When you are truly proud of your work, you wish to share it with and show it off to the entire world! Sandy and her production team have spent a tremendous amount of time and energy to massively upgrade the books on her world-renowned, six-part psychic development series (The Anastasi System of Psychic Development). This preview showcases sample content from Psychic Development Level 1: The Fundamentals.

This preview includes:

- The cover
- The back cover
- Praise for Psychic Development Level 1
- The table of contents
- 10 pages of book content
- About the author section
- Additional products and services section
- Ordering information

When you’re ready to order the full book (available in paperback book, digital pdf, and amazon kindle formats), please go to http://sandyanastasi.com/products/ and get your copy today!
Sandy has the ability to take the nebulous concept of developing an intangible ability and helps to awaken your inner potential. This is a great introduction to the world of psychic development.

— Psychic Medium John Edward
THE ANASTASI SYSTEM — PSYCHIC DEVELOPMENT SERIES

Level 1: The Fundamentals

An Amazing Book That Will Help You Discover and Open Your Own Psychic Abilities!

With more than 30 years of teaching experience, Sandy Anastasi has been successfully training students, teachers, and professional psychics worldwide how to open, develop, and master their psychic abilities. Created from her live workshop material, this six-part workbook series is an excellent home or classroom study alternative and is ideally suited for the aspiring psychic, channel, or psychic medium. Each workbook contains multiple exercises with straightforward instructions to help students gain the necessary, hands-on experience to quickly and easily develop their skills. The material in Level 1: The Fundamentals is critical in giving you a solid foundation and greatly increasing your chance of success with the more advanced skills you'll learn later on in the series.

IN LEVEL 1, YOU WILL LEARN:

How to meditate and become centered in your thoughts and actions.

How telepathy works and how to control and direct your thoughts.

How to contact your Higher Self and gain greater control over your life.

What the chakras are, what they do, and how to open and develop them.

How to understand, recognize, and use your empathy and telepathy skills.

How to remember and interpret your dreams.

How to utilize your power of manifestation.

How to fully protect yourself while you expand and use your abilities.

Sandy Anastasi has been a psychic channel, an astrologer, a tarot reader, and a teacher for over 30 years. She has touched the lives of thousands of people through her amazing future oriented readings, and her books, audiotapes, and classes. Visit her website at www.SandyAnastasi.com.
Praise for Psychic Development Level 1

“Sandy has the ability to take the nebulous concept of developing an intangible ability and helps to awaken your inner potential. This is a great introduction to the world of psychic development.”

— John Edward, Psychic Medium

“I came upon Sandy’s program several years ago when 'odd' things began to happen in my life that I could not explain; experiences that had me wondering if what I was hearing, seeing, and feeling was on the normal side of ‘anything.’ Through Sandy’s classes I realized that not only were these abilities of a psychic nature, but also that I could actually learn to control and use them safely... and with confidence!”

— Lisa Freeman, Psychic Medium

“Sandy’s Psychic Development series gave me the control I was in desperate need of. Learning to protect myself has proven to be one of the most vital elements I was missing. Meditation has given me control over my life both mentally and physically.”

— Lisa Garcia, Student of the Anastasi System

“I have been studying under Sandy Anastasi for more than four years. In the first session of Psychic Development Level 1, I was nervous and did not know what to expect. Sandy has an innate way of making everyone in her classes feel included, which made it easy for all of us to relax and learn. I’ve had many psychic experiences in my life, as most of us have, but wanted to have a better understanding of the things I saw and felt. That was all I wanted. I got so much more than I ever dreamed was possible. I am now able to understand messages that are sent and able to bring much joy to others in sharing them.

Sandy’s intelligence, style, and vast knowledge are astonishing. We students advance in areas of psychic work that none of us imagined were possible.”

