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Psychic!

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The Dynamics of Being a Free Soul Course
(Course Textbook and Cassettes)

Access Your Brain's Joy Center
Scientific Vortex Information
Free Soul Reflections

• You Are •
Psychic!

The Free Soul Method

Pete A. Sanders, Jr.

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*This book is dedicated to that part of each
of us that knows we are
unlimited and strives to explore our
full potentials and freedoms*

*The important thing is not to stop
questioning.*

—Albert Einstein

*Always bear in mind that your
own resolution to succeed is
more important than any
one thing.*

—Abraham Lincoln

*Self-conquest is the greatest of all
victories.*

—Plato

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Preface

Before You Read This Book

IF EVER you wished you could reach beyond the everyday world and experience virtually limitless knowledge and control of your destiny, the time for merely wishing is over. If ever you dreamed of being able to tap psychic insight and wisdom whenever you need it, the time for just dreaming is over.

The skills for achieving those goals are now within your grasp.

Imagine what it would be like to wake each morning knowing what the day holds in store for you—being able to sense in advance the moods of the people you will be with, to take exactly those steps that will help you be successful in all that you do.

That power can be yours. By the time you finish reading this book the capacity to assess other people's temperaments and personalities, and the ability to sense, feel, hear, and see

events before they happen can become everyday skills for you.

That is, I know, a startling claim. But during my years of biomedical chemistry and brain science study at Massachusetts Institute of Technology (MIT), I discovered basic principles and training techniques that make these psychic abilities available to anyone who wants them. Later, I refined and successfully tested those methods around the world. I have taught them to thousands of men and women. Now, in this book, I will share them with you.

No longer need you be limited to merely talking about the idea of extrasensory perception, or to marveling at random psychic experiences others have, or to seeking help or counsel from a few naturally gifted persons who are labeled “psychics.” The psychic world is real, and you can be a part of it.

The freedom to explore your higher ESP potentials is not only your birthright but the most important of your personal liberties. Knowing how to use those potentials in practical ways—how to tap on demand the psychic abilities heretofore locked within yourself—will provide you with life-changing and life-enhancing opportunities.

The right to explore and develop your psychic talents, and to apply them to your daily life, has been suppressed for thousands of years. Superstition and dogma, ridicule and cynicism, have combined to shroud ESP and what have come to be called “paranormal” abilities in a veil of fear, mystery, and misunderstanding. The myth that ESP is limited to a few “psychics” or to only random, uncontrollable experiences has barred the door to the greatest of human adventures.

Despite these obstacles, belief in the existence of paranormal abilities and ESP phenomena has managed to flourish. A recent University of Chicago survey reported that 67 percent of those queried—two out of every three persons—claimed to have had a psychic experience. I believe that 100 percent of us are psychic and capable of using our ESP at will as easily as we blink our eyes or think a thought.

Consider that we live in an age when most leading physicists accept the existence of realms of phenomena beyond the three dimensions of our physical environment. Scientists who are proponents of the new “Superstring Theory” of subatomic physics believe that all matter—including human beings—exists in ten dimensions, and that all matter and energy may be able to “communicate” at subatomic levels.

You, too, possess the power of unlimited communication. It exists in your mind—your personal highly sophisticated internal receiver and transmitter. Most of us use only about 10 percent of its vast capacity; the other 90 percent of its power goes virtually untapped.

The goal of this book is to show you how to tap fully the limitless energy of your mind and break through into the dimensions beyond. I know you can achieve this because I have done so myself, and have helped thousands of others to do so. Let me take you back, for a few moments, to the beginnings of my personal belief in ESP, and to the start of my search for ways to use it for a better and more fulfilling life.

My Psychic Awakening

As a child, I was fascinated by the original television program on ESP entitled *Alcoa Presents* (it was later renamed *One Step Beyond*). Each week it dramatized a factual story having to do with a paranormal experience. I still recall one tale of psychic communication over vast distances, another recounting premonitions of the sinking of the *Titanic*, and still another of a dream that forewarned a man of a physical danger. As a result, I came to believe that the extrasensory world was real—but mistakenly I thought that only those with special gifts could access it, or that it could only be experienced by chance.

That belief in ESP was strengthened in my youth when my

widowed mother, Aurora, in her search for spiritual sustenance, took me along as she visited a wide range of psychics and mystics.

