

Understanding YOURSELF

Are You Psychic?

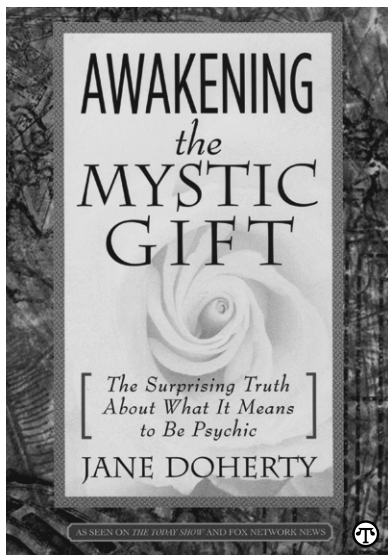
(NAPSA)—Have you ever had a hunch or gut feeling that proved correct? If you have, you may be psychic. Jane Doherty, respected psychic and ghost-buster, reveals in her new book the surprising truth about what it means to be psychic and how each of us can find the psychic within.

Her book, “Awakening The Mystic Gift” (Hummel & Solvarr, \$24.95), tells us how Doherty became a psychic, going from skeptic to believer, and in the process, went on to help tens of thousands of individuals, including law enforcement, business owners, professionals and ordinary people. She has also made major contributions to the field as a psychic investigator, having conducted hundreds of séances and confronting hundreds of ghosts.

Her work has been praised by prominent news media that includes the “Today” show and “The New York Times,” and has landed her a nationwide television show this fall. The Learning Channel, carried in 90 million homes, will air 10 episodes of “Dead Tenants.” The hour-long shows will explore 10 haunted homes and the families that desperately seek help and a solution to mysterious disturbances.

Doherty cautions that developing one’s psychic abilities requires patience, trust, dedication and practice but says we can jump-start the process by feeling confidence and self-love. “Developing psychic ability is not just about following a series of exercises,” says Doherty. “It is a process of emotional, spiritual and mental change that you must address to achieve your goal.”

“Awakening The Mystic Gift” offers a list of skills necessary for one to master in order to develop psychic abilities, including deep breathing, meditation, hypnosis,



FIND OUT IF YOU ARE PSYCHIC—A new book shows how you can be psychic without even knowing it.

walking, visualization, having a hobby and taking a soothing bath.

In her book, Doherty tells us how to:

- Understand the difference between a fraudulent carnival palm reader and a genuine psychic who can provide guidance in our future
- Listen for guidance through reflection, observation, relaxation and quiet
- Use our psychic abilities for a good purpose—and to stop thinking we can use them to win the lottery or make wild predictions.

“I went from being an English teacher to a housewife to a psychic,” says Doherty. “I never thought this was my calling, but perhaps there are millions of others out there who await their calling.”

Doherty also explains to us that there really are ghosts out there, but not like Hollywood depicts them. To learn more, visit www.JaneDoherty.com.