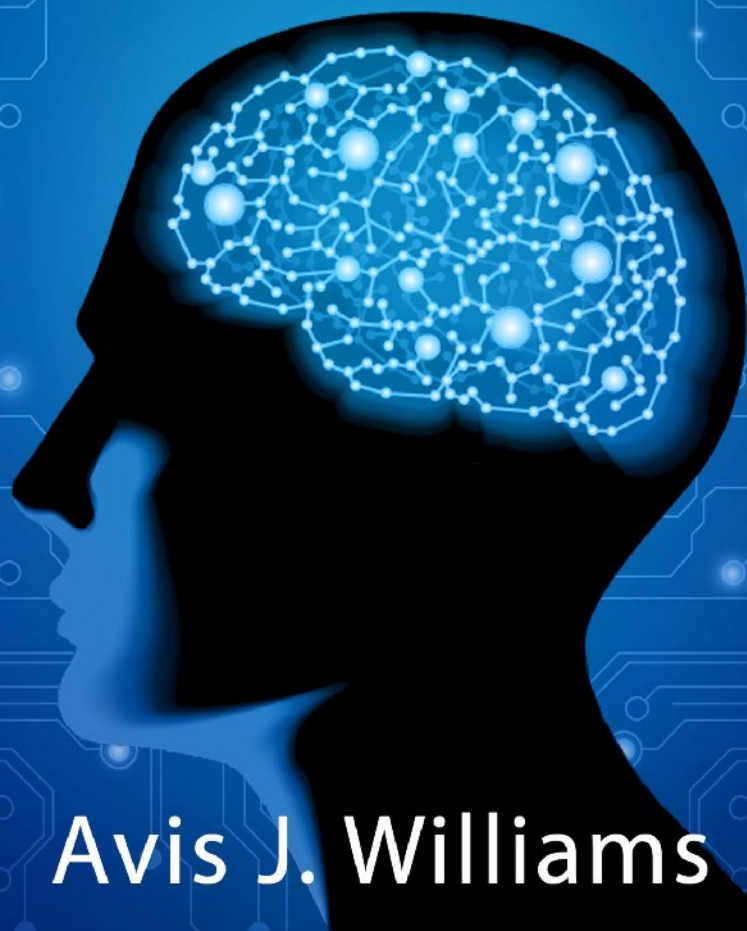


# The Psychic Mind

A Practical Guide to Psychic Development  
and Spiritual Growth



Avis J. Williams

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A Practical Guide to Psychic  
Development & Spiritual Growth

First Edition  
(Book Sample)

Avis J. Williams

Psychic Mind Foundation  
London, UK

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## DEDICATION

I dedicated this book to the divine creator for giving me the knowledge, skills and inspiration to write this book. Thank you for your ongoing support, guidance and love.

"Your journey has molded you for your greater good, and it was exactly what it needed to be. Don't think that you've lost time. There is no shortcutting to life. It took each and every situation you have encountered to bring you to the now. And now is right on time."

~ **Asha Tyson**

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# Introduction

“Self-knowledge is the great power by which  
we comprehend and control our lives”

~ **Vernon Howard**

We are all born with a psychic mind, whether you know it or not or even believe it or not. Have you ever had a gut feeling that turned out to be true? Did you know who was calling you before you picked up the phone? Have you ever had a sudden impulse to do or not to do something, only to discover later that you should have listened to that feeling?

If any of these things has ever happened to you, then you have been using your psychic mind instinctively. As a child, we can freely access our psychic mind, if it is encouraged and developed further, we would have become a genius. But unfortunately, this does not happen to every child because over time you may have received negative reaction from your friends, teachers, acquaintances or family and start to doubt your intuitive voice and shut down this channel of information.

The good news is that with a little patience and practice you can reawaken and develop your psychic mind to gain access to a valuable guidance system to help guide you to the right path in life regarding career, finances and relationships, even when social convention or common sense appears to tell differently.

This book is not just about accessing and developing your psychic mind, it is about you going on a journey of self-discovery and awakening your true potential so you can create the life you want to live.

This book will teach you how to access and trust your psychic mind, to release the abilities available to you, including clairvoyance, claircognizance, psychometry and much more, once you have unlocked your psychic mind, you will be able to use your intuition, your inner guidance to help you create the life you want to live and take control of your life to achieve ongoing success, fulfillment and happiness.

### **What are the Benefits of Developing the Psychic Mind?**

- Increase activity of the brain, enhance intelligence, perception, memory, creativity, problem solving and decision making. The meditations and techniques mention in this book activates and strengthens communication between two parts of the brain's frontal lobe, the anterior cingulate cortex and dorsolateral prefrontal cortex, both are connected to handle errors and conflict resolutions and the dorsolateral prefrontal cortex is primarily involved in executive functions of the brain such as decision making, memory and cognitive control, when the two parts of the frontal lobe are working together it

enhances the overall activity level of the brain which develops total brain functioning.