Time and again I heard information presented that could not be known to or obtained by the physical senses. Although most of the psychics claimed to be gifted since birth, they at least had seemed to find a way to control their ESP. If they could learn, I reasoned, it must be possible for anyone to be psychic, even someone like myself who had shown no automatic or “natural” paranormal abilities. My reasoning proved correct.

My first personal psychic experience occurred several years later when I was fifteen. My mother had invited a quirky old psychic (call him Sam) to teach a group of us how to see an aura, the energy field that surrounds our body and manifests itself as a “halo” of varicolored light. Sam’s clothes were disheveled and he fidgeted constantly, but he professed to know everything there was to know about Aura Vision. In truth, he was adept at it and could see auras at will. That night he was going to share his secrets with us.

Sam told us to relax our vision as we looked at Cecile, the “aura model” for the evening. Sam then instructed us to notice the places on our own body where we felt an itch, and then look at those same places on Cecile’s body to see what we observed there. I thought this was the most ridiculous approach to Aura Vision I had ever heard! I was sure this weird method couldn’t possibly work, so I didn’t try at all. I just relaxed and went along with it.

To my surprise, I suddenly saw Cecile’s aura. Around her head were brilliant light blues with flashes of dark red; around her body the aura was a dull gray, with two dark scar-like lines across the area of the abdomen where I had felt an itch just moments before. Afterward Sam explained that the blue light around Cecile’s head represented her basic calm personality, and the red flashes represented her tendency to give way at times to explosions of temper. She had also had two recent abdominal operations.

For me the experience proved that auras did indeed exist, though “itching” did not strike me as the best technique for discerning them. Only two others in our group saw anything of Cecile’s aura. I felt that, in my case, the very ridiculousness of Sam’s method had prevented me from trying too hard, and as a result I was truly relaxed. It was that totally relaxed state, I believe, that first allowed my psychic vision to unfold. I soon learned to discard the gimmick of itching and just relax naturally to open my “third eye.”

The Psychic Marketplace

Growing up in Southern California, I had the chance to see every type of psychic imaginable. Those experiences in the psychic marketplace convinced me that while some psychics were gifted and sincere, others clearly exaggerated their abilities. I recall one California woman—let’s call her Helen—whose psychic reputation was so widespread that she and her husband held nightly sessions for different groups all over the state. At these meetings Helen would “open a channel” to a spirit guide she called Tomar, and through him answer questions and deliver messages.

I was struck by the way Helen’s aura varied as she answered different queries. For example, one woman said she felt her husband was troubled but she could not communicate with him. “How do I get him to talk to me about what’s bothering him?” the woman asked.

Helen easily and confidently channeled information and advice (which the questioner later reported was accurate and worked effectively), and while she did so her aura remained solid, wide, and bright. But when another woman asked a question about a possible career change, Helen’s aura faded and shrank. It seemed as if she was unable to respond. I expected Helen then to say something like, “I’m drawing a blank on that, so perhaps you need to make your own

decision.” Instead, Helen gave the woman specific advice on what job to look for, and even the recommendation to move to a different city. This time while she was speaking her aura remained narrow and dull. I was startled by the difference, but since I was new at seeing auras I said nothing. (Later I learned that the woman did move, with disastrous results: she spent nine months unemployed and looking for a job that never materialized.)

When I asked others in the group about it later, they all said they had either seen no aura or noticed no change. With no evident psychic ability of their own, these people simply placed total faith in Helen, whom they believed to be “gifted.” Most of them went to other psychics as well and relied totally on their answers to their questions.

The saddest thing about all this, I realized, was the circle of psychic dependency that enclosed both the psychics and their clients. Helen at one time described aspects of my life she could not have known without ESP, and I knew she was extremely psychically open. The answers she gave when her aura was bright proved to be accurate. But those she gave when her aura was dimmed proved flawed, and I believe Helen knew they were flawed. She was just as ensnared in the trap of psychic dependency as her clients.

What I mean is this: People who do not know that they have or can develop their psychic abilities place the burden of tremendous expectations on the Helens of the world, the persons they believe can use ESP to help them. The pressure of those expectations no doubt led Helen to exaggerate her natural psychic talents. In the process, everyone lost.

