

Be your own psychic!

From enhancing
psychic abilities
to manifesting
your dreams,
now you can



learn to connect to your
own higher consciousness
to uncover intuitions and
guidance for a better life.

Katy Evans investigates

“**T**hat girl is really annoying me,” grumbled my friend the other night, complaining about a woman who was dancing right in her face, almost oblivious to the fact my friend was sitting right behind her trying to enjoy her drink.

“Well ‘turn her down’ then!” I suggested, going on to explain that if you just rub your fingers together on your left hand you can turn things down, from people to noises. The look on her face said, ‘are you mad’, but I persisted, and got her, and the other two girls I was out with, to all do it. And sure enough, after a few seconds the annoying woman sat back down. Needless to say, both ‘non-believing’ friends were flabbergasted, while myself and my other pal, who had accompanied me on a recent psychic development course, just laughed out loud.

OK, so a night on the tiles is perhaps not the first place I’d expect to practise my new-found psychic powers, but this little trick was just one of the things I’d learned from Amanda Hart, psychic and teacher of the Silva Ultramind course I’d attended just a few weeks earlier.

Talking about how she came to uncover her psychic abilities and to be teaching the classes today, Amanda says: “I was one of life’s sceptics, feeling I was always attracting bad luck and had cut off completely from the trust I had as a child. It was when I had a near death experience that I took my healing ability more seriously than ever, which opened up my path, and I subsequently attracted many clients who came to me to understand their personal traumas.”

In May 2004, Amanda reports having had a “full blown kundalini awakening”, (where the dormant energy at the base of the spine unravels upwards to the crown), which she says awoke all her psychic senses. The next six months unfolded with rapid speed as she met teachers and spiritual leaders. Amanda trained as a hypnotherapist and found she was picking up on people’s past lives. Next it was on to reflexology, physiology and anatomy, “to understand how every cell of our body is affected by the power of our mind”.

Her ‘big break’ so to speak, was appearing on

Britain’s Psychic Challenge, having passed the initial test of locating a man in the boot of a car – alive, of course! – out of 50 vehicles. And it was thanks to the programme that she met Norwegian psychic Deborah Borgen, who is somewhat of a celebrity in Norway, having appeared on *Sensing Murder*, for which she helps the police solve their most difficult of cases by locating bodies hidden deep in the depths of woodland. Deborah developed the Silva Ultramind classes, which Amanda now teaches, and in fact, the police in her native Norway even use these classes to help their officers develop better intuition and psychic abilities.

Back to basics

So what is the Silva Ultramind course all about and how can we benefit? “The aim is to help you open up, achieve balance and open cell memory. Once you have learned these techniques, you never have to go and ask anyone else for the answers to your problems, or for insight. Everything you need to know is here, and in you already,” says Amanda.

“You have to go to your own higher intelligence to find your answers – it’s where we go to get the optimum solution for what we need to know.”

Being such an analytical left-brainer, I am eager to find out whether I, too, can develop my intuition/psychic skills/manifestation abilities (or any one of those would do!). So, over a long weekend at the Pastoral Centre in London Colney, starting on a Friday evening, we learn centring meditations and dynamic meditations, the latter of which times are at times very challenging. But the aim of these meditations is to build up a range of references in our mind’s eye – or third

What is... Silva ultramind?

Amanda’s classes are based on the Silva Method (one high profile advocate of which is spiritual author Deepak Chopra) developed by José Silva back in 1944. His first Silva method classes began in 1966. Not only did he have ten children, who all turned out to have psychic abilities, but his aim, through creating his mind-training method, was to teach people to open up to their own knowledge and intuition and to be able to tap into the abundant universal source energy available to us all. José’s dream was also to teach people to only ever use these methods for the highest good of at least two or more people, i.e. it was not about selfish acquisition (a label which is often thrown at any such ‘law of attraction’-style methods). He wanted people to open up to their higher goodness, to help and heal others, and to make the world a better place for all.