

How To Develop Your Psychic Abilities

Part 2



By Tana Hoy

As you learn how to develop, your natural, god-given, psychic abilities, your whole world will change. New doors and new worlds will open up to you - doors and worlds that most people don't even realize exist!

I have heard many people say that they are afraid to learn how to develop their psychic abilities, and I have found that the reason some people feel this way, is because they don't fully understand what it means to develop one's natural, god-given, psychic gifts.

Many people fear that if they develop their psychic abilities, they will instantly know when someone is going to die, when in reality, this is simply not how it works. Now imagine if you could use your psychic abilities to prevent someone's death? Wouldn't that be a wonderful and rewarding ability to possess? I have been able to use my psychic abilities to save many people's lives.

When you learn to develop your psychic ability, you will not automatically know when someone is going to die. Nor will you always pick up "bad things" that are going to happen.

I rarely pick up when someone is going to die, and I have had my psychic abilities since the day I was born. Personally, I do feel the need to know when someone is going to pass, because I personally believe that information is between you and your creator.

The only time I want to know this information, is if I can use it to save a person's life! In that case, I want to know right away!! For instance, if you are getting in your car, and I receive a vision of you getting into a terrible accident if you take a certain highway home, I want to be able to know that psychic information, because in that case, I can tell you to take a different route home, therefore saving your life!! Isn't that a wonderful ability to possess?

If I am able to use my psychic ability to see a lump that could be cancer, and I am able to see it in its early stages, I want to know that information! I want to have the ability to tell you to go to the doctor right away and get a checkup! Because if I am able to use my psychic powers and give you that information early enough, you will be able to prevent the cancer from spreading, and you will live! So again, my psychic abilities have just saved your life!

I have made an agreement with the universe, that the only time I want to know when someone is going to die, is if my knowing that information, can be used to help the other person. Otherwise, I do not desire to know that information.

You can also make that same agreement with the universe! Simply say out loud or to yourself, "I want it to be understood, that I only desire to psychically pick up information which will be for the highest good of the other person. I only desire to be a vessel for sharing love, hope, and light." It's that easy!

If you repeat that sentence before you attempt to do any type of psychic development work, you will only receive the highest, purest, and most spiritual information about the people you read for.

When you first start developing your psychic abilities, remember that you are not learning to develop a new psychic gift, you are simply learning to reconnect with the natural psychic abilities that already exist within you.

Like all gifts and abilities, some people naturally seem to develop them more quickly than others. The key to being a good psychic is learning to develop the psychic gifts that are naturally yours. For example, some people are gifted with reading Tarot cards; others seem more gifted at Astrology. Some people may be more psychically inclined to reading the palms of your hand, while others may have a natural ability to see and read auras. So make sure to explore the numerous psychic subjects that are now available to you, so that you can discover which ones you are most gifted in.

Knowing the proper psychic tools and techniques is very important when learning to develop your psychic abilities. It's like trying to run a marathon in snow boots. You will be able to run, but with a lot of difficulty and unnecessary strain. But if you have the proper running shoes, you can run a lot smoother, faster, and with less strain.

Assuming that you have never ran one before, how would you possibly know that you need running shoes instead of snow boots to run a marathon? You would learn like most people learn, through the school of hard knocks and frustration, along with the school of trial and error! Wouldn't it have been a whole lot easier if an experienced marathon runner had shared some of his experience and knowledge with you? It would have saved you a lot of frustration and wasted time!

Luckily, when it comes to learning the proper ways to develop your psychic abilities, neither of those schools of frustration are necessary, because I am now going to show you some very kewl psychic tools and techniques!



Meditation

The Keep To Joy And Inner Peace

Meditation is a very effective tool to help you develop your psychic abilities. Most people don't realize how simple meditation is to do. This powerful meditation technique that I am going to teach you is one of many meditation techniques you can use. I teach more advanced meditation techniques in my online meditation course, but this is a good one to start with!

