

Psychic Counselors Guild

*Psychic Counselors
Course
Workbook*

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Esoteric Theological Seminary

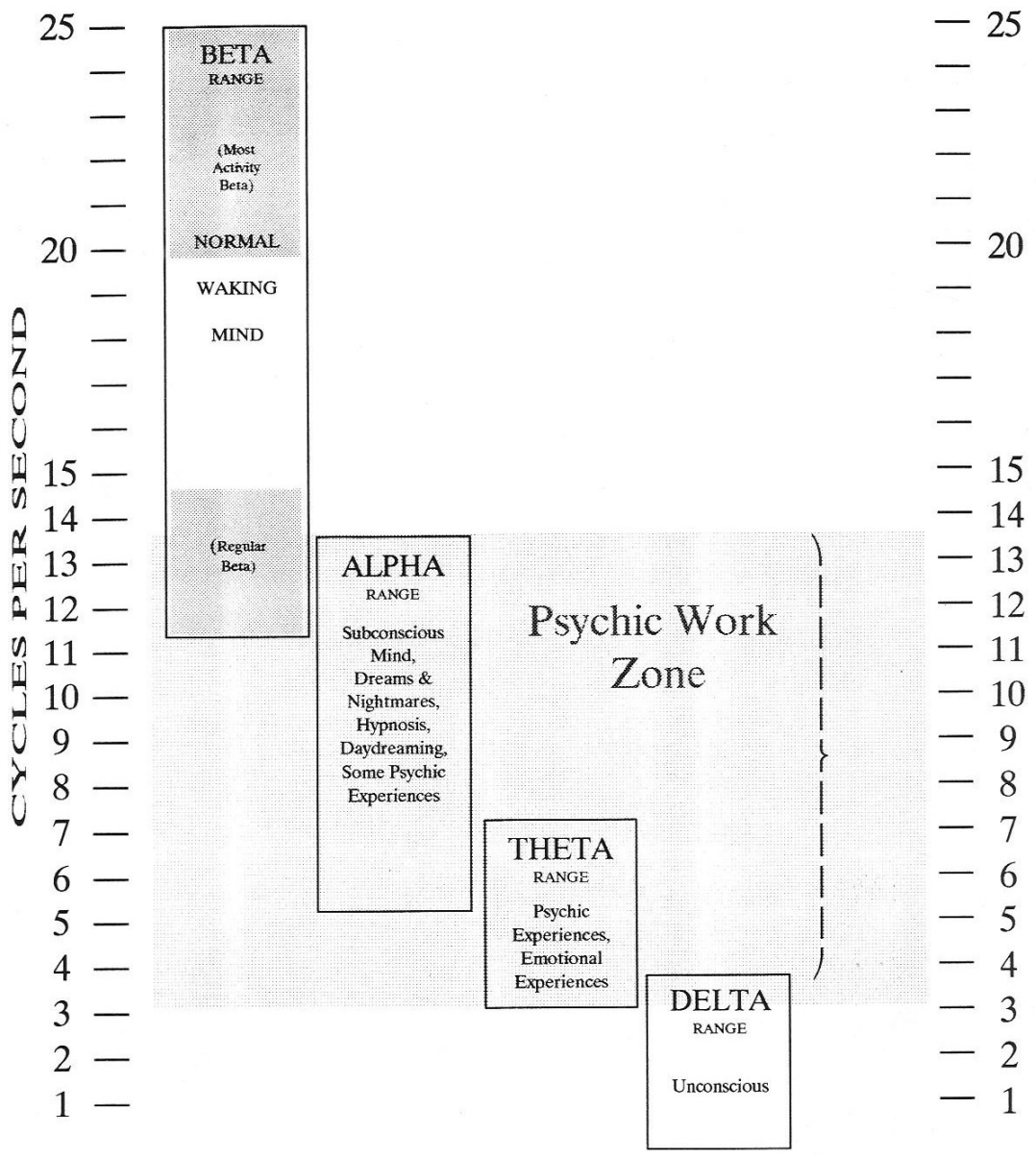
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Lesson One

- Listen to Audio Lecture for Lesson One
- Read Chapter Two, pages 15 to 26 in your textbook, *Psychic Development for Beginners*, by William Hewitt
- Do the Exercise on pages 19 through 21.
- Re-read pages 22 through 26 about slowing your brainwaves.
(refer to the chart on the following page)

All you need to do to be a psychic is to learn how to *slow down your brainwaves* whenever you want.

