

NEW YORK TIMES BEST-SELLING AUTHOR  
OF *CROSSING OVER* AND *AFTER LIFE*

John  
Edward

# Infinite Quest

Develop Your Psychic Intuition  
to Take Charge of Your Life



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This Book is dedicated to Sandy Anastasi

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for helping me harness and train my ability, and  
shape and develop my teaching.

And in loving memory of my amazing friend Shelley Peck,  
who will always make me smile when I think of  
the many adventures we have shared in this lifetime.

You are missed, my Scorpio friend.

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# LETTER TO READER FROM JOHN EDWARD

Dear Friend,

This book has been twenty-five years in the making; actually, it's really more like forty. Why such a discrepancy in the years? Well, it's simple. I turned forty last year, and it is my twenty-fifth anniversary of being a psychic medium. I won't go into detail about how I started in this profession, because I covered that in my first book, *One Last Time*. Instead, I want this book to be all about YOU, not me. Well, technically, it's about me and my experiences, but I am sharing the lessons I learned to empower and enhance your existence in this lifetime as YOU.

If you are browsing through a bookstore or shopping around online and happen to be reading this, you're supposed to be. You may often hear that everything happens for a reason, but now ask yourself the question "Why?" Did you get the answer? If so, do you know *HOW* you got your answer or even if you were the one who thought it? Confused? Stay with me.

Think of this entire book as an experience designed to be an earthly guide to a spiritually energetic Divine process. That process is YOU. Questions will be posed to you throughout our voyage together and new ones will be formed by you along the way. I am going to take you on a metaphysical excursion, teaching you through my life's lessons and experiences and by using metaphor and anecdotes from movies, television, and literature, all to help you evolve in your own QUEST of the INFINITE.

So set some time aside for us and we will journey into aspects of yourself and your own process of psychic evolution. And even though this book is designed to be about psychic development, I am hoping that you get the bigger picture ... it's really about evolving into being the best YOU possible.

Are you ready to join me on an adventure? If so, read on.

—JOHN EDWARD

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# PROLOGUE

***“Can you write a book on psychic development?”***  
***“How about writing a book about the Afterlife and  
what the Other Side is like?”***

Those are some of the questions that I often have been asked when dealing with the publishing world. I have always declined to cover these topics in a book for a variety of reasons. Maybe it's my seventh-grade math teacher's fault.

*“Never put into writing what you don't want someone else to read,”* Ms. Gordon would say with an all-knowing smile.

Usually she was speaking about the kids passing notes during her class. I'm happy to report that I was NOT one of those kids writing my secrets down for a friend, only to cringe as I heard them read out loud by my teacher. I was too busy daydreaming and staring at the energy I could see around people, which I didn't have a name or explanation for yet. Later I would learn that I was looking at people's *auras*.

I guess the main reason I didn't want to write this particular book before was that I worried that it would only teach people how to do a psychic reading. You see, ethics and responsibility are essential elements in giving a reading and can't be taken lightly by anyone. And I admit that I was not quite sure that I would be able to sufficiently get that message across. I will stress it again to make sure that right from the beginning you are hearing me loud and clear: ***THE ETHICAL RESPONSIBILITY THAT GOES INTO DOING A READING FOR SOMEONE IS ENORMOUSLY HUGE!***

I promise we will go over this critical point ad nauseam before you finish this book. Why? Because I want you to understand that this intuitive work and world of energy that you are a part of is special, magical even. And unfortunately, it's not uncommon for people to inflate their own greatness and to feed their insecurities by stroking their own “Inner Monster,” otherwise known as their EGO. Folks, let me tell you right here and now: EGO SUCKS and is *not your* friend when you are trying to develop into the type of spiritual person you viscerally know you truly want to be. If you are not vigilant, your ego can easily be your biggest downfall to your practice. My Guides once came through me during a deep channeling session that I did in a controlled environment, and they told one of my students (now a successful professional psychic medium) that he should be patient with me as his mentor because I can be “**harsh.**”

I did not remember this session even though I was the instrument for it. And when it was recounted to me, I will personally admit that I was slightly offended by the message and thought maybe my student was embellishing so I would go easier on him.

“I am not harsh!” was my first reaction. “*Harsh? Really?*” was all I kept saying for the next twenty-four hours after that ... and then the truth hit me. I am harsh. I am like a militant drill sergeant who is willing to do whatever it takes to bring out the best from his troops. I will be that same way here with you to the utmost of my ability, but your free will has to choose to let my voice speak to you through the pages of this book.



