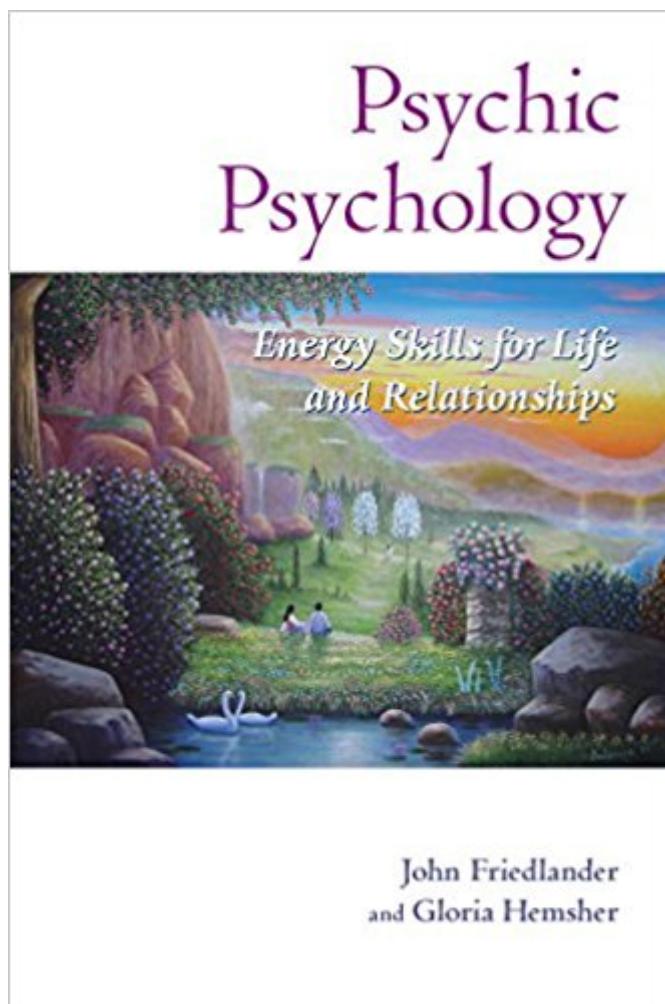


The book was found

Psychic Psychology: Energy Skills For Life And Relationships



Synopsis

This useful guide from two of America's preeminent psychics is unique in its focus on individual psychology and interpersonal relationships. It begins with simple meditations during which practitioners learn how to recognize their own psychic energy—and also determine if that energy is constrained. *Psychic Psychology* shows how to free energy through such tools as grounding, clearing psychic enmeshment, and finding the space from which to respond most openly, resourcefully, and generously to life. An entire chapter is devoted to exploring the specific energies men and women have based on their biological differences and helping them to deal with their own energy and that of the other sex. Friedlander and Hemsher present the everyday usefulness of clairvoyant skills within a big picture where they explain that we create our reality, but do not control it; and that the personality—like the soul—is eternal and always growing. The final section describes how psychic skills can be applied in real-world contexts, which are often ambiguous and contradictory. The book explores common issues such as dealing with selfdoubt without jumping to unwarranted, blind confidence and how to communicate effectively, with clear boundaries.

Book Information

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Customer Reviews

At the core of each of us are pathways into deeper, more profound, more gratifying ways of living than those cultivated by a culture that cherishes materialistic gain, instant gratification,

and maintaining a competitive edge. *Psychic Psychology* gently and effectively teaches those who will take the time and exert the effort to enter hidden realms that have been known to wisdom traditions throughout time. Through ninety-eight practical and wonderfully accessible exercises, it systematically builds your connection with the psychic energies that surround you and brings you into the eternal moment, where our deepest joy and most authentic living dwell.

•Donna Eden, author (with David Feinstein) of *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality*

“John Friedlander and Gloria Hemsher give you a universe you can believe in, but more than that: a universe that believes in you, a universe you always secretly knew was there.”

•Rob Brezsny, author of *Pronoia Is the Antidote for Paranoia: How the Whole World is Conspiring to Shower You with Blessings*

“Psychic Psychology, invitingly warm and clearly written, is a book that needs to be read, like one enjoys a box of very fine chocolates, slowly enjoyed and savored, tasting each layer, one bite at a time. Chapters on advanced grounding techniques and other life skills continue to bring me and my students to a deeper place of understanding, balance, and strength within our hatha yoga and meditation practice. The practical skills taught in this book allow us to engage in the world and capably experience life as a spiritual journey.”