- Complete the following worksheet.



SPEED OF BRAINWAVES

Lesson One

Worksheet

1. List three ways to alter your state of consciousness.
 - a. _____
 - b. _____
 - c. _____

2. Why is an alcohol or drug induced altered state harmful?
(p. 15)

Fill in the blanks.

3. “We are designed by our Creator to be capable of _____
altered states of consciousness to _____.”
_____.

4. “You have the innate _____ to have these
paranormal experiences. You have the right to experience the
_____.”

5. “To achieve the higher levels of your mental skyscraper, you
must learn to _____
_____ until you can transport yourself
to the necessary level. You can do this through _____

_____”
_____.

6. How are rights and responsibilities connected in the psychic realm? (p. 18)

7. True or False The brainwaves of non-psychics fluctuate in speed frequency countless times every day.

8. True or False Hans Berger discovered that when a person’s eyes were closed the brain started speeding up.

9. True or False Psychic abilities are part of everyone’s make-up right from birth.

10. Draw lines connecting these.

Beta Some Psychic experiences, daydreaming, dreaming, hypnosis

Alpha Total Unconsciousness.

Theta Waking normal mind, daily chores.

Delta Emotional experiences. Launching zone for psychic experiences

Fill in the blanks.

11. “Altered States are _____.
You go through them every _____.”
12. “All you need to do to become a psychic is to learn how to
_____ cause your brain to _____,
_____ and how to remain there as long as you wish _____.”
13. “You’ll just close your _____ and perform some simple
_____ and _____
exercises.”
14. “The Key to achieving theta at will and then using that state to achieve
psychic experiences is _____.”
15. “If you hit your finger with a hammer, your brain dips into
_____ to record the pain.”
16. “When studying and memorizing material you look off into
space to record it in your brain at _____.”
17. Explain what the author means about becoming a gunfighter
with your mind. What does practice and visualization have to do
with it? _____

18. Are the mind and the brain the same thing? Yes or No

Define *brain*: (p. 25) _____

Define *mind*: (p.26) _____

19. Draw connecting lines again:

Beta Less than 4 or 5 cycles per second

Alpha Between 4 and 8 cycles per second

Theta Between 6 to 14 cycles per second

Delta Between 12 to 15 cycles per second

20. Circle the two brain frequencies in which we can have psychic experiences, and do psychic work.

Beta Alpha Theta Delta

Lesson Two

“Achieving Your Basic Psychic Level”

- Read page 49 in your textbook, *Psychic Development for Beginners*.
- Do Exercise #8 on page 50.

If you have difficulty visualizing, what are you supposed to do?

- Do Exercise #9 on page 51.
- Do Exercise #10 on page 51.

“This exercise generates strong _____ waves and even _____ waves for good psychic performance.”

List two important things you are supposed to achieve from Exercise #10. (p. 52)

1. _____
2. _____

Do Exercise #11 on page 53.

1. You have now learned to reach a powerful psychic level simply by desiring to do so and counting _____
_____.
2. You might want to allow the image of the _____
to flash into your mind when you do the _____
countdown.
3. Every day you will encounter literally _____ of
_____ to use your _____
_____ level.

Read Case #6 on pages 54 and 55.

Read page 56.

1. How does the author do a psychic reading? _____

2. All minds are part of _____.
That is what makes psychic reading _____.
3. List two possible “little daily opportunities to use your abilities” which will do yourself, and others “a lot of good.”
 1. _____
 2. _____

“Building Your Psychic Shield”

Get your textbook and turn to page 57. We are going to go over pages 57 and 58 together. When you have your book open, play the audio portion for Lesson Two.