So in keeping with my promise, I want to be very clear now and throughout this work. I am ~~not writing this book so that you can have a new occupation of doing psychic readings for people.~~ If that is your primary goal, return the book immediately, put it on your shelf, or give it away. This book is *not* meant for you.

If you are expecting to find within the confines of this book the ammunition to support your Inner Monster and to celebrate how special and “gifted” you are in your psychic ability, this book is **clearly** not for you.

However, if you are excited to discover more about yourself, your spirituality, and your intuition; about connecting with your Higher Self and your Spirit Guides, learning how to make more empowered choices, and manifesting the future that you want, please read on.

Why have I always declined writing this type of book in the past? The reason was simple. FEAR! I was afraid to and have struggled with my fear internally over the last fifteen years. Of course, I have discussed psychic development in my other publications and even recorded a set of audiotapes on my teachings, but never written a book on the subject. A book is like a textbook to me, a how-to manual of sorts. I wasn't ready to do that for fear that it would fall into the wrong hands. I was worried that people would absorb the development content and launch into doing readings based on my teachings and miss the most important part of the message. Now, I don't want to sound all top-secret paranoid, but I feel that the skills that I'm disseminating in the pages of this book are powerful tools that will enhance your experience as YOU, if you pay close attention to them.

I know that my path and purpose in this incarnation (lifetime) is to raise people's awareness to the world of energy around them and to help them recognize how they can work with it, not against it. “Mission Accomplished” in my personal scorebook. After close to a thousand hours of television aired internationally of both *Crossing Over with John Edward* and *John Edward Cross Country*, and six best-selling books that all deal with metaphysics, I really feel that I have been instrumental in getting people to begin a dialogue with themselves on their own beliefs about an Afterlife, their loved ones on the Other Side, and all the potential that these concepts bring.

But when editors, publishers, and clients alike were clamoring for me to write the quintessential book on what the Other Side is like or a book on psychic development, I continued to politely decline. I live here on this plane of existence known as EARTH, and I know that there *is* something else beyond this since I've been conversing with IT for decades. But because I know that there is a subjective element at work here for me as well, I didn't want to fall into the category of making umbrella statements. I really dislike when someone in a position like mine makes these grandiose and overly simplified statements that end up doing a disservice to the field as a whole.

It comes down to the word *responsibility*. I didn't want to take it on; I was fearful of being karmically responsible for instructing others how to do a reading and their words then being tied to me. Even though that would NOT actually be the case, I still like to make sure that I approach my teaching as if it were. But it is that very same feeling of responsibility and dedication that I have for my work that now has me sitting at my desk writing this book. There is an ever-growing amount of material regarding psychic powers available, which concerns me because it rarely includes the ethical component that is absolutely essential for novices to understand.

I have taught only a handful of psychic development workshops and classes over the years and during the last one I had the attendees all sign a legal waiver stating that they would not use my name in conjunction with any readings that they might give later. Why did I have such a deep internal struggle? You guessed it: the likelihood of egos running around totally out of control.

## THE INNER MONSTER NAMED EGO

One of the things that I want to clarify now is that we will be addressing the concept of *EGO* and how to balance it like walking a tightrope between two skyscrapers. One false move and—well, the conversation is a séance. When I speak to people, both professionals and novices, about psychic development, I say that I need to have just enough “ego” to allow me to do this work, but anything more than that gets in the way. Managing your ego as well as juggling your thoughts, feelings, and impressions and then having to be logical and self-aware at the same time is not an easy thing to accomplish.

But before we go down the rabbit hole and view life through the looking glass and all the other metaphysical anecdotal examples I’ll probably list as we embark on our adventure, I want to repeat once more exactly what this book is and isn’t about. As I am writing this, I am wondering if the publisher is going to have a “cow” and ask me to remove it. Let’s face it: the publisher is in the business of selling books. But I want you to really know what you are in for if you buy this project. YES, you read that correctly. This is a *project* and what we are building is YOU.

This project of YOU, your *Infinite Quest*, is an amalgamation of my last twenty-five years of doing metaphysical work. Please think of me like yourself, a student of the process and these teachings. I am still learning and evolving in my own project. Shifts and changes happen over time, but sometimes the impetus is just a thought or simple moment. What if standing in the bookstore or sitting at your desk is that moment for you right now? What if someone handed you this book for a reason? And I know it’s not because you saw my handsome face with my amber eyes and felt my charismatic personality jump out at you from the cover! (Don’t worry... ego in check.)

There is a REASON why you are now reading this book. I believe it’s because your Higher Self, your Spirit Guides (YES, you have them), and even some of your dead relatives (they care about education on the Other Side, too) have led you to participate in what we are going to address in this book: how to create the very best YOU.

