purpose of doing Readings and passing on Messages. Enjoy. I endeavour to fully share my wisdom and knowledge of over 20 years as a psychic in Australia and internationally. Readings, healings and teaching are my passion and I pass them on to you with Love. An advanced level programme is soon to be available. Inquiries are welcome regarding this work or any other.

This book is dedicated my beautiful beloved Donna who accepts me for who and what I am. X X

## Introduction

An interesting topic for an interesting subject. The golden art of being able to access our psychic abilities are somewhat felt by most to be reserved for a very minority few. Not true at all. Society has also for a long time labelled people with great sense of being able to read the unseen as weirdos amongst the many other derogatory names. Not so long ago psychics were either burnt to death or left to rot in a mental asylum. How times have changed. These days we have got a bit more respect, are in newspapers, on TV and some are famous and command large fees. Nobilities and the movies stars have also made the psychic world more acceptable.

The reality is that we are all psychic, incredibly psychic. At this point it is probably intelligent to see what the Oxford dictionary terms as psychic. 1 of possessing abilities that cannot be explained by science and 2 of the mind.

My definition of this is similar with the add on that, without sounding religious, the ability is being assisted from a higher power or a godlike force equal to what magic is to a child or the tooth-fairy to another child. All of the above can be believed or disbelieved or sold as science or maybe mind stuff.

Let us now begin. Developing Psychic Ability Without The Tools is a concept where we tap into or tune into the gift without the assistance of charts, cards, numbers and the like. The exercises suggested are done to bring on psychic senses buried deep within each and every one of us.

There are 7 steps in this programme for us to go through in order to understand how this all works. There are further steps in the advanced level of psychic development training.

**Step no1.** The 1<sup>st</sup> step is to put attention on the physical body. Irrespective of how beautiful or handsome or not you are, no matter what age, creed, colour you are, respect the body you have, love it, enjoy it, play with it. What you put in your body in regards to drugs, food, alcohol, please do it in moderation and with love. Constantly ask the body if it wants that experience, that extra serving, that other late night. Organic foods and meals cooked lovingly and clean water will increase intuition to a high level too.

**Step no2.** How comfortable are you with your sexuality? Your preferences to who you are attracted to is of no matter here. What is important is if your choice is of the same sex, hetero or any other combination, or you prefer self loving, be at ease and peace with sex, intimacy and the enjoyment of touch. Closeness of hugs is good at all times, so is being in nature au natural. When is the last time you swam naked and embraced the feeling of your body at ease with nature, like a baby in a womb?

**Step no3.** Disruptive emotions can be at work here that needs to be put in its correct place. Do a reality check at what scares or fears you. If there is any past issues still needing to be resolved - do a big clean up. Say goodbye to old loves and mementos. Make peace with people, places and things in your history and feel the weights lift off. Look at current situations around you and see if any emotional issues come up - like any jealousy and control issues and stress. How about your shadow personalities, eh? Any secrets lurking in the shadows? Does the thought of a parent or partner or close friend in your life now departing your life pull you down? It's ok to feel grief, then move forward. Depression needs to be put in check. Psychically open people are generally clear of hang ups and have good emotional balance. Your psychic centre is at this point.

**Step no4.** Love is in the air says the song, so feel it in step 4 and be open to feel like there is no tomorrow. Be present with your feelings at every moment. By this I mean love with no conditions, but more so love without guarantees. That too goes for receiving. It's so easy to talk, but much harder to walk the talk. Forgiveness resides here too and without being foolish or a doormat, clear out the dead space for true love to enter. This is the centre of clairsentient and being of a good heart will bring a high level of psychic sense through this medium. Some humanitarian project or just a little piece of your life towards the giving of self to something or someone who is less fortunate than you, will greatly enhance your sensitivity of your intuition. Just the way that it is in nature, feel the balance of the heart.

**Step no5.** As chilling or difficult as this may sound, speak loving and with good intent of others. If you have to talk of another person in their absence, use kind words and be conscious of malice. Abrasive words, untruths and negative hearsay does little - if any - to bring on your ability to be open to work for the universe and maximise your own spiritual growth. Animals only in survival instincts will manipulate with their sounds. So why do we do it? Yes there are human benefits maybe, but have you thought of karma. By speaking softly, lovingly, gently and with power, even an enemy will have difficulty retaliating. Confrontational experiences start in the heart and are then expressed through the body often vocally first and in illness later. Saying thank you costs nothing soooooo.

