

How to Flex Your Psychic Muscle to CHANGE Your Life Right Now!



You wouldn't go to the gym with the aim of getting in shape, but stop after a few weeks and say, "There, I'm done now. All set!"

The same applies to strengthening your *psychic* muscle. Building that often atrophied ability is an ongoing process, but according to my guest, author and renowned paranormal researcher Rosemary Ellen Guiley, once you commit to a continuous practice of building your psychic strength, you can use it to consciously and proactively affect all aspects of your life.

In our chat about using "practical magic" to positively influence your life, we discussed ideas like meditation and

how *everyone* who has an interest in utilizing their paranormal faculty must make some form of meditation a regular part of the psychic work-out. But she didn't just give the same 'ole, same 'ole about meditative practices that we typically hear about, oh no. Rosemary shared some secrets on how to do more engaged or active meditation to *conjure* the results we're looking for, and in some cases, even bring about psychic effects while engaged in the actual meditation itself.

What about finances? Who isn't interested in learning how to increase their abundance? Can we wield our psychic ability to multiply the digits in our bank accounts? According to Rosemary, the answer is absolutely yes! But is there a specific formula for doing this? Rosemary lends great insight to this big question.

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We also addressed the use of mirrors, crystals, and other tools to beef up our psychic practice. I for one have always been interested in just *why* mirrors and other reflective surfaces have been known to open doorways or portals to other (spiritual) dimensions. The explanation she offers simply amazed me!

Lastly, we cover the importance of protecting ourselves from psychic "attack." Now that our extra-sense is primed and ready to put to work, how can we use it to shield ourselves from unwanted outside influences?

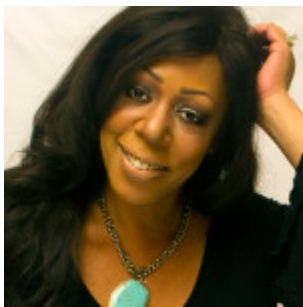
Indeed, this interview is packed with great info. that you can put to work *right now!*

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Alexis Brooks is the #1 best-selling author of [Conscious Musings](#), writer/editor for [CLN](#) and host of the award-winning show [Higher Journeys with Alexis Brooks](#). Alexis brings over 30 years of broadcast media experience to CLN. For over half of that time, Alexis has dedicated her work to the medium of alternative journalism, having researched and reported on the many aspects and angles of metaphysics, spirituality and new thought concepts.

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