So again, to be overwhelmingly clear: If you’re buying this book to learn how to do psychic readings professionally or to be able to say that you studied my work and now you can give readings just like me ... well, to borrow from one of my favorite movies, *Young Frankenstein*: **“Listen to me very carefully. PUT DA BOOK BACK!”** Okay, I know Gene Wilder actually said “candle,” but it made me laugh as I was writing this and I hope some of you chuckled as well.

**SPOILER ALERT:** Reading this book is going to be like taking a long car ride with your annoying brother in the backseat on a hot summer day. I will be pointing out all the road signs on our metaphysical trip, announcing we are NOT there yet, and also poking you while you're trying to just "be" on your journey. My Italian grandmother used to tease me, calling me a pain in the ass. And I guess I still am, especially when it comes to my dedication to my work and the code of ethics I expect to be followed. But don't worry, we will enjoy our time together. We will learn and evolve. We WILL develop our abilities. But ultimately, your goal should far exceed whether you can do a reading for another person and get the "Oh my God, how did you know that?" reaction. The goal for me is to share with you how in the last twenty-five years I have lived by these metaphysical principles and how they can create positive change in your life, too.

### **WARNING! WARNING!**

If you proceed further, you are doing so by your own volition and free will. You are deputizing yourself as a STUDENT of the UNIVERSE (not John Edward) and are acknowledging to the Universe that you are willing to take responsibility for learning from the experiences in your life, as well as mine. And like in the movie *The Matrix*—here's your blue pill or red pill moment...

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# THE JOURNEY

## *Until Now*

### SECRET TO LIVING A PSYCHIC LIFE

It's a common mistake to think that when you develop your psychic abilities you are doing so just to give readings. That is actually a small part of the bigger energetic picture that is potentially available for you. The ultimate goal is to live a psychic life every day and to use that newfound recognition to take chances and make choices with confidence.

In order to move forward, we need to understand the past. This is a simple idea but will be one of the more difficult things we will learn together. I am going to teach you many different ways to develop your intuition and raise your spiritual awareness. But none of it will mean anything if you don't understand your life's path to how you got to here, right now today. This includes being able to examine as objectively as possible the preset messages you carry around with you as you walk through life. We will use physical fitness as an example of what I mean.

### ***Are you overweight?***

If you answered the question "Yes," then the next question is:

### ***Do you want to be?***

If you answered the question "No," then my response is simple:

**CHANGE IT!**

If your response is "**I CAN'T CHANGE IT!**" ... then we have our first obstacle to overcome. Until you move beyond this type of negative mental roadblock, I can't help you with another damn lesson in this book. The whole thing will be words and stories on a page, experiences that I relate to you from my life that you can read about but will feel removed from. "*How nice for him but I can't do that!*" will be your answer to my questions and suggestions. Listen, I get it. I really do. I want you to know that I am sympathetic to having to make major changes in your thinking and programming.

A few years ago, my friend, Frank Sepe, an author, lecturer, all-around life coach, and celebrity trainer who has graced the covers of hundreds of magazines, was putting me through a series of workouts. He has a model body and is amazingly fit, very good-looking, and as passionate about fitness, nutrition, and health as I am about metaphysics. You can definitely say he is "harsh" like me, as well as one of the wittiest and most sarcastic people I know.

We have had many great conversations about personal motivations and goal-setting, and the parallels between his work ethic and mine are really quite similar. One day as I was ready to pass out after one of his workouts, he asked me if I would write the foreword to his new book on abs. I laughed, thinking he was being sarcastic. If the foreword was about chocolate chip cookies and the abs were the Pillsbury Doughboy's, maybe I would've taken him seriously. But I honestly thought he was kidding.

A few weeks later, he asked again and this time I thought, "*Why is he messing around with me?*" Perhaps this was some sort of psychological warfare he was launching. If I had to write a foreword for a book about abdominal muscles, maybe I would use that as the impetus to actually "find" a set of abs to write about!

At that point, I wanted to take a poll of all his clients and see if he was asking them to write for his new book ... he was not. Finally, a month later Frank told me that if I was going to write the foreword I would have to do it within a week. The reality that he was serious hit me like a ton of bricks. My first thought was maybe he wanted a pseudo-celebrity's name on the cover but with the long list of celebrities that he has on speed dial I quickly realized that my name

was *not* the reason. So I asked him, “*Why are you asking me, someone who clearly does not have a six-pack set of abs, to write the foreword to your book?*”

Frank’s reply was simple: “*You get it.*”

*I get it.* I get that the work is first done in the mind, not the body. That a person has to truly want to make the change before it can begin to happen.