**Step no6.** Psychic vision or clairvoyance gives us great insights into the process of life as it unfolds. Being able to access that gift we can avoid dangerous and uncomfortable circumstances that life can throw at us and make wise choices instead. It allows us space and time to do creative pursuits or help humankind or animals or the environment. Too often that centre is way under developed and not used with wisdom. Instead too often it is used for selfish reasons i.e. the ego. At least the partial death of the ego is important if this potential is to be realized. Imagination of life being better for all and acting upon these thoughts is a practice well worth getting involved in. Techniques and discipline forms the basis of this step, maybe a little perseverance too.

**Step no7.** Make daily time and habit to prepare for your death (I do not mean dwelling over it). Think of death as a celebration of loving. Talk of it, let your closest ones know how you want your passing and how to move your body on. Apart from funeral insurance, spend time in Meditation. Short bursts are much better than long trying ones. Meditation must not be challenging, uncomfortable experiences that distract you from the real thing. Peace. If needed, do a class that teaches the practice or find yourself a guru to mentor you. There are so many different types of meditation i.e. Buddhist, Tibetan, Indian and so on. I prefer to mix and match. Or how about silent meditation? If any of the above is a bother then just sitting quietly in contemplation being aware of self, feelings and thoughts, the universe will take care of the rest. You can do that by yourself and you can even do it anywhere - almost.

Now let's look at the 7 steps I recommend to Develop Psychic Ability Without The Tools.

**no1.** The body – enjoy its practicality i.e. food and exercise. Eat lovingly cooked food, get plenty of healthy fluids in your body and exercise daily. Do not make it a chore instead make it fun and easy but with conviction.

**no2.** Your sexuality. Be as comfortable as possible in your own skin and touch too. Work through any issues of sex and intimacy. Express hugs openly without barriers and defences and thoughts. Let your body talk your soul.

**no3.** Things that block your emotions will reflect in the lacks in your life especially your material world. Constantly check in and heal behaviours that do not allow the light and emotional freedom into your god given journey.

**no4.** A big one. The ability to Give and Receive without guarantees. Only this moment matters, so love and live like there is no tomorrow with much abundance. The ability to receive either emotional or worldly happiness and also to give totally is an art.

**no5.** Respect for nature and all that exists as a day to day communication of your environment. For now this is the planet that we have, so please try and give her some honour by recycling, utilizing only what we really need and re-establishing taken energy. Thank her regularly.

**no6.** Few like them and fewer still love them and some even hate them. No not what you are thinking. I mean the discipline and practice of the exercises and the techniques. Without them you won't get far. They are a must to bring on the essence of Psychic vision.

**no7.** Meditation, meditation, meditation. You cannot get enough of this stuff. Alone or in company. Do it or them at any convenient time and place (I do it at the red lights). Of course if you can afford a regular time and place daily and it works for you - so be it.

## About Psychic Protection - with the odd tool

This is truly a topic of its own - I strongly suggest you do your own homework on this one.

Our energies can sometimes be like a sponge and if there are people conscious or unconscious of any kind around us spilling negative stuff, we can suck in that negative film of energy that then becomes toxic to our health and wellbeing. Sometimes the bad stuff will come from the physical plane but other times will come from an astral level (psychic attacks are transferred through bad thoughts, direct projection of ill intent and from the dark side of the spirit world). The signs of having been psychically bombed are things like major tiredness, laziness, headaches, gut-aches and oddly sometimes impotence. Do not use that one to get out of a bad relationship. Check that you do not have medical conditions that may give you those symptoms. Protection is a mental thing as well as a practical one. Best done before any spiritual exercise or technique or practice, even meditation. A shaman once told me if you are however game, allow yourself to get hit, it will strengthen your spirit. mmmmmmm

To create protection, imagine yourself being covered by a film of white light and visualize this enveloping your body head to toe. Make it as thin as possible or thick if you feel you need lots of help. Your senses will guide you on that one. Now do carry on opening up to your higher consciousness without fear. Other types of protection techniques are homeopathic remedies like bush flower remedies and one used lots is prayer. Most healers and readers with religious backgrounds love to work with this one.