Play audio lecture for Lesson Two.



WARDING OFF PSYCHIC ATTACK

1. Turn around and around until you sense the direction from which the negative energy is coming. Stop when you feel it.
2. Place hands on forehead in “Triangle of Manifestation” form. Inhale (you’re charging yourself up.)
3. Exhale as you step forward with left foot and push your hands outward (still Triangle shape) shooting a psychic protection beam of your own toward the source of the negativity.
4. This will knock it right out and return back to them the negative energy they sent to you.

- Do Exercise 12 on page 58 in your textbook.
- Read pages 59 and 60.
- Complete the following worksheet.

Worksheet

“Psychic Shield”

Chapter Five

1. Write in your own words a good definition of the “The Law of Being” given on page 57. (note especially paragraph three of that page.)

2. What are we trying to keep out when we program our mind with a psychic shield? “_____ or _____ programming from _____ sources.”

3. In the psychic world, like attracts _____.

4. Explain how the above statement (Question #3) works. (p. 58)

5. What does the author recommend you do the day after performing exercise 12?

8. “You should not have to reprogram your shield again unless you have _____ it by a habitual _____ of _____.”

7. The author advises us to get in the habit of always saying “No” to ourselves whenever we do what? _____

8. We should immediately force ourselves to think some positive thought. What is the quotation he gives to use for canceling out a negative thought? _____
_____.”

9. You can also give the above to your clients. Now try to write another positive affirmation (if you can think of one.)

Lesson Three

☐ Read Chapter One, The Introduction, in your textbook, page 1 through 14. (Yes, I know it's a "painful" chapter full of technical terms, but we have to get it done so we can go on to more exciting chapter.)

1. "We all have some innate _____ ability, but most people _____."
2. "All that it takes for evil to exist is for _____ people to _____."
3. What are the four elements necessary for achievement?" (p. 13)
 1. _____
 2. _____
 3. _____
 4. _____

Lesson Four

Read Chapter Three, pages 27-48, completing each Exercise as you go along.

Exercise #2, Sight

Exercise #3, Hearing

Exercise #4, Smell

Exercise #5, Touch-Temperature

Exercise #6, Touch-Texture

Exercise #7, Taste

Don't forget to tune yourself into:

A. Fire, Earth, Air and Water. Taste the fire in your hot food & hot drinks. Feel the earth "move" under your feet. Sense the air in your pillow. Think of the water in your apple, your body, your vehicle's radiator.

B. Stars and Planets, the Sun and Moon. When is the Moon void of course? What is Mars up to lately? When does the Sun celebrate its Birthday and Death Day? (December 21 and June 21, the Solstices.)

Lesson Five

- Read pages 67 through 71.
- Do Exercise #13, "Getting Rid of Demons, etc."
- Read pages 72 and 78.

Answer These Questions:

1. Why do children learn so rapidly and are able to absorb massive quantities of knowledge?

2. Can a person protect themselves from their own negative energy?
Yes or No (p. 73)
3. How do you override negative energy? (p. 73)

4. If you slow down your _____ by closing your _____, you can use your mind and visualization _____ to function as a _____.
5. "If you were to tell yourself often enough that you were a stupid idiot, your subconscious mind would _____."
6. What does the author mean about accomplishing as much as you *deserve* to accomplish? (p. 77)

7. Becoming a psychic is about _____, your own or someone else's.

Read pages 80 and 81.

List a few things “psychic power embraces”. (pp. 80 and 81)

1. _____
2. _____
3. _____
4. _____

Lesson Six

Visualization

- Read Chapter Seven pages 83 through 89.
- Do Exercise #14 on page 83.
- Do Exercise #15 on page 85.
- Do Exercise #16 on page 86.