- Your mind and body will be in balance which will improve your overall physical, emotional and spiritual wellbeing. A balanced mind and body reduces stress on your immune system, decreases any anxiety, tensions, ulcers, muscle and joint problems insomnia. You will experience increases energy levels, feel great joy and a greater peace of mind.
- Your intuition will improve, the six inner senses, which include seeing, hearing, smelling, feeling/touching, tasting and knowing will become stronger and more frequent. You can use your intuition to guide you in all of your decisions in life regarding career, money and relationships. The more you use and trust your intuition, the stronger it will get and the more confident you will feel about it.
- Your focus and concentration will improve. The meditations and other techniques in the book will help you to reduce distraction and develop concentration.
- Your consciousness will grow and expand in time you will experience states of higher consciousness. When this happens the problems in your life become less significant. Anger and disappointments become passing emotions that occur briefly and then disappear. You start living in the moment and let go of the past.

- You can control your thoughts. Man has conquered space and Mount Everest. But the most difficult thing to conquer is your own mind. Even the greatest minds on earth are not able to control their thoughts. Look at Van Gogh, he surrendered to his thoughts and committed suicide. He and many others were not able to eliminate their negative thoughts and focus on the positive. The exercises and techniques in the book will teach you how you can control your own thoughts to eliminate your negative thoughts to create the peace of mind that you want.

## **What you will learn**

This book contains simple practical information and exercises which will help develop and increase your psychic senses and abilities. The Psychic Mind is divided into eight parts:

**Part 1:** begins by explaining what the three minds are and teaches you how they can work together to bring our whole mind, body and spirit into balance. Also looks at practical techniques you can use to reprogram the mind, to manifest what you want and need in your life.

**Part 2:** begins by explaining what the third eye is and looks at practical meditations to help stimulate and re-activate the third eye.

**Part 3:** begins by explaining what an aura is and why it is important to cleanse and balance it. Also looks at practical techniques to sense and see an aura and learn methods on how to read your own aura and other people's auras. Lastly

look at practical methods to cleanse, re-balance and protect the aura.

**Part 4:** begins by explaining what the chakra's are and the various practical techniques you can use to cleanse, unblock and balance them.

**Part 5:** begins by explaining what grounding is and the various practical techniques you can use to ground yourself.

**Part 6:** begins by explaining the preparation you need before starting the meditation and breathing practices. Also looks at breathing techniques and various meditation practices, to help calm and balance the mind.

**Part 7:** Looks at practical techniques to develop your psychic senses including clairvoyance, clairaudience, clairsentience, claircognizance, clairallience, clairgustance and psychometry. Also looks at methods on how to give psychic readings to other people and how to give readings using divination cards for yourself and others.

**Part 8:** A daily plan of psychic development activities you need to do.

## **How to utilise this book**

First you must read this book with an open mind and believe you can develop your psychic mind. This is a simple and practical book that only shares techniques, experiences and resources that do work to help develop your psychic mind. I also encourage all readers to explore metaphysics, cosmology, ancient yoga meditation (Kriya Yoga and Pantanjali yoga sutras) and parapsychology research and books to give you more of an understanding and a solid grounding on the science of psychic phenomena.

The techniques contain in this book are also used by professionally trained psychic's and yogi masters. Practice the exercises in the book daily, even if you don't get the results straight away, keep practicing, practicing and practicing that's the only way you will develop and increase your skills and to get the maximum benefit from this book.

**PART 1:**

**The Three Minds**

## Chapter 1

# What are the Three Minds?

“The mind is everything. What you think, you become”  
~ **Buddha**

The mind is composed of three types of consciousness, the subconscious, conscious and the superconscious. Each one of these consciousness represents an aspect of our mental, emotional and spiritual self, that needs to work together to bring our whole mind, body and spirit into balance.

### **Subconscious Mind (aspect of emotional self)**

The subconscious mind is subservient to the conscious mind. It has no reasoning and operates at a basic and instinctive level. The subconscious mind does whatever it is programmed to do, with no exceptions. It is also detached and makes know judgments concerning the validity of information it receives and stores.



## **The main purpose and functions of the subconscious Mind:**

1. Manages and controls functions of the body such as our heartbeat, breathing, the pumping of blood, organs and glands etc.
2. Stores and process information received from the conscious and the superconscious mind – the past and present thoughts, memories, feelings, emotions, knowledge, desires, beliefs, habit patterns, impulses, images and intuition.
3. Functions according to the law of attraction. Everything in this universe is energy, all energy has a vibration that emits a frequency, our thoughts, sounds and colours are also energy and have a high vibration. Everything that's coming into your life you are attracting into your life, from your thoughts in your subconscious mind, your conscious mind is the means by which, the subconscious receives it's information, stores it, and goes to work to attract, create, or bring into the physical reality.
4. Runs 24 hours per day 7 days a week, and consistently absorbing information, creating and sending out vibrational frequencies (our thoughts) based on the information that's been processed and stored within it through the filtering mechanism of the conscious mind.

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