Visualizing yourself in a cocoon made of glass is also a favourite. For this one imagine that the glass is molten and it is being poured on your head slowly (no it is not hot). Now see it with your imagination covering every part of the body, every part including hidden places. If you feel a bad spirit or negative person around you, thicken the glass.

Using rose water has long had its place in the arena of psychic protection. Diluted rose oil with water and put into a sprayer bottle sprayed liberally around the space where you do your healings or even in the home keeps all unwanted energies away especially dark entities. They hate the smell of rose.

The other big gun is sage. It comes in leaf form or as a stick looking like a big joint. The American Indians have a long strong affinity with sage as they believe it will

protect them all sorts of evil spirits, living and dead. Sage is used as a cleansing for most modern day spiritual ceremonies and very popular if you have dark spirits lurking in your home or workspace. Great smell too.

My one that I just Love to use is the invisible condom. For this I stand quietly in silence for a few moments. Then I visualize a large condom slipping over me. It's large enough to cover me from head to toe. I feel so at peace and safe with the condom protection on. When the ceremonies are done, the protections may be lifted or left there as they will wear down and off over time. Protect and feel safe and good so you can do the work of spirit uninterrupted or if you do not you could be asking for trouble, especially if you intend doing healings and readings professionally down the track. I have been hit and it is a very unpleasant experience!

## **OK Now for Some Exercises that are Highly Recommended to Develop Psychic Ability**

Some exercises are to bring on clairvoyance which is to See, others to kick up clairsentient to Feel, and some to enhance clairaudient which is to Hear. Other senses are claircognisance – Events and clairsenses - Smells. All used by psychics depending on what style of readings you are doing i.e. past life, long term and immediate future. A more advanced level of this work will be further available in time.

### **Exercise 1**

Interestingly the exercises work back to front from the 7 steps. Like going forward but back.

In the first step we meditate. Choose your own style of meditation, design one or go with this one. Bear in mind that there is a difference between meditation and visualization. Meditation is that point between 2 thoughts. If that is too hard, do what comes. No right or wrong. Just as in what position to be in and where should your legs be and how should your hands be placed. Follow your own heart. Some peaceful music and a bit of incense or aromatic oil in a burner will set the mood. Find a nice relaxing position, ok to lie down, sit or what ever. Let the mind go to where it needs to go. Breathe naturally and if you want big breaths, do not let me stop you. In many spiritual circles there are a lot if musts. As psychic ability is natural do what is natural to you. Shut eyes gives us a sense of personal space so most people prefer this way.

Silent meditation is a very powerful medium as it stirs up thoughts initially and then as the calming comes in, its bliss at its best. So for this exercise you simply sit quietly, breathing normally eyes shut and just enjoy the rattle until the void sets in. Best to do this for a period of about 20 minutes or more. Any shorter feels sort of not enough. The most productive time is early morning or very late at night. If you really want to have a buzzy experience, do this meditation at around 3am. Spirit world is very active at this time and much can be felt. Sounds simple and easy? Yes.

Another favourite is the 3<sup>rd</sup> eye meditation. Again going through steps as before, this time focus on your 3<sup>rd</sup> eye - this is that area in the middle of the forehead between the eyes. Lying down is recommended for this exercise as it give you a sense of flying, yes spread your arms and go. Only a few minutes on this one but

extend it over time to about 1 hour. Harp style music seems to really complement the scene.

## **Exercise 2**

The next exercise is the one to enhance psychic vision. The eyes can see many emotions and many worlds at the same time and in this technique we see how that works. The truth and thy truth rides side by side and is revealed.

You will need a small mirror handy. Light a long stem white candle and place it on a table so that it is about level to your eyes when you are sited on a chair. The candle needs to be about half a meter to your face away. Make sure is darkened or do this practice at night. The background behind the candle is best to be black with no moving objects or distracting scenery.

Try to sit with the back straight, now taking 5 normal breaths face towards the candle, just relax and let the mind do its job. Eyes at this point need to be shut. Hold this position for about 30 seconds. Gently open your eyes and stare at the candle flame. Do this for 2 minutes with focussed sight and then a few seconds with defocused sight. Now thank spirit as you shut your eyes. Repeat this technique 3 times and after the 3<sup>rd</sup> go place the mirror in your left hand at arm's length from your body and a bit away to the left of the candle. Now look, really look at yourself in the mirror. Look into your eyes. Look all over your face and hair and back to your eyes again. Glance at the candle occasionally and eyes back to the mirror.