— Liz Bartow, Instructor of the Anastasi System

# Table of Contents

**Foreword** 9  
**Author's Foreword** 10  
**Introduction** 13  

**Chapter 1 — How Psychic Abilities Work: An Overview** 17  
- The Power of Positive Thinking ................................................................. 19  
- Start a ‘Do-good’ Book ........................................................................ 22  
- Start a Dream Record Book ..................................................................... 23  
- Figure 1: Your Brain, Your Higher Self, and Your Unconscious Mind .......... 26  
- Create a Telepathy Exercise Book .......................................................... 27  
- The Psychic Development Aptitude Exercise ........................................ 31  
- Table 1: The Psychic Development Aptitude Exercise .......................... 34  
- Evaluating Your Exercise Results ......................................................... 35  
- End of Chapter Activities ....................................................................... 36  

**Chapter 2 — Planes of Consciousness and Methods of Developing Your Psychic Ability** 37  
- The Fine Art of Being a Good Receiver .................................................. 38  
- The Fine Art of Being a Good Sender ...................................................... 41  
- Table 2: A Quick Reference Chart for Sending and Receiving Techniques .... 46  
- Figure 2: A Schematic of the Planes of Consciousness ............................ 47  
- Figure 3: A Schematic of How You Relate to Your World Psychically ........ 50  
- The Art of Meditation ............................................................................ 51  
- 10-Point Progressive Relaxation Exercise ................................................ 53  
- Your Worry Box ..................................................................................... 55  
- Beginning Meditation Exercise ............................................................... 55  
- Alternate Nostril Breathing .................................................................... 56  
- Some Benefits and Some Problems of Meditation ................................. 56  
- Basic Pointers to Follow in Dream Interpretation .................................... 58  
- End of Chapter Activities ....................................................................... 58  

**Chapter 3 — Psychic ‘Tools’ for Protection and Development** 59  
- Exercise #1: Techniques to Surround Yourself with White Light ............ 59  
- Exercise #2: The Energy Balloon for Protection ...................................... 61  
- Exercise #3: Simple Exercises That Stimulate Your Third Eye ................ 63  
- Exercise #4: An Exercise That Improves Memory ................................... 64  
- Exercise #5: Energize Yourself, and Develop Your Sensitivity to Energy .... 64  
- Exercise #6: Protect and Energize Yourself at the Same Time ................ 65  
- Marsha’s Recurring Dream ..................................................................... 66  
- End of Chapter Activities ....................................................................... 68  

**Chapter 4 — Opening Your Psychic Energy Centers: The Chakra System** 69  
- The Chakras ......................................................................................... 69  
- Figure 4: The Placement of the Seven Chakras in the Body ...................... 71  
- The Root Center .................................................................................... 72

Chances are the psychic reader you use took this course!

Everyone is psychic, but not every course teaches psychic development like The Anastasi System. There are several psychic development courses on the market, but Sandy Anastasi’s course gives students and professionals a comprehensive guide to enhance or tap into psychic abilities. Unlike most psychic development courses, The Anastasi System – Psychic Development Level 1 starts with basic principles and teaches them in an understandable format. The course opens the mind and demystifies the word ‘psychic,’ along with all of its meanings. Sandy Anastasi teaches students how to quiet the mind with several mediation and visualization techniques. She explains that everyone is psychic at birth and why we forget to be psychic as adults. Step by step, the course teaches students to train their minds and expand their consciousness. What is telepathy? Where are chakras? How do I protect myself from psychic attack? Can I hypnotize myself? What do my dreams mean? Is it possible to remote view? Can I astral travel? All of these questions and more are covered in this book. For the past 30 years, Sandy Anastasi has been a professional astrologer, metaphysical teacher, and psychic channel. She has taught students from all walks of life to open and develop their own psychic abilities. Sandy co-founded Starchild New Age Books & Gifts and the Astrological Institute of Integrated Studies (AIIS), which taught great psychics such as John Edward. Sandy has written numerous books on the subjects of Astrology, Kabbala, Tarot, and psychic development. Her expertise has been featured on several radio and television shows including *Crossing Over* and *Cross Country*. Sandy Anastasi’s The Anastasi System – Psychic Development Level 1 will give a jolt to your mental, intuitive, and physical body. Learn to develop and strengthen your psychic senses from a proven method. Once your psychic door opens, the mental possibilities are endless.