Standing there in the middle of the gym, those three words rocked me to my core: *I get it.* Did you ever just hate someone for pointing out the truth? In that moment I couldn’t blame anyone else on the planet—not my genetics, not my schedule, not anything else but myself. WHY I didn’t have six-pack abs.

I had to own that I knew how to get them. I knew what goes into developing them, and the fact that I didn’t have those abs—well, it means I had to own that and be responsible for that fact. OUCH! Being self-aware can be shitty sometimes. Enlightenment was starting to feel like a carb-free diet to me at that moment.

I had been yo-yo dieting and working with trainers in the belief that I did want the beach body physique. Frank pointed out that I was smart enough to know how to make it happen and that nobody else could do it for me ... no supplement, no machine, no trainer ... just me. Now I had to sit with the knowledge that maybe I just didn’t want to put the necessary time and energy into that result, even though I thought I truly did. But if I *really* wanted that six-pack body, I would’ve already had it.

I am here to be your personal trainer for your spiritual development. So even though this is a book about developing your psychic abilities, we need to address other areas of your life as well, things that you will probably not find in any other ESP how-to manuals. This is a life project that will force you to address questions that you might not ever have thought of if you were not experiencing this book.

I want you to take the time to consider these questions so that you enjoy the revelation along the way and you aren’t just focused on the destination of “*being psychic,*” but really enjoying your personal journey on the highway of your life.

So there will be no “step one, do this; step two, do that; and when done with all the steps go do a reading” to be found in this book. I’m actually hoping that by the time you have finished this book, you will have gained a self-discovery and an awareness that lead to a more fulfilling life experience.

Now don’t think I forgot about my earlier question when I asked if you are overweight. It doesn’t really matter to me if you are or aren’t, but it does matter to me how you answered the question to yourself and if you can allow yourself to say that you are the only one responsible for why. The same concept is applicable to whether you are an avid smoker, heavy drinker, endless procrastinator, or compulsive gambler. **It’s not anyone else’s fault.**

You will not be able to raise your vibration of self-discovery if you can’t own who you are today and, more importantly, reflect back on the decisions, choices, and situations that you created YOU. Those aspects that help to shape you and your life, your beliefs and thoughts are part of your energetic programming. We will be challenging a lot of that preexisting programming. Some of those challenges will turn into the “AHA” moments where you are in total alignment with yourself and the Universe, and others—well, they may take a little more time to change.

When I was nineteen, I was confronted with life in a very profound way when my mother lost her battle with lung cancer. She was and still remains a cornerstone in the foundation of my life and Project ME. The morning that she crossed over I had to go pick up a tuxedo for my cousin's wedding. The ceremony was two days later and I was in the bridal party. My mother wanted to make sure that the wedding was going to happen regardless of her condition and made everyone promise that they would attend if she didn't make it there "physically." By the way, you will notice that I do not use the words *died*, *death*, *dying*, or my least favorite term for all you medical folks out there, *expired*. As a society we tend to differentiate between death and life when mortality is actually a part of LIFE.

I sat in my car staring up at her bedroom windows as the reality of her absence was becoming more like the Grand Canyon in my life with each passing minute, and I had the following thought: "*Nobody will ever care what time I come home again.*" My parents were divorced, and my mother and I lived upstairs in my maternal grandmother's house. I felt totally alone. I felt like I was spiraling into an instantaneous deep pit of despair and I remember thinking, or "hearing," that I had two choices:

**OPTION #1: BE A VICTIM**

*and*

spiral further into negativity and use this as the excuse.

**OPTION #2: MAKE IT AN ADVENTURE**

*and*

turn life into whatever good you can manifest.

Thankfully, I chose Option #2 and my life has been an active adventure ever since. ***I am here to tell you that you cannot expect anyone to do anything for you, nor should they.*** You have up until now unconsciously created the opportunities in your life and you attracted the people who assisted in being the catalyst for the experiences you have had ... both positive and negatively. Let's not start arguing so early on our journey together. If this material is already challenging your programming because of *where* you feel you are at in your life, and you are blaming other people, their actions, your lot in life, or the dog ... well, it is sounding like you might have chosen Option #1. Travel on with me and learn how to change your framework over to Option #2 and plant seeds for what you want to grow in your spiritual garden.

Don't look outside yourself for what you already have. Allow yourself to turn your life into an adventure today and every day.

