

# Emotional Intelligence

Learn Better Communication  
And Raise Your Interpersonal  
And Leadership Skills

MICHELE  
GILBERT

# **Emotional Intelligence**

*Learn Better Communication And Raise Your  
Interpersonal And Leadership Skills*

*By*

*Michele Gilbert*

[Follow Me On My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert













## Table of Contents

### **Table of contents**

[Introduction](#)

[Chapter 1: What Emotional Intelligence REALLY Is](#)

**Chapter 2: Why EQ Determines A Person's Life Success**

**Chapter 3: Top Keys to Develop Your Emotional Intelligence**

**Conclusion**

**Bonus: Aura's and Chakra's Box Set**

**Bonus: Body Language and Instant Charisma**

**Bonus: Communication Skills**

**Bonus: Reiki and Crystals and Healing Stones Box Set**

**Bonus: Essential Oils and Reflexology**

**Bonus: Kabbalah and Tarot Box Set**

**Bonus: Listening Skills and Emotional Intelligence Box Set**

**Bonus: Love Yourself And Rejected Box Set**

**Bonus: Mindfulness Box Set**

**Bonus: Narcissist And The Introvert's Advantage Box Set**

[Bonus: Psychopath And Sociopath Box Set](#)

[Bonus: Tarot and Palmistry](#)

[Bonus: Spirit Guides and Wicca Box Set](#)

[Bonus: Tarot and Numerology Box Set](#)

[Bonus: Tibetan Rites and Aging Backwards Box Set](#)

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## Introduction

Before you get started reading...

[>>>Click Here<<<](#)

I have a very important message that you **MUST**  
**READ!**

I promise it is not spam and I am not trying to sell you  
anything!

[>>>Click Here<<<](#)

## **Introduction**

Welcome to the world of Emotional Intelligence (EI)!

Well, maybe ‘welcome’ isn’t necessarily accurate because you’ve been experiencing emotions since the day you were born.

Since day 1, you’ve cried, thrown fits, smiled, laughed, and loved.

Have you ever spent a day with a baby?

You’ll know that they experience the whole range of emotions, and sometimes switch from extreme joy to full-blown rage in the blink of an eye.

The fact of being human is that emotions are an unavoidable, in-built part of life. We are born with this emotional system in place.

There is no way to avoid them, to ignore them, or to have them not affect your life in one way or another.

The common misconception regarding Emotional Intelligence is that it’s a way to suppress your true feelings, to present yourself as happy even though you are sad, and to manipulate other people by using how they feel to your advantage.

What’s interesting, however, is how suppressing feelings, misrepresenting how you really feel, and manipulating other people are actually all symptoms of a lack of Emotional Intelligence!

As David Caruso points out, “Emotional Intelligence is not the opposite of intelligence, it is not the triumph of heart over head – it is the unique intersection of both.”

Think about it.

If you aren’t paying attention to how you feel, then you are, by definition, suppressing and ignoring your true feelings.

If you don’t know how you really feel in a situation, how can you accurately represent and communicate those emotions to someone else?

And, manipulation and deception are common traits of people who lack a sense of empathy, which is a core component of Emotional Intelligence.

Through this brief thought experiment, and throughout the rest of this short book, it will slowly dawn on you that many of your current problems, dissatisfactions, and challenges are simply the result of a lack of Emotional Intelligence.

Research in recent decades has almost unequivocally proven that Emotional Intelligence helps people in almost every facet of their lives. People who develop the core skills experience:

- A newfound sense of self regarding what's important to them and why
- Sky-rocketed levels of self-esteem
- An unprecedented amount of courage that fosters creative expression and ambition
- Better, stronger relationships
- Dramatic improvements in their effectiveness as both a leader and a teammate
- Overall higher earnings at work due to heightened levels of achievement, promotions, and higher performance ratings from superiors and peers
- An improved ability to influence and persuade others through compassion and empathy rather than coercion and selfishness

What's important to understand is that these benefits aren't all just hype. Each one is backed by *multiple* scientific, peer-reviewed studies. These studies are outlined in Chapter 2.

You see, the data indicates that the importance of EI is so strong that the question is not whether becoming more emotionally intelligent will change your life, but rather how much time and energy are you willing to invest to develop your emotional intelligence.

The question is: 'What kind of life do you believe you deserve?'

The question is: 'What quality of life are you ready to achieve?'

The question is: ‘What is earning more money, improving your relationships, and actually *changing for the better* worth to you?’

The unfortunate reality is that even when people are presented with a solution to their problems, they don’t actually take the time to implement the solution, unless it’s a ‘quick-fix’ or ‘magic pill.’

Why? Because the effort, discomfort, and pain associated with *changing* is typically greater than the satisfaction and comfort that a better lifestyle affords.

A ‘quick-fix’ implies no effort, no pain, and no time. You just do this, take this, or read this, and BAM! life is suddenly better.

However, that’s marketing hype instead of real life.

So, I want to be straight with you from the beginning.

Although I can’t promise a ‘quick-fix’ or that reading these words will transform you from the inside out, what I can promise is that if you take the time to read this short book, you will not only understand the importance of EI in your life, but also the daily habits that, when implemented, will incrementally raise your EI day-by-day.

With your courage, commitment, and conscious action, you will experience a new quality of life that conforms to your passion and purpose, rather than trying to trick yourself into believing that your current circumstances are right for you.

Imagine a life consisting of a career you’re passionate about, people you care about, and the self-confidence to believe that you deserve it all, and more!

No matter where you are in your life, how old you are, or how many times you’ve messed up in the past, you have the power to change.

But, in order for you to experience the benefits of Emotional Intelligence, you have to do your part.



You can't expect to just read these words, gloss over the exercises, never put anything into practice, and have everything change for you.

Albert Einstein said it best when he defined insanity as “doing the same thing over and over and expecting different results.”

So, here's what you need to do.

First, read this book all the way through, right now, while you're thinking about it.

It will only take you 30 minutes.

Next, and this is the most important thing, perform at least 2 of the exercises found in chapter 3 right when you read them. They are short, sweet, and seriously effective.

Then, you need to continue to perform at least 2 of the exercises *on a daily basis*.

Look, do yourself this favor: make Emotional Intelligence a priority in your life for the next 7 days. All I'm asking for is 1 week.

If you see some results and improvement, which you will, then continue for another week, then a month, then a year, then a lifetime.

But, I want to advise against the ‘New Year's Resolution’ type of commitment. Setting the standard for 365 days can be a daunting task.

So, instead, make it easy. Just 7 days.

The first and most important thing you can do to instill that sense of dedication to this part of your life is to turn the page.

For the next 30 minutes, open your mind to a new perspective on your life and how you can achieve all your goals with less stress.

I'm excited to show you how.

See you on the next page.

# CHAPTER 1

## What Emotional Intelligence REALLY Is

*“Anybody can become angry. That is easy. But to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way, that is not within everybody’s power and is not easy.” ~Aristotle*

Before we delve into concepts, ideas, and the world of your mind, I want you to pause and check in to the world of your heart.

Take a couple deep breaths. Say ‘ahhhh’ on the exhale.

Really pause for a moment. Allow yourself to tune into exactly what is going on inside you right now.

Ask yourself some questions:

- How am I feeling right now?
- What is the *name* or *label* of that emotion? (i.e. sadness, excitement, anxiety, etc.)
- What shade of that emotion am I feeling? (i.e. anger can range from frustrated and annoyed to infuriated and raged)
- Where in my body do I experience that feeling?
- What triggered, and continues to trigger, this emotion?

There is no right or wrong answer to these questions. But, pay attention to whether you were able to answer these questions quickly, like the answer was obvious, or whether you struggled to search for the right word for the emotion and its exact location.

If you found the exercise a little difficult, that’s ok. In fact, it’s completely normal.

Hopefully, this exercise will illustrate how there is a sharp distinction between experiencing emotions and *intelligently* acting on them.

Now, if you're one of the few who didn't immediately perform the exercise, remember when I encouraged you to do the exercises as you come across them in the book? Well, here's your first chance.

Really take one quick moment to check in with yourself right now and see how you're feeling.

EI researchers call this activity a 'Check-In' because you turn off the focus from your mind, and you *check in* with your heart and your body.

This reflective skill represents that foundation for healthy self-awareness, which is the first of four key skills that comprise EI.

In total, Emotionally Intelligent people are skilled at 4 things:

- 1) Self-Awareness
- 2) Self-Management
- 3) Social Awareness
- 4) Relationship Management

Peter Salovey and John Mayer published this conception of Emotional Intelligence as a developable skill set rather than an innate capacity in their 1990 seminal work Imagination, Cognition, and Personality.

To quote their definition of EI, it's "a set of skills hypothesized to contribute to the accurate appraisal and expression of emotion in oneself and in others, the effective regulation of emotion in self and others, and the use of feelings to motivate, plan and achieve in one's life." Put another way, "the emotionally intelligent individuals accurately perceive their emotions and use integrated, sophisticated approaches to regulate them as they proceed toward important goals."

Let's break down the definition a little further in order to see what each of the four skills really entails.

Self-awareness deals with the 'accurate appraisal and expression of emotion in oneself' and forms the foundation of self-confidence.

Self-management involves 'the effective regulation of emotion in self... and the use of feelings to motivate, plan and achieve in one's life.' High-EI

individuals act on emotional information in an intelligent way, which psychologists Sternberg and Salter define as ‘goal-directed adaptive behavior.’ We will delve into this concept in the next chapter.

Social awareness transfers the capacities of self-awareness to other people. This skill is the basis of empathy and an orientation toward serving and helping others rather than serving oneself.

Similarly, relationship management involves regulating, planning with, and motivating a group of people. High-EI leaders are proficient influencers, persuaders, and collaborators. They excel at teamwork, conflict management, and motivating peers to perform at their highest levels.

Through this brief description, you can hopefully start to see how practicing these skills on daily basis will powerfully, positively, and permanently impact your life and relationships.

### **A Quick Thought Experiment**

*“When a person has access to both the intuitive, creative, and visual right brain, and the analytical, logical, verbal left brain, the whole brain is working... and this tool is best suited to the reality of what life is, because life is not just logical – it is also emotional.” ~Stephen Covey*

Again, for a moment, let’s take a step back and work through another mental exercise.

Let’s imagine that you are trying to solve a 1,000-piece jigsaw puzzle.

The catch is that you only have a vague idea about what the complete picture should look like.

How would you go about solving this puzzle?

The fact is that without the total picture, you don’t know whether you have all the necessary pieces to complete the puzzle, and you could have a number of problems, such as pieces that fit for a different puzzle entirely, or not enough pieces to start with, and so on.

So, although you have all of these small jigsaw pieces with parts of a total picture on them, you can't effectively or intelligently put them together.

In real life, this same problem happens when you are faced with an emotional crisis or life decision.

Suddenly, you are bombarded with an intense *life puzzle* and an abundance of emotional information.

More than likely, you'll have mixed emotions, an unclear idea about what to do, and no useful way to determine what your intuition, emotions, and even logic are telling you to do.

Again, when trying to solve a logic puzzle with incomplete information, totally wrong ideas, or confusing terms, do you think it's possible to arrive at right answer?

Similarly, when trying to solve a life puzzle with incomplete emotional information, totally wrong ideas about the significance of those emotions, or confusing emotions, do you think it's possible to solve your own problems?

Of course not!

### **The Difference Between EI and IQ**

One question you might be asking yourself is: if Emotional Intelligence is so important, then why is it that our culture values GPA, SAT scores, and IQ?

Shouldn't we all be emotional geniuses?

The answer is that our culture's attitude about emotions is that they are in direct opposition to logic, reason, and rationality. That it's EI vs. IQ.

Emotions 'cloud your judgment,' people get 'blinded by anger,' and business people often warn against 'becoming too emotionally involved.'

Additionally, people typically view emotions in a negative light. They focus on emotions only when they are stressed out, insecure, or experiencing a bout of rage during rush hour traffic.

On the one hand, this view acknowledges the core fact that the *experience of emotions* is separate from *Emotional Intelligence*.

On the other hand, however, this perspective negatively brands emotions and thus excludes them as a source of information in the decision making process.

According to neuroscientific studies, the parts of your brain responsible for emotion are separate from the parts of your brain responsible for intelligence.

Emotional circuitry first developed as an alarm system that would instantaneously respond to threats in a fight-or-flight fashion.

Rewinding the clock, it makes sense that evolution would favor animals that had sophisticated methods of both identifying when a noise or visual cue indicated a threat and preparing the body to either defend against or run away from that external threat.

Animals that could correctly identify and prepare against these threats would survive, while others would die out.

Once the emotional fight-or-flight emotional system evolved to a certain point of proficiency, evolution started to favor an animal's ability to discriminate between real threats and imaginary threats.

Think about how much extra energy an animal would expend if it had a full-blown anxiety attack every time a bush rustled or something fell off a tree.

The truth is that the ability to sift through all the noises and visual cues in an intelligent way only evolved very recently. If you look at the structure of the brain, the part responsible for intelligence and executive function exists as a layer above and around the part responsible for emotional reactions.

This supplementary capacity for intelligently differentiating between the real and the fake, known as 'the critical factor,' doesn't replace the emotional circuitry, but can help interrupt its ability to hijack the body.

For example, if a cabinet slams shut, you'll notice that even a lazy cat, without the critical factor, will jump up and start running away.

The typical human, however, will experience that same surge of adrenaline, but won't be so overwhelmed by it that they literally have to run away.

Again, without that 'critical factor,' the emotion will hijack and take control of your body.

The problem and twist in this story is that as intelligence evolved to a greater degree, adding 1 full pound of mass to a human adult's brain, it developed the capacity to overlook and ignore emotions.

Today, the average person can experience heightened levels of stress, anxiety, and anger on an ongoing basis without it dramatically affecting their ability to survive and function.

But, although both low- and high-EI people can survive and function, the high-EI people are much more effective in their personal, professional, and love lives.

Exactly how and why, and the data supporting these claims, are the topics of the next chapter.

Keep reading.

## CHAPTER 2

### Why EQ Determines A Person's Life Success

*“Rule your feelings, lest your feelings rule you.” ~Publilius Syrus*

The reason I wrote these words and published this e-book is because I want you to experience a complete paradigm shift.