Ericka Boussarhane  
International Psychic Medium and Radio Host  
*Whispers From the Heart Radio & Talk Radio For Your Body, Mind, and Spirit*
I first began teaching psychic development classes to small groups in my home in 1979, when my clients asked me to teach them how to do what I do. Over the following years my classes grew. They became part of a formal educational system when John Maerz, gifted psychic-astrologer, and I formed the Astrological Institute of Integrated Studies in 1983. In 1993 the first draft of this book was conceived and the Anastasi System, still consisting only of levels one through three, was born. These first three levels together give a complete foundation in psychic work including empathy, telepathy, remote viewing, clairvoyance, astral travel, predictions, and more. In 1995 Starchild Books opened and became home to both the Astrological Institute and the Anastasi System of Psychic Development. These three entities have grown apart, but the ‘System’ remains an integral part of each of them. In 2002, I worked with John Maerz to create the latter three courses in the series – these give a foundation for understanding and development in channeling and spirit communication. At the present time thousands of students worldwide have studied psychic development using the Anastasi System as the foundation for their studies. Many have become successful psychics themselves. In 2008, the Anastasi System began to license individual instructors fully trained in the presentation of this material. And so the journey continues.

Looking back, I laugh at myself when I consider the early classes back in 1979, and how I approached them before the ‘System’ evolved.

I remember that I expected the first group of people I taught to be able to learn psychometry (reading the vibrations on an object) and to be able to see and feel an aura (the energy field around the human body) with no prior experience and no real understanding of what these things were. Back then, out of a fairly large group, astonishingly one student was actually able to do this, a second made a fair attempt, about four grasped the concept involved but could do little with it and the remainder failed completely. It seems all I had really succeeded in doing was giving ego support to the one person in the group who was already capable of doing this on her own, and stimulating an interest in the field in the remainder of the attendees.

Interestingly, I have found, over the ensuing years, this same breakdown to be fairly consistent with the general population relative to learning and developing psychic abilities – unless a foundation for learning those abilities is first established most people have only sporadic success at best. However, with the proper foundation supplied EVERYONE is successful!

It was my conclusion back then that my first class was a failure on my part, not on the part of my students. You see, I KNEW that all of those people were psychic, and they should have been able to perform as I expected them to!

And so in my next series of classes, I began to develop the System for psychic development instruction that gradually evolved into the structure that I currently use in the Anastasi System of Psychic Development series of classes.

The System was in its early stages of development during the time that the world-renowned Psychic Medium John Edward, host of the hit television shows *Crossing Over* and *Cross Country*, studied with me; only levels one through three were developed, and none of the books were yet written. John himself only took level one, which this book covers, and part of level two, before going out on his own as a professional psychic. His spirit communication came later, and was self-developed. He was one of those rare students who came to me already ‘knowing’ how to do everything. It was as if his psyche only needed a reminder of what it already knew how to do. He was that unique ‘one’ that I mentioned above. Unlike John, most people, though the ability is latent within them, need a step-by-step system and lots of practice to open their inborn abilities to conscious use. Gifted people like John Edward learn from this program what their psychic ability is, why it works, how to use it safely for themselves and others and how to make it work on command!

It was in 1993 when I first realized that the method of instruction I was using had evolved into a system for teaching psychic development. I was teaching a wonderful group at the time and many of those students were looking for a manual. I laughingly asked the ‘Guys Upstairs’ (that's what I call my guides and my Higher Self), “Well, if I did write a book on psychic development, whatever would I call it?” Much to my surprise, “The Anastasi System of Psychic Development” popped into my head. Of course, I didn’t take it seriously at the time… it sounded too egotistical, and I was too busy teaching, and writing another book anyway, one on Tarot, and then I became involved in opening and building Starchild Books. So this book, the book my guides wanted me to write, remained in rough draft form for a long time, though the System continued to develop. The first edition of this book was finally published in 2002. By then the System was fully developed and the classes were packed.

