

# 3, 2, 1... magic!

Stay in the flow everyday by doing this simple meditation. Do it at any point of the day, but optimal times are first thing in the morning, last thing at night, or just after lunch, when the brain is more easily in alpha. Doing it for five minutes is good, 10 minutes great, and 15 minutes excellent. "The more you do it, the more you will see your life changing for the better, especially if combined with the video technique," says Amanda. If you are new to meditation, Amanda suggests doing a count down from 100-1, or 50-1, depending on how easily you find it to relax. After you've been practicing a while, you can just do 3-1. When you get to the visualisation stage, imagine a fictitious location that is tranquil and calming - maybe a beach, a forest, a meadow. The more colour and positive emotion you bring into the scene, the better. Focusing on visualisations will not only enhance your psychic ability but will help with anything you wish to manifest.

- Do your count down, starting at which ever number you feel appropriate
- When you get to three, repeat the number three times in your mind and see it in your mind's eye. Imagine your whole body relaxing from your scalp down to your toes. Almost feel as if you feet and legs are no longer part of you
- When you get to two (which you also repeat three times) know that your mind is still and calm and that any noises will not distract you, in fact noises will enhance your relaxation
- Then count one, three times in your head, and feel at your 'centre'. You have now reached the theta state and are fully relaxed physically and mentally. Spend some time here feeling relaxed. Begin your visualisation as outlined above, or you can use it to visualise the ideal outcome to any problem you have
- Then slowly count yourself out, from one up to five, telling yourself you will feel better than you did before and fully refreshed. Now you will automatically be in alpha, so if you feel yourself getting stressed or angry or reactive and slipping into beta any time of the day, just mentally say a quick '321', breathing out as you do, to centre yourself again



“When we **WORK** on ourselves we will attract the right people and the **right** things we need to progress. Our higher self always has a **solution** to any problem if we can only **listen** to it”

The course is also littered with little 'extras' such as getting us all to pick out crystals, angel cards and Bach flowers, which Amanda interprets for us. We also learn some interesting and easy techniques such as the 'turning up and down' method. This is basically where to speed or turn something up, you rub together the thumb and first two fingers of your right hand, and if you want to slow or turn something down, you do the same on your left hand. She also tells us about the bubble technique, whereby if you want to protect your energy field from others, just imagine an impenetrable bubble all around you.

## First taste of success?

During one of the breaks, I decide to take a walk out in the beautiful gardens at the back of the centre, where there are several tall, well-established trees with a very noisy bird chirping away. I decide he's too noisy so try the turning down technique, not really expecting it to work. But to my surprise, it does! The next strange thing to happen is that on the start of the walk, I had been humming the wedding march in my head for no apparent reason, and when I went back to the room, I noticed that in the court yard there was a wedding party and a photographer taking pictures! Amanda tells me these are both examples of my increasing psychic powers (although my friend had also wondered earlier whether they hold weddings at this venue, so it could have been her being the psychic one, and I just remembered she said it and hence got the tune in my head).

But the next exciting development is the psychometry exercise, in which we are told we will describe someone's home. I am sure I won't be able to do it, and feel rather silly sitting there with another of the lady's watches in my hand. But having done the 321 relaxation, I just start talking about what I see: a black front door, lots of trees to the back of the house, a wall, a detached house with a drive and a garage to the left, then the large open hallway with a living room off to the right with a fireplace and large cream sofas, a kitchen connected to the dining area. I am surprised when the lady tells me she understands this and to go on! In the end, when I have finished, it turns out I had been describing the lady's neighbour's house, which she often visits and where she admits she would ultimately like to live, as opposed to her own, old Victorian house. Perhaps I can do this psychic lark after all.

The Sunday is as full-on as the Saturday, with as many meditations and another psychometry exercise, this time with cards in envelopes which we have to describe. I think I do very badly at this, but Amanda says I have done well in getting the fact the image is small, there is some green and it's alive, but I don't feel I've done nearly so well as I need plenty