Psychic Healing

- Read Chapter Eight, page 91 through 96.
 - Do Exercise #17.
1. “Develop the practice of immediately _____, if only for a second or two, to every _____ you become _____ of who needs _____.” (p. 96)
 2. You can help _____. You read in the newspaper (or see on the TV news) that someone is hurt or a tragedy has struck. Psychically project health, _____, freedom from pain, _____, _____, love and other _____ thoughts. (pp. 95, 96)

**This is how we can repair the world.
This is how each psychic can make a difference!**

Lesson Seven

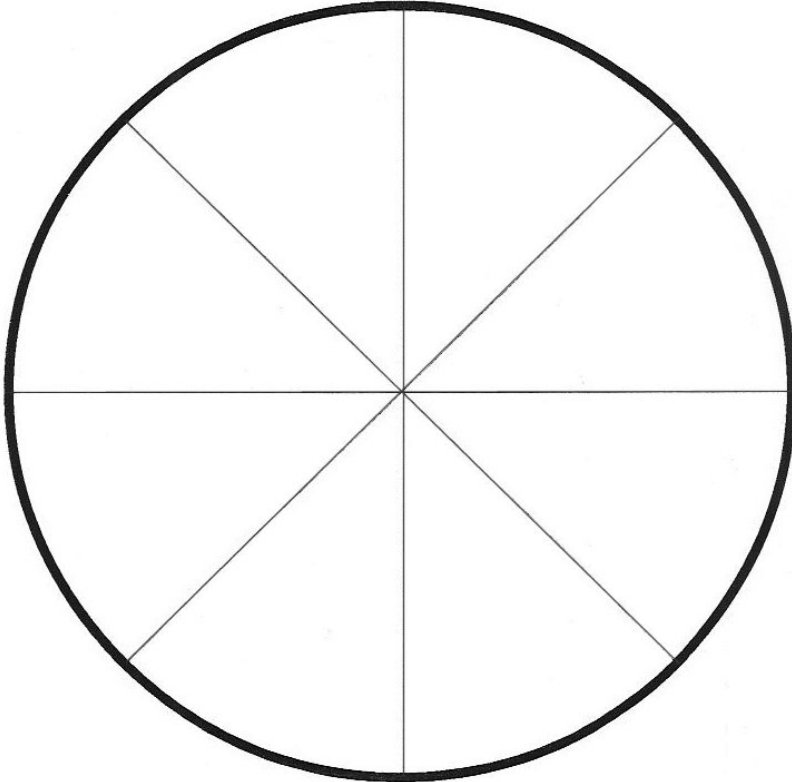
- Read Chapter Nine, pages 97 - 107.
- Do Exercise #18 on pages 103 and 104.

Here are a few blank charts for you to use. You may want to use one of them as an original to make future copies.