1. Find a quite, comfortable location.
2. Sit with both feet flat on the ground. Place your hands palms up, and let them naturally rest on the tops of your legs. Make sure that your spine is as straight as possible, and sit with your head facing forward.
3. Now close your eyes and take three deep breaths. Breathe each breath in through your nose slowly, and in a controlled manner. Make sure to exhale in a controlled manner too. After your third deep breath, allow yourself to breath naturally.
4. Continue breathing through your nose, with your mouth closed, and your jaw slightly open.

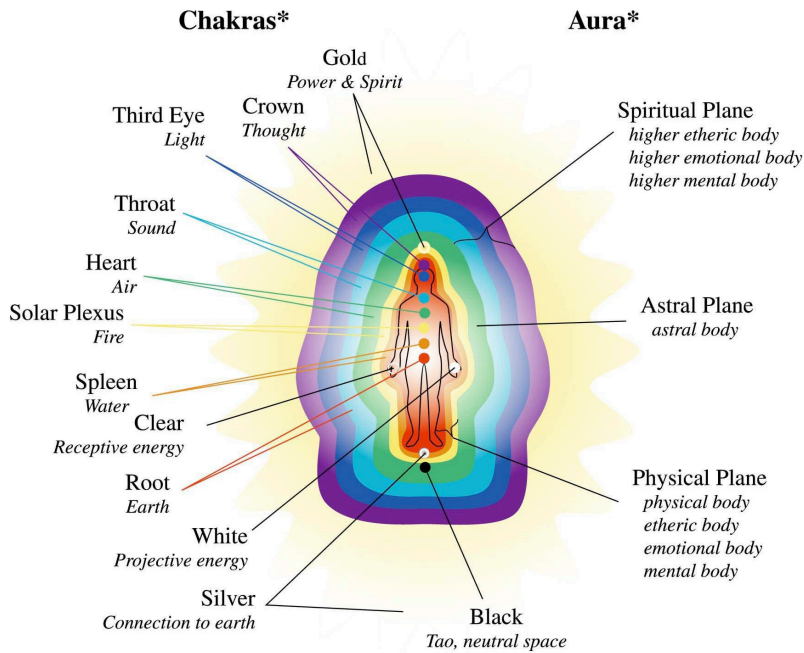
5. Simply and naturally, concentrate on your breath as it flows in and out of your nostrils.
6. After a few moments, you may find that your mind is somewhere else, thinking of other thoughts, or things that you need to do. This is normal, because the mind is naturally active; it always uses thoughts as a form of distraction. Your mind is not accustomed to being still and focused.
7. Once you realize that you have lost focus of your breathing, simply bring your awareness back to your breath again, as it naturally flows in and out of your nostrils.
8. You should meditate like this two times a day. Starting with 10 minutes in the morning and the evening, and then gradually increasing the time to 20 minutes, twice a day.

When meditating, it is natural for your mind to want to think about other things. The mind is used to being in control, having a mind of its own.

The reason we are often stressed out or feeling insecure and afraid, is due to an uncontrolled mind. An uncontrolled mind is responsible for all of our negative states of emotion. A devoted daily practice of meditation will eventually allow you to control your mind, instead of your mind continually controlling you.

As you gain more control over your thoughts, you will find that the psychic information you receive will also become much clearer and more accurate.

Through a daily practice of meditation, you will come to understand a new sense joy, calmness, and inner peace in your life.



How To Feel The Aura

Here is another psychic technique that you should practice until you can do it automatically. This technique should be very easy to master.

Everyone has an aura. The human aura is an oval, egg shaped energy field, that surrounds the body. It has a person's thoughts, feelings, and emotions, projected onto it.

The aura has many different layers, but most psychics only focus on the first three, which are the easiest to feel and see. These three different layers are called "The Physical Layer", "The Emotional Layer", and "The Spiritual Layer". When you learn how to read and interpret these different layers, you will be able to learn many things about another person.