Hopefully, you will begin to view anger, sadness, guilt, embarrassment, shame, and other ‘negative’ emotions as vital sources of information, key indicators that you need to change something in your life.

Additionally, you will start to pay more attention to the feelings of happiness, excitement, elation, and other ‘positive’ emotions in order to determine the underlying causes of joy in your life.

Through the exercises presented in chapter 3, you will not only immerse yourself in the world of emotions, but also start to understand exactly how you feel and why you feel that way, and what triggered, and continues to trigger, that emotion.

#### **First Emotional Information, Then Emotional Intelligence**

The basis of Emotional Intelligence, and the goal of this book, is the assertion that the emotions that you are already experiencing on a day-to-day basis, whether ‘positive’ or ‘negative,’ are brimming with relevant information regarding how you can maintain a happy, healthy, effective lifestyle.

The fact of the matter is that regardless of your current level of Emotional Intelligence, you are experiencing and being affected by emotions every day.

Emotions represent the mood you’re in when you wake up...

They’re how you feel about what you have to do that day, and how well you do those things...

They’re both how other people see you and how you see yourself....

They’re your mood as you go to sleep...



And on and on and on.

Emotions are everywhere, involved in everything, and are the foundation for most of the decisions you have made in your life and will make in the future.

Everyone would like to think that they can rise above the level of emotions and function on a purely rational, logical level.

But, we are, at our core, emotional creatures.

It's important to remember that the evolutionary timeline, and the resulting structure of our brain, illustrates that we were first emotional, unintelligent creatures.

Emotions developed before intelligence.

We now have both emotions *and* intelligence. Again, we have both EI and IQ.

But, they are not the two opposing forces, as culture would have you believe.

Instead, as Jensen, Rideout, Freedman & Freedman explain, the benefit of intelligence is that we now have “a way of recognizing, understanding, and choosing how we think, feel and act.”

In fact, the study that this quote comes from goes on to conclude that “research suggest [EI] is responsible for as much as 80% of the ‘success’ in our lives.”

## **The Research**

### **1) EI Boosts IQ**

A 2002 study found, with over 99% confidence that students with high-EI will score higher on cognitive tests than students with low-EI. Their concluding paragraph asserted many reasons for the marked difference.

First, they reasoned that the high-EI individuals were better at managing their emotional state, reducing stress, and staying more focused on the test during the allotted time. Thus, although two students could have similar cognitive abilities, the high-EI participant would have a clear advantage.

Second, they argued that whereas naturally high-EI was typically associated with higher-IQ, a person with low-EI could either have high- or low-IQ. In other words, high-EI individuals are almost always smart, and low-EI individuals can be just as smart, but still score worse on the tests.

## **2) Employers hire high-EI applicants**

In 2012, the Department of Labor studied a variety of companies in order to answer the central question: ‘What are today’s companies looking for in new hires?’

Through reductive analysis, they were able to boil down the answers to 7 simple responses. Their shocking finding was that out of these 7 qualities, the first 6 (the ones most sought after) all correlate to high levels of Emotional Intelligence.

Qualities such as ‘collaboration skills,’ ‘ability to take initiative,’ and ‘self-confidence,’ ended up at the top of the list. At the bottom, the only non-EI attribute, was ‘math and reading abilities,’ which represents an obvious minimum requirement.

Another national study found that 2 out of 3 companies rank high-EI as the most important attribute for new hires. At the highest level, 100%, 3 out of 3, of the Fortune 500 and 100 companies prioritized high-EI.

## **3) At work, EI beats IQ and technical knowledge**

Further research distilled on-the-job competency into three domains of ability: cognitive IQ, technical expertise, and Emotional Intelligence scores. The investigation found that Emotional Intelligence is twice as powerful as both IQ and technical expertise *combined*.

## **4) High-EI representatives enhance customer satisfaction**

Many studies performed over a range of professions, from health-care physicians and teachers to sales representatives and waiters, all consistently demonstrate that clients and customers of high-EI representatives and caretakers self-report higher levels of satisfaction with both the business and the representative.

### **5) High-EI individuals are better at coping with and managing stress**

In 2003, a group of researchers discovered that Emotional Intelligence was inversely proportional to levels of both perceived and experienced stress. In other words, students with higher EI scores were not only more adept at dealing with stressful situations as they arose, but also evaluated situations as overall less stressful than their low-EI counterparts.

### **6) High-EI individuals are better at coping with and managing anger**

Through cross-cultural studies of anger management participants, many studies have consistently demonstrated both that the classes raise EI levels and that these higher levels of EI assist people in dealing with and managing anger.

One interesting commonality in these studies' findings was the overarching character change that results from heightened EI. Aggressiveness turns into assertiveness, a bossy person becomes strong-willed, demanding individuals simply become ambitious, and confrontational people end up being decisive.

### **7) High-EI individuals make more effective leaders**

A host of studies performed at the turn of the century found that high-EI workers have a transformational impact on their peers and overall working environment.

Through the intelligent use of emotions, leaders and managers improve interpersonal relationships between co-workers, improving trust, cooperation, and decision making processes.

The expression of positive emotions and optimism creates a vision for a better future and instills a sense of enthusiasm within the ranks.

Also, peers consistently view high-EI individuals, even subordinates, as happier, more committed to the organization, and a better employee than their smart, but low-EI, co-workers.

### **8) EI correlates with job satisfaction**

From 2008-2009, researchers tracked and analyzed 215 teachers. Through even casual testing, they found significant positive relationships between each component of Emotional Intelligence that they measured and a teacher's skills, motivation, and job satisfaction.

Higher-EI scores correlated with improvements in each of these key areas!

### **9) EI correlates with satisfaction in romantic relationships**

A 2011 meta-analysis, reviewing the results of 6 previously completed studies, found a "significant correlation between trait emotional intelligence and romantic relationship satisfaction." In fact, they discovered that higher levels of EI improved the satisfaction of both parties, even if the spouse had low-EI.

Thus, taking the time to enhance your Emotional Intelligence could improve your relationship with your significant other!

Although the list goes on and on, the most important takeaway from the body of research done on EI is

### **10) EI is a teachable and learnable skill**

There are so many studies that demonstrate, beyond a shadow of doubt, that reading about EI, taking classes, and performing certain exercises, like the one's provided in the next chapter, can improve your EI.

One 2003 study of graduate students in particular provided some pretty staggering results.

The researchers separated participants into 5 classes. While 4 of these classes taught a curriculum without Emotional Intelligence, 1 included formal instruction on Emotional Intelligence.

At the end of the course curriculum, students in the EI-curriculum group improved their scores by 8.5 more points on average than the non-EI group. That's almost a full letter grade difference.

As stated in the introduction of this book, 'the data indicates that the importance of EI is so strong that the question is not whether becoming more

emotionally intelligent will change your life, but rather how much time and energy are you willing to invest to develop your emotional intelligence.'

So, if I provided you with some short, simple, and seriously effective exercises, would you perform at least two of them on a daily basis?

How much is being smarter, receiving promotions, effectively managing stress and anger, being a better leader, and liking your job and relationships more worth to you?

I have great news for you if you said anything more than 20 minutes of your time on a daily basis, because that's all it takes to follow the exercise regimen laid out in the next chapter.

## CHAPTER 3

### Top Keys to Develop Your Emotional Intelligence

*“Emotional Intelligence is a different way of being smart. It includes knowing what your feelings are and using your feelings to make good decisions in life. It’s being able to manage distressing moods well and control impulses. It’s being motivated and remaining hopeful and optimistic when you have setbacks in working toward goals. It’s empathy; knowing what the people around you are feeling. And it’s social skill – getting along well with other people, managing emotions in relationships, being able to persuade or lead others.” ~Daniel Goleman*

Developing your Emotional Intelligence boils down to improving your abilities in four key areas:

- Self-awareness
- Self-management
- Social awareness
- Relationship management

As you can see, half of these skills involve ‘Awareness’ of what is already occurring, and the other half involves ‘Management’ of either yourself or others.

A common misconception about Emotional Intelligence is that women naturally have more than men. But, research into this rumor has found it to be false.

Whereas women naturally score higher on the self- and social-awareness skills, men without training score higher on the self- and relationship-management skills.

When analyzing all the skills as a composite score, however, women and men maintain similar averages.

Thus, don't let your age, gender, or perceived lack of Emotional Intelligence stop you from moving forward and performing these practices on a daily basis.

Once again, I want to stress that if you find one or two exercises that appeal to you, I want you to immediately stop reading and perform the exercise right then, before you go any further.

Then, I want you to continue performing that exercise on a daily basis for the next 7 days. Keep only the next 7 days in your mind during this period of training.

## **The Exercises**

### **EI Skill #1: Self-Awareness**

#### **1) 'Check-In'**

- a. At any point in your day, close your eyes and take a couple of deep breaths. Say 'ahhh' on the exhale unless you're in public.
- b. Tune into your body. Feel your feet on the ground if you are standing or sitting.
- c. Scan your body for tension. When you find a tense area, remain aware of it without trying to immediately change it.
- d. Ask yourself
  - i. What would I label this feeling?
  - ii. What shade of that feeling would I call this tension?
  - iii. What triggered, and continues to trigger this feeling?
- e. Notice any thoughts, memories, or other feelings arising as you examine this emotion more closely.
- f. Continue breathing and following the tension until you have a clear label for the emotion and what is causing it.
- g. Solidify in your mind what you are going to write down before you open your eyes.

h. Write down your emotions along with a time stamp, a note of where you were, and some context about what you were just doing and about to do.

## **2) Journal**

a. At the end of your day, record the most emotionally powerful events. Make sure to write down both positively and negatively powerful moments. It helps if you perform check-ins during these moments during the day and have the time stamp and context already written down.

b. If you haven't performed a check-in, close your eyes and reflect on that moment. Mentally place yourself in that same situation and ask yourself the questions as if you were performing a check-in in that moment.

c. Ask yourself some additional questions

i. Does this emotion, and how I react, represent a pattern in my behavior?

1. When does this pattern typically arise?

2. How often do I experience this pattern?

ii. Would I want to duplicate my behavior in the future?

1. If not, what's a better way for me to behave when caught in this pattern?

iii. How did other people react to my behavior?

## **EI Skill #2: Self-Management**

**1) Write yourself notes or phone alerts from what you've discovered during your journaling and check-in sessions in order to avoid repeating negative behavior patterns.**

**2) Actively pause, when you catch yourself getting swept up by an emotion.** You don't need to perform an entire check-in, but engage your mind and think about what is going on.

a. Ask yourself whether there is another way to describe the situation you *think* you are trapped in.



b. Create a new perspective by interpreting and describing the situation in an entirely different way, from a unique point of view.

**3) During an emotional dialogue, pause and find an honest, clear expression of your feelings.**

a. Psychologists typically suggest ‘I’ statements that involve the form of ‘I feel \_\_\_\_\_, when you do \_\_\_\_\_.’

**4) Mentally, or with your journal, revisit the situation later to discover your triggers and your patterns of behavior.** Through experience, you will learn your strengths, weaknesses, and ‘hot buttons.’

a. Compile a list of your ‘hot buttons’ and carry them around with you. Familiarize yourself with that list in order to catch your emotional circuitry hijacking you in the moment.

**EI Skills #3: Social Awareness**

**1) Journal**

a. In these entries, focus on how other people were feeling and what you noticed about their expressions.

i. Ask whether their emotions represented patterns of behavior for them.

ii. Try to determine their triggers, especially if you caused the emotional moment.

iii. Write out strategies for both how you can avoid triggering that emotional moment in the future and how you would prefer to act if that same situation were to arise in the future.

b. Focus on the similarities between what you’ve noticed about yourself and other people. Typically, triggers and patterns that apply to you will be the same for others. We are all human, after all.

**2) Pay attention to other people during conversations and throughout your day.** Take the focus off of yourself from time to time not only to clear your head, but also to take the ‘emotional temperature’ of the

environment around you. Especially at work, it can help your reputation to notice when someone is unhappy, so that you can cheer them up.

**3) Rather than asking people ‘how are you?’ ask them ‘how happy are you on a scale of 1-10?’** You are sure to get juicy answers if you’re genuinely interested and have the time to listen.

**4) “Seek first to understand, then to be understood.” ~Steven Covey.** I borrowed this habit from Covey’s ‘7 Habits of Highly Effective People’ because of how powerful it can be in the process of developing your Emotional Intelligence. When talking to other people, start focusing more on their point of view and what they are trying to express rather than getting your point across and having them agree with you.

#### **EI Skill #4: Relationship Management**

**1) Let yourself be vulnerable.** The goal of this exercise is to express how you feel about work, about a relationship, about insecurity, or about anything in an honest, clear fashion. Open up to somebody else, even if it’s a topic entirely unrelated to them, about how you feel. Doing this on a consistent basis will help you get pent up emotions off your chest, and it will improve the quality of your relationships.

**2) Think win/win/win.** When making decisions, consider how it will affect you, the other person, and your relationship. You want to make sure that everyone, and the relationship, benefits from your daily choices.

**3) Journal.** I hope you see the consistent theme that every skill will benefit from your journaling efforts. Take the time to note what your partner or friends like, dislike, and what they are looking forward to. Note their birthdays, their anniversary dates, and other important dates for their families.

a. To add a personal touch, you can send a card during one of these important dates.

## Conclusion

Thank you, and thank yourself, for taking the time to read this short book and apply some of the life-changing exercises included herein.

By reading these words, you have demonstrated to your conscious and unconscious minds that developing Emotional Intelligence is a priority in your life.

You have taken the first step toward your new quality of life, based on compassion, empathy, emotions, and intelligence, rather than using your intelligence only to serve yourself.

The next steps involve making daily habits out of the exercises listed in the previous chapter in order to enhance the 4 core skills that comprise Emotional Intelligence.

Like I said in the introduction, there is no ‘quick fix’ or ‘magic pill’ that can help you develop Emotional Intelligence. But, it’s also not a lot of hard work to get you where you want to be.

The first part of the process, and half of what makes a person Emotionally Intelligent, is simple day-to-day awareness of yourself, your behavior, and other people.

