



The Spiritual & Psychic Development Workbook - A Beginners Guide

Helen Leathers, Diane Campkin

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An introduction to the theory and practical basics of spiritual and psychic development. From meditation to dowsing, card readings to working with the chakras, understanding crystals to connecting with your Spirit guides. Do you want to increase your intuition, work with healing energy, learn how to meditate or develop your own clairvoyant ability? This book will facilitate an opening up to and development of your own natural spirituality and psychic skills. Essential basics, simple to understand theory and practical exercises make this a beginners guide for everyone. And there's not too many long words either. This is the book we've been looking for for years.

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