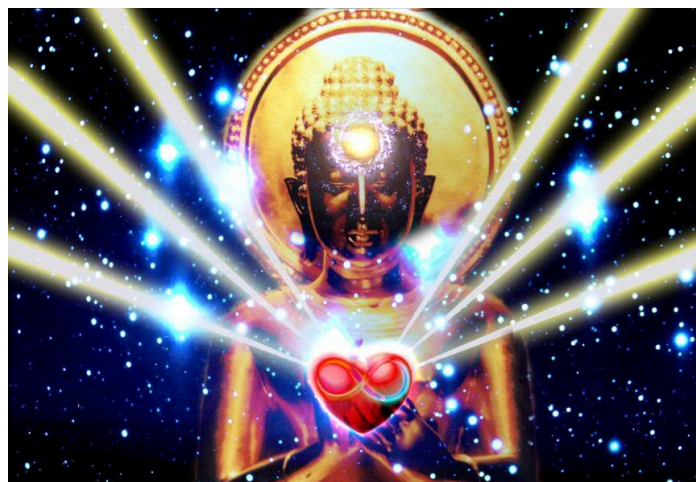
A person's aura will show you if a person is honest or dishonest by nature. The aura will tell you what a person's personality is like. An aura will tell you if an individual is someone you can trust, or someone you need to be careful of. An aura will even tell you when someone is lying! This is why I often call the aura The Human BS Detector! The aura will tell you anything that you want to know about a person.

There is also a camera that can actually take a picture of your aura. Aura Photography is called Kirlian Photography.

But first, you are going to need to know what an aura feels like. So make sure and practice the following exercise until you can do it naturally, without thinking.

1. Have a friend or someone you know sit on a chair in front of you. Ask the person to close their eyes and relax.
2. Since the aura is an outward energy extension of a person's soul, it is easiest for a beginner to feel the aura when a person is concentrating on a strong emotion.
3. Ask your friend to think of something that makes them feel very happy. This could be a person they like, an upcoming vacation they are getting ready to take, or some other happy experience in their life. This helps to expand the person's aura, making it easier for you to feel.
4. Then stand approximately two feet in front of your friend, and rub both of your hands briskly together. Rubbing your hands together activates your palm chakras, making it easier for you to feel the aura! (You can learn all about the chakras in my online Psychic Development course)
5. Next, place your hands about six inches away from your friend's body, making sure that your palms face their body.
6. Slowly move your hands back and forth, in and out, with your palms facing their body. Each time you do this, experiment with moving your hands closer and farther away from your friend's body. Feel the aura energy all around the sides of the person as you do this. What you are trying to find is the edge of the person's aura. When you find the edge of the aura, you will usually, but not always, get a feeling of heat on your palms. You may also feel tingling in your palms, or a magnetic push-pull feeling in your palms. These are also common feelings when you find the edge of a person's aura.
7. When a person is thinking happy thoughts, their aura can expand for several feet outwards. So once you find the edge of the aura, slowly keep moving backwards until you can no longer feel the aura. When you no longer feel it, you have found where the edge of their aura ends. Try this standing in front of the person, and then try it standing behind the person.

Congratulations, you have just discovered something that most people don't even know exists!



How To Use white Light

Another technique that is very useful, is knowing how to eliminate the stress energy that has accumulated in your auric field. Knowing this technique will help you to sleep better at night

Everyone you meet, every situation you enter, and even the environment around you, leaves what is called an energy imprint on your auric field. These energy imprints are imprinted in your auric field every day.

When you are around positive people and situations, you will notice that you feel uplifted and energetic, but when you are around negative people and situations, it leaves you feeling drained and exhausted.

Have you ever noticed that when you are around a negative person, that after they leave, you feel tired and worn out? This is because they drain the energy from your auric field.

The reason for this is because negative people have depleted auras, and a depleted aura needs to be replenished. So when you come into contact with these “energy vampires”, their aura actually attaches to your aura, like a vacuum hose.