Over the years I became well known in the psychic field, and the number of students I was reaching grew. The requests for a book to accompany my classes increased. Although all of the classes for the System are available on audiotape and CD, and some on DVD as well, people wanted a book that utilizes the same system that so many professional psychics, channels, and psychic development teachers throughout the United States and abroad started with. Now I know why the Guys Upstairs (my guides) wanted to call it the ‘Anastasi System!’

This book, written by popular request, is the first volume in the series, which consists of six classes that together complete an entire curriculum in psychic development. I’ve organized this first volume into sections that follow exactly the system used in my live Psychic Development classes. Students participating in the classes in person or via audio or video will benefit from using it as a reference since it explains many things in greater depth than is possible in the hands-on version of the class, given the time constraints of an actual class. Students attempting to utilize this system directly from the book alone will find excellent descriptions, explanations, examples, diagrams, and everything else they need to know to establish a firm foundation for developing and expanding their psychic awareness. Anyone pursuing this study on his own will benefit from working with a partner, since many of the exercises will require someone to work with. If you lack a partner, I suggest using the Internet to find one.

Please do not assume that I am in any way attempting to diminish the methods employed by other psychic development teachers, or other books. There are as many ways to learn to use your psychic abilities as there are people who want to learn to use them. All of these methods are effective for someone, or they wouldn’t be in use at all! I have merely found over the years, that I have been able to reach and train the most people consistently with the technique I am presenting here – ‘The Anastasi System.’

Psychic Development Level 1 is the most important part of the entire Psychic Development series because it establishes the foundation for all future psychic development. Beginning level through professional level psychics will all benefit from it. I feel that it's not enough for a student to be able to do something, it's also important to know why you're doing it, and what the 'scientific theory' behind it is – for I believe this is tomorrow's science that you are studying. So you'll be learning theory as you practice. And everything you learn will be taught with your protection, well-being, and spiritual advancement in mind.

Some of my students have occasionally felt that during Psychic Development Level 1 they weren't DOING anything; they felt it moved too slowly for them and they didn't feel like they were making any definable progress. That is, they felt that way until they began Psychic Development Level 2 and amazed themselves by being able to do things they never believed were possible for them to do. They were glad they had built their abilities the slow, sure way.

Most students who jump directly into Psychic Development Level 2, by comparison, cannot achieve the same quality results, even if their innate ability is better. Some students over the years have even gotten themselves into serious trouble by attempting advanced things before they had established the proper foundation and the accompanying protection.

So, I do not hesitate to encourage you to start here, with Psychic Development Level 1, no matter what your background or level of skill!

Professionals who have taken the course have noticed an improvement in their readings; they develop an ability to go deeper and 'see' with greater clarity than ever before. Tarot readers have practiced this material and found that their tarot readings evolved to an all-new level of expertise as a greater 'psychic' element was added. Students studying spirit communication find they are able to access the deeper levels of consciousness required for this more readily after setting the 'foundation' provided by the work in Psychic Development Level 1.

Psychic Development Level 1 focuses on work on the self. The overall aim is to help you to create in yourself a sense of balance and centeredness, which allows for a stronger connection to both your unconscious mind and your Higher Self.
The exercises you’ll learn will help you to prepare and develop your mental, emotional, intuitive, and physical bodies so that you will be thoroughly prepared to channel and properly utilize the higher energies that will eventually flow through you as your psychic abilities unfold and grow.

To do this I utilize various relaxation and meditation techniques, guided visualizations, exercises geared to raise consciousness, balance the right and left hemispheres of the physical brain, bridge the unconscious mind, and open and develop the 'chakras,' or as they are otherwise known, the psychic energy centers. I also include many alternative exercises that give variety and added interest to my more basic ones.

In Psychic Development Level 1 you will also learn practical techniques for long distance or 'remote' viewing, self-hypnosis, telepathy, dream interpretation, grounding, clearing, and protection. These are invaluable tools for every successful professional psychic, and a definite aid to the everyday person who simply wants to learn to use his natural abilities to enrich his life.

I encourage an objective, 'scientific' approach to psychic development, so you will receive explanations for why you should learn each thing presented, what it really is, where it comes from and how it works (to the best of my knowledge), and the ways it can be used.