## DETOURS AND TRAFFIC

There will be many detours along this highway. There will be a lot of traffic blocking your progress and getting in your way. Please remember that you have created and attracted all of it. So instead of being angry or frustrated, try to understand it. Seek out the meaning in every experience you have. Just like in school, once you graduate from a grade, you move on to the next level. However, if you fail the lesson, you repeat it over again until you learn what you need to know. Life is not so different and the school is the UNIVERSE.

## YOU AND YOUR TEAM

---

There's no easy way to say this: **There are "Invisible Forces" helping you all the time.** Call them your angels, your Guides, or your relatives; call them Frank, Bob, or Mary if you like. Let's just start acknowledging them and then you can name them whatever you wish.

I am blessed with two beautiful children. At the time of this writing, Justin is seven and Olivia just turned three. I will be teaching you the exact same lessons I am teaching my kids on these journeys.

One day, Justin told me that he "heard" someone calling his name at home and after he walked around the house asking his grandparents and his mom what they wanted, they simply replied that they hadn't called him. I remember seeing a look of puzzlement on his face. I didn't address it at that moment. A couple of days later as I started getting him ready for school, he was sitting up in his bed instead of jumping out of it, and I asked him what was going on.

*"I don't understand why that happens so much,"* he said, with that same puzzled look on his face.

*"Why what happens, Justin?"*

*"Why I hear someone say, 'JUSTIN! JUSTIN!' and there's nobody there... who is saying that? How is that possible, Daddy?"*

I was rendered speechless for a few seconds as he looked at me with great intensity. I think I would rather have had to explain where babies come from at that moment than have that particular talk with him. It is hard enough having discussions with adults who I don't think fully get it, and now here I was breaking it down for someone who thinks it's hilarious that when he laughs too hard when drinking milk it flies out of his nose.

I am not going to address our conversations in detail at this point, because I will talk about children and psychic development later in the book, but here is what Justin walked away knowing. **He has a TEAM of people that God put in his path to help him live the best life possible ... and now you know it as well.** A Team that consists of the family that loves him here in the physical world, as well as those that are still his family and love him but are basically invisible. A Team that can't do things completely for him, but if he "*listens*" and learns how they communicate with him, he will gain incredible insights.

His innocent response was, *"Cool, I have a Team. Daddy, can they help me with my homework?"*

You have a Team as well. Some of them might have been with you from other incarnations and some might have been assigned to you specifically for this lifetime. Some Spirit Guides come and go, and sometimes they may even be family members. And, yes, they can help you with your homework, too.

Now there are a number of questions that are probably pouring through your mind as you are reading this information. This is one of the rest stops on our journey. We are going to pause over for a moment in our process, and you are going to think about your Team. You don't need to do this out loud, but I want you to acknowledge the fact that *THEY* are there. You may want to say a prayer of thanks for their years of service of invisibly assisting you while watching you make some choices that—if they HAD a physical body—would have made the



try to shake some sense into you and other choices that would have made them stand up and cheer.

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Right now, I want you to put the book down and close your eyes. I want you to just allow your Team to show you in some way a memory of an experience where they might have been present. Once you think of at least one, start reading again.

Okay, so if you either ignored me and kept on reading because you are one of those people who like to read the last chapter of the book to see if all the characters are still alive and present, or, perhaps, you want to continue to ignore your Team even after I am establishing the fact that you have one at your disposal, **STOP** reading this instant. Please just do the exercise now since we can't go any further until you do! Good. I am going to have to take you at your word here and hope that you did attempt the exercise. There will be many more like you. If you want to write down in the book what you saw, that's fine. It's even better if you want to write it down in a journal. Whatever memory or experience you had, I want you to know that there's always a different perspective to it. Many times that is all your Guides do. They give us their unique perspective to assist us in making more informed choices. But we still have our *Free Will* to do what we want. We will discuss more about that further down the road on our journey.

Think about what you were feeling as you saw that past situation. Remember it and write it down. Try to be present in the memory and see if you were experiencing that memory of that situation in a spectator-like manner or if it felt the exact same way as when it initially happened. The reason why I need you to do this type of examination is to learn how you “see” or “feel” things. I want you to become a reporter of your own life's experiences from this point on ... like you have to be that set of eyes and ears for someone who can't actually be there.

Can you recall any experience as a child where you had this strong “feeling” not to do something? Can you remember the result of listening to it or not listening to it? It is very important to take some time now to ask your Team to give you more of their guidance because you are now going to really listen to them when they do.

## **Team Awareness Exercise**

I want you to take the time to reflect back consciously on your past to be aware of more moments or situations when you think you might have had assistance from your Team, but because you were in the experience you weren't paying close attention to how things were “feeling.”