This attachment allows their aura to actually suck out the positive energy from your aura into theirs. Since your aura is composed of your soul energy, they are literally draining the life out of you! This “draining effect” is what causes you to feel so drained and tired.

Your soul energy has been depleted. Only time and plenty of rest can replenish your auric energy.

This all happens on an energetic level, and most people cannot see it happening, but you sure can feel it afterwards, can't you? These energy vampires you may encounter do not do this on purpose. It is a process that happens automatically whenever you are around them.

Radio Waves And Electrical Currents

The electrical currents and radio waves in the environment also have an effect on your aura. These currents and waves come from radio stations, cell phone towers, television stations, microwave ovens, cell phones, MP3 players, and all other electrical gadgets and appliances. Every day of your life, these currents and waves bombard your aura.

Science is just now discovering the physical affects that these waves and currents have on our physical bodies, yet psychics and healers have known about this for a very long time.

The technique below is going to help you to feel energetically refreshed everyday, and it will help your aura to replenish its energy quickly. I recommend that you make this a part of your daily routine. Try it for two weeks straight, and you will definitely start to notice a difference in how you feel!

This technique uses the water from your shower or bath. Since water is a cleansing and purifying element, it makes this technique very powerful! I have included a technique for taking a shower and for taking a bath.

If you take a shower:

1. When you have finished showering, stand under the water for a few minutes with your eyes closed. Feel the water as it runs down your body, both front and back. Imagine this water as a white light energy that is removing any and all negative energy from your aura.
2. Make sure to adjust your body under the water so that all parts of your body can benefit from the purifying power of the water as it flows down.
3. Imagine that all of the negative energy from your body is flowing down the drain, into the earth, where it is neutralized and purified by the earth's energy.
4. Do this until you feel that the process is complete.

5. Now you can dry off and go on with your regular day.

If you take a bath:

1. Follow the same technique as above, except when you are finished bathing, use your washcloth, without soap, on your whole body.
2. As you rub your washcloth all over your body, image the wash cloth removing the negative energy from your body.
3. Dip the wash cloth in the water often, as you do this technique.
4. When you feel the process is complete, you can dry off and go on with your regular day.

Just by using the above techniques, you will find that you start looking at the world in a different way, and that the world becomes a happier, sweeter, and more joyous place to live in.



Who Is Tana Hoy

Tana Hoy is a Psychic Medium who has a rare psychic gift – the ability to communicate with the other side!

Not only can he “hear” your Spirit Guides and Guardian Angels when they speak to him, but he can physically “see” them too!

Because he can “see” and “hear” your Guardian Angels and Spirit Guides, they talk to him, giving him detailed information about you, your life, and your future. Tana then tells you everything he hears.

With an accuracy rate of 93%, Tana’s psychic gift has been described as amazing, mind blowing, and unbelievable!

Tana’s Rise To Fame

Tana first became famous when he predicted the tragic Oklahoma City bombing on LIVE national radio show – 90 minutes before it happened! *His prediction was on file with the FBI for over four months before the tragic blast occurred.*

He starred in Court TV's Psychic Detectives, where he solved a two-year-old cold case, involving the double-homicide murder of an elderly couple.

Tana has been a regular guest on The Jenny Jones Show, starred on William Shantner's hit TV show, Weird And How, and was featured on CMT's hit reality show Popularity Contest.

Tana has also been a regular guest on many top radio shows around the country, such as Art Belle's Coast To Coast, The Ryan Seacrest Show, The Wendy Williams Experience, Mancow, The Box (KBXX FM) in Houston, AJ's Morning Playhouse (KHTS FM) in San Diego, and on The Coco, Foolish, and Mr. Chase Morning Show (WJLB FM) in Detroit.

Tana has also been featured in such magazines as Entertainment Weekly, Marie Claire, Star Magazine, Femme Fatale, and even Alive Magazine.