Replace all the thoughts, worries, and distractions that flood your head every minute with an awareness of your body, your mood, and how other people are feeling, as well.

Once you’re performing Check-Ins on a regular basis and become more attuned to your flowing emotional states, the skills of self- and relationship-management are the next steps.

You use the knowledge you’ve gained from observing yourself and other people to better understand the current situation and achieve the objectives you’ve laid out for yourself either mentally or in your journal beforehand.

As you can see, Emotional Intelligence involves identifying the emotional patterns in yourself and others, so that you can overcome the ones that no

longer serve you and tap into the ones that propel you forward.

Hopefully, the research presented in chapter 2 has removed all the doubts in your mind about whether the pursuit of higher EI is worth your time.

### [My Free Gift To You!](#)



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on understanding emotional intelligence. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

To your success,

Michele

## Thank You!

I want to start off by just saying thank you for choosing to read one of my books! I know there are plenty of other books out there and I realize how valuable your time is. I am extremely grateful that you took the time out of your day to read my book.

I wanted to quickly explain to you that you are actually getting 10 Box Sets from within this ONE book. I have included practically all of my Box Sets that are available on Amazon at NO ADDITIONAL COST to you! I wanted to give you all these books as my way of saying Thank you.

All you need to do is go to the table of contents and you will see all of the additional books you are getting along with this one.

If you would like to go back to the Table of Contents  
page and check out all of the additional books

[>>> Click Here<<<](#)

If you would like to go back to the beginning of the  
book

[>>>Click Here To Get Back To The Beginning of The  
Book<<<](#)







Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on understanding Psychic Development but you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a *small* favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

To your success,

Michele

## **Preview of My New Book.**

[Crystals And Healing Stones: A Beginners Guide To Crystals Their Uses And Healing Powers](#)

# CHAPTER ONE:

## What You Should Know Up Front

The art of using crystals is nothing new. It's a practice that has been passed down for centuries by those who have used crystals as healing and harnessed the powers of crystals to influence the actions and energy of their days. Many scoff at the idea of using crystals to manipulate your aura, mental energy, and the presence of your day, but there is a community of thousands who actively participate in the practice and if you're here to join them, then welcome.

Up front, you should know that by simply holding a crystal, you tapping into primordial powers that have existed for millions of years and that for epochs after you've gone, that crystal will endure. The history and the knowledge of that crystal in your hand is passing through you, influencing you, and helping you regardless of whether you're aware of it or not. Think of the science behind geology and the formation of crystals. It's an incredible and powerful process that you're now tapping into.

Secondly, crystals are harnessers of light. Notice the sparkle and the light in all crystals, absorbed by the sun and reflecting it. Not only are you holding the power of the earth, but you're also holding the power of the heavens in your hand. I'm telling you this so that you'll have the proper respect and reverence whatever crystal you come to possess and find yourself drawn to.

Thirdly, every crystal has different, unique properties that will affect your mind, spirit, and day differently. So by picking up random crystals, you can influence your life differently. The deeper you pursue chakra work; you'll find different uses and applications for each crystal. So educating yourself is vital before you begin this journey, so well done on consulting a book.

Fourthly, crystals are activated most heavily through meditation and spiritual work, especially through activating your chakras. Of course, volumes can be written on the subject of meditation and chakra work, which may happen later, but right now, I'm just addressing each crystal and their purposes in this book. But note that many select a crystal to carry with them through the day to help strengthen and influence the aspect of the crystal that they feel they may need help with.

Finally, crystals come in two forms smooth and raw. Most people acquire smooth crystals to carry with them or to utilize with their meditational practices so that they can harness light and utilize it. However, those looking to use crystals for healing might be more interested in the raw form because these are the stones where crystals have the most power and energy in their primordial form. Also, smooth, polished crystals are often used in rune casting, but more about that at another time.

So without further adieu, here is a simple, comprehensive list of the qualities of the crystals that you can work with to help influence your day or enhance your meditation practices. Remember that each of these descriptions is brief, giving you the qualities and the strengths of each crystal so that you can get to work immediately.

# CHAPTER TWO:

## Agate

An entire book can be written on the different kinds of agate that are available for you to utilize and you to harness with your meditational qualities because agate comes in a vast array of qualities, colors, and overall varieties. When you think that I'm exaggerating, I'll just list for you the different kinds of agate:

Pink Agate

Green Agate

Botswana Agate

Blue Lace Agate

Dendritic Agate

Fire Agate

Moss Agate

That's a lot of agates and each of them is utilized and worked differently for various aspects of life. So in an overall, simple definition of Agate, here's what I can tell you.

[Click Here To Read The Rest Of:](#)

[Crystals And Healing Stones: A Beginners Guide To Crystals Their Uses And Healing Powers](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

Don't miss them... here is a short list.

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

[So I Am Dating A Psychopath: Now What?](#)



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books—mostly self-help and metaphysical in nature—and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.



As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!







## **Chakras:**

### **Understanding the 7 Main Chakras for Beginners** *The Ultimate Guide To Chakra Mindfulness, Balance and Healing*

## **Aura's**

### **How To See, Sense And Know Human Aura Colors**

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits

And to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

<<< My Free Gift To You >>>







## **Table of contents**

[Introduction](#)

[CHAPTER 1: 7 main Chakras](#)

[CHAPTER 2: How Can You Balance The 7 Chakras](#)

[CHAPTER 3: Understanding Chakras](#)

[CHAPTER 4: Powerful Affirmations](#)

[CHAPTER 5: Mudras](#)

[CHAPTER 6: Healing Techniques](#)

[Conclusion](#) **Table of Contents**

[Introduction](#)

[What Are Auras?](#)

[Seeing Is Believing](#)

[A World of Color](#)

[Conclusion](#)

[My Free Gift To You!](#)

[Preview of My New Book](#)

[About Michele](#)

## Introduction

I want to thank you and congratulate you for downloading the book, “Chakras for Beginners”. If you are looking to bring in more harmony in your life then you should definitely read this book. The human body has multiple energy centers and it constantly strives to bring those points to a certain degree of harmony.

The chakras have a rainbow like color and structure and this is one of the most amazing things. The fact is that everything in this Universe is somewhat connected and even the shape of the human body is similar to many other objects that can be found in nature.

For far too much time traditional medicine has completely ignored the fact that the solution to any problem can be found in nature. It is as if our body is a mirror of Mother Nature and the complex elements of our body can be found in similar shapes all across the planet.

The rainbow is like a visible power that is present in each of us. The colors of the rainbow contain energy that can influence our emotions as well as the physical body. This is why chakra will help you to seek the spiritual enlightenment that will help you to improve your life. The color intensity of a chakra is there to determine your emotional and physical state.

Chakra is also based on music and music is one of the biggest wonders of our Universe. One who understands music will understand how the Universe works. The values of charka can also be found in music notes and the fact is that wherever you go there are only seven basic notes. This is truly fascinating and I hope that this book will bring you closer to discovering the truth about the Universe.

This book contains proven steps and strategies on how to exercise chakra techniques. The purpose of this book is to help you to live a healthier life.

Thanks again for downloading this book, I hope you enjoy it!

© Copyright 2015 by Michele Gilbert - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# CHAPTER 1

## 7 main Chakras

The seven most important Chakras are the muladhara, svodisthana, manipura, anahata, vishuddha, ajna chakra and sahasrara. These seven chakras are linked to the seven most important planets of our solar system. The strong link between astrology and the human chakras is very important.

The planetary position makes an influence on the chakras energy level and this manipulates our physical and mental state. Due to this state our mental and physical ability changes accordingly in different results that often equal luck or faith. Human chakras were first mentioned in Indian tradition. Yoga literature and ancient Egyptian literature used to explain the importance of Chakras.

The most amazing aspect of the Chakra lies in the fact that it is universal. Human chakra is not only specific to Hinduism and Buddhism but it is available to any religion ranging from Christianity, Islam, etc. Chakra is not only specific to Asian countries but it is common to any part of this globe.

The ancient sages thought that the human body is the perfect representation of the Universe and in many aspects they were not wrong because the human body is an amazing machine and the

human brain is the most complex structure in the known Universe. The points on the body that are represented by the Chakras are crossed by energy and this energy is the energy from the Cosmos.

### **Chakras in Yoga**

According to the ancient teachings as we breathe (Prana) air is drawn and distributed across the body through a multitude of nerves. Among the 14 major strong points of our muscles three are fundamental in Chakras and these are: sushumna nadi, pingala nadi and ida nadi.

Ida is in the left of the spine and pingala is in the spine. Sushmna is in the spinal cord in the center of the seven Chakras. Hindu, Upanishad and Kundalini mention that Chakras are fundamental for the human development.

The Upanishads have described this mysterious force of the Universe in the 7<sup>th</sup> century B.C. and the snake is one of the oldest symbols used by the humans to express the good and evil that exists in this world. There is also a strong correlation between the double coiled snakes that stay around the Chakras.

Indian medicine has been referring it to as the male and the female snake that surround the chakra in order to form a balance between the power-center of the body. It is kind of remarkable to realize that even Christianity may have been influenced by this ancient concept.





## **CHAPTER 2**

### **How Can You Balance The 7 Chakras**

In order to balance the 7 chakras it is very important to understand this system. The Chakra's are the basic energy centers of the body. Chakras are our doorways between our mental and emotional state and they connect our mind with our body. The chakra system is fascinating and if you understand it you will be able to know what your real issues are.

The chakra system will help you to discover your strengths and weaknesses and if you understand the chakra system you will be able to solve a lot of the problems that you may face in life. The core idea is that the main support comes from the earth. The Vocal toning system is very simple as it relates to the chakras and it is very easy to remember.

You need to think about the tone of the first chakra and you say to yourself that you are grounded and supported in harmony. You need to open yourself towards angelic guidance and only if you will be completely relaxed you can properly balance the 7 chakras.

The power of self-talk is used by the most powerful people in the world and it is therefore no surprise to realize the fact that this method of personal improvement was incorporated into the chakra

system. Your main job is to balance all the chakras in a way that can open your heart and mind towards divinity.

If you want to balance your chakras easily you should try to connect to mother earth. If you connect yourself with Mother Nature you will be able to balance your physical chakras and if you balance your physical chakras it would be a lot easier for you to balance your spiritual chakras as well.

Another thing that I like to do is to use water in order to calm my body. This helps quite a lot and you would be amazed to see that you will feel a lot better if you are surrounded by water. If you surround yourself with water you will instantly balance your first chakra.

Another thing that you need to do is to learn how to express yourself. This will help you to balance your fifth chakra. In order to do this you need to remain calm and you need to be aware of the fact that communication is essential for achieving the balance of this chakra.

My last tip is regarding your seventh chakra and you need to try to connect to divinity in order to balance this chakra. You can only do this if your other chakras are well balanced and the best way to do this is through communicating with nature, singing or meditation.



## CHAPTER 3

### Understanding Chakras

The root Chakra starts at the base of your spine and this is your center of support. The main chakra dictates your personal and professional life and it will determine if you have the spiritual and mental strength that can support the other chakras.

If you want to understand chakras you will have to understand that the relationship between us and the Universe is transactional. This means that the Universe needs us but we also need the Universe. The environment is responsible for creating us and we are responsible for developing and understanding the environment.

Every piece of rock and every tree from nature have a purpose and everything is connected in perfect harmony in order for us to survive and thrive. Chakras are so powerful that they can change our entire vision about life.

If we manage to discover the wonders of the Universe with the power of charkas we will be able to have a deeper feeling for the people around us. We will be able to understand people without words. This is truly one of the biggest benefits of chakras.

Chakras will be able to help you in your journey of understanding. You will be able to find more common sense if you

use chakras for gaining a balanced life. At one point in time you will realize that you are continuous with the Universe and this will offer you a lot of peace of mind.

You should never be afraid of your chakras as there is a certain method that you can use in order to maintain all of your chakras in a positive state. At one point in time you will get used to this method and you will reap the benefits of your work. As long as you approach this problem with a positive mindset you will be able to reap the rewards in a record time.

Chakras are here to help us to discover the environment and without our ability to understand the Universe we can never understand chakras. This essential step of understanding the Universe is in fact part of one process and that is the process of discovering and understanding the wonders of our world.

We are not in this world to develop it but this world has developed everything for us and all that we need to do is to discover these wonders. Chakras will help you to discover the beauty of the Universe and you will be amazed to see that there is a strong bond between our body and the Universe.

Our life is too short to witness the mighty changes of the Universe yet our body took millions of years to develop. With our short life span we would off never been able to realize that there is such a deep bond between us, nature and the Universe.

In anything that floats in space there is human intelligence. We have managed to map out the stars and the planets and in the future

we will expand and discover many things that will eventually be familiar to us. This is because everything in the Universe goes together in perfect harmony.

The first chakra should resemble a sound that is similar in intensity to the richness of the earth. The second chakra is based on our interpersonal relationships and it basically revolves around our creative spirit. It is related to our artwork, our business and in many areas of our life where we apply our creativity.

The second chakra is fundamental for our survival because it also revolves around our ability to have babies. The color of the second chakra is orange and the sound will be able to transmit a feeling of sexuality and power.

The third chakra is our power center and this chakra helps us to breathe. You need to think of this chakra as your power chakra so when your mind tells you to do something you will have to do it.

The fourth chakra is green and it represents everything that helps us to live and breathe. This is your heart chakra and it is also connected to your lungs as you are breathing in oxygen and you are breathing out carbon dioxide so this is a chakra of giving and receiving love.

If you master this chakra you will be able to live a life full of love and understanding. You will need to give and receive unconditional love and you will have to learn to love yourself. The sound of this chakra is a sound of love. It starts with a really deep breathe and it ends with a sound that resembles joy. This chakra is centered on our

throat and the purpose of this chakra is to help us when we speak our truth.

The fifth chakra has the color blue and you will need to understand that in order to use this chakra properly you will have to listen before you say anything. You will need to be able to listen to people and you will want to be able to receive information.

After practicing chakras for many years I have found that some people are not able to practice this chakra because of anger and frustration. Anyone who is trained in body language can recognize this and this is why I advise everyone to practice chakras because it can help us to discover our problems.