•Lilias Folan, “First Lady of Yoga,” PBS host of *Lilias! Yoga and You* and author of *Lilias! Yoga Gets better with Age*

“Psychic Psychology is an elegant synthesis of several great teaching traditions, combining the wisdom of the Seth material with the structural elements from Eastern and Western approaches to energy healing. You can skim this book, learn a lot and enjoy it thoroughly. But then to benefit from its depth and true power, I suggest treating it as a workbook to be experienced over the course of several months, serving as a catalyst for your personal transformation. This book is a hands-on guide to the mechanics of the mysticism in everyday life; by describing the nuts and bolts of energy flow in relationships, both present and past, the book shows the reader how, literally, to create your own reality. Infused by the very attitudes that Hemsher and Friedlander advise the reader to adopt—openness, playfulness, and curiosity—the book is both challenging and entertaining, and is guaranteed to broaden any reader’s understanding of the nature of personal reality.”

•Eric Leskowitz, MD, author of *The Joy of Sox*, Director of the Integrative Medicine Project at Spaulding Rehabilitation Hospital, Boston MA, and faculty member of the Department of Psychiatry, Harvard Medical School

“John and Gloria have elevated the work of psychic and spiritual development to entirely new levels. The skills and exercises are practical, insightful, and they leverage the best of all of us—our curiosity, imagination, and playfulness. All in the pursuit of

self-awareness and healing. Female grounding is a worthy practice in and of itself. •for all over-committed, harried, nurturing women everywhere. Read this book and learn to female ground! •Jill Leigh, founder and director of the Energy Healing Institute, Boston, MA “John Friedlander is the truth. There is the big picture, so-called, and then another big picture framing it. That one is not only invisible, operating at a different vibration from our perceived consciousness state, but flashes of its recognition change everything, put us back into a hospitable universe. The big big picture takes the darkest aspects of our crisis and despair, locates them rightly in a larger congruence, and makes us calm and whole. There is a great deal of work ahead, some hard yoga, but John provides a few of the key tools that we will need. This is a teaching ahead of its time by perhaps a thousand years, but it is completely imbued with our time because it is the background against which all our foregrounds curtsy and pay homage.” Richard Grossinger, author of Embryos, Galaxies, and Sentient Beings: How the Universe Makes Life and 2013: Raising the Earth to the Next Vibration “In this beautiful and very important book, John Friedlander and Gloria Hemsher share knowledge to expand your understanding of the cosmos and practical tools with which to improve your life. A fascinating and deeply insightful exploration of what it means to be a soul having a human experience. There is great wisdom here.” •Robert Schwartz, author of Your Soul’s Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born

John Friedlander has been teaching psychic skills since the 1970s and Gloria Hemsher since 1997. They coauthored the well-received book Basic Psychic Development. Friedlander lives in Saline, MI. Hemsher lives in Cincinnati.

If there were such a thing as a textbook for life, this would be it! One of the things that makes this book such a remarkable read is that Friedlander and Hemsher don't just advise us to use everything in our lives as fuel for spiritual growth -- they show us how to do it. The text flows smoothly. Each topic is first clearly explained and then step-by-step instructions are given for how to experience what we've just learned, and have fun doing it. The authors don't cut any corners. Whether your interest lies in understanding the differences between male and female biological energy (fascinating, and practical, whatever your gender or relationship status) or what happens to the personality when we die, or the whole range of energies and experiences that make up the human experience, and how *all* of that is deeply sacred and full of meaning, it's all in here. "Psychic