How Tana's Psychic Readings Can Help You

Tana Hoy has been a giving psychic readings on a full-time basis for over 18 years. A psychic reading with Tana will show you what steps you need to take, in order to have the life you want.

Tana can show you how to achieve the outcomes you desire, by telling you exactly what you need to do to get what you want, or to get where you want to be!

Wrong actions can lead you down the wrong path, but a psychic reading with Tana will show you the right actions to take!

Questions To Consider

I am sure I you have already realized that a 93% accuracy rate makes Tana Hoy a very powerful psychic!

Have you ever thought yo yourself, "Will I ever meet my real soul mate? Have you ever tried to imagine what he or she will be like, or look like? Have you ever wanted to know what you need to do to meet that special someone?

Have you ever feared your loved one might leave you? Have you ever found yourself wondering what you could do to prevent that from happening?

Has someone you loved with all your heart and soul left you? Do you ever find yourself feeling sad and depressed, with the unbearable thought "Will he or she ever come back

to me?" Do you ever wonder if there is ANYTHING you could possibly do to make that person return back into your arms?

Do you ever worry about your career path or your financial situation? Imagine the peace of mind you would experience knowing if your career is the right one for you? And if not, what you need to do to find the right one!

Imagine the freedom you would feel knowing exactly what you can do to make more money? A psychic reading can direct you to the path of most prosperity in your life!

Have you ever wondered if you have a life purpose, and if so, what it is? Your Akashic Records reveal everything about your past lives, and your present one, and these cosmic records hold the answers to what your life purpose is!

Do you worry about your health, or the health of a loved one? Tana Hoy can direct you onto the path of greater health!

Do you worry about your children, their health, or their futures? Worry no more, because Tana Hoy can also answer any of these question for you too!

Tana can answer any question that you have concerning your life, the life of a loved one, and even a close friend!

Testimonials

"Tana Hoy was amazing. I couldn't believe he knew the things he told me."

Marianne S. - Columbus, Ohio

"I was blown away. Everything he told me happened within two weeks after our reading. Tana is the best psychic I have ever had a reading with. I highly recommend him to anyone"

Jennifer C. - San Diego, CA

"I had a reading with Tana Hoy and he knew about the tattoo on my boyfriends back. He actually described it in detail. I almost dropped the phone. I was speechless over what he was able to see."

Kathy R. - Houston, TX

"Tana, all I can say is thank you! The information you told me during our reading helped me save my 13-year marriage. God bless you Tana Hoy. You are an angel"

Angela N. Phoenix, AZ

“Tana, thank you for our reading. Not only do you have a gentle and loving spirit, but what you told me helped me to land my dream job! Right now, I am happier than I have ever been, and making MORE money than I ever have! Thank you for your psychic insights. You are amazing Tana Hoy!”

Sylvia F. Long Island, NY

“Tana, your accuracy was shocking! It was as if you were reading my mind, and had known me all my life. How could you have possibly known about my favorite lime-green dress when I was a little girl? How could you have known that? Even I had forgotten about it until our reading! Amazing! Simply unbelievable!”

Alice T. Seattle, WA

“Tana, I am so glad found you. You were sent me by my angels!”

Misaki N. – Tokyo, Japan

“Tana, what you told me about my health saved my life! If I had not had that reading with you, I would have never known about the lump under my breast. You told me to go to the doctor and have an exam, and you also told me not to worry, because I would be ok. I went to the doctor, and it was cancer. But thanks to our reading, they found it in time, and removed it right away! The doctor told me that if I had waited just two weeks longer, it would have been too late! Thank you Tana Hoy for saving my life! I will forever be grateful!”

Margaret L. Salt Lake City, UT

A Special Offer For You

As a special “thank you” for reading this book, Tana would like to offer you a special discount of \$50.00 off of a private psychic reading with him, so that you can experience the power of how a psychic reading can transform your life!

You can learn more about Tana Hoy, pricing for a reading, and much more, by visiting his web site at www.TanaHoy.com, or calling his office at 614-444-6334