

Week Two- Development



Practice Sitting in the Power meditation - DAILY if possible.

Sitting in the Power will help you to practice building up your own energy in order to be able to communicate with the Spirit World.

Be aware that this may be difficult when you first start out and you may not notice or feel anything.

With practice it will become easier and you will find you begin to enjoy doing it.

I sit in the Power before every reading I do and I still practice this 3-4 times per week as part of my own development.

Don't underestimate the power of this exercise. If my meditation doesn't resonate with you, there are loads that you can find on You Tube for free!!