From the Infinite Source with Harm to No One

Goal Chart of _____
Name

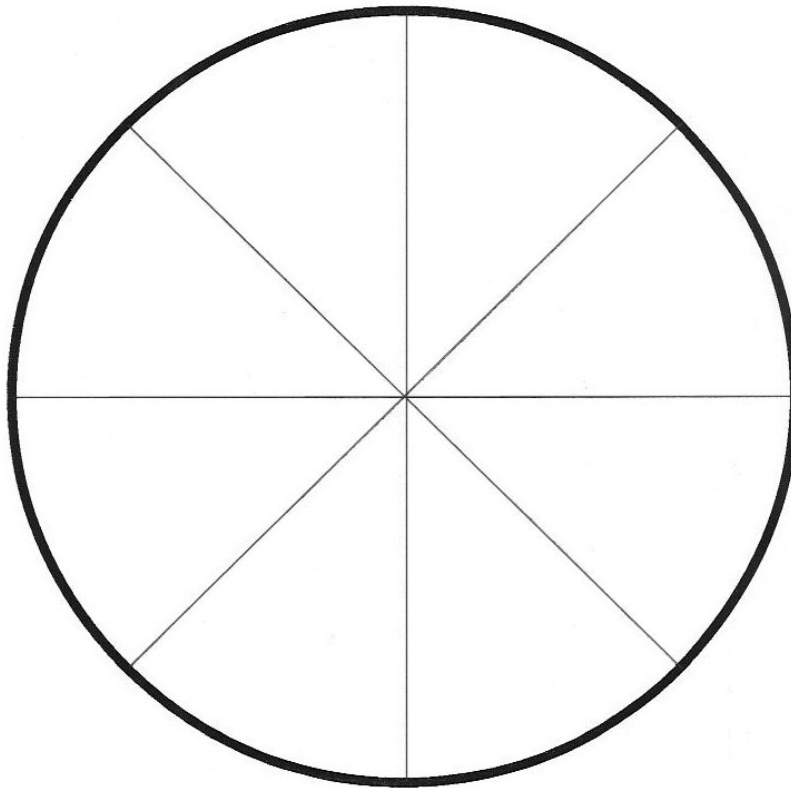
Date



From the Infinite Source with Harm to No One

Goal Chart of _____
Name

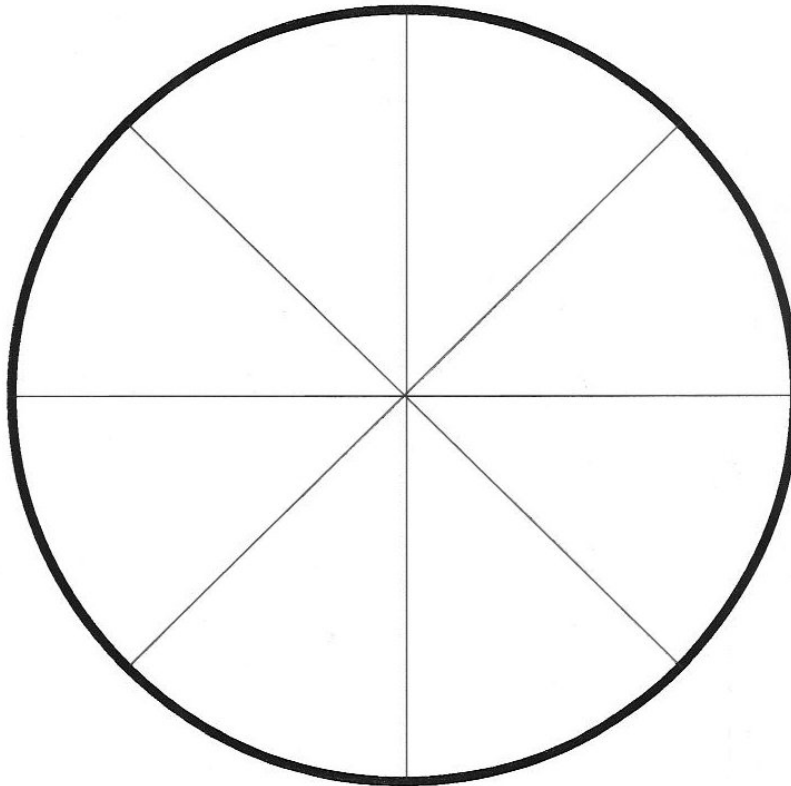
Date



From the Infinite Source with Harm to No One

Goal Chart of _____
Name

Date



Lesson Eight

- Read Chapter 14 on pages 137 - 145.
- Do Exercise #25 on page 137.
- Do Exercise #26 on page 138.
- Do Exercise #27 on page 139.

What are the two purposes of meditation? (p. 141)

1. _____

2. _____

The author recommends we use the Beach of Time every day to _____ and _____ psychic thoughts. (p. 141)

- Do Exercise #28 on page 143.
- Do Exercise #29 on page 143.
- Do Exercise #30 on page 144.
- Do Exercise #31 on page 145.

Describe your Spirit Guide or Guardian Angel and/or any messages you received while doing the Exercises.

Solving Problems

- Read pages 159 - 162.
 - Do Exercise #34 on page 159.
 - Do Exercise #35 on page 160.
 - Do Exercise #36 on page 161.

Extra Credit

(strongly urge you to do!!)