The person in the mirror will change regularly in look and feel and age. Sometimes looking pretty other times scary then ugly then shift into different eras of time and strangely so into animals. Many faces one after another will sometimes appear. Be brave as these are your many faces of your current life and other past lives you have experienced presently unfolding. Know where you are in your heart space so you know which is truth. You will feel the Peace when you are there.

Repeat this exercise as many times as you so wish with care for your eyes. Especially if it is not working well for you, be patient and persistent as this practice connects you to the sense of clairvoyance and moves the energy through to open the heart to open clairsentient. P.S. We do recommend that if you feel a bit scared or spooked please have someone there with you.

### **Exercise 3**

For this exercise it is best to do it in nature. Mother earth tolerates much and she is constantly assisting our development. A big shady tree and somewhere private and open works well here. Again sit quietly and doing some of your favourite meditations for a short or long moment, place both hands on the bare ground. Do this with real feelings and conviction, do not hurry preferring to be in slow motion. As your hands touch the all loving mother earth give thanks and then in your strongest voice say I'm sorry. Now yell out Thank You. Over and over again and louder and louder bring it to a scream with real intent, keep saying those words I'm sorry and Thank you, with a little pause in between. Do this on and on until you feel worn down. Please try. This exercise balances the throat chakra and the desecration of our beautiful planet by self and others from previous lives and times.

Now get up and dance with both hands pointing to father sky and regularly touching the ground connecting the 2 energies. You are being the conduit of forgiveness and balance of past karma not only for yourself but for other souls too who do not have the awareness of this understanding. If possible shed all of your clothing to get that feeling being free and elated. Finish by lying down in a foetal position on the bare dirt. This is how we started life and here we are saying to the universe we are again ready to start afresh having released negativity through our voice channels. Only move and go and wash when you truly feel you are ready to do so. This will bring your back to known reality.

### **Exercise 4**

Since the dawn of time we have pillaged countries and peoples or been taken over countlessly. For this exercise we need to feel the power of the heart. As the centre of unconditional Love, a lot of energy is consumed here whilst we function on a day to day basis and especially if we are in the system of helping people be it a reader or carer.

Stand with your back against a wall, breathing normally and being conscious of where you are. We are going on an out of space journey. Closing your eyes slowly as if in slow motion, see yourself above the earth somewhere in space floating looking at this lovely blue planet. At the point of shut eyes, visualize or imagine you are free, feeling more floaty in this weird world almost like you are swimming effortlessly, rather childlike. Keeping your attention on the blue earth see yourself circling the planet slowly looking as if your eyes are open - but shut. Now imagine

life as you know it on earth, plants, animals, peoples of all sizes and colours also imagine mountains and valleys, how about insects. Take your attention to the sick the needy, the persecuted the ones who are at this moment hungry and thirsty. Let your mind for a few minutes drift to all areas of this magical planet both good and bad. Remember to keep breathing.

Slide down along the wall that you have been standing up against and sit, arms to the ground by your side and be comfortable. Best eyes shut.

As if you are emitting a bolt of lightning through your heart feel the energy moving through your whole body first and then coming out of the heart area direct this energy on to the planet earth. Circle in your mind around and around the world pumping this beautiful feeling to all the places that appear to you as you zoom in and out of all the nooks and cranny on your journey. This is pure love and you have lots of it so give freely. See it going into the atmosphere into the oceans on the mountains and in the valleys and deserts then to the ghettos homes and castles, poor and rich. See this love filtering through bloodstreams up down and above. Feel your power and passion of giving.

Breathing more and more calmly, relax. Pain is known to come up at this point, reflecting back to you how mother earth feels. Give thanks. She has her own way of tolerating and then balancing her discontent by natural disasters. Slowly open your eyes and place both hands on the heart further sliding into a lying down position and maybe go into a little sleep. Gently get up as you could have a head rush. Top this great moment with a healthy juice if possible. Emotions may also come up later.

