



**Free Newsletter**

**July 2010**

**“Connecting To The Other Realm”**

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*Isten hozott,*

As we continue to learn and walk the Psychic / Spiritual / Metaphysical Paths from last month, you will notice your outlook on life slowly changes.

You will not end up chanting on the mountaintops. However, you will expand your abilities, sensitivities, knowledge and success and do better in both realities.

There are 2 realities-man (physical reality) and spirit (astral plane). You need to work with both to achieve greater heights and goals.

Meditation is your connection. It is the link / cord between the 2 realities of man and spirit.

When I psychically “see” someone in the meditative state, frequently I “see” a cord or column of blue light from the person going up into the ethers.

Meditation can be very powerful and helps you to function better in the other realm, as well as, in this one. It gives you a base to work from.

The more you do this, the better. Frequency makes a difference.

You only need 15-20 minutes per day. You can do more later. If you try to meditate for too long, you'll simply revert back to this reality.

Don't force it. If you do 5 minutes and you come out of it, stop and get back to it another time 'till you build to 15-20 minutes. Some days will be a shorter time, some will be longer later on. It isn't always the same.

***Remember my Rule:*** Shield up first (Psychic Self-Defense).

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Next, we'll start:

### **Exercise**

Start by sitting in a comfortable armchair. Close your eyes. Do relaxing breathing- Breathe slowly in through your nose, mentally count to 8 as you do so. Hold the breath for a count of 4. Exhale for a count of 8. Repeat this 'till you feel relaxed.

With eyes closed, visualize a blank space about 3" in front of you and a little above you (about third eye level). It can be a white space, gray or black. Mentally say- "I am now ready to "see", "hear" or "know" what I need to be aware of."

Then give it a minute and with eyes closed, "look" into the blank space. Wait. Be aware of what you "see" (such as people, scenery, colors, etc.) , "hear", "feel" or "know". If you get a thought about something mundane, like bills or something you are working on, do not dismiss it. It's telling you information. Stay with it and follow the thread / story 'till it goes away on its own. Many times it will solve problems for you.

When you feel you're done, slowly open your eyes.

Do not drink anything cold right away. It will be a shock to your system.

Do the meditation every day for the next 60 days. You want to make this life long, but at least for now, do the 60 to get an idea of how it helps in your life.

Keep doing the exercise from last month for the next 60 days also.

Remember, you are on an adventure to fulfillment.

**Pass on this website ([www.mariadandrea.com](http://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)

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*May God Bless You Abundantly, Maria*