The object is to teach you to open up psychically, to your Higher Self, and to the greater 'psychic universe' around you, while at the same time remaining grounded, protected and centered emotionally and physically so that you can make practical use of your developing abilities for yourself, your family, and your friends. Following this you may safely meet your guides as well.

With the foundation you create here you can gain greater insight into, and greater control over, your own life!

I firmly believe that anyone who is not solidly grounded in his own life should not study or try to develop his psychic abilities until he has achieved that necessary grounding and centeredness. There are far too many unbalanced and erratic psychics in our field because too many have tried to fly before they can crawl. By the end of the Psychic Development Level 1 program you will know if you are ready to continue your studies.

By developing your psychic abilities you should enhance your life in every respect. Students who want to become professional psychics should start here; but all people who want to improve their lives, and live more fulfilling ones, will benefit as well.

Our universe is so much greater than the mere physical world you see around you; as your psychic abilities develop your awareness of this greater world will enrich your life in every way!
Chapter 1

How Psychic Ability Works: An Overview

Everyone is psychic. It is imperative as you begin your studies to develop your psychic abilities that you embrace this concept right from the beginning. Everyone is psychic! You are psychic.

You cannot be taught to be what you already are; but you can be taught techniques to rediscover what you have forgotten, and to enhance and improve what you already know you have.

Every one of you reading these words has already had incredible psychic experiences.

Some of you have had real eye-opening experiences, like having bad feelings about air travel and changing your flight, only to find out later that the flight you would have taken crashed. Or like thinking of a friend at the exact moment they died. Or perhaps you heard a voice in your head advising you about something that was going to happen, and later it did. Maybe you've waked at night to find yourself floating outside of your body, or carried on a brief telepathic conversation with someone, or even long-distance viewed an event as it was happening. Maybe you feel other people's feelings as if they are your own.

Those of you who have had experiences like these know you are psychic already. What you're interested in doing is learning to control this ability you have, so that you can make it happen at will. Some of you may even want to learn to control it so that you can stop it from happening. Either way, learning what it is and what you're doing to make it happen is essential. These experiences are NOT the product of an overactive imagination, but are real, and are shared by hundreds, maybe even thousands of other people, and they have a rational, even a 'scientific' explanation.

But what about the rest of us? Those of us who haven't had any of those major experiences that let us know without a doubt that WE ARE PSYCHIC?

The truth is, we've been having psychic experiences all along too, but they're so 'ordinary' that we just chalk them up to 'coincidence.' I have learned to hate that word! John Maerz defines coincidence as "a word used to describe a universal law that hasn't been discovered yet." You see, there are no coincidences!
Everything boils down to energy. For every result there is a cause. That’s a Universal Law. In order to have a certain result, a certain action had to happen. That means that for every so-called coincidence some energy had to be at work to draw the two experiences together.

So when you’re thinking of someone and the phone rings and that person is on the other end of the line, it is NOT a coincidence. It is YOU telepathically receiving that person’s intention to call before the call is actually made!

When you’re thinking of a letter or package you've been waiting for (without having been reminded of it) and you get home to find it there, that's a psychic experience! When you're angry with someone because he hasn't done something you want done, and you pick up the phone to give him a push only to find out that the work is in progress, or done, that's psychic too!

When you wear the same color, or style of clothing as your co-worker on the same day, one of you 'psyched-in' on the other. See if you can find out who put it on first, then you'll know who the 'sender' was!

When you are in a hurry and you drive up to the store and get the parking spot right in front, that WAS NOT a lucky break! You psyched-in on where the free spot was, and made a beeline for it!

Are you one of those people who will always know what mood your husband or wife is in BEFORE they get home? Or are you really sensitive to environments; perhaps you don't like crowds? You're an empath!

Do you feel other people's physical pain, 'know' what's causing it, and want to fix it? You're clairsentient.