Over the years, what stayed in my mind about this and similar examples of psychic dependency and expectations was the fact that there were so many people eager for information about the psychic world. I believed these people deserved better than the false gurus, commercial rip-offs, or outright charlatans who so often seem to dominate the psychic marketplace. I believed that reliable knowledge of

the extrasensory world—and practical methods for obtaining it—should be made available to everyone. You shouldn't have to depend on someone else to "be psychic" for you! *You should be able to be your own free soul!* I headed off to college looking for scientific ways to make that desire a reality.

What Is Free Soul, and How Did It Start?

Although as a premedical student at MIT I studied the basic "hard" sciences such as biology, chemistry, and biochemistry, I found my true niche in the psychology department. There I immersed myself in courses and laboratory work on physiological psychology and brain science. In simpler terms, I studied the human brain and the senses—all that we know about them and all of their yet untapped and unlimited capabilities.

When I graduated from MIT, I was accepted to attend Harvard Medical School. But after much soul-searching I declined the offer and decided to follow a different career path.

At MIT, as you will see in the next chapter, I had uncovered principles and techniques I believed could help put the psychic ability that lies dormant within all of us into anyone's grasp. I knew there was a greater need for responsible work in that field than in the field of traditional medicine. I felt I could touch and enhance more lives by providing this type of service. I believed that individuals who search for psychic development have a right to learn without having to pay large sums of money or joining a cult. My goal was to find a way to make inexpensive, nondenominational psychic education widely available. In 1980, after traveling to many parts of the world to test my theories and techniques in a variety of environments and cultures, I achieved that goal by found-

ing Free Soul. It is a nonprofit organization that makes available revolutionary self-teaching techniques for developing extrasensory talents and expanding the human potential. Free Soul currently has hundreds of instructors who offer classes throughout the U.S., as well as cassette courses and textbooks. (For further information, write Free Soul, P.O. Box 1762, Sedona, Arizona 86336.)

There is no doubt that psychic potential exists. The question is, Are you going to develop that higher potential for yourself, or allow it to remain blocked and unused? The answer lies in this book. It contains the fundamental elements of Free Soul's teachings, along with self-discovery exercises and a wealth of personal experiences with psychic living. It will show you how to unfold and fine-tune your own psychic abilities.

Let me share with you a taste of what lies ahead. Chapter 1 tells the story of my discovery of the body's four Psychic Reception Areas and the four psychic channels they open up for you. Chapters 2 through 5 discuss in depth how to use these four psychic senses. Each chapter also describes the personality traits that accompany each specific psychic strength. You will learn from this how best to deal with other people, and how to gain new keys for career and personal success.

Chapter 6 explores the world of the aura—how to sense and interpret the body's energy field, and how to use your new knowledge for your personal benefit. Chapters 7 and 8 take you beyond ordinary psychic sensitivity into even higher potentials that can help you reduce stress, heal yourself, increase your creativity, and extend the boundaries of consciousness beyond the three-dimensional world.

Chapter 9 is your gateway to tomorrow. With examples from the experiences of Free Soul graduates, you will learn how to expand your new-found psychic skills and take an evolutionary step forward toward the control of your own destiny.

The Frontier Ahead

When you answer the challenge of seeking your highest potential, the greatest journey of your life begins. Before you spreads the unlimited frontier of the mind, the psyche, and the soul. This journey into new territory is neither hazardous nor difficult. But it does require the courage to explore, to change, to grow. This book and the keys it contains will provide you with the foundation and support you need to make that journey a reality.

Know that what you seek from this book is possible; more important, know that learning how to find what you seek is invaluable. The wisdom you gain from that quest will give you more than knowledge. It will give you the freedom to be unlimited. *That is your birthright as a Free Soul.*

• 1 •

The Four Psychic Reception Areas

DO YOU REMEMBER the last time you were at a large cocktail party, or at a business convention where dozens of conversations were going on at the same time? With literally thousands of sound waves ricocheting around the room, you probably found the noise overwhelming.

But when you focused in their direction and listened more intently you were able to zero in on the person you were talking with or, if you wished, even pick up what someone far across the room was saying. That's a simple illustration of how selective focusing heightens your sensory abilities. Another is the way you stare when you want to see something more clearly. Staring "locks" the most sensitive part of the physical vision, the fovea of your eye, onto whatever you are looking at.