People who have a problem with this chakra may not be able to get their message out, they might not be able to feel understood and this can cause a lot of frustration. Anger does not tend to exist as long as people will understand each other.

You will need to speak your problems in an honest and kind way. You need to speak your truth very kindly to the people around you and they will learn to respect you more. If you can speak clearly and kindly then your message will get across and you will enjoy a much healthier relationship with the people that you love.

Our sixth chakra is our mind and it deals with our visual system and this chakra is also essential for imagination. It is the chakra that we use to imagine or dream and this chakra plays an absolutely vital role. You can say that there are a lot of intellectual activities that are practiced by this chakra.



This chakra can also get you blocked and if you are overly busy you need to use the power of the other chakras in order to maintain this chakra in a positive balance. You will need to eliminate the negative thoughts that are present in this chakra.

This is the most amazing thing about this chakra as if you clear your negative thoughts and if you introduce positive thoughts your life will change in a positive manner sooner than you might expect. This is the chakra that can have the biggest impact on your life and you need to learn how to get the most out of it.

Our most important purpose is to open our soul towards divine wisdom. The fact is that divine guidance is available to us at all times it is just that sometimes we get in the way. The color of this chakra is indigo blue so just imagine this color for a second and think about what it means.

When I think of this color I think about the depth of the Universe and I imagine how people have looked up at the indigo blue sky for thousands of years and I can feel the questions that they had. They might have asked themselves: Why are we here and what is our ultimate purpose on this planet?

This chakra works intensely with the other chakras and the key is to understand that it is connected to your heart level as well. You basically have three chakras below the heart level and three on the upper level of your heart and this chakra makes the connection between the lower and the upper chakras.

Another way of understanding chakras is by separating them into physical chakras and spiritual ones. The ones at the base are physical chakras while the ones that are on the top are spiritual and mental chakras. The key is that they need to work together in complete harmony and your job is to learn how to balance these chakras.



## CHAPTER 4

### Powerful Affirmations

The most powerful affirmation that you can make is that you are one with the power of the Universe. This is the most amazing affirmation and when we realize that we are all a small and intricate part of the Universe we feel more relaxed because we know that we have a purpose.

We may ask ourselves what is the purpose of life? The purpose of life is to discover the Universe and this will help you to get closer to the creator of the Universe. In order to get closer you will need to learn to understand the most beautiful and mysterious things in the Universe and powerful and positive affirmations are just a part of the beautiful things.

If you say day by day that ‘I will be successful and I will lead the life that I want’ you will lead your brain into believing that it must do whatever it takes in order to help you to become successful. This was one of the most powerful discoveries of the last century and the power of self-persuasion is absolutely remarkable.

Another positive affirmation that I use is that ‘I am a living human in a world that is living in a world of love and peace’. Positive affirmations will help you to overcome fear and if you want

to be successful you need to master this art. Positive affirmations are an integral part of chakras.

Fear is the biggest obstacle that you will have to face during your adult life. You will be afraid of many things and your duty is to overcome that fear. If you will not manage to overcome your fears you will never be able to lead a happy life.

The best way to overcome fears is through practicing positive affirmations. Fear is mostly caused by a negative mindset and if you want to overcome that negative mindset you need to use positive affirmations. Instead of saying that you can't do something you should say that you can do something.

Whenever you are afraid of something you must resort to positive affirmations. If you do this you will notice an extremely big change in your life. Your comfort zone will expand and you will be able to lead a successful and relaxing life.

If you will become a positive person you will also be able to emit positive energy and you will encourage others and you will tell them that they can also overcome obstacles. Whenever you go through a difficult part of the day you should say to yourself that you can do it!

If you practice positive affirmations every day your confidence will go up and your fears will diminish and they will eventually disappear. You will reach a certain point when you will be able to do things that used to seem impossible.



## CHAPTER 5

### Mudras

Chakra mudras are an essential and integral part of a healthy life and if you want to balance your chakras you should learn these techniques. For the mood chakra you should start by connecting the tips of your thumbs with the tips of your index fingers. You should create a circle with the thumb and the index finger and the other fingers should be facing up.

For the sacral chakra you should hold one hand inside the other and connect the tips of the thumbs together to create a circle with the palms and thumbs. For the solid plexus chakra you should extend the fingers and interlock the thumbs. You need to make sure that you leave space between the thumbs of your hands and raise the palms up in front of the solid plexus. You should hold that position throughout your meditation.

For the heart chakra simply connect the tips of the thumbs with the tips of the middle fingers. You can do this with both hands and create a circle between the thumbs and the middle finger. Simply relax the rest of the fingers and point the rest of the fingers in an upward position. You should also rest your hands onto your lap.

For the throat chakra you should interlink the fingers at the first knuckle and you should relax them back into the palms and you

should connect the tips of the thumbs to each other. You should create a circle with the thumbs and the palms of the hand.

For the third eye you should connect the knuckles with the fingers in a fist like position. Gently roll the fingers to the second knuckle and then connect the tip of the thumbs. This should create a heart when you are looking at the fingers. Gently raise the middle fingers up and connect the tips of the middle fingers while you place the knuckles back together. The purpose is to create a heart with a triangle on top.

For the crown chakra interlock the fingers and extend the middle finger. After that you can simply raise this in your lap. I hope that you will now have a basic understanding about how you can use chakra mudras. This is not a particularly complicated process and I am sure that you are not going to experience difficulty with this technique. After all, the ultimate purpose is to help you to reach your chakra balance and feel more relaxed.





# CHAPTER 6

## Healing Techniques

Most of the energy healing techniques that I use involve listening to a lot of music. I think that if you combine music with the chakra exercises you will become extremely successful in your quest for a more balanced life. I strongly believe that music is extremely important and if you want to be efficient with your exercises you must learn more about chakra music.

The purpose of an energy healing technique is to offer you spiritual healing. Spiritual healing will offer you the necessary peace of mind that you need in order to obtain physical healing. Keep in mind that these techniques require a lot of practice and you need to practice them for a lengthy period of time in order to form a habit out of them.

My favorite chakra technique involves the use of the muladhara. The function of the base chakra is to make you feel as if you belong to the world and in order to exercise your base chakra you will need to understand that you have to take care of all your physical needs.

The root chakra has a lot to do with the comfort of the body and the connection with the earth. You need to place your feet on the

floor and feel the power of the earth. You need to take a deep breath of fresh air and let the air out.

Another one of my favorite exercises is really simple and it reminds me of the old exercises that I used to do at the gym. In order to do this exercise you need to take your feet and pound them on the floor just so that you can make that connection with the earth. You need to feel that connection in the lower part of your legs. It is as if that energy was going through your feet and down to the earth and it is as if that energy was connecting you to the earth.

I will continue my series of chakra techniques with the throat chakra. This is because I believe that the throat chakra is very important as this chakra is situated in the center of your throat and when this chakra is readily balanced you can easily speak what is true for you.

This chakra will help you to comfortably express what is true for you and this will help you to lead a healthier lifestyle and many people will begin to appreciate you more because of this positive change. This is because people tend to admire and respect people who are honest.

In order to exercise this chakra you need to take a deep breath of air and let the air out with a smile. It is important to smile when you let the air out of your lungs as this will release a wave of positive energy that will enlighten your spiritual and physical mood.

This action will release a powerful burst of energy and you should definitely try to do this as it will help you to feel better in an

instant. You need to let yourself to relax because you hold the blueprint that you need in order to speak the truth.

When the energy is open it is something that is really easy to do. When you close your energy it will be hard to do this technique. This is why you need to open your mind and relax while you take a really deep breath of fresh air.

You will need to start talking to yourself and you need to begin to understand that your body needs to relax in order to practice this technique. Start by talking to yourself and try to convince yourself that only if you maintain a positive spirit you can properly practice this exercise.

The power of speaking affirmations with your self will help you to discover your real identity. You will learn more about whom you are and this will help you to discover your strengths and weaknesses. Keep in mind that the best way to practice this chakra is through positive affirmations about you.

My last exercise is for the crown chakra. In order to practice some techniques for this chakra you will need to stop having a critical attitude towards religion and God. You will need to understand that the Universe was created by someone and you need to think of yourself as being an integral part of the Universe.

I still remember that before I have even discovered chakras I was interested in spirituality and I have always thanked God for everything that he has offered me. I always had a positive attitude

about life and religion and this has helped me quite a lot because I was able to fulfill my dreams.

The best way to exercise this chakra is through positive affirmations about divinity. You need to feel as if you can connect yourself with the most important divine entity from the Universe. You need to say positive things like: 'God loves me and He will help me during the times of hardship' or 'there will always be a God that will help me when I will encounter a lot of problems'.

You will have to say these positive affirmations while you keep your left hand above of your head and while you gently move it across of your head in a vertical manner. This will help you to send the message where you will want to send it and it will also create a wave of positive energy that will undoubtedly help you to overcome anxiety.

I hope that you have enjoyed these exercises and I am sure that they will help you to lead a healthier life. If you combine this chakra exercises with some music that is specifically designed for chakras your chances of success may increase in an exponential manner.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to discover a new pleasure in life and I truly believe that in order to be at peace with yourself you need to discover more about yourself and the Universe. Chakras help us to learn more about the Universe and they are essential for our survival.

The ancient mysteries of the Universe were always a fascinating subject for ancient civilizations and the most surprising fact is that chakras have been studied by multiple civilizations in various timespans. This means that the chakra always had a global interest and maybe now is the best time to apply the wisdom of our ancestors.

We live in a day and age where we are increasingly burdened with tasks that are unhealthy and it is our duty to overcome these stressful periods of time. If we do not manage to find a balance in life we can never live an ideal life. I hope that chakras will help you to live your version of an ideal life.

I truly believe that if you have the determination to start these chakra techniques and exercises, you will achieve your ideal life in a faster period of time. Chakra exercises will help you to overcome periods of extreme anxiety and they are meant to improve your life

in an exponential manner. Sometimes it is better to return to our ancient wisdom instead of throwing money on medicine that will more than surely damage our body.

Mankind has managed to survive and thrive through thousands of years and these chakra techniques have proven to be an essential and integral part for the mental wellbeing of the people that have used to live on this planet thousands of years ago.

The next step is to stop procrastinating and get to action. I would encourage you to read and learn as much as you can about chakras as they do require a little bit of knowledge. You must understand that everything in the world takes a bit of practice but if you are willing to make this extra effort your chances for success will increase dramatically and you will have a great chance of living the life of your dreams.

Thank you again for downloading this book!



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please [click here](#) to leave a review for this book on Amazon?



# **Aura's**

How To See, Sense And Know Human Aura Colors

*By Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits

And to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

# Table of Contents

[Introduction](#)

[What Are Auras?](#)

[Seeing Is Believing](#)

[A World of Color](#)

[Conclusion](#)

[My Free Gift To You!](#)

[Preview of My New Book](#)

[About Michele](#)

## Introduction

Let's be painfully honest with one another right now and say that auras kind of have a bad reputation. I'm not going to paint a pretty picture of it, but most people think that auras are the kind of things that you only mention if you're a shirtless hippy walking around the park with a drum across your back and your hair is in dreadlocks.

Honestly, that's a look that works for some people and we've all kind of been unlucky to have been in the time that we are when those who came before us really liked to take a hodgepodge of styles, beliefs, and ideas together and mixed them into a strange aesthetic. I'll be the first person to say that if you're looking to understand auras, you don't need to start putting flowers in your hair or start shopping from the thrift store. If you already do those things, that's awesome and I'm glad you're here. But if you're not into that, then don't close this book and throw it away just yet.

Again, being totally honest, auras are kind of one of those mysterious things that have been lingering on the fringes of society, being mentioned by wise men and buffoon's alike, but there isn't a bunch of discussion about. Which is a shame, because it's built upon a very profound and ancient set of ideals and beliefs that you're going to find as fascinating as I know I did.

Full disclosure, the first time I ever had an experience with someone actually mentioning auras to me in real life was when I was working as a checker at an Albertson's. I was standing at my register, watching the seconds slowly drip away and this very nicely dressed woman came up to me and said that I had the brightest and most powerful aura that I had ever seen and that it was an honor for her to be standing near me. She handed me her very New Age card and told me that if I ever wanted an aura reading from her that I would be a free client for her and that it would just be very fascinating for her to meet up with me again. I then sold her whatever it was that she brought to the register and never saw her again.

Now, right off the bat, I'm not touting that I've got a super, nuclear powered aura. Honestly, I think that she was just a brilliant advocate for aura readings and a pretty genius sales person. I lost her card somewhere in the shuffle of life, but if I still had it, you bet I would have called her and asked for that free reading. I'm sure she would have given it to me too. And at the end of the session, I'm sure she would have discussed future payment plans.

I wasn't looking to be interested in auras and honestly, that was hippy trash to me. But when she mentioned that, I got curious and I've done a lot of research since that strange woman bumped into me and I'm excited to give you a glimpse into the world of auras. I'm going to talk about what auras are, how you can read them, and then I'm going to get into what everyone wants to know. I'll talk about the colors and what they all mean to you. Especially if a strange lady walks up to you and says you've got a really bright aura of a certain color.

It'll happen.

Trust me.

# What Are Auras?

Auras started out as a traditional religious belief, but surprise—surprise, they’ve made the transition into the broader subject of parapsychology. So, what is parapsychology? Parapsychology is the study of spiritual or supernatural aspects of the world that have either been deemed consistent or curious enough for scientist to take note of it. These are the subjects that go beyond Betty got saved by an angel, and are more in the ghost hunter realm. People want to know if they’re real and there have been enough scientific anomalies around them that they’ve warranted future investigation. That is, if the scientific community ever gets around to finding any interest in it.

Once upon a time, scientists loved investigating the supernatural or the spiritual. Not so much anymore these days, which is a real shame, but I digress.

Auras are a spiritual aspect that have been defined as the electromagnetic presence that is around the human body and every object in the known universe. Whatever you see around you carries with it the weight of the existence that it has brought forth through the passage of time to the instance where you contact it. This means that rocks, chairs, squirrels, and people all have auras. Now, the human energy field, as we call it, is an aura that carries with it a variety of densities that permeate through the human body in the forms of colors. This can exit the physical body and the particles of energy often manifest in the form of color to the naked eye. Now, I know you don’t walk around seeing a bunch of color drifting off of people, but with training you can sense it and then you can even see it.