Do you feel the vibrations carried by objects? You may find you're attracted, or repelled, by something you're getting ready to buy. Do you become uncomfortable sitting in a certain chair because it doesn't 'feel' right? Or have to leave a place because you suddenly feel as if you don't belong there? You have a natural ability for psychometry – that's the ability most psychics who work closely with police authorities use. You're actually connecting with the people who held the object, or occupied the place!

Do you finish people's sentences for them, and correctly, too? Do you get into trouble all the time for bringing up the 'sensitive' subjects (that you're not supposed to know about)? You're a receptive telepath – a 'receiver.'

Do you find that every time you're just about to do something, your husband or wife begins to nag about it? Or when you finally get ready to make a big purchase, a friend or family member does it first? You are a generative telepath – a 'sender.'

Do you hear voices in your mind, occasionally? It might even feel like you're talking to yourself, except that it's not something you would say. If so, you're telepathic.

Have you heard a voice that sounded like it was right next to you? You're clairaudient.

Have you had a very clear image, awake or sleeping, of someone or something you needed to find, or to do? Have you seen a shadow out of the corner of your eye, but when you turned your head there was nothing there? You are clairvoyant. With a little practice you could easily learn long-distance or remote viewing, or how to see auras (the energy fields around the human body, plants, and animals).

Have you had the feeling of someone being in the room with you, or thought you heard the voice or smelled the perfume of someone who's passed on? With training YOU could become a psychic-medium!

Have you had a feeling, or a vision of something you just know has never existed or happened before, yet feels real? You're that rare talent, a 'seer' as they used to be named; nowadays we'll just call you a future-oriented or 'pre-cognitive' psychic.

So, are you beginning to understand why I take the approach that EVERYONE, INCLUDING YOU, IS ALREADY PSYCHIC?

As a matter of fact, I have found that all of us have a psychic side to each one of our physical senses. And just like some people might see better than others, or hear better, some people might have better natural clairvoyant skills or clairaudient skills. Yet as with the physical senses, all of us have all of them, and with practice they can all be developed to a high level of proficiency, not just the ones that come most easily. In fact, it's not uncommon for people to experience a sharpening of all of their 'normal' physical senses when they begin working to develop the equivalent psychic ones. I worked with one student, for example, who was severely hearing impaired, but through the development of her psychic senses compensated for her hearing disability enough that she did not need to wear a hearing aid most of the time!

So, understandably, the first step to developing your psychic abilities is to accept that you already have them, that some will be more highly developed than others, and that all can be worked on and brought to a high degree of proficiency.

The Power of Positive Thinking

Like many who realize their psychic gifts later in life, Sandy Anastasi awakened to her abilities in her late 20's. She understood that many people develop deep psychological problems because their psychic abilities are misunderstood and often blocked. These insights and an inner need to pass on her knowledge and abilities led her to begin teaching others to develop their own psychic gifts. She believes that if you are psychic, you MUST use your gifts, or at least learn to control them, or they will use you!

Sandy has many psychic gifts, but she believes her greatest to be the ability to identify and emulate the gifts of others. Because of that she is uniquely suited to teach people to open and develop those very gifts in themselves.

Sandy has been a professional psychic and astrologer since 1979. She holds a B.S. degree from Adelphi University and has teaching certifications in several fields. In addition to teaching, Sandy has worked as a Safety Engineer, and owned her own small book store for many years before retiring to become a full time psychic counselor, writer and teacher. Sandy's writings include books on Astrology, Kabbala, and Tarot, as well as psychic development.

Sandy has also appeared on many radio and television shows over the years, most notably Crossing Over and Cross Country – both television shows hosted by her good friend and former student, John Edward. She currently lives in Florida with her husband and four dogs.
Additional Products and Services

If you enjoyed this book, you may be interested in the many other products and services offered at [www.SandyAnastasi.com](http://www.SandyAnastasi.com).

---

**Personal Readings With Sandy Anastasi**

Are you interested in communicating with your guides and Higher Self in order to obtain key messages that can help you overcome the challenges you will be facing in the future? Or would you like to revisit and learn important lessons from past lives you may have lived? Are you interested in finding out just how astrologically compatible you are with your friends, family, and significant others?