"Psychology" covers topics and exercises I've never seen, or dreamed of seeing, anywhere else (I encourage you, if you are at all interested, to stop reading this review and scan the Table of Contents and give yourself this treat -- one of my personal favorites is, "What Happens to the Personal Aura When Someone, Gritting Their Teeth, Says, 'I Am Loving, I Am Loving, I Am Loving...?'"). Oh, book -- where have you been all my life? LOL. The writing style is simultaneously brilliant and down-to-earth. The wisdom and logic of a Harvard and Duke-educated lawyer combined with the exquisite artistry of a professional photographer and intuitive from childhood (I wish to be clear in stating both authors are clearly gifted, both analytically and creatively!) -- and the authors' combined wealth of life experiences as the result of teaching this material for decades and living it in the world -- make the subject matter come alive with uncommon intelligence and clarity, warmth and sensitivity. I appreciated the depth of insight ... coupled with an abundance of humor and an absolute lack of judgment ... present throughout. I frequently found myself saying, "Oh, I get it!" I fully expect upon my second and third and fourth readings that I will continue to "get it" on increasingly deeper levels. This book is suitable for beginners and advanced meditators on the spiritual path. As a matter of fact, there is so much practical information in here, I would even venture to say if you were not interested in developing clairvoyantly, you would enjoy and get a lot out of it. In truth, it is the best book on communication I have ever read. In fact, it's simply a fun book to read, with a payoff on every page. If you have a body ... if you have desires and goals ... if you have emotions ... if you want to understand yourself and others better ... if you want to engage life with greater kindness, generosity and authenticity ... you need look no further....I feel as if any attempts to accurately describe this book fall short, short of cutting and pasting most of the book here to illustrate each point. The best description I might offer is to say that owning your own copy of "Psychic Psychology" is like having a lifetime pass to a series of intensive workshops with John Friedlander and Gloria Hemsher. All for the purchase price of the book! What a bargain! I get the feeling the authors (and their guides) had a blast writing this book. I know I had a blast reading it. As for the wish to have a textbook for life ... reading "Psychic Psychology" has helped me appreciate the beauty (and desirability) of spontaneity and openness to experience. It is a rare book, indeed, that sets you on the path of freedom as this one does. If you proceed, I trust you will enjoy the journey!

Psychic Psychology is one of the best guides for energy healing and psychic development that I have ever read. The text is well written and well organized and the exercises bring each message to life. I cannot recommend this book too highly. As a psychotherapist I would recommend this book to

virtually every client. Cathy Thomas M.Ed. LPCC

I have studied with John and Gloria for about six years now. Applying the tools that this system presents has greatly changed and enhanced my life. I've used the skills I have gained to improve my relationships at work - where tremendous changes have occurred, with friends, with family, and most importantly with myself. I appreciate being able to now look at everything in my life (good or bad) as a opportunity to experience another facet of being human - and that has changed everything for me. I have studied numerous other systems but feel the most at home here. As my skills have grown, I have discovered what it is truly like to be responsible for my own life and my impact on others, to never be a victim, and to always work towards a more kind and compassionate life. I am forever grateful to John and Gloria for their patience and dedication and hope that others too will find the beauty in these teachings.

I wanted to post a quick review of *Psychic Psychology* to encourage anyone interested in improving their relationships and expanding self-awareness to read this book. *Psychic Psychology* is a great "how-to" manual that will jump start your psychic awareness or deepen existing levels. John Friedlander and Gloria Hemsher describe in detail exercises you can use to practice "paying attention" which is the portal to appreciation of "life as it is." They teach how to bring to consciousness many "energies" that influence our emotions and behavior, energies that can be so subtle and nuanced yet extremely powerful. And the book has a reassuring conversational tone that I know is not easy to pull off. I must say that the authors are true psychics: their book answers questions as they arise in the reader's mind. I am already looking forward to their next book.

Good place to start if you're new to meditation & the energy system. Their approach is very different & much better for me - it aims to work with the relationships & challenges in our lives and not transcend them. Makes perfect sense to me!

i didn't read the whole book - i only sampled - but what i did read was presented with much clarity and simplicity. LOVED IT!

I have read most of John's books. I find them helpful and full of great information. I had a long and personal relationship with Lewis Bostwick, and find John's books to be right on. this book was especially useful. thank you john for keeping Lewis's path alive.

John Friedlander and Gloria Hemsher have taken their absolute best work from their Workshops and Intensives and put it all in a book that will guide the reader through practical tools that are life empowering. For me, I have begun reading the book in little doses over the past two weeks. What a gift! It really enriches my workshop experiences and adds a whole new dimension to my understanding of the life skills system they teach. This is required reading for any of their classes and a primer for understanding and using this system even without the need or requirement to attend a live event or even listen to a Cd. There is so much information and they present it all so well. I am very exciting to continue moving forward in the book to see what else reveals itself to me and reinforces the use and application of tools that work and that will become even more effective with a greater understanding and appreciation that comes from the book.

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