Ask your Spirit Guides to show you examples of various times in your life when they were helping you and how they did it. Observe how you experience the answers. Yes, you might think you are making it up ... just keep going. Write it all down without any judgment.

I wouldn't be surprised if in less than thirty minutes you had two pages of information and experiences. I like to refer to my Team as “the boys.” I have done so since I first began developing my abilities. I believe my Guides were the ones who suggested that I call them “the boys” because I was starting to feel like I was part of the TV family *The Waltons* when I was going to sleep at night whenever I was doing a meditation or preparing for a reading. For my younger readers who may not be familiar with the show, at the end of each episode all the members of the large Walton family (including seven children) would call out “goodnight”

each other from their beds as the credits rolled. And in the same way, I would call out to each of my Guides until the list became a bit lengthy, and I was told “the boys” would work just as well.

**IMPORTANT NOTE:** I am going to refer to “God” a lot, and I am going to talk about Divine Guidance and Wisdom, but I am NOT going to write about religious organizations. When I began doing this work, I made a conscious decision to not discuss God in any denomination, especially in dealing with the media. I feel that I am painting a portrait of energy, and how people choose to frame that portrait is up to them. Some people might have no frame and others a thick one. Don’t get hung up on the semantics; wherever I mention “God,” understand that I am using it as a concept. If it makes you uncomfortable, just substitute whatever higher power or source that resonates the most with you.

At this point I am so excited for you and your realization (maybe for the first time) that you’re not alone and never have been. Isn’t it a great feeling to know that God loves you enough to give you a lifelong Team of spiritual sitters in a way to help you be the best YOU possible?

Some of you might be nodding now and saying, “Wait ... I already know that I have Spirit Guides because I have been reading and learning about metaphysics for thirty years!” My response is “Good for you.” Now, please keep reading.

### WHAT WE KNOW NOW

Okay, so we all have Spirit Guides that are working with us. We will call them your Team. We all know that they have been working with us since we arrived into this lifetime, and we know that they can’t *do* things for us, but can *assist us* in making our choices by inspiring us in many different ways.

#### ***How can I get more in touch with my team?***

That is the most obvious question and it has a simple answer: **Meditation and Prayer.**

Wait, before you start chanting like a monk or breathing like a yogi, I need to address one of the most critical aspects of your development.

### PSYCHIC SELF-DEFENSE

I know that every time I bring up the subject of psychic self-defense, people get all these visual images in their minds. Some laugh at the concept, and others take the idea to a place of fear and that unfortunately stops them from being able to move forward.

#### ***What is it and why is it so important?***

When you are opening yourself up to something new, regardless of the concept, there are elements of it that you need to be aware of, precautions and things to *respect* for you

personal well-being. For example, if you were to take up being an equestrian, you would need to develop an understanding of how to treat the horse with respect, as you would not want to be injured. You learn how to control the energy of the horse, and how to become one with it, and how to recognize if it is not in a good mood or place to ride or jump. Otherwise, the results could be catastrophic.

The same holds true if you were to take up flying planes. Clearly, you get the need for precautions and personal protection here ... point made. But what about an example that is less obvious but equally as dangerous in a different manner, such as cooking?

With cooking, there is the obvious need of taking precautions when working with sharp utensils and the heat of the stove or oven, but other risks are also lurking. Dangerous bacteria like E. coli and salmonella can be lethal to your health. You should always take special precautions when handling and preparing certain foods to make sure that these health issues never arise. You need to do the same with psychic energy as well.

Sex is another example that I like to use in regard to energetic protection, or more specifically, unprotected sex. It is the closest analogy to working with psychic energy that most people can understand. You are opening yourself up to the energetic experience and the world of energy around you. Quite honestly, you never know what you may pick up; if you are not careful, the results could be long-lasting and quite negative.

If you attempt to do readings for people, you are now a target or a receptacle for energy, both positive and negative, from their lives. This is true for anyone, by the way, whether you are reading a family member you love or a complete stranger. You may have an experience on one level and not realize what you “pick up” until much later. You might never know that you took on this person’s energy and it could definitely be detrimental.

Yes, of course there are negative elements and dark forces in the Universe. And, yes, there are energies that want to do terrible things, damaging things, to other people. If you don’t believe me, just turn on the news. If this is happening with people in the physical world, of course it will happen in the other worlds we reflect. The Other Side or the other dimensions I am speaking of have many levels, with energies both evolved and not. We want to protect ourselves from that obvious predatory energy (meant to be read with an “oh shit” feeling), but we also want to protect ourselves from the energies of the people in our everyday lives just as much.

