



Your Psychic Potential: A Guide to Psychic Development

Richard Ireland

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Known as the “Psychic to the Stars,” Richard Ireland counseled celebrities including Mae West, Amanda Blake, and Glenn Ford. Twelve years after Ireland’s death in 1992, his son Mark was sent this manuscript, written in 1973. Recently, as Mark Ireland recounts in the foreword, two psychic-mediums with no prior knowledge of the project have received messages suggesting that his father deliberately delayed the book’s release until now, when it would reach an audience more receptive to developing their psychic talents.

Your Psychic Potential includes a description of the four spheres/levels of psychic activity, an exploration of the relationship between artistic talents and the psychic, tests and experiments to help unleash psychic ability, a psychic’s diet and meditative exercises that support the freer flow of abilities, and tools to counter inhibitory fears. Anyone interested in discovering their extrasensory talents and achieving conscious control over them is sure to find this an indispensable guide.

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