

Crystal Cures ■ Psychic Love Advice ■ Affirmations ■ In-depth Horoscopes

Soul & Spirit

Your spiritual life coach

Issue 16 May 2009 £3.25

357

Spiritual ideas

- * Heal with crystals
- * Attract the angels



In just **5** minutes **Find True Contentment**
BAREFOOT DOCTOR SHOWS YOU HOW

SENSUAL * STRONG * SEXY

Unleash your inner goddess

Amazing ways to **supercharge your feminine power**

Soul boosters DIY Masterclass

- Try spiritual healing
- Develop your intuition
- Spring clean your mind

Get creative! Make

KNOW YOUR FUTURE

and control your destiny

REVEALED!

- * ESP exercises to try today
- * Top psychics share their secrets


YOU have the gift... so release it NOW!

tried & tested **74** methods of divination explained

- angel messages • clairaudience • crystal skull cards
- palmistry • psychic art • remote viewing • tarot
- tasseomancy • rune casting • and more...

amulet

Turn the page to see the feature on Helen & Diane's book 'Help! I Think I Might Be Psychic'



KNOW YOUR FUTURE

and control your destiny

REVEALED!

- ★ **ESP exercises**
to try today
- ★ **Top psychics**
share their secrets

YOU
have the
gift... so
release it
NOW!

tried & tested

74 methods
of divination
explained

- angel messages • clairaudience • crystal skull cards
- palmistry • psychic art • remote viewing • tarot
- tasseomancy • rune casting • and more...





contents

1 DIY FAQs

Psychic experts Helen Leathers and Diane Campkin have some useful information to help anyone keen to read the future.

8 Tasseography

The art of divination using the patterns in tealeaves, coffee grounds, or wine sediments.

12 Tarot

A set of cards used for divination purposes. Each holds several symbolic meanings, which can be interpreted by a reader in the context of questions asked by a seeker.

16 Angels' script

These unique angel oracle cards use ancient symbols described by Theolyn Cortens, who has channelled the messages, as 'cosmic runes'.

20 Palmistry

The art of reading the lines and other features on the palms of the hands in order to foretell the future, and give insight into the present.

24 Crystal skull cards

The Crystal Skulls are said to bring transformation, unity, healing, love, wisdom, and an understanding of ascension.

28 Remote viewing

A method of gaining information about a distant or unseen target, using extra-sensory perception and psychic intuition

32 Clairaudience

A way of receiving messages from the spirit world that involves sounds, words, or ideas interpreted via the hearing centres of the brain.

36 Psychic art

A psychic artist produces creative works in collaboration with the world of spirit.

40 Rune casting

A form of divination that uses the symbols of an ancient Germanic alphabet.

44 And there's more...

There are plenty of other ways to practise divination; as this extensive, but by no means complete, glossary shows!



DIY FAQs

Interested in accessing your own future? Or reading for others? Helen Leathers and Diane Campkin have worked together in a psychic development and teaching capacity for a number of years undertaking card and psychic readings, rescue work and unofficial spiritual coaching for those seeking their path in life; here, they answer a few of the questions they are most commonly asked by those keen to develop their own psychic muscles.

Q How do I know if I have a gift?

A Everyone has a gift of some sort but some choose to develop their abilities more than others. It could relate to psychic abilities, healing qualities, Spirit communication or a natural skill at reading cards or using a similar tool. If you're even asking this question it's likely that on some level you're looking to develop your own abilities in one of these areas. Give it a go and see how you get on. Be aware of your own intuition as you go about your daily life and you'll soon realise that you do have a gift and are already using it to some extent. As you give it more attention it'll become greater. Attend development workshops or open circles and see what happens. Working with others will help to give you feedback and validation, and boost your confidence.

Q Sometimes things just pop into my head. How do I know I'm not making it up?

A It's normal to feel that you may be making stuff up or imagining it, especially when trying out new techniques. All you can do is acknowledge the thoughts and trust your intuition about them. As you practise, you'll learn when the information you're receiving is from your intuition, Spirit Guides, or psychic self and when it's your own imagination or mind, perhaps wishful thinking. The thoughts that are quite random or that spring to mind when you're asking a question are usually the ones from Spirit. And in relation to working psychically, such as when practising psychometry, you should always pass on any information that you pick up on, or receive, right from the start no matter how silly or trivial it sounds. If you're right, you'll receive positive feedback from the person you're reading for. In some instances, however, information given in a reading can't be confirmed straight away, so you'll not know for sure then and there. In other instances the information may be refuted entirely.

