

# Metaphysical Techniques That Really Work - Audrey Craft Davis

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Metaphysical Techniques That really work will guide you in the unfolding of your higher spiritual and mental potentials. Author Audrey Craft Davis describes the techniques and offers true stories from her personal experience. Next, she guides you with step-by-step instructions on how to use the technique and incorporate it into your life. With a little practice you'll learn to do the following: Initiate contact with your unseen guidance and earthbound spirits. Bi-location - projection techniques that allow your astral body to be seen in a different location. Energy boosting that will last for hours. Numerology - a short course in the magic of numbers and how to use them to your advantage. The law of prosperity - harvest the abundance that is your spiritual right. Storing subtle energy for later use with levitation, psychometry, healing and astral projection. Do-it-yourself past-life regression - a simple technique requiring no hypnosis. Communicate with the spirits of departed loved ones - several techniques. Instant alpha trance with a "Cyber-Optic" visual. Aura reading - the electromagnetic field can reveal more than you know. Ultra-powerful healing techniques that really work. Much, much more!

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