Please note right now that this is a lot of work and you’re not going to magically start seeing auras just because you’ve read this book. It’ll take lots of work and lots of dedication to the study of meditation and spirituality. That’s the end of my warning, go back to your book learning.

Now, the human body's energy field is extended beyond the skin in an oval shape that will extend up to three feet from the body, depending upon your mental and spiritual health. It comes out on all sides and a lot of people say that it looks like an egg. The healthier the person's mind and spiritual health is, the larger the aura will be. Back to my example, if I did have a very large and bright aura, then I must have had a lot of health and balance at that particularly bored moment in my life.

Now, this isn't just one color that is being emitted from your body. You will certainly have one color that is most dominant, because we rarely have moments of balance in our lives. Another quick moment, when you think of balance, a lot of people think of that as happy. Happiness is great, but it's definitely not balance. So, don't think that in order to be balanced, you need to have a smile strapped across your face at all time. Actually, your aura is divided up into seven different elements that compose a fully formed human psyche. Each one of them is represented by a different color and depending upon the scars of your life, current emotions, and overall health, one color will usually shine out over the others.

What are these seven categories of the human aura? Well, I'm glad you asked. They're divided into levels and I'll start with the first, basic level which we call the physical auric body. This aura is all about your physical well being and comfort. What sensations are you experiencing most, are you in pain, are you experiencing pleasure, or are you in poor or good health? All of these factors play into your physical auric body.

The next level is your etheric auric body, which is all about your mental health as it pertains to the image of yourself that you have. This is the respect and love that you have for the person you've become. Self acceptance is one of the best places for a human mind to be and knowing who you are really reflects in this auric body. Do you love the person that you are or are you spiteful, bitter, or even hateful toward the life that you've built around you?

Our next stop is the vital auric body. Here, we're talking to the pragmatic, rational side of the brain. Do you understand the world around you, are you zeroed in on what needs to be done, and are you a finder of solutions? If you're more of the space cadet, bouncing from location to location, then you probably are going to be suffering on this level.

After that comes the astral auric body. We are connected to a chain and a web of the world around us and no man is an island. This auric body hones in on that and it is watching your relationships to the world around you and the people you interact. Are you having loving interactions and joyful times with people or are you suffering and hating everyone you come in contact with? It's going to reflect on this level of your aura.

The next level is what we call the lower mental auric body. This is the part of your psyche that is honest to who you are and is compelled to see that your will is fulfilled upon the world around you. Are you linked to the divine purpose? Whether you believe in a god or the universe as a great, cosmic entity, do you believe in your purpose and are you committed to it in an honest and truthful way?

The other half is the next level, which is called the higher mental auric body. Are you excited about life and your purpose and function within the universe that you live in? Whether you think that you are a part of a great cosmic web or a god's divine plan or even an ecosystem, then it's going to manifest here. Are you loving it? Are you interacting with those around you in a positive manner?

Finally, we have the divine auric body. This is the spiritualist in all of us. There are those that profess to have no faith or belief in the cosmos, the universal energy, or a god of any kind. These people, I honestly believe, are simply seeking proof so that they have the freedom to finally believe in something. We all walk a different path and I understand that, but I give very little credence to disbelief, as does this aura. Those who have yet to link into something greater than their own existence



with have less strength on this level. Those who have understanding that there is a greater plan at work in the life of the cosmos, they will shine like stars here.

Now, I've given you some understand of what auras are, how we are taking them a little more seriously and actually researching them through scientific methods, and how an aura is divided up through the spiritual beliefs of religions that have been using them for centuries. It is now time for us to move on to actually getting some practice under our belts so that we're not just talking about them, but that we're actually trying to see them, but it's more than just seeing them. Some of us want healthy auras, so I'll also go into a little detail as to what you're going to need to do to cleanse your aura, which will also come heavily into play for those that are looking to see auras in the world around them.

Like I said, it's a fascinating subject and you're going to only be more and more enchanted by it the farther we dive into the world of auras.

# Seeing Is Believing

No matter how much we would like to just slip on some magical glasses and suddenly see proof in auras and witness them for ourselves, the world never works like that. You quite often have to work for the validation that you so desperately want, but I'm going to show you that. Much like communion won't mean squat to a person that doesn't believe in Christ, staring at people and hoping to see colors wafting off of them won't do much to an unbeliever in auras. So, you need to become attuned to the world around you and the world of cosmic energy.

Before we go any farther, let's get the purpose of this exercise in our crosshairs so that I'm not leading you around in a fog. The reason we want to see auras is simple. Auras do not lie. They signify the intentions, mental health, and the spirituality of the people who are walking around. Why is that important? Well, do you want to know if someone's hurting or they're doing very well? An aura will tell you the truth. Do you see someone whom others are praising but you're not quite sure about, an aura will tell you whether you were right to be suspicious or put your worries to rest once and for all. Finally, do you want to know your own mental and spiritual climate? Then witnessing and reading your aura is a certain way for you to really dig deep and have something to work on. It's an indication of the world around you and those that you're coming in contact with. Just wait until you see the auras of intangible objects, that's when things get really spooky. Most people have very weak or dull auras because we spend very little time in our lives seeking enlightenment, clarity, or balance in our spiritual and mental aspects. We get so bogged down by the wants and desires that plague us and even more so by the actions that are required for us to actually achieve those goals.

So, when you're training your eyes to see auras, you need to really start with getting spiritually in tune with the world around you. Don't think that you have to convert over to a New Age philosophy. There are applications and understandings for auras in every aspect of faith. If you're a Christian, think of it as seeing the spiritual presence of a person or their soul's reflection. If you're not really aligned with a religion but are curious about it, think of auras as your way of better understanding the

people around you and your avenue for making the world a better place. Enter this with pure intentions.

Once your intentions are set, start to meditate. Start to focus on your internal struggle and clearing out all the garbage that is holding you back. Start by ridding yourself of negativity. Think of negativity as fog in your life and that your ultimate goal and desire is to achieve clarity in the world around you. Once you start to rid yourself of the dark presence of greed, hatred, malice, anger, ignorance, intolerance, and selfishness, everything is going to become much easier for you. I'm telling you right now from experience that this is much harder to do than you probably think just by reading it. You are essentially ripping up your old life and your old way of thinking and then rebuilding the way you see the world around you. Seek help from masters and spiritual people in your life that can help you change the way you see the world.

I would suggest chakra work if you're open to the possibility. Really get your spiritual side opened up and your energy flowing healthily through your body. The stronger your own aura is, the easier it's going to be for you to really start to see the other auras around you. Finally, after weeks, months, or years of work, it's time for you to really step forward and start to seek auras. Hopefully you're already a fairly spiritual person, because this will be much easier for you.

You perceive auras through your eyes, but you can also sense the intensity of an aura through hearing or feeling, but primarily focus on your eyes. First off, most children can sense and perceive auras fairly clearly because their minds are attuned to the world as it is, not in the way they perceive it. Our beliefs and our concepts that we adhere to can greatly change the way we see the world around us. That being said, start to think like a child. Start to open up your mind to the world around you and see the colors as they truly are. See the world with new, innocent eyes.

To really develop your ability to perceive auras, then you're going to need to increase the sensitivity of your eyes. Start to notice the intimate differences between colors. There is never just blue or red. There are a multitude of colors and start to notice them. Really build this sensitivity. You'll notice that with practice and dedication that you're going to start to really see that the world is a lot more bright and vibrant than you'd ever expect. Also, try to see the world with a balanced mindset. Don't let your emotions cloud the way you see the world. There has been tons of research lately into the field of color perception and we're finding more and more that your personal mindset greatly influences the colors that you pick up on. See the world as it is, not how you think it is.

Now, as you build up your sensitivity, there are two key aspects to seeing auras that you're going to want to start working on. They are your peripheral vision and your concentration. They both go hand in hand and they feed off of one another, so you'll need to really work them both at the same time.

By concentration on the center of a person, you'll pick up an aura through your peripheral vision. It's the field around them that starts to come alive and ignite as you keep your eye focused on a single spot. To understand this, I'd suggest you look up some concentration or focus exercises online so that you can really understand how concentration and peripheral vision feed off of each other. Once you understand how valuable these two are, then take this knowledge to the streets.

Keeping mind that you're never going to see an aura just by searching for it with your retina. You're going to only pick up on it with your peripheral vision, which I think has a splendid message in there, but I won't preach to you. Just really focus on picking up color with your peripherals.

Find a place where you can park it for a while and start to practice what you know. I'd suggest a coffee shop or a park. Take a seat and just watch people. Focus on their backs, their shoulders, or their chests. It might seem creepy at first, but practice and notice that the area around them will start to

come alive. If this doesn't work for you, just keep practicing and keep in mind that most people have very dull auras. No matter what, don't give up. Keep watching people and keep concentrating on them. You're going to really find an aura so long as you keep searching. So long as you keep your sensitivity training up and keep on practicing, it's only a matter of time.

So, let's say that you pick up on an aura or you hear that you have a certain color to your aura. What happens then? What are you supposed to do with that information? After all, doesn't everyone want to know what color their aura is? That's the burning, million dollar question that everyone is looking to have answered. Well, if you think you're starting to pick up on auras, then it's time for us to start talking about colors.

I don't think I've been this excited for colors since kindergarten!

# A World of Color

I don't want to waste your time and I know that this is really the section of the book that everyone is probably already flipping to without spending any time on the first two chapters. If that's you, shame on you. But, I understand the curiosity. So, without much adieu, I'm going to give you over to the list of colors. I'm starting off with red, because red is a lovely color.

When it comes to red, there's a lot of psychology behind it and, not so surprisingly, it translates over into the auric world as well. Remember that we live in a world of balance and often something is what it is and that's all it means. Some things are neither good nor bad solely. The good always comes with the bad, so when we come to red, don't be surprised that there is a dual meaning to the color.

For red, it's the color of the physical body and often has to do with your body's health. A brighter red will reflect a person who is taking care of their body and is passionate about life. It's active, energetic, sexual, and oh-so passionate about what it's doing. It's a strong, dense color, which means that it definitely carries the good with the bad. There is love and jealousy, anger and obsession, anxiety and worry to be had here. If your aura is a deep red, you're realistic, you're in survival mode, your will-power is stronger and taking over, and over all, you're grounded. Now, if your red is muddled and you're lost between the deep and the light, this means that you're angry and out of balance. This is where things are starting to get out of control. Your mind is frantic and your emotions are taking over your body without direction. There is no control or balance here.

Next up is pink. Pink is often an extension of light red, but it's definitely taken to a different level. You'll find this with someone who is really experiencing love and is giving over to the sensitive, sensual side of life. Whether this is a healthy sex life, an artistic passion, or a romance that is real or

imaginary, pink is an indicator that someone is really in the throes of a passionate, romantic world. However, a dark pink is often aligned with a murky pink, which means that they are immature, deceptive, or lost in their own delusions. People with a particularly muddled pink aura are dishonest, often, they are using their naïve nature to deceive those around them into getting what they want.

How about orange? Orange is a strong color. It's all about sex and emotions. Where red had more to do with your physical body, orange is going to really show what's going on with the mind. Orange is all about your energy flow, your sexuality, your mental stability and excitement. People with an orange aura are going to have aspects of adventure, creativity, social activeness, stamina, and productivity. A lighter orange aura shows that they're really letting their creativity drive their mind and their mental health. They're living in a cognitive world and their emotions are driving the bus. A deep orange is a lot more grounded. Those emotions are taking action and they're manifesting themselves in the world that they live in. Interestingly enough, a muddled orange means that someone's emotions are being hijacked by addictions or appetites that are suppressed or being unleashed in a wanton fashion.

Continuing down the line, yellow is the aura for people who are really focused on their life energy. This is definitely the more cognitive people in the world. Define yellow by the word intelligence. Intelligence manifests itself in a lot of ways. Inspiration, education, action, enlightenment, creative, awakening, reclusive, expressive, or a dozen different ways. Intelligence is not constrained by a single definition, nor should it be. A bright yellow means someone's intelligence has led them to the psychic and spiritual aspects of the world. They are optimistic, hunting enlightenment and have a spiritual awareness. If you're reading a bright yellow aura, then they're probably reading yours as well. If you have someone who holds a deep gold aura, then they are not feeding their spiritual side and are more interested in the intellectual and cognitive aspects of life. These are the students and the explorers of the mind. They're more interested in physics than psychics. Both are inspired and both are applying their minds to great use. Someone who is brownish or muddled is lost in their knowledge or are not applying themselves in a direction that is productive for them. This is suffocating them and they're drowning in their own lack of action.

Green is the color of the natural order. These are people who are in the world and they are connected to it. This doesn't mean that they're tree huggers and there are many who never even set foot into the wild. These are people who are attuned with animals, people, and the world around them. Have you ever stepped outside and inhaled the city air and felt bliss inside of you. That's being attuned to the world and the nature of your existence. Those with a bright green aura are healers of the world around them and they're caught up in the natural order. Love flows out of them and they're giving it to anyone around them, man or beast. Someone with a deep green is more grounded and is interested in communicating. These can be teachers, salespersons, or anyone who is social. Their jungle is among people and they're at the beating heart of it. If you have a muddled green then there are serious concerns with how this person is perceiving their environment. They might be bitter and resentful, stuck in a victim mentality or even be jealous to those around them. They feel wronged and there is no way for them to escape the emotions that are eating away at them and feeding off of their energy.

Blue is the color of the throat and anyone who has worked with chakras knows that. Blue is about communicating and keeping a clear head. You are the calm, alpine lake. Blue is about people and being a bridge between those around them. They love other and they love getting things done. If that means that they need to talk and give of themselves, then that means they're going to do it. They are looking to bring balance to the world around them and it is vital to them that they are able to give to those that need help. If you have a light blue aura in your presence, then they are the peacemakers and they're either accomplishing their goals or they're working on them. If they have a deep blue, then they are generous and they are working on opportunities to make the world a better place around them. Rather than just maintaining the peace, they're looking to make the world a better place to be peaceful in. Someone with a muddled blue that is murky and off putting, they're experiencing terror and fear. These people are the worriers who can't see the horizon or the light at the end of the tunnel. They're sinking fast and they need a lifeline.