- Read Chapter 16, Communication with Entities and do the Exercise.
Pages 151 - 156 (only 5 pages).
- Read Chapter 17, Communication with Animals and do the Exercise.
Pages 157 and 158 (only 2 pages).

Lesson Nine

Read Chapter Ten on Clairvoyance, pages 109 - 120.

1. Every time you ignore a hunch, what are you telling your higher mind?

(p. 110) _____

2. How has our inborn clairvoyant ability been driven deep inside?

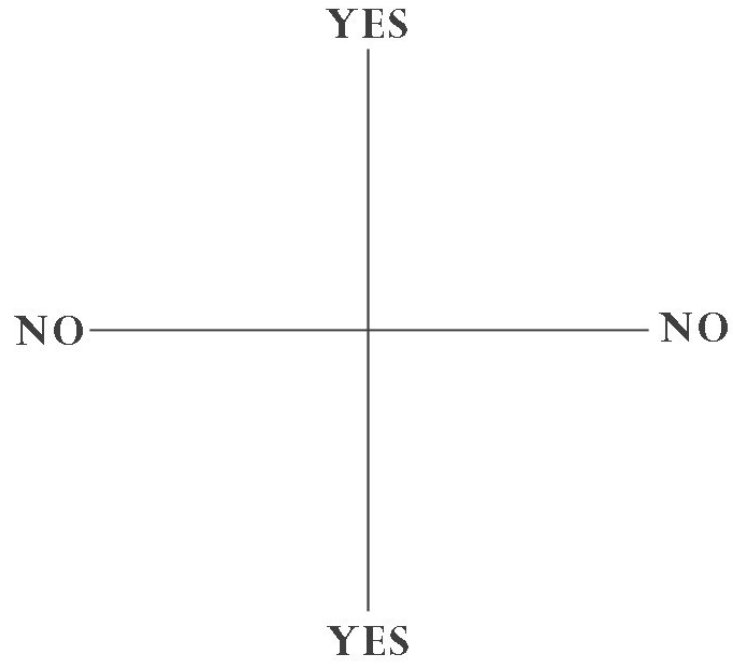
(3 ways, p. 109) _____

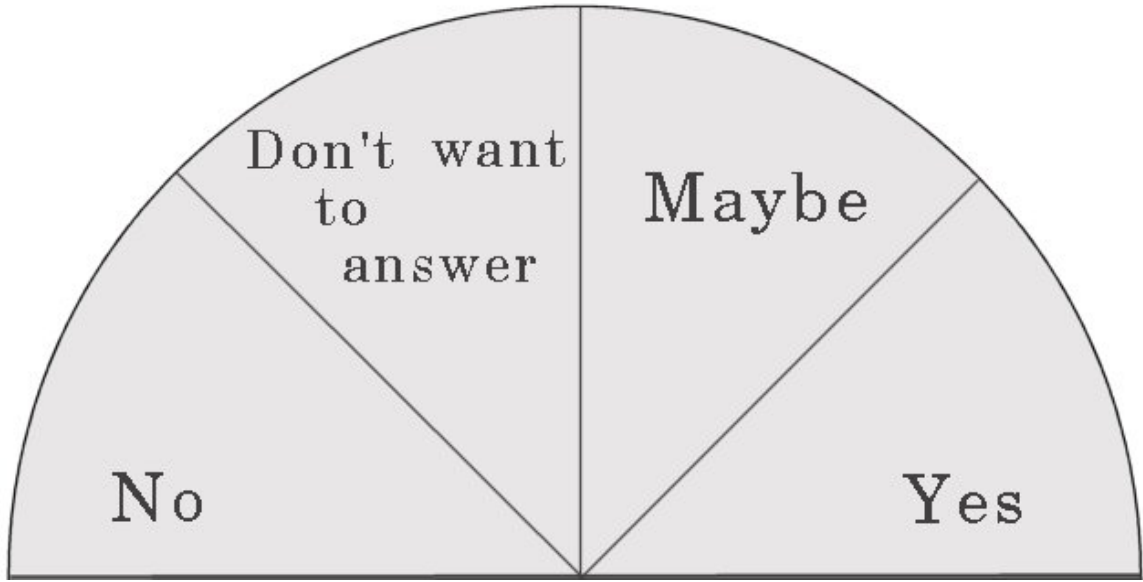
Do Exercise #19

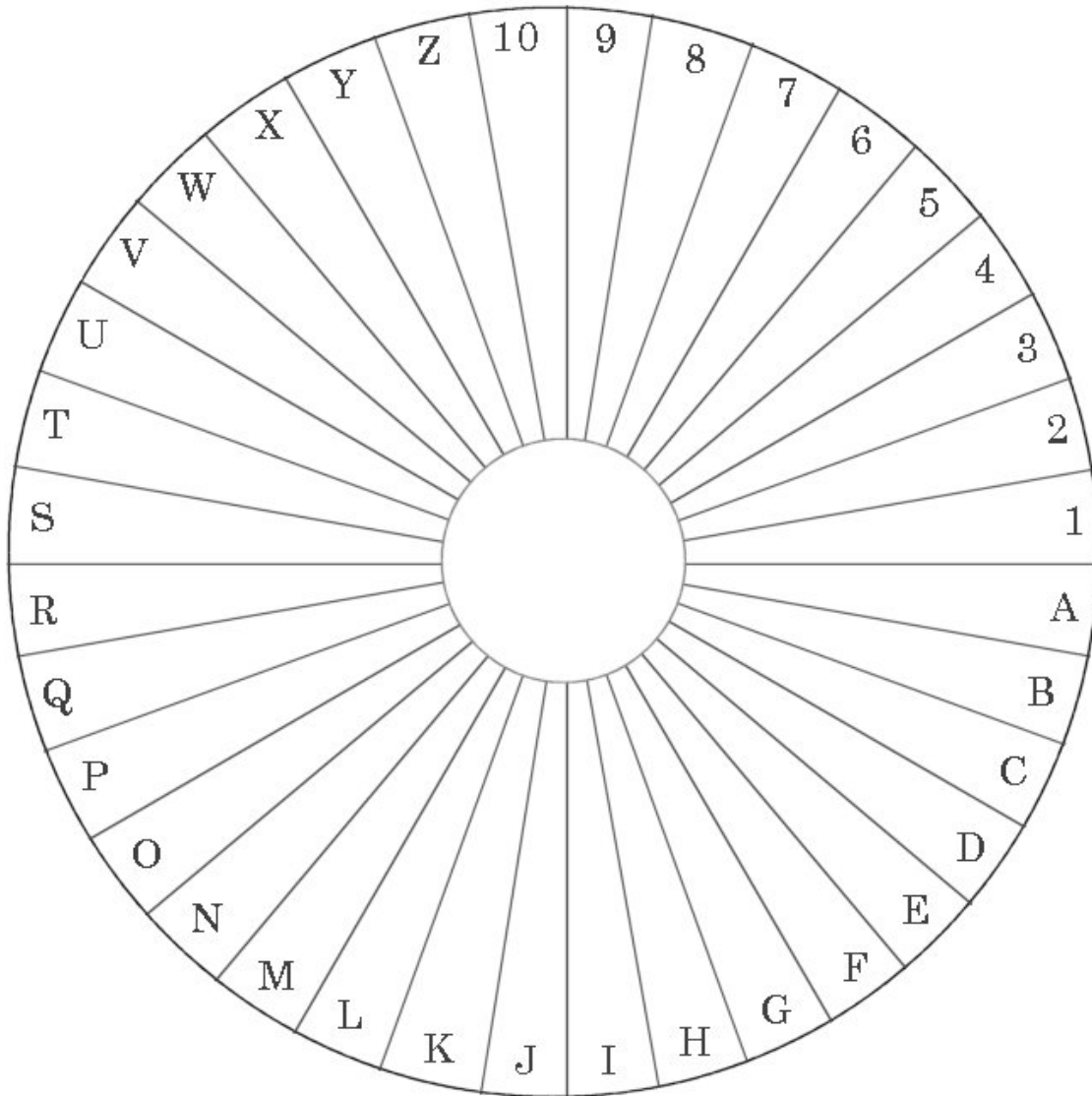
Do Exercise #20 on page 117.