The benefits of having these insights are HUGE. Many people can live for decades without having access to such information, which can provide a critical insight in how to move on and move up in life. And there are many options to fit your specific needs, such as:

- Channeled Readings
- Past Life Reading Using Tarot and/or Astrology
- Death and Afterlife Charts
- Astrology
- Astrology Comparisons

For a limited time only, I am still willing, able, and excited to take on new clients. However, I can only handle so many one-on-one sessions in a given week and I'll always give scheduling preference to my loyal client base. So if you're interested, please book as soon as possible in order to get your spot! Rates and additional information can be found at [www.SandyAnastasi.com](http://www.SandyAnastasi.com).

---

**Workshops and Classes**

Many of my clients find that the workshop environment is an ideal way to make large gains in their skills and understanding of these topics. And I agree, because workshops provide many benefits and opportunities that cannot be wholly replicated in book format. These advantages include:

- In class demonstrations for hands-on experience.
• Immediate feedback from myself and other skilled instructors.
• The ability to meet with other highly motivated people that are interested in this area of learning and development.
• Question and answer sessions for those burning questions on your mind.
• An environment full of high energy from the instructors and other students.
• An affordable cost compared to one-on-one training.

For a current listing of available workshops, please visit www.SandyAnastasi.com.

---

**Appearances, Interviews, and Lectures**

I also am available for appearances, interviews, and lectures outside of the classes and workshops already listed. Please inquire for availability, topics, and (if applicable for the particular format) pricing.

---

**Books and Audio CDs**

If you’re like a majority of my friends, colleagues, and clients, then I know that an interest in one genre will turn into an eager desire to explore them all... and that’s a good thing! Often some your biggest insights and ‘ah ha’ moments will come in areas you least expect it. So while your primary interest may be in spiritual channeling, experience in tarot reading may be the key to unlocking your ability (or at least guiding you into the right direction).

In terms of topics, my 30+ years of experience and training has allowed me to create over 100+ books and CD sets covering the following:

• Crystal and Stones
• Divination
• Dowsing
• Energy Healing
• Healing
• Kabbala
• Meditation
• Numerology


Order the full book at http://sandyanastasi.com/
Most Popular Products

• The Psychic Development Series (books and CDs). This six-part series will systematically teach you drills and techniques that will greatly improve your current psychic abilities, regardless of your current skill level. Topics covered include: energy balancing, how to send and receive information, remote viewing, radionics, channeling/mediumship, soul retrieval, and much more!

• Basic Tarot (books and CDs). Using the Rider Waite deck – The meanings of all the cards are discussed as well as their history and many uses. Students may use any deck utilizing 78 cards. The basic Celtic cross layout is used while finishing with students doing simple but accurate readings

• The Astrology Series (books and CDs). This series will teach you the many components of reading, creating, and interpreting astrological charts. Part 1 begins with learning the basic meanings of the symbols, planets, and houses while the advanced levels cover the nuances of lunar nodes, interceptions, decans, and other important topics that are often ignored or misunderstood.

• The Psychic Development Workshops (transcripts and CDs). These expand upon the book series listed above, particularly in the following topics: psychic self-defense, seeing and feeling the aura, using the pendulum, astral travel, crystal gazing, and psychometry.

• Kabbala Pathworking (books and CDs). A unique experience in exploring the 22 paths of the Kabbala; an ancient system that becomes a roadmap to delineating the soul path to enlightenment. A series of guided visualizations on each Path are designed to open the doors of your unconscious to the energies of the Higher Self and the God consciousness within.

Order the full book at http://sandyanastasi.com/
Free Support Materials

In order to help you get the most out of the content of the books and tapes, many of the exercise sheets and other support materials are freely available for download online at www.SandyAnastasi.com. (For example the crown chakra mandala and the psychic development aptitude test). There you will also find free gifts and bonuses, such as a downloadable chakra meditation audio that you can use to balance your body’s energy system. You are allowed (and highly encouraged) to give and distribute these materials in whatever ethical manner you deem appropriate to others that have an interest in this type of journey.