Ah, purple. I love me some purple. Purple is the color of wisdom and anyone who knows the difference between intelligence and wisdom knows that they are as distant as east is from the west. People with a purple aura are the people who are attuned with the cosmic world and they see the big picture. These are seemingly magical people who are on the rise and who see obstacles as nothing more than mole hills that are getting in their way. They are artistic, idealistic, and they are visionaries. These are the people who see the world as it is and they are going to make it better. A light purple means that they are imaginative and they are visionaries. They are almost etheric beings who see past the veil of this world and have insight into things that you or I have never really thought about. If they have a dark purple, they have deep feelings and they are seeing things that are unfolding. These are the people who say things and when they speak, minds are blown. Their knowledge is often utilized in an immediate, practical sense that most people are not expecting. A muddled purple often means that these visionaries are turning their values to something ill or are horrified by the darkness ahead. These people are plagued with visions of woe and torture or are turning things to their own selfish advantage.

That's it for the colors, but that's by no means the end of the auras that we're going to discuss. We are stepping into territory that might be strange and unusual to you, but it has some serious significance. You're going to see these and they're going to be startling to you. They're not as uncommon as you might think and they are rarely tied to the people that you're expecting to have them. Quite often people unknowingly have one of these auras and they would never have guessed it.

First up is silver. Silver is abundance in a person. These are people who have something to give, but haven't yet found an outlet with which they can utilize their surplus. Whether it is love, charity, wealth, or anything similar to that, they're looking to give of themselves and need a cause to get behind. If you see someone with a muddled silver aura, they're most likely plagued by fear or worry that they will be called upon to give of themselves and that horrifies them. Whether they are greedy or lack the confidence to know what they truly are capable of is up to that person. You will see a lot of good people with silver auras and often, they're just looking for a banner to rally behind.

A gold aura is not yellow and you'll know the difference when you see someone with a gold aura. These are the people who have their energy flowing freely and they know exactly who they are in the grand scheme of things. These

are people who have a divine purpose and they are carrying it out with finesse and brilliance. These are the people that have cosmic reason for existing and there is a part for them to play in the greater good of the universe. Again, this is not as rare as you would think.

White is the color that most people are startled by. White is a purity that is not looking for balance and it is not looking for an addition. These are constants in the world that is ever shifting and ever changing. For people who are near those with white auras, they are feeling the energy being reflected back on them. If they're happy, they're going to feel happier around this person. This person is transcendent and is not going to be swayed by the emotions of others. There are some who obtain a white aura, only to have it corrupted by their own personal thoughts and perceptions, because that's the only way you're going to change a white aura. It has to come from the person themselves.

Gray is the color of those who have blocked energies and need some serious chakra work. Gray and brown tend to go hand in hand and they often skip off in a sort of guarded insecurity with one another. Gray is the color of those holding back and their holding back and fearfulness is causing an energetic traffic jam inside of them. Those with a brown aura are hold onto their energies and refusing to give of themselves. This is a kind of personal insecurity that comes from a lack of trust in themselves and in the universe that is calling upon them. We all have a purpose and a role to play and both of these auras are refusing to play along. Again, whether this is drawn from fear or selfishness entirely depends upon the person. With a little guidance and a little help, they're definitely going to have this issue cleared up in a matter of no time.

Finally, let's talk about the black aura. Now this is the aura that is going to really make people worry. I don't know how many people have come up to me and have begged for me to ask whether or not they have a black aura and if they do have a black aura, they want to know what that means. Honestly, that's a bunch of complicated answers. I'm going to break down what that means on multiple levels and you can really get to work on what it means to you.

Often, those with black auras have very large auras. This is often due to the fact that they are in desperate need of energy. Like black holes sucking in the light and presence of things out in space, so too do black auras feed upon the energy of others. These are the people that rub you the wrong way or suddenly bring a room down, not for any specific reason mind you. If you hate Brad because he keyed your car two years ago, so every time you see him you get pissed off, that doesn't mean Brad has a black aura. That means that Brad is a dick. People with black auras inexplicably make you feel sad, depressed, tired, or lethargic. They are consuming your energy. You will often see these people classified as psychic vampires because they're feeding off of your energy.

Why is this the deal with them? Well, because they're probably suffering from some serious grief. This isn't just a single lifetime of grief too. Some people will be completely normal and still they have a black aura. This might be a hurt or a betrayal or a loss that was so devastating that they're carrying it with them over lifetimes. Some people have compounded the suffering upon their soul over multiple lifetimes and cannot let the pain and the sorrow go. These people are going to carry this black aura with them until they acknowledge it and start to rectify the problem. Honestly, these people have pain in their lives and they're looking for help. Many of them don't acknowledge the pain or are unaware of what they're carrying. If that's the case, then there's not much we can do with them unless they're willing to take steps in the right direction.

Those are the other colors that you might see when you're dealing with auras. Again, don't make too many assumptions about a person based on their auras, just take it as a climate test. If you see a person with a red aura, you can assume they're physical and that they have various attributes, but that doesn't mean you know their life story. Act accordingly and use this wisely. Also, don't expect or

presume that you know the difference between silver and gray on the first try or yellow and gold. Just experiment and figure things out as you go.

## My Free Gift

### To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the

word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!



# Conclusion

The world of auras is an incredibly fascinating and mysterious world that we're actively looking at to get more answers for and to see if there are any scientific answers to what it means. I think that in and of itself is something for us to be optimistic of. There's enough attention and understanding that it warrants scientific investigation. That's just further validation to what we already know. How great is that?

As for this book, I hope that you got the information that you came here looking for. There are a lot of strange interpretation for things in the New Age umbrella of ideas, but auras are extremely cut and dry. It makes it easy for you to study and strangely enough, there's not a lot of debate over the meanings of things. If something is red, we know what that means. If something is yellow, we also know what that is. The more you research, you'll find that refreshing. I hope you now know what auras are, how to start seeing them, and what to interpret when you actually see them. Thank you for reading and I hope you have a great journey ahead of you.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read, but you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)



# Preview of My New Book

[Tarot: Reading Tarot Cards: The Beginners Guidebook To The Ancient Art Of Tarot Card Meanings And Spreads](#)

## What Do The Cards Say?

When it comes to Tarot Cards, it's hard not to think of cheesy scenes in movies or on TV shows that have really butchered and mocked the art of Tarot Cards to death. Fortunetellers are nothing more than Gypsy stereotypes that blatantly insult the Romani way of life and are the closest thing to racism that their culture has or can experience. But behind every enduring legend, there is something deeper that knocks on the door of our subconscious. What is it about Tarot Cards that makes us stop and linger outside of tents at fairs or festivals? What is it about those strange pictures that make us wonder if there is any real power behind them?

Want the simple answer?

You want there to be power.

Tarot Cards have been around for a long time and they have an irresistible and undeniable power on those that take the reading. Even those who consider themselves learned or the educated who are above such fabled superstitions cannot help but see that there is something powerful behind the cards, whether they want to admit it or not.

Today, I'm here to explain to you just what it is about Tarot cards that make them so unique and so powerful to people who sit through readings. I'll give you a brief history about what it is that has helped the cards endure and survive for so long and in the end, I'll give you a detailed understanding about each of the cards that will give you a basic understanding as to what they are and how you can utilize them in your basic readings.

I truly hope that you're ready to learn, because there is so much about Tarot Cards that you're going to learn and love to hear about. So let's not waste any more time and let's get to it.

# A Brief History of Enchantment

Why are Tarot Cards so unique and so generally compelling? Because people think they're magical and they're anything but. The bitter truth that you might not want to hear is that there is nothing mystical and nothing supernatural about Tarot Cards. Now, instead of thinking of that as a negative, look at it through the lenses that I'm going to give you right now.

Tarot Cards are intimate, subconscious, psychological evaluations of the person coming to the table. Tarot Cards are unique and they're incredibly interesting and why the cards show up in the order that they do are quite entertaining for those of us who adopt the moniker of Reader. Essentially, when you display a card, you are giving them a Rorschach test that they're going to process and understand themselves. I'll go more into this later, but you'll come to understand that this is vital to your ability to actually give good readings.

As for Tarot Cards and their history, the idea has been around for a really long time and can honestly be traced back to Nordic Runes that were used to predict the outcomes and the events that were going to happen or even discern the answers to the questions that the caster asks. This idea of deriving understanding and wisdom from inanimate objects is known as divination and it has been around since civilization has existed. Primitive cultures even used the bones of dead animals, seashells, and even blood as a way of divining guidance from celestial beings. As society developed, the arts of divination were more refined and more manicured to fit the time period.

[Click Here To Read More](#)

[Tarot: Reading Tarot Cards: The Beginners Guidebook To The Ancient Art Of Tarot Card Meanings And Spreads](#)

## Additional Reading

[Auras: How to See, Feel & Know \(Full Color ed.\) Kindle Edition](#) by [Embrosewyn Tazkuvel](#)

[The 5 Tibetan Rites For Beginners: Learn The Secret To Anti-Aging By Practicing The 5 Tibetan Rites](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)

[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly

supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

# **Body Language 101**

*The Secret To Analyze Anyone's Nonverbal Body Language*

# **Instant Charisma**

*A Quick and Easy Guide To Talk, Impress And Make  
Anyone Like You*

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

# Table of contents

[Introduction](#)

[Talk to the Hand](#)

[Weapons of Mass Induction](#)

[Look Into My Eyes](#)

[The Voice of Reason](#)

[Stand Up Straight](#)

[Habitual Habits](#)

[In Perfect Harmony.](#)

[Your Library.](#)

[Conclusion](#)



# Table of contents

## Introduction

## CHAPTER 1: The Art of Engagement

*The Perceptive Approach*

*Body Language*

## CHAPTER 2: Making Conversation Enjoyable

*A Good Conversation is Hard to Find*

*Conversation Made Easy*

## CHAPTER 3: What You Shouldn't Do

*Don't be oblivious of the situation*

*Don't try too hard*

*Don't use aggressive body language*

*Don't be afraid of silence*

*Don't talk too much*

## CHAPTER 4: Leaving an Impression

## Conclusion



# Introduction

I want to thank you and congratulate you for downloading the book, *Body Language 101*

This book contains proven steps and strategies on how to understand body language.

Are you tired of watching amazing detectives on the television figuring out everything that you're missing in the real world? Do you feel like you're missing half of what is being said to you when you're not really picking up the right signals? Well, there's a good chance that you're missing all of the nonverbal signals that are being sent your way.

Well, no more! From this day forward, you're going to be the man that picks up on all the subtle signs, all the secret hints, and all the missing broadcasts that the people around you are sending. You're going to be able to turn the most silent, uptight person you know into an open book. But only if you start by reading this book. So what are you waiting for?

Thanks again for downloading this book, I hope you enjoy it!

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

<<< My Free Gift To You>>>



**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise,

qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for

clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but its super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of learning to understand something we already know and to heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.



Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

## Weapons of Mass Induction

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

Okay, so Angry Pete is a born liar and is known for lying, so you're going to deduce a trait from pathological liars. So, you're going to ask Angry Pete if he took your lunch, because you're fairly certain that he did. You think that when Pete is telling you a lie, he's going to try his hardest to maintain eye contact because he wants to make sure you're buying his lie and he'll know you'll suspect him of lying if he glances away. So, you approach Angry Pete and ask him if he ate your bologna and mustard sandwich. He tells you no while keeping strict eye contact and gives you an implausible story, all the while having mustard on his lips. Therefore, you conclude that not only did Angry Pete eat your sandwich, but that pathological liars maintain eye contact religiously when telling you a lie.

You have just performed deductive reasoning and an experiment to find the truth. These are going to be crucial in your learning beyond this book and they are tools that you should begin to master as soon as possible. Not only are they a great life skill, but you're going to be able to push your learning beyond this book with them.

Now, why is it important to know these things? Well, the answer is that behavioral studies and body language experts are all going to tell you that coming to understand body language is all about trial and error, which means they're using inductive and deductive reasoning until they're proven wrong. Note right now that there are exceptions to everything that I'm going to be telling you. Some people really do blink more when they're lying, others don't. It's about mass assumption until proven wrong and then it's only accepted when it's been proven wrong over and over again.

What you're doing when you study body language is taking multiple factors into account and making an assumption about the person that is educated and supported, but it can still be wrong. Time for another example:

The sky is blue. Water is blue. The sky has hydrogen in it. Water has hydrogen in it. The sky is loses water in the form of rain. Therefore, the sky is made of water.

The logic and the reasoning in that is sound, but it's still wrong. Something may be logical but not cogent. A person might be giving you all the logical signs that they're lying to you, but you may still be wrong. They might just be stressed or have to pee really badly. You're making an assumption that may not be cogent one hundred percent of the time.

Now, why am I telling you this? Because you need to have an open mind and be understanding that sometimes you're going to be wrong. Unfortunately for you, someone has not written a script or a book that you're a part of and you'll always be right. This is the real world, my friend, and in the real world, you're going to make mistakes.

But that's okay.

Science is about making mistakes and learning from them. Without failure, there is no progress and you're going to master the ability of actually reading people like books before you know it. But along the way, don't be worried about making some mistakes. My suggestion up front, would be keeping any accusations or assumptions you're making to yourself until they're verified. Once you get a good handle on reading those who have a secret, those lying to you, or knowing when people are distraught. Until you're a master, I'll give you some tips to give you a heads up.

# Look Into My Eyes

The eyes are the windows to the soul. How many times have you heard that before? Well, with a lot of misunderstanding and some grand assumptions, a person's eyes can trick you into lying to yourself if you're not careful. The truth about the eyes is that they are a single part of a much larger picture. It's like looking at the shoulder of dear sweet Mona Lisa and that's it. You can't tell what the whole thing is if you just look at a single part. Now the face, that's a much bigger picture for you to start seeing, but it's still not the whole pie. But, it's a great place to start.

