



Free Newsletter

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“Focus For Power And Control”

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Isten hozott,

In the last few months, I've introduced you to the basics of connecting on the Psychic / Spiritual / Metaphysical levels.

As we continue, remember you are adding on practices, knowledge and expansion.

Focus with concentration is an integral part of attaining your advancement. If you can't focus, how will you have the will- power to achieve your goals?

In ancient times they knew that to have the power to focus the mind gives you the ability to hold decisions, goals and to manifest. Will- power with focus is essential to bring situations into manifestation.

There is a power, control and empowerment in this important step.

We were manifesting a specific goal in one of my classes. As a group, everyone picked one goal specifically for himself or herself and wrote the goal on a piece of paper with the date they started. We then went on to some ancient Formulae and my original ones to bring these goals about.

One of my students ended up winning a box seat ticket to his favorite baseball game. He always wanted to go and stayed focused on his goal. You never know “how” it comes in; you just know that it does. In fact, most of you know him: Robert K.

Focusing attention means you are tuning out all worldly vibrations and blocks to your focus on a single goal.

The effect is that the more you focus on one object (for practice) and later on one goal, the better your focus will get. This enables you to manifest (create) better and to gain psychic information better.

Some methods utilized throughout the centuries include: mandalas, point-of-focus, silent intoning, pictures, candles, crystal balls and beads.

Focal points are used to keep your attention on one point. This can be brought about also through focus on a small object, point, music, repeating words or sounds (verbal or non-verbal).

Some forms, I've found are not too conducive for our intent.

Keep doing the previous exercises from the last few months. At this time, you will be moving forward in heightening your abilities through the method I use.

These practices develop focus, will power, strengthen your senses, and tap the subconscious mind and Universal Mind.

Now, add on the following:

Exercises

Do the following exercises at the minimum 2 times per day.

Step 1 – Draw on white paper with black ink a 3-sided triangle. Put 1 dot in the middle.

Step 2 – Focus your vision on the dot only. Do so as long as you can without blinking or looking away. Try to hold your focus for at least 5 minutes. Your eyes may wander, see 2 dots, or water in the beginning, but if you continue the exercise, you will be successful.

Step 3 – Focus once again on the dot and move it mentally toward each corner of the triangle. You can also do this practice by closing your eyes and visualizing the triangle with the dot and moving it in this manner.

****Each time you do these exercises; redo the triangle with the dot on a new paper.*

All of these steps are important to elevating yourself, your abilities and to empower you to create the life that is abundant and successful for you.

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

**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