



## Psychic Psychology: Energy Skills for Life and Relationships

By John Friedlander, Gloria Hemsher

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**Psychic Psychology: Energy Skills for Life and Relationships** By John Friedlander, Gloria Hemsher

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.

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### Editorial Review

#### Review

“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 Breznsny, 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*

#### About the Author

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.

#### Users Review

##### From reader reviews:

##### Leonard Parnell:

The book *Psychic Psychology: Energy Skills for Life and Relationships* can give more knowledge and information about everything you want. Exactly why must we leave the great thing like a book *Psychic Psychology: Energy Skills for Life and Relationships*? A number of you have a different opinion about publication. But one aim that will book can give many details for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or info that you take for that, you may give for each other; you can share all of these. Book *Psychic Psychology: Energy Skills for Life and Relationships* has simple shape however, you know: it has great and massive function for you. You can appear the enormous world by open and read a reserve. So it is very wonderful.

##### Michael Watkins:

As people who live in often the modest era should be change about what going on or data even knowledge to make all of them keep up with the era that is certainly always change and make progress. Some of you maybe will update themselves by looking at books. It is a good choice for you personally but the problems coming to you is you don't know what kind you should start with. This *Psychic Psychology: Energy Skills for Life and Relationships* is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

**Christina Ruiz:**

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a guide. The book *Psychic Psychology: Energy Skills for Life and Relationships* it is very good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book from your smart phone. The price is not too expensive but this book offers high quality.

**Robert Tanaka:**

*Psychic Psychology: Energy Skills for Life and Relationships* can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into satisfaction arrangement in writing *Psychic Psychology: Energy Skills for Life and Relationships* but doesn't forget the main point, giving the reader the hottest as well as based confirm resource data that maybe you can be certainly one of it. This great information could drawn you into brand-new stage of crucial pondering.

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