## **Exercise 5**

Psychometry is the most done exercise that we do to enhance psychic wisdom. We view through the solar plexus (the area just below the belly button) and we see through the 3<sup>rd</sup> eye (the area on the middle of the forehead between the eyes). Knowledge of the chakras is useful in professional advanced level psychic work.

Psychometry is the art of reading or getting a message from an object like jewellery, clothing, wood and almost anything that has been touched or handled by someone that has then left their energetic imprint on the object. Sort of like finger printing and D N A analysis but with its own character. When an item is worn or carried by a person their energy is then stored in that item and this gives

that item the same vibrational frequency as the wearer. Like dog and master becomes one, the object hence is a reflection of the person wearing it. Got it? In psychic circles rings, bracelets, keys and the like are mainly used. Usually done in circle as a group, it can be done one on one successfully.

Set the room with lots of candles and incense and low calming music to set the mood. Start this practice only after everyone is settled in and no chatting. Feel your belly area open like a rose. Move your hands to the area to assist the opening by a motion representing a pulling on the energy outward or that of a rose opening further. Do this with the intent of how you would feel if you were the rose. Sit comfortably face to face close up with a person who has given you the permission to read him or her. Ask the person their name and then for a piece of jewellery that has been worn preferably for some time. Place the piece in both hands as in a prayer form. No pressure but firm, eyes open or shut, let this moment last for about 3 minutes all the time talking in your head to spirit or the divine and asking for help to get you a message through for the person you are reading for. Different sensations happen for different folks. At this point some will feel nothing, others will feel body sensations, others will get all sorts of images or start channelling. Then some will hear voices in their heads like a big download. Do not fear its all ok. Keep holding the object until you are comfortable and clear that the messages you are getting are from the light. Write it down if you need to or just voice it to the person getting the reading. In group work the messages are shared for all to hear so make sure that this is dealt with early in the peace. Irrespective how minor or full on the message is, pass it on. It is not for you to work out and play judge. If nothing comes through persist or try walking around whilst you are tuning in. Practise and practise.

Other types of psychometry are blindfold, targeted, amongst many others, but my personal opinion is this is the easier one and still commonly used by the pros.

## **Exercise 6**

Exercise 6 is called remote viewing. Some people are more prone to be more psychic than others. However do not let the next few lines put you off. Females make the best psychics as so do men who are gay or well in touch with their feminine side. People born under the starsign of scorpio or those who have strong scorpionic influences in their astrological charts favour well. Either sex with numerological master vibrations of 11 22 33 get top marks and sadly so souls who have been traumatized through abuse either physically or emotionally. The other types that make good psychics are the ones with the dedication to be educated in

a new way of understanding life. The least possible types are those dependent on medication, alcohol, drugs and negativity.

Remote viewing is a technique used to locate places, people and things. Gently go into meditation and feel the body relaxing from head to toe. Take time to really feel connected to the universe, as well as the space around you as if you are one. Using a guided audio relaxation technique will take you to that mellow place nice and easy and happy. Have an assistant at hand and you will also need a large crystal or better still, a fist sized crystal ball.

Get your assistant to concentrate hard on a person he or she knows whilst rubbing the crystal ball firmly in both hands. This rubbing process by the assistant ought to take some 10 minutes or more, alone and uninterrupted. Whilst this is going on the reader starts to tune in to the energy being transmitted by the crystal ball. Focus and concentration is so important. Once the assistant is satisfied that it feels ok and right - a knowing - the ball is then placed in a hidden area somewhere for the reader to locate and find. On placement the assistant mentally puts love in the ball. Yes, it does sound like hide and seek. As per the game a little bit difficult is good, but don't make it impossible or you will lose interest. Breathing normally for a few moments with open eyes, then imagine you are setting a radar on to the vibrational energy of the crystal ball, like tuning in to a radio station. That should only take a few minutes and before you move too much, calmly do a circle scan as a radar would and constantly in your mind's eye ask the crystal ball "where are you?" Move only a metre or two before you again scan doing this at different places in the room as if you are talking to the ball. After some doubts and lots of thinking you will almost have a sense of giving in which is hard to describe. When you are pretty sure you are good, head off in the direction to where the crystal is hidden. Be open to change tacts as your radar may be calling you to reroute, especially if the assistant has moved the ball from one place to the next before deciding its last resting place. Generally you will find the crystal with a first time 70 percent accuracy. After some practice it will surprise you how spot on you are. As you get closer it is often good to stop and re-tune the radar. Your body will sometimes kick in and give you that warm cold feeling - a good intuitive measure. Giving the crystal ball a name, talking to it, is good value and yes try this.

