



Free Newsletter

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“Develop Your Mystical/Psychic Abilities” ©

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www.mariadandrea.com

Isten hozott,

Through this and some of the future Newsletters, I will be giving you information on developing your mystical/psychic side to empower your lives.

I wasn't sure this should be in any Newsletter. After all, some of this subject is what I teach. After meditating on it, I realized that those who view my Newsletters, books and CD's are on a Spiritual Path. I'm here to help you achieve your goals.

We're in the Aquarian Age, ruled by Uranus, the planet of the hidden being revealed, sharing love, having an individual and Universal unlimited open consciousness.

I teach the ancient methods and my original ones.

Don't let the simple aspects of this Path be misunderstood as the Level of the Path. You are at the start of bringing forth the dormant abilities that are in us all. To expand yourself and empower yourself.

Remember

1 – Never do negative. Only positive.

2 – ALWAYS Shield Up First – (Psychic Self-Defense) This is to be an Unbroken Rule of mine, prior any Spiritual / Psychic / Metaphysical work. (On a minimum level do a Protection Prayer. Those of you who do my classes know how to Shield. Remember to Use it!)

Breath gives us life. Starting to have control of breath will give you power, health and attainment of goals.

Do the following exercise 15-20 minutes a day. (Best prior to sleep at night.) Do this for the next 90 days.

Now to begin:

Exercise

Sit in a comfortable chair with arms, in a quiet room where you will not be interrupted. Close your eyes. Relax. Take at least 3 slow, deep breaths through your nose. Keep the breaths going 'till you feel relaxed.

Next take a breath in for a mental count of 8, hold the breath for a count of 4, and exhale to a count of 8. Start this sequence again and repeat for a few minutes.

Replace now the mental counting with verbally on the in breath saying “RAaaaaaaaaa...” Then on the out breath, saying “MAaaaaaaaaa...”

Do this for 10 minutes minimum, but do as many as you can. Then slowly open your eyes.

Do the above exercise for 30 days minimum and pay attention to how you feel, how you focus, how it affects you. Make a mental note of the difference between day 1 and day 90.

Look for next month's Newsletter. I'll take you through the next steps to empowerment.

Don't forget, stay positive and shield up first.

Pass on this website (www.mariadandrea.com) with this free newsletter to all who you think can use prosperity.

Look for the next Newsletter to continue your inner growth and power.

(Classes available – group or privately by phone)

May God Bless You Abundantly, Maria