I want to congratulate you on the fact that you are embarking on this journey of self-discovery. Just know that by doing so, you are opening yourself up, and you need to be aware of what’s in your life currently and who and what is around you at all times. There will be measurable differences in your life because in some ways you are removing *shields* or *protection*, natural barriers, like energetic calluses that formed over time. And now, in the new place, you are more exposed, unshielded, and vulnerable to energetic attack.

*Psychic self-defense* is the energetic “condom” that allows you to engage in what you need to experience in life, but protects you from taking on the ill effects.

## **Psychic Self-Defense Exercise**

Just so we can continue on our journey, I want you to imagine an icon or symbol that you feel is a “power symbol” for you. It can be religious, or something like the Superman logo, or

could even be an animal—whatever YOU feel can be a representation of protection. Know that when you imagine connecting with that symbol you are protected and safe from harm. You are giving yourself permission to be protected as well.

You also want to consciously call upon your Team to assist you in fortifying your spiritual energy of protection. Be diligent about this, PLEASE. I will reaffirm many things throughout this book—especially balancing EGO and AWARENESS and always protecting yourself energetically.

Most importantly, you will hear me and many others talk about the *WHITE LIGHT*. This is an essential ingredient to carry with you on your journey. It is considered to be the “*White Light God*.” Please memorize the following and say it as often as you like or feel necessary:

“I ENCIRCLE MYSELF IN THE WHITE LIGHT OF  
GOD’S LOVE AND DIVINE PROTECTION.”

While you are repeating this to yourself over and over, becoming one with the thought and weaving it into the very heart and soul of who you are, your cellular as well as “soul-ular” self, imagine this pure brilliant white bright light coming from above you, maybe through the clouds or directly from the sun. Allow yourself to bathe in that light, allow it to warm you and permeate every cell in your body ... down to your core. THIS IS SO IMPORTANT, I can’t stress it enough. I want you to get used to doing this a lot. You want to build up your ability to call upon this light at all times, almost like you are always basking in it.

There will be additional PSD techniques in the latter part of this book, but now we can build upon Project YOU with a strong foundation of understanding.

Don’t forget—whenever you are going to address your Team, you are going to make sure that you are practicing psychic self-defense at all times.

### COMMUNICATION WITH YOUR TEAM

I have just informed you that you have a Team of Guides that are working with you on your journey. Now we need to move forward, while using the PSD technique of the white light and saying your prayer, in learning how to recognize how your Team communicates with you.

### **The Five Psychic Senses**

You are going to think that I like to complain a lot in this book. I assure you that is not the case at all. I get the same questions everywhere I go. The cities, states, and countries may change, but the questions that people ask do not. Some of them are clearly written by the Inner Monster, but others are born from not being informed or from accepting a scripted movie or television show as the sole source of information. I am a huge fan of the movie *Ghost*, but clearly know that it is a work of fiction that is based on metaphysical fact and the dramatically embellished to tell a story. The movie is a great metaphor for life, just like the Bible. Please save your letters! I believe that the Bible was inspired by God in the hearts of human beings to capture, teach, and share a divine message about living a great human experience. I consider it to be the greatest piece of psychic material, actually—a channeled book of sorts.

Just as we have five physical senses of seeing, hearing, smelling, feeling, and tasting, w

have psychic ones that correlate. I call them the “five psychic sisters” ... “The Five Clairs”!

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**Clairvoyance—clear seeing**  
**Clairaudience—clear hearing**  
**Clairsentience—clear feeling**  
**Clairalience—clear smelling**  
**Clairambience—clear tasting**

I would like to be the first person to tell you that there is ABSOLUTELY NOTHING CLEAR about any of the above experiences at all. I jokingly think that they should be called instead *subtle-voyance, subtle-audience*, et cetera ... you get the point.

## THE NOTES

I will use many metaphors and analogies to help you understand these subtle yet complex concepts. The language of music is written with musical notes that create chords, rhythms, and songs. Similarly, these notes are like letters that make up words, sentences, and so on. In the same way, the energy that is coming through from your Team of Guides, or Aunt Mary for that matter, is going to consist of various “symbols” in a way. It’s all about learning your set of symbols and how your Team expresses them. Please know that it will always be in YOUR frame of reference, and that’s the place you must always begin.

These are the abilities or faculties that psychic energy flows through and manifests as. Take a minute and think about psychic energy as being AIR. And the abilities described above are the instruments: flute, clarinet, trumpet, saxophone, and tuba. The energy flows through all of those instruments and produces a sound that is unique to each. The quality of that sound depends on the musician and his or her level of natural ability or learned skill. Will it be noise? Or will it be music? Each one portrays the energy “air” differently, but they can all come together for an orchestral experience of perception.