With experience, you'll be able to filter out what's 'you' and what's information from 'them'. You need to develop confidence in your abilities. We always feel that some doubt is preferable to over-confidence, which can cause some people to become or appear to be egotistical.

Q I want to do psychic work, but I'm scared of actually seeing anything. Should I give up?

A No! You don't have to experience anything that you don't want to or aren't ready for. Simply state to your Guides that you don't wish to see anything yet. In fact, actually seeing a physical form is rare and quite advanced. Most people start by sensing and feeling things (clairsentience) and work their way up to seeing in their mind's eye. As you gain in confidence you may find that you no longer feel scared. Also, if you do physically see something, it's usually quite mundane and unassuming, and it's often only afterwards that you think, 'oh, I may have seen a ghost!'

Q People talk about psychic protection – what is this?

A Psychic protection is anything that strengthens your aura and creates a safe place around you that nothing negative can penetrate. From our experience it's essential to protect yourself before undertaking any form of spiritual or psychic work, including meditation or healing.

Q How do I protect myself whilst working?

A There are many ways, some of which are listed below. Try them out and choose the one that you feel most confident and comfortable with:

■ **Visualisation:** Imagine some form of protective shield around you and your aura. This could be a force field of bright white light, a bubble, an egg, mirrors reflecting away from you; or you could see yourself being inside a hollow crystal filled with light. Know that you're safe, completely sealed in and protected from outside influences.

■ **Talisman:** Wearing a crystal or symbol can act as protection. Look into it in detail and find something appropriate and comfortable for you. For some it could be a religious symbol, or an item given to them by a loved one. The best crystal we have found for protection is black tourmaline.

■ **Physical:** Crossing your ankles and wrists seals your energy circuits not allowing others to tap into it. In some cases, you probably do this automatically.

■ **Ask:** Before beginning any psychic or spiritual development work or if you ever feel uneasy or in need of psychic protection, ask your Spirit Guides, angels, or loved ones in Spirit to draw close to you and keep you protected.

■ **Grounding:** After any psychic or spiritual development work it's essential to ground your

energies to prevent you from remaining too open and picking up on everything around you. Try this grounding visualisation:

Sit in a comfortable position and close your eyes. Bring your attention to your breathing and focus on it for a few breaths. Take your awareness to the invisible energy field surrounding you and visualise it drawing in close around your physical body. Take your awareness to the area just above your crown and see a small sphere of light sitting here. Imagine that sphere of light shrinking in size and sinking down through the crown of your head. See it slowly descending down past the brow. Into the throat. Then following the line of the spine, down, through your body, towards your heart area. Down to your solar plexus. Through the abdominal area. To the base of your spine. Now visualise the sphere of energy either leaving through the base of your spine, or dividing in two and sinking down through your legs, leaving through the soles of your feet. Feel this energy leaving you and connecting with the earth. Visualise roots extending out and down deep into the earth. Become more aware of your feet and your physical body. Take a moment to thank your Spirit Guides, angels, and loved ones in spirit for their presence, protection and wisdom while you have been working. Know they will always be there should you need to call on them. Now bring your awareness back to your physical body, the chair you're sitting on, your contact with the floor. Begin to bring some movement back into your fingers and toes. In your own time, opening your eyes, you are fully awake and aware and in the physical world.

■ **Ongoing maintenance:** Keep your own energy levels up, keep healthy and positive, have or give yourself healing or Reiki regularly, take exercise, work on strengthening your aura and practice visualisations, and take time to rest and enjoy yourself.

All this will help to ensure that you're working at optimum, and are able to deal with any situations that may require protection. Also, be aware of your own negative thoughts and actions, and the effects they could have on others.



Help! I Think I Might Be Psychic, 101 Frequently Asked Questions About Spiritual, Psychic & Spooky Stuff, by Helen Leathers and Diane Campkin (ISBN: 978-0-9558571-0-2, £7.99), is published by Spreading the Magic, and available from www.stmpublishing.co.uk and on-line at amazon. Find out more at www.helpithinkimightbepsychic.com.