Use your pendulum and the diagrams on the following page.

Pendulum Charts







Use the Alphabet to spell out words or answer questions like:

“What are the initials of my dream mate?”

“What’s the first letter of the name of the person attacking me?”

“What’s the first letter of the name of the person trying to send me a message?”

Use the Numbers to ask questions like: “Please rate this job offer from 1-10” (or blind date, or automobile you’re about to purchase, tomorrow’s weather, etc.)

Lesson Nine, continued

Clairvoyance (cont.)

- Do Exercise #21 on page 118.
- Do Exercise #22 on page 119.

Telepathy

- Read pages 121 - 123 and do the Exercise.

Psychometry

- Read pages 125 - 132 and do the Exercise.
- Extra Credit: Read pages 133 - 135 on Astral Travel.

Lesson Ten

Read pages 163 and 164, about your warning system, and do the exercise.

Read pages 147 - 150.

1. When is communicating psychically with a person most useful?

(p. 147) _____

2. Why do you always receive truthful answers? (p. 147) _____

3. What is a great ploy to use to psychically soften someone's anger?

(p. 149) _____

4. What does the author say there is "no such thing as" on page 150?

Read pages 175 and 176 and do the Exercise for Skill Improvement.

What skill or skills would you like to improve?

Lesson Eleven

- Read page 177, and do the Exercise on that page.

After Exercise #44, the author goes on to describe a study plan for his students. Now this plan may not be right for everyone. You may want to read a *dozen* books this year, and do additional formal psychic study.

Extra Credit:

- Read Chapter 20 and do the Exercise on page 165 (if you want!).
- Read Chapter 21 and do the Exercise on page 169.
- Read Chapter 22 and try the Exercise (if you dare!) Page 171.
- Read Chapter 23 and do the Exercise on page 173.

- Read Chapter 26, “Summary and A Look Forward”, on pages 183 - 194.
- Complete the following worksheet for Chapter 26.

Worksheet

(on Chapter 26)

1. How does the author suggest we help a crying child on the street, if we can't stop and help physically? _____

2. How can we help hostages or prisoners of war?

3. How can you psychically help the victims when you drive by a terrible car-wreck, or when you see some tragedy on the news?

4. What can make a psychic lose their powers? _____

“Those whom you can help will be _____, or you
_____.”

- Be sure to read Case #28 “Two Failures” on pages 192 - 194; Because sometimes every psychic fails.

Psychic Final Exam

1. Being a psychic is about being a _____, either your problems or someone else's.
2. List the names of the four brainwaves speeds in order, from waking down to unconsciousness.
1. _____ 2. _____ 3. _____ 4. _____
3. Which two brainwave ranges are the ones psychics use to do their work?
1. _____ 2. _____
4. Whenever a negative thought pops into your head, what are you supposed to do? 1. Say, _____ and, 2. Immediately think of something _____.
5. List four ways you have recently used your psychic abilities to help others (family, friends, perfect strangers).
1. _____

2. _____

3. _____

4. _____

6. List four ways you have recently used your psychic abilities to help *yourself*.
1. _____

2. _____

3. _____

4. _____

7. Define *clairvoyance*: _____

8. Define *psychometry*: _____

9. Define *visualization*: _____

10. Define *astral travel*: _____

11. If you have ever successfully used any of the above, describe here.

12. Most psychics use a divination tool. What's yours? (circle the one you use most often)

- | | | |
|--------------|--------------|---------------|
| Runes | Pendulum | Playing Cards |
| Tarot | Numerology | Astrology |
| Magic Mirror | Crystal Ball | Other _____ |

Copy & snail mail or scan & email your final exam to us. Your official Certification / Diploma will be mailed immediately. Congratulations!

Name _____

Email _____

Mailing Address _____

Date Completed _____