This process of remote viewing and adding psychometry, is the way used to locate a lost person say in the bush. Because a person emits energy we tune in to the thermal field, even if the person may have passed on.

## Exercise 7

Our last exercise in this programme is automatic writing. Much scientific study has been put into this topic, but let me tell you that after 20 plus years in this industry I find automatic writing one of the most fascinating ways of developing psychic ability as it is being regularly redeveloped. There are 2 parts to this exercise and below is part one.

Best to do it alone and at night. Load the room with candles and some nice smelly stuff and keep the sound off. Lie down on your stomach with your head to the side, breathing normally, for a good 20 minutes. Do not doze off but instead commune with your higher self for some deep and meaningful while reflecting on some questions that you would like answered - say about life, love, career, health etc. Sitting on the floor with pen and paper in front of you, write. The questions need to be written by hand with your power hand i.e. if you are right handed this is your power hand - got it? The questions that work best are the ones with a clear Yes and No answer. Keep them nearby. Once the writing has taken place, consciously feel your brain switching over to the other side, that is, the unconscious side. Do not try to work out how it all works, instead, make it a game thinking that your brain is like a car that can change gears on call or revs like an automatic. Like an expensive car, imagine you are in top gear and cruising at top speed with confidence and determination. Take the pen and place it in your left hand (intuitive hand) in a position ready to write just near to the paper. Do not write anything, instead, lift the pen up and down again and again bringing it down close to the paper without writing anything and do this 6 times, or more if you feel frustrated.

You are now ready. Gently moving the pen to paper by your left hand allow the pen to start writing as if it is doing it all by itself. Glance occasionally to your questions one at a time and allow the pen to give you the answers that your higher self wants you to know. More and more there will appear to be an automatic reaction to how the pen will behave on the paper, sometimes going crazy and all over the place and at other times so softly like a ballerina on stage. Keep breathing as you may find yourself hyperventilating. You are being guided from various dimensions and the writings will go into scribbles, wriggles, weird and unexplained drawings and wordings. After some moments which can last for ages, a calmness will set in and an angelic feeling moves in and you can ask and answer your written questions with much ease. You are still on automatic writing mode but now the bugs have been cleared and you are ready to commune to the

angels. Your mind may not agree with the answers. But as time unfolds and truth is revealed the answers will have much more meaning.

Remember to do your psychic protection techniques before all these exercises, more so this last one.

For the second part of this exercise we intent to make contact with the departed who are in spirit world. Unlike a medium who sits in trance to do this, we here do the same thing utilizing automatic writing. The same process of preparation is done with pen and paper and so on. The only difference here is the questions are to people we know that have passed over i.e. "is this you uncle Albert?" I suggest doing this in company as strange happenings have been known to take place. As before you are now ready steady go. Images words and feelings in this practice can be very heavy and agonizingly painful, so please keep it to short bursts and be open to disconnect at any time if you sense danger of being psychically attacked. The dead do not take it too lightly to be toyed with, so show some respect. Messages you will receive will astound you and may also scare the pants off you. Try to keep to very clear questions which you know the passed over person will identify. Do not intimidate or test with either questions or statements. Finish this incredible journey by turning off the candles. And on completion of this and all other exercises, give thanks to spirit world for their assistance and clearly mean it from your heart.

## *Thankyou*

So this is how we develop psychic ability, as this topic is a very complex journey that is constantly being redeveloped there is much to be written about and discussed and many more exercises to play with. Being vigilant of the 7 steps outlined and practicing the exercises in this book will certainly bring you to a much higher state of awareness than you have ever been before. Your connection to the unseen world will astound you to keep learning, keep going and keep growing.

Take great care to respect this knowledge and please do not use it in a negative way to use or abuse another lifeform with this gift. It is bad karma. My gift is sharing my wisdom with you. Your gift to me is to share this wisdom further in Peace and Love.

### **Cheers Alain**

*.....Are you living the life that you want to live?.....*

PS If you have enjoyed this book, check out my website for other e-books and products. I also appreciate your comments.

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