Before we get started, let's be up front about a simple fact that I think Anne Frank is going to really admire us believing in. It's the simple truth that all people are genuinely good. Even from a psychological point of view. The people that you're going to find breaking the rules most for you are going to be the people who fall into the categories of sociopaths, Machiavellians, psychopaths, pathological liars, or the mentally disturbed. These people are out there in society and they blend in for the most part, but they're going to be your most common exception to the rules. But other than that, most people are genuinely good and that means they have nothing to hide and if they do, they're probably not going to do it very well.

Humans have a whole list of microexpressions, which are involuntary nonverbal expressions that give away emotional statements. These are unavoidable and often are only repressed by the truly disturbed or paranoid. These are going to be your guides to finding out what people are conveying nonverbally.

The eyes are the most expressive part of the human body.

This is true, but they're also misread a lot. For example, a lot of people think that looking away is a sign of lying. Well, that's actually an indicator of stress. While a person may look away while you're asking them a series of questions, their eyes might convey to you that they're distressed by this line of inquiry or that they're uncomfortable, not necessarily because they're lying, but rather that they don't like this environment.

Eyes are best at expressing several things: discomfort, happiness, sadness, and anger. When someone is genuinely happy, their pleasure will manifest in their eyes with a sort of twinkling. It's easy to tell. If someone smiles at you, but their eyes do not light up, the emotion they're conveying is false. That's a safe assumption, because happiness has a clear manifestation. There is a harmony of microexpressions that add up to a person conveying happiness, even when they don't want to.

The eyes also convey discomfort in a very similar fashion. Discomfort is usually the result of stress and there are a multitude of things that cause stress in the lives of those who are talking. If you're expressing discomfort, it's usually not a clear reason that others suspect. For example, lying always comes across as discomfort because people are withholding the truth. However, discomfort also comes from thinking that you're suspected of doing something that you didn't do. Both look like lying. It's up to you to find other cues to translate these expressions into an accusation.

Sadness is impossible to fake and it takes a true psychopath or someone that has fully deceived themselves to actually express a false sadness. The reason: because sadness is the devastation of a core value and if you don't have a value, you cannot fully

express it in the eyes. This is often a way to find out if someone actually cared about a failure or loss that should have hurt them.

Finally, anger is another reaction that comes from an assault upon our value systems. Anger is fairly easy to fake, but usually in actions and not in expression. People get rage in their eyes and fury on their lips. It's a way to find out whether someone is actually mad or not.

If you haven't picked up already, I've mentioned how hard a lot of these expressions are to fake in the eyes and that's the key. Rather than seeing what's in the eyes, you'll be more successful in noting what isn't there. If someone should be infuriated, but their eyes translate happiness, you know they're dishonest. If they should be discomforted by what you're insinuating, but rather they stare you down, there's something wrong. It's about picking up what isn't there.

Now, let's dispel another myth about the eyes. Blinking, looking away, and touching the eyes. A lot of people believe that these are all perfect indicators that someone is lying. This is not the case. These are all indicators that someone is uncomfortable with the situation that they find themselves in. In fact, people are more likely to look away when recalling an event, rather than making up an event. They look away to try and see past events. When someone refuses to break eye contact, it's usually a

clear sign that they're studying you. Blinking is another habit that is constantly pointed to be an indicator of lying.

No, it's not.

When someone is blinking, know that they're uncomfortable with the situation, not that they have a subconscious tick. A small, innocent child might be blinking a lot, but not an adult when they're lying. The same goes for pupil dilation. A lot of people think that your pupils dilate when you lie. If this is the case, it's too hard to figure out on the spot. There are a myriad of variables that make this next to impossible to tell: presence of light, watery eyes from discomfort, not having a constant to measure, and just missing the constriction because you're too busy focusing on a million other microexpressions. Give up on the dilation thing, unless you're trying to play mind games and freak them out.

A place where microexpressions manifest themselves very readily is the brow. Wrinkles, crinkling, raising of an eyebrow, furrowing, or a dozen other responses escape our default veneer every time we hear something. Use this to calibrate and adjust what you're seeing in their eyes, what kind of tone your hearing and start making assumptions. Eyebrows are often features that people don't really try to master like they do their lips or eyes. When someone is mad or upset, they will furrow their brow involuntarily and usually without their awareness. Go to the bathroom now and start practicing expressions in the mirror. See how much of the expressions you perceive manifest in the brow? Now, start looking at people around you as they talk. It's a goldmine of information.

Finally, when it comes to the head. There are a lot of other things to look at. For example: women are more likely to touch their hair when they are experiencing physical attraction to. Touching of the hair usually indicates that someone is experiencing a scenario that they do not feel ready for. Whether that's dealing with an unexpected obstacle or the sudden appearance of a possible sexual partner, people touch their hair in an attempt to relieve stress.

The lips are also a host of microexpressions, and like the eyes, are a host to involuntary reactions that are rarely caught by the person talking. Very rarely can a person catch the reaction that is being broadcast in a twitch at the corners of their lips when they hear unexpected good news. It's a place to watch when you're delivering news to them that they're not expecting to hear. Another great thing is to notice the difference between a false smile and a real one. This is something you should look for in real life. They are as different as the east is from the west. Keep your eye out for them.

Now, remember how I said that looking at the eyes was kind of like looking at Mona Lisa's shoulder and trying to understand the whole picture? Well, the same is when you focus on one feature of the face. Instead, start translating expressions and note what isn't there and what is there. Read what is seen, unseen, missing, and repressed. Also, don't forget to use your ears as well. Pick up on tones and word choices that the person you're talking to is conveying. You'll begin to see whether someone is really happy for you, or secretly holding a dagger behind their back with your name on it. It's an important skill to have and you'll see that all the features work in harmony, rather than separately.

But, that's kind of like just looking at Mona and not the background. There's still so much more to read.

# The Voice of Reason

Body language is not just about visual cues that you're picking up on. Nonverbal communication brings into the fold everything that you're picking up that is not an actual word, and that means how those words are spoken. It takes an incredibly fast mind to fire our deceptive or nondescript words that hide their true meaning, but masking how those words are formed is an entirely different beast to tackle.

Before we leave the face, let's spend a moment on how words are spoken. Tone, craft, emphasis, and enunciation give away more than you would ever really expect. Ever hear the phrase: "It's not what you said, but how you said it?" That is a direct contradiction to the spoken word due to the delivery of the message. So let's start with seeing how each of these four types of conversation can betray a person's true meaning.

Tone is the easiest to betray someone. When someone is trying to contradict their true emotions, they're often catching words that are flying out, repackaging them, and then letting them go on their way. The packaging is the tone. A hurt tone is nearly impossible to mask and will betray a injured or betrayed person always. The same goes with genuine anger. It's hard to mask and if the words you're hearing aren't matching the tone that they're delivered with, they're lying to you about their intention, motivation, or emotional stance in the situation.

When it comes to craft, a person lying to you is going to try and wax the poetics with what they're trying to say. Extolling you with lavished and overly flowery language is a clear indication that they're masking something and never trust someone who speaks this way as a default setting and is a well-versed socialite. There's a difference between being well-read and verbose versus a chronically deceptive two-face. Notice what words they're choosing to utilize, especially if they have a double meaning.

Emphasis is like a vortex for people who have just heard something that they're curious to know more about or want to avoid. Like a swimmer struggling to escape a whirlpool, some people will avoid topics desperately jumping from anything else that they can hide behind. Others can't avoid



something that they want to know more about. Notice what it is they're clinging to and what they're desperate to avoid or know more about when they're speaking.

Finally, enunciation is another vocal tick that can give you clues as to whether someone is hiding true intentions or a personal opinion about something that they're less than honest about. It's hard to avoid speaking your mind and often a person can avoid saying negative things, but will say things in a way that emphasizes an unspoken opinion. You've experienced this before and you'll know it when you hear it. Notice when words with double meaning are emphasized or negative traits are punched at like an unguarded groin.

The lips are hard to master, but the tongue is infamously more treacherous to those trying to hide their true meanings. By seeing how things are spoken or what isn't spoken, you can apply this to the features of their face to get a clearer meaning of what is being said, or what isn't.

# Stand Up Straight

Liars and those looking to hide something focus on their faces more than anything else. What they fail to address more often than not is the rest of their body, which is ironic, because posture and how you present yourself breathes life into everything that you're saying. Your body can contradict or emphasize everything you're saying. It's up to you to be able to translate what it is trying to broadcast to you.

While it may seem obvious that our bodies betray our thoughts, it's often something that we fail to acknowledge. Often, our own mental dissonance tends to wash out the obvious signs that something is wrong. But the poise and posture of someone can really tell you a lot about who they are or what their current mood is.

For those of you that have no clue what poise and posture is, they're basically the same thing. It's a network of physical manifestations of emotion that encompass the head, neck, shoulders, back, and hips that convey enormous amounts of information to anyone who is looking to pick up the message. It's the way you stand, the way news affects your stance physically while you receive it. It's fairly quick to pick up on and when you start to notice it, there's so much that you can actually pick up from the way a person is standing.

Let's just start with proximity. If someone is facing you as you approach, they're eager to see you, receptive. If they're standing at an angle, avoiding you, then that's exactly what they're doing. They're hoping that you'll pass up on them and keep moving. However, if their back is to you, then they really don't want you to notice them. With those basics, you can approach a conversation with huge amounts of knowledge without even having to say a word to them. But that's just the beginning.

Maybe they turn and smile at you, you already know that they're putting up a deceptive veneer to confront you with. Also, how close are they standing next to you? Do they move to approach you as you came up on them? Or did they stay put? That could also indicate how receptive they are to you or if they have private information to tell you. Closeness equates to intimacy or a stronger connection to you. The same would be if they stand farther back from you or if they do not approach you. This means that your presence is unwelcome or that they're not interested in talking with you. Read the situation before you ever start talking to help you better understand what you've gotten yourself into.

Next, let's talk about how they're standing. Are their arms folded? This is a defensive stance against you, meaning that they're not receptive to what you have to say from the start. If they start with arms crossed and lower their arms as you approach, they're letting you in. A defensive stance could be personal or it could be a reaction to the environment. It doesn't always mean that it's directed toward you. Notice their hands also. Are their fists clenched? Or are they open? This is also an indicator of tension or a lack thereof.

What can be learned from a person's actual presence? Can you assume a difference between a skinny, overweight, and toned person? What's the difference between someone who is naturally skinny versus someone who has toned their body? You can tell a lot from that. Working out takes discipline, structure, dedication, a disapproval of a past self or a worrisome threat, and no small bit of vanity. An overweight body refers to other priorities and interests that extend beyond the physical. Perhaps they're just lazy? Maybe they have a condition. You won't know for certain, but again, there's a lot to be learned from what isn't there, rather than what is there.

Finally, for the overall poise and posture that they're holding, a slouch is often a clear indicator of a defeated ego or mindset. Of course, this may be habitual. They might be sloppy at standing up straight. We'll discuss the importance of incorporating habits in the next chapter, but a person who usually has decent posture but suddenly has a slouch is clearly bothered by something. The same goes for the position of their hips. A person focusing the majority of their weight onto one hip is most likely conveying a preexisting attitude or issue. This could be sarcastic, sassy, or genuine. That's up to you to determine through other indicators through the interaction, but something is up. You're approaching a mock or real danger zone. The point: it's a danger zone.

Now, noticing a person's movements are also great ways to figure out whether they're in a good attitude or not. Think about a person walking quickly and with great purpose. It's fairly obvious to picture right? Well, that's one example of how easy it is to start noticing how someone walks. A slow lethargic walk tells you more about their mindset rather than their purpose or motivation. It means that they're in no hurry to reach their destination. There might be many reasons for that, but the fact remains. They're in no hurry. Noticing the way people are walking will give you insights into how to approach their situation. If they are walking quickly and with great purpose, then you know that they're not going to be receptive to a long, drawn out conversation. Be quick and concise to keep them happy. If they're happy then you'll be able to build that rapport with them.

Noticing how someone handles their body will give you plenty of insights into how you should approach a conversation, regardless of whether you're approaching them or they're approaching you. Be sure to read the situation and keep a sense of control over the situation for everyone involved. It'll save you the effort of finding out later when they explode on you for taking too long to spit something out.

# Habitual Habits

So, there are some things that we do that are not necessarily things that we broadcast for a purpose, or so we think. These are things that we've done for so long that we no longer think of them as actions, instead, they're just habits, quirks, or ticks that we've picked up along the way. Now, when you're starting out reading nonverbal signs, these might throw you for a colossal loop, making your readings wrong almost all the time. However, there's so much that can be learned from someone who has developed a habit over their lifetime.

For example, what is there to learn from a man who walks with a rigid back, shoulders squared, a limp, and a hard, observant gaze? If you were to put those pieces together, there are several things that you can pick up. The first, I would expect him to be a military man, or at the least, disciplined. Depending upon his actual build, I would say that he's most likely military. From the limp, I would assume that he's either recently hurt himself, depending upon the severity of the gait, or it's older, if the gait is softer. Depending upon his age, you can assume which war he might have served in or where he could have been stationed.

But here's where habits throw a loop. Say that man works out a lot and has a vain sense of self. Perhaps he poses in front of the mirror and likes the way he looks like an action hero when he stands and walks a certain way. The limp is from jump squats at the gym, and he struts the way he does, not out of a disciplined mindset, but out of a cocky sense of self-worth that he has carried for years.

Habits, man. They screw things up.

But let's say that you see someone who jiggles their car keys in their pockets when they're waiting in line somewhere. They do this so often that they don't even notice it or don't really consciously do it. You know what you can infer from that habit? An anxious lifestyle where time is of the extreme importance. When someone has built up a habit, it's an indicator of a lifestyle and environment that they live in.

Men who grow up in an urban environment where strutting and carrying 'swagger' around isn't an indication that they've all hurt their hips or legs? No, it shows that they want to project a sense of

lethality to those around them. It's a defense mechanism. They're not soft.

People who bite their nails manifest stress through a physical tick, meaning that they have a poor coping outlet for their stress. These people are most likely high strung. The drumming of fingers means that a person is impatient and uninterested in the current usage of their time in a normal setting when this is a conscious thought, but a person who has been bored so often might develop this as a coping mechanism for any time they're alone for a second or two. This doesn't mean they're bored, it means that they've been bored a lot in the past.