Your Team will help to “move” the air or energy into your various instruments and play the information. One of your jobs is to recognize what instrument you are most comfortable playing.

Okay, enough of the instrument metaphors. Let’s get back to YOU again.

Are you a visual person? Are you more of a word person? Are you highly emotional? Predominantly, you will find that seeing, hearing, and feeling are the most used instruments in our psychic wind section. To what degree, you will now have to start noticing on your own. I can’t really tell you. However, rudimentary astrology can come into play here to get you started on finding out.

For example, if you are an AIR sun sign (Gemini, Libra, Aquarius), I would venture to guess your clairaudient ability would be the most prominent due to your affinity with words.

If you are a WATER sun sign (Cancer, Scorpio, Pisces), you are more likely a clairsentient person, because of the emotional dominance.

EARTH signs (Taurus, Virgo, Capricorn) are more comfortable with the physical senses, so seeing, smelling, or tasting work best since they need more proof to make the experience real.

And last but not least, FIRE signs (Aries, Leo, Sagittarius) are best at clairvoyance, because

they tend to perceive more in visuals since they prefer a fast, spontaneous connection.

What I have described represents just a few grains of sand on a beach in regard to the depths you can go with the science of astrology.

Again, this is a quick example of what the world of energy is that you are living in and are now attempting to understand. You can't really develop Project YOU without getting into all these other modalities. That's why I try to make it crystal clear how important it is that this can't be just a book on how to do a reading or connect with a dead relative.

Please don't be alarmed if right now you are thinking, "I have no idea if I am a tuba player or a flutist." *"Patience, grasshopper"* ... everything in due time.

# MOTIVATIONAL ENERGY

A REFLEX is defined as an involuntary reaction to a stimulus or any automatic, unthinking, often habitual behavior or response.

When you hear the word *reflex*, you probably immediately conjure up the image of a doctor with a little hammer hitting your knee and watching it move like someone else made it happen. That Pinocchio moment of feeling like you are a marionette is clear to see and feel because of the obvious stimulus. What about the stimuli that are all around you every day that cause you to have various sorts of reflexes, or, more realistically, reactions? Some of them will infiltrate your thinking and can actually affect the way you make choices.

As I said in [Chapter 1](#), we will be interweaving concepts and overlapping themes throughout our journey, reminiscing and building on lessons introduced and learned in previous discussions and examples. It might feel like I am digressing or covering the same material many times, but I have my rationale for doing so. For instance, the concept of *psychic self-defense* is one of the techniques that I will be talking about repeatedly since it is essential that you understand its importance in your development.

There are many reasons why you need to be on the defense psychically twenty-four hours a day. When you watch television, for example, it is often because you are looking to be somewhat mindlessly entertained. You are not watching it because you want to be accosted by someone else's issues (reality shows notwithstanding), yet you are under attack every single time you turn it on. Imagine that you are viewing your favorite television show (one of mine happens to be *Lost*) during a crucial moment in the plot, or maybe it's a comedy where you are actually laughing out loud (*Seinfeld* is a classic example), when all of a sudden a man walks into the middle of your living room and tells you that you might have a disease if your legs are restless all night, or a woman climbs through your bedroom window and begins to talk about your "who-who" and why it's itchy, or a lizard dances into your kitchen while you're pouring your morning coffee and starts spouting off about how you can save money on your car insurance.

Didn't all those scenarios seem ridiculous? Of course they are. I mean, you would never allow these random strangers to infringe on your life and barge into your home, right? You have locks on your doors and security systems to ensure your privacy and protect you from such a violation.

Would you believe me when I tell you that you often allow these intrusions to take place? Don't believe me? Well, I just did it to you. When I "told" you that I liked *Lost* and *Seinfeld*, I possibly planted a seed for you. Either you are already familiar with both, or you might have said to yourself, "Maybe I should check them out." Mentioning my favorite shows elicited a reaction and influenced you ever so slightly.

Some of you already know where I am going with this line of thinking. TV commercials in the USA typically make these types of "suggestions" twenty minutes out of every sixty-minute program that you watch. That is a fact. It is advertisers who pay for the shows that are produced and aired. That's the business side of television; someone has to pay for it. Now let's see how you are paying for it metaphysically.

You are lying in your bed at night exhausted. You are depleted and just want to watch a little "telly" and relax. Perhaps you turn on the evening news so you can catch up on what's happening in the world. This is where the "attack" begins. The news is rarely positive. In that twenty-two-minute broadcast, you are bombarded by the down-turning of the economy



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