These common examples illustrate how using selective focusing with your five physical sense organs (eyes, ears,

hands [as an aspect of the skin], tongue, and nose) helps sharpen your ability to see, hear, touch, taste, and smell when you want more information or greater detail. You use these focal points so naturally that you are seldom aware of what you are doing.

Similarly, the four psychic senses have focal points on or around your body that can increase and amplify your extra-sensory abilities. I call them the “Psychic Reception Areas”—the locations for enhanced Psychic Feeling, Psychic Vision, Psychic Hearing, and Psychic Intuition. Just as physically focusing on your ears at that cocktail party helped you hear a particular conversation that was previously just background noise, so focusing on a Psychic Reception Area can open the way for you to experience psychic impressions with greater clarity.

Once you know the location of the Psychic Reception Areas and how to use them, you will be able to access your four psychic senses on command—that is, whenever you want to. In effect, you will be doubling the amount of information you receive about people, places, and events because you will be using nine senses (five physical and four psychic) instead of just five.

Think of what that can mean! Have you ever walked into a room after two people in it were arguing and felt that “the air was so thick you could cut it with a knife”? Of course you have. But arguments don’t cause air molecules to become more dense. You were experiencing a psychic feeling. And what about all those times the phone rang and you knew who was calling before you answered? Psychic Intuition makes that possible. Wouldn’t you like to be able to hear the truth about a product when a salesman is trying to sell you something? You can, with Psychic Hearing. And Psychic Vision can give you the advantage of being able to see the real truth reflected in a person’s aura.

Until now you probably have been having experiences with ESP randomly. But this book will help you develop the

ability to sense psychically *all* of the time. By learning to focus on the Psychic Reception Areas you will receive stronger psychic impressions—strong enough to divert your attention from your physical senses. With practice, even subtle energy patterns will be discernible. Best of all, you will be able to develop your extrasensory abilities safely and steadily. When you are able to turn them on at will you can also turn them off to prevent the possibility of a psychic overload. Additionally, you will have the increased security that greater awareness and skill always bring.

How the Psychic Senses Work

All our senses, physical and psychic, function in part by receiving and responding to some form of energy. Physical vision depends on the energy of light waves striking the eye. Physical hearing senses the vibrational energy of sound waves. Taste and smell function through chemical energy reactions between certain molecules and the receptor cells of the tongue and olfactory areas. The psychic senses follow a similar pattern, except that the energies they interact with cannot be discerned physically or measured by current technology.

That should not deter you from exploring your psychic ability. Many forms of energy affect your life whether you understand them or not. Two hundred years ago little was understood about electricity, but electric energy existed. Though scientifically unexplained, lightning struck, electric eels gave shocks, the nervous system functioned. Even today, you may not fully understand how electricity works although you use it routinely.

Consider what happens when you turn on a light. You don't need to understand how electrons travel back and forth in the wires. Neither do you need to be aware that for each

of your thoughts and movements the electrical energy that is your brain and nervous system has processed millions of messages. You don't need to know that each of those brain messages involves billions of complex exchanges of chemical energy into electrical energy. Instead, you have learned by experience how to make those forms of energy work for you in practical ways even though you may not know *how* they work. You just raise your hand, flip the switch, and the light goes on.

You need to adopt the same approach to using your psychic senses. They receive the psychic energy that is emitted by all people, places, and objects. *Because you are energy, you can receive and identify those extrasensory vibrations.*

Much about the human brain is still unknown, and we use the word "mind" as a sort of shorthand to describe mental abilities that go beyond what we know about the physical wiring of the cortex. Brain scientists cannot yet explain exactly why or how we dream, how memory is structured, or how we form a creative thought. Yet every day we dream, we remember, and we think. Or consider the mystery of hypnosis. It has been studied and used successfully for over a century to reduce or eliminate pain (it has even been used in surgery instead of anesthesia), to help us control addictions, to uncover repressed memories—yet we still don't have a precise idea as to how or why hypnosis works.

The fact is that science today comprehends probably less than a tenth of what our brain and mind can do. In a world where many scientists now believe once unbelievable things—for instance, that all matter exists in ten dimensions; that time slows as you travel faster; that particles called tachyons, which can arrive at their destination before they leave their point of origin, may indeed exist; that the universe is literally a sea of interchangeable and interacting energy—in such a world the concept of psychic sensitivity, of ESP, is no longer a farfetched fantasy.