Are you getting the picture right now? Actions are not always intentional, but rather indicators of a past experience. So, by making immediate assumptions about a person, based on a single interaction could steer you in the wrong direction. It's about monitoring a person and keeping track of them over a period of time to separate habits from intentional actions and then making your assumptions based on a combination of the two. Remember, habits throw off readings about the immediate situation, but they give you clear indicators to work with when it comes to past events in their life.

It's tricky, but it just takes practice.

## In Perfect Harmony

The human body is a vastly complex, biological machine that is connected to an infinitely deep and sometimes contradictory nervous system that regulates and controls everything. That's why it's so impossible to control all of our microexpressions and involuntary reactions when we hear something or are having a conversation. This system and machine of flesh and blood is often hard to read, but with the right training, you'll get it down.

However, there's a saying where four blind men fall into a pit with an elephant in it with them. One grabs the trunk, the other grabs a leg, one gets a tusk, and the last guy grabs the tail. Every one of them thinks that it's something different. By looking at a single, individual part of the human body and trying to read a conversation or a person's motivations or past, is like trying to identify an elephant with just one part of it. It requires finesse and a degree of skill to step back and actually take in a person for everything that they are communicating when you are with them, near them, or spotting them across the bar.

To fully comprehend and understand the situation for the best possible results, you're going to have to work on your harmony. This is going to require a balance of monitoring what you're seeing and hearing from the person you're trying to read. Not only can you take note of their features, but you need to notice their posture, their hands, their arms, how their feet are placed, and what kind of a tone their using.

The key to harmonizing your assessment is having a strategy when approaching a person that you want to read. Start by noticing how they react with other people, if that's an option. If you see a friend near them, you'll understand what a welcomed, positive reaction is. If there's someone they're not happy with, you'll get a glimpse at what a negative reaction is. The best possible read, however, is a neutral read. If they give away nothing, you will be able to assess the situation as to whether you match the neutral control or if variables start to pop up, positive or negative.

Once you've read the person from a distance with others, take in their posture and their nonverbal attitude that hangs around them. Where are their arms? How is their posture right now? Do they have

their fists clenched or are they open? Is this person standing rigid and uncomfortable or relaxed? Are they slouching in exhaustion or disappointment? Do you know that difference yet?

Next apply them and address whatever is so important that you need to study them from afar first. What is their expression? Read their brows and their lips first. Then, read their eyes and listen carefully to how they are saying the things they're saying to you. Notice if anything changes as you talk. Do they cross their arms? Do they step away or closer? While you're standing near them, continue to assess them completely and take note of how anything might change as you continue to have this conversation with them. Build this healthy harmony so that you can pick up everything you can from them.

Harmony is a powerful tool that will help you get better reads from the person that you're studying. Remember that there is a degree of ethical restraint that you should always keep your eye on. If you're reading people to manipulate them, that's on you and it'll probably bite you in the butt if you keep trying it. But, if you're using this harmonic knowledge to get to the bottom of problems, understand others, or just to better communicate to people you know, that's great.



## Your Library

To people who have studied human behavior, nonverbal communication, and body language, we're all open books to them. Of course, they're not going to be able to look at you and know that you stole that book from your elementary library when you were in the third grade, but they'll know a lot. They'll be able to work around your attitude and understand some of your secret agendas. Essentially, we all become open books in their enormous library of people who can't hide a thing from them.

If you want to be one of these people who can read all the signs, pick up on all the signals, and make the right assumptions necessary to get the information you need out of people without them ever knowing it, you've come to the right place. By implementing these practices and strategies into your daily life, you're going to be able to start understanding all the nonverbal secrets around you.

Remember that the key to mastering this skill is to keep observing people around you. The best nonverbal readers are those that constantly study people, without motive or reason, they just watch. By being a true student of observation, you'll be able to really see what makes people tick, how they work, and what is truly considered normal behavior. It's a skill that you can carry with you and you'll never be bored again. Next time you're waiting for a friend in a restaurant, checking out people at a bar, or riding the subway, you'll be able to see all the signs that are written on the faces of those around you.

But be careful, you never know who's watching you.

# Preview of My New Book

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to overcome the emotional neglect that you experienced as a child. Many of us believe that we will never overcome poor rearing practices until we are presented with ways to deal with the past and move towards the future. It is my hope that this book has helped you do that.

The next step in the process is to determine how you would like to progress. What are your goals in life, and how can you make these dreams your reality?



*Before you go, I'd like to say thank you for purchasing my book.*

*I know you could have picked so many other books to read on understanding Body Language..*

*but you took a chance on me.*

*So A Big thanks for downloading this book and reading it all the way to completion.*

*Now I would like to ask a small favor.*

*Could you please take a minute or two to leave a review for this book on Amazon?*

[Click here](#)

*The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.*

*And if you found it helpful in anyway then please let me know :-)*

*Thank you and good luck!*

*To your success,*

*Michele*

## **Preview of My New Book..**

### **Help! I'm In Love With A** **Narcissist**

## **So There's This Person...**

So you've met this person who seems to have it all together, it all figured out, and the cat's in the bag. They're the kind of person who steps into the room with the presence of a floodlight and when they leave, it feels like they took the oxygen with them. They're captivated by all the boring stuff you've crammed into your calendars and call a life, but more importantly, they make you feel great. Every word you say is scooped up and filed away in their brains because they're actively engaging with you. They're making you feel like you're the only person in the room.

I mean, they're dedicated to themselves. They've been grooming themselves impeccably, or maybe they've moved beyond that. Maybe they've transcended the need to look good and they're just all about their intellectual prowess that they're willing to share with you—YOU, mere mortal! This person is the one person you know that could sell snow to an Inuit.

Sure, they might talk like they're trying to sell you something, or you might get the chills when you shake their hand, but come on, they're really great! They're a riot to be around and there's no way that you're just going to give up on hanging out with someone this cool.

But after a while, it might grate against you. After all, you watch as they move from one person to the next at parties, dancing around like the social butterfly that they are. It might start out as jealousy that you're not getting the majority of their time. It might bother you that all that special treatment that they gave you is just their average operating mode, which they treat everyone incredible, regardless of whom they are or what their lives are like. But after a moment, the jealousy is going to fade, because there's a truth hiding in there that is just nagging at you—clawing at you—to get out.

This might be because you're picking up on something no quite right about them. It means that you might be picking up on a subtle reality that's lurking behind those charming eyes and that million

dollar smile that's starting to rub you the wrong way more and more. It's something more and most likely, you're picking up on the fact that the person you're bothered by might be a narcissist.

Of course, there are Narcissists and there are narcissists. A subtle difference in writing that makes all the difference and we're going to talk about both of them in this book. There are people out there that are really full of themselves. They're people who make life difficult for themselves and for those that are working with them and there are ways for us as regular people to deal with them. There are ways around them and there are ways to truly identify them.

After all, you don't want to peg Cool Jim as a Narcissist when he just has an over inflated ego. So where do you start? Well, reading this book was a great decision, because we're going to figure out together if Cool Jim is really someone you should be avoiding or if this is someone that you should just try your hardest to ignore and maybe just avoid at parties. In the end, we're going to find out what it is that you're dealing with.

So, want to go hunting for a narcissist? Or is it a Narcissist?

## **O Muses**

So, once upon a time, the Greeks decided that there was a story that needed to be told. It was the tale of how a river god and a nymph decided to get together for a little tryst that resulted in the birth of an exceptionally beautiful young man you was declared as Narcissus. Now, this wasn't a man who was just 90's Brad Pitt gorgeous, but the male version of Helen of Troy. He drove the ladies and the men crazy. People wanted him and they wanted to be him. There's something about this guy that really made people go wild. They wanted him and when you're a hot commodity, demand tends to turn to worship and worship does something nasty for the people who aren't ready for it.

Narcissus had a commodity that was in high demand. That means that people were all over him and the desire for him is what inevitably drove Narcissus to a dark, cold place that made him resentful and spiteful of those that loved and desired him. As they flocked to him, Narcissus became a tool and a douche. He was rude and mean and cruel to everyone that came after him. In essence, he came to believe exactly what they told him he was a little too much.

Seeing this, the goddess of revenge decided that it was time to bring him down to reality after his cruelty and rudeness toward others. So while Narcissus was out hunting all manly and such, he came across an enchanted pool that the goddess of revenge made just for him. Well, when Narcissus found the pool, he gazed into it and found his reflection and fell in love with it. For the first time in his life, Narcissus found in love with someone, only that it's himself. Gazing into the pool, night and day passed as he gazed at the reflection in the pool.

Then, before anyone can tell him what an idiot he's being, his selfish love is rewarded with him falling into the pool and drowning because he couldn't take his eyes off himself.

There's a lot that can be taken away from this story and there's a lot that is freakishly familiar with what's going to follow in these next few chapters. So there's this happy little moment at the end of this chapter that I get to tell you why this story is important and it's going to be great. So here you go:

[Click Here To Read The Rest Of  
Help! I'm In Love With A Narcissist](#)

## **Instant Charisma**

*A Quick and Easy Guide To Talk, Impress And Make  
Anyone Like You*

By Michele Gilbert

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert





# Table of contents

## Introduction

## CHAPTER 1: The Art of Engagement

*The Perceptive Approach*

*Body Language*

## CHAPTER 2: Making Conversation Enjoyable

*A Good Conversation is Hard to Find*

*Conversation Made Easy*

## CHAPTER 3: What You Shouldn't Do

*Don't be oblivious of the situation*

*Don't try too hard*

*Don't use aggressive body language*

*Don't be afraid of silence*

*Don't talk too much*

## CHAPTER 4: Leaving an Impression

## Conclusion

## Introduction

I want to thank you and congratulate you for downloading this book. You have made your first step towards becoming the kind of person you have always wanted to be. And what kind of person is that? Well, the type of person who can meet new people, break the ice, make connections, and instantly leave an impression in any situation. This may seem like a tall order, but by using time-tested strategies and perspectives from some of the most influential and respected individuals, in no time you will be striking up conversations and using your new-found charisma to enhance your interactions and get the most out of socializing.

Presented in this book are strategies for initiating conversations and letting everyone you meet know that you are a stunning conversationalist. You will learn how to engage people in any situation. You will learn how to make a conversation a pleasant experience for everyone. You will learn some common mistakes to avoid. And finally, you will learn some foolproof strategies for connecting with individuals and leaving a lasting impression.

So, if you are ready to take charge of your interactions and begin making lasting impressions on everyone you meet, then let's get you started on a path to instant charisma.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert - All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# CHAPTER 1

## The Art of Engagement

Survey after survey has confirmed that public speaking is more feared than death. Some individuals may even experience physical maladies in apprehension of speaking publically. However, for some, speaking to a new acquaintance can be just as frightening. And, even if one lacks the apprehension that some may feel when speaking to someone for the first time, they may find their conversation skills are lacking and insufficient for their social needs. They may find themselves walking away from an encounter embarrassed and unsure of how the other person feels about them. These feelings can be very disheartening and can even lead one to avoid new encounters. Furthermore, conversational ineptitude can have many negative consequences.

What people think of us based on our interactions is extremely important to us in a variety of ways. In a professional sense, we benefit greatly by being a part of an information network. We discover useful information about opportunities, openings, ways to enrich our skillset, and countless other things. In our personal lives we also benefit by being in a well-connected network. Some of the same benefits we get from being well connected professional remain true for our personal lives. By having a healthy personal network we open ourselves up to rewarding and fulfilling relationships that can change our lives for the better. However, developing and maintaining a healthy personal and professional network hinges on your ability to engage in effective conversation.

As humans, our ability to interact and communicate with other humans is critical. This has been the case since the dawn of time and remains to be true today. Put simply, communication is necessary for our survival. While our methods of survival have drastically changed since the Stone Age, our need for communication has remained. Nevertheless, in our current environment of instant global communication, our face-to-face communication skills are taking a back seat to our electronic communication skills. However, face-to-face communication will never lose its importance.

Just like any skill, communication can be improved by learning new techniques or strategies, and by putting this newly learned information to work by incorporating it into our daily lives. The very first thing you must understand when it comes to conversation is how to engage with people. Engaging with people you have never met, or even with those you have known for many years, requires you to be proactive. Often, you must be the first to initiate the interaction. Having to be the

initiator may be a source of anxiety for some. But, if you keep an open mind and keep focused on your personal reasons for wanting to improve your communication skills, then all that is left is to absorb the strategies presented in this book. After that, you will possess everything you need to increase your charisma and be an effective communicator in any situation.

## The Perceptive Approach

The key to engaging with anyone at any time is being able to read a situation. Much like you read a book or advertisement, your brain is constantly “reading” everything around you at all times. Much of this, however, is going on behind the scenes. Millions of years of evolution have made our brains quite effective at taking in and processing information at lightening quick speeds. But, there are many things our brains read that we are aware of. When we look at someone for the first time, our brain makes a series of judgments. Is this person a threat? Are they a suitable mate? This is totally out of our control. However, we make a lot of judgments based on our knowledge, experiences, or how we have been socialized.

You should put both of these processes (i.e. your conscious judgments and subconscious judgments) to work as you approach someone. What can you tell about someone by just looking at them? Well, if you develop this skill, then you will be able to garner a lot of information about someone before you even shake their hand. Some people are naturally perceptive, inclined to be able to discern how someone is feeling or even their personality traits by simply looking at them. However, don’t fear if you are not naturally perceptive. You can get better by practicing.

Go to any public space, like a bar, restaurant, park, or even a library. Pick a spot and sit down with a book or magazine. Take time and examine (covertly, of course) those around you. Try to deduce as much as you can about them. What does what they are wearing or how they carry themselves say about their personality? Do they look tired or overworked? Are they confident, shy, angry, or indifferent? How do they interact with others? Avoid coming to extreme conclusions or making firm judgments when the information is incomplete. And even though being able to discern information through observation is a valuable skill, making rash judgments can have adverse effects and lead to embarrassment and misunderstanding, exactly what you are trying to avoