

COMMUNICATING WITH THE OTHER SIDE



WHY DO IT?

Much to learn from those on the other side.

Learn that the departed are OK.

Alleviate the fear of death.

WHAT'S REQUIRED?

Commitment.

A quiet place to sit and relax.

Belief that you CAN do this.

A TRUST in yourself.

Prayer.

SIMPLE STEPS TO ACTIVATE YOUR ABILITY TO COMMUNICATE WITH THE OTHER SIDE

DON'T DO THIS EXERCISE IF YOU'RE OVERTIRED

PRAY FOR DIVINE GUIDANCE

TAKE FIVE TO TEN DEEP BREATHS WITH EYES CLOSED

CONCENTRATE ON THE DARKNESS BEHIND YOUR EYELIDS

&

YOUR BREATHING

SAVOR THE TOTAL CALM AND PEACE OF MIND

ASK A QUESTION

IMMEDIATELY GO BACK TO CONCENTRATING ON YOUR BREATHING

CONCENTRATE ON THE DARKNESS BEHIND YOUR EYELIDS

GIVE IT FIFTEEN MINUTES

IF NO THOUGHTS MYSTERIOUSLY COME INTO YOUR MIND

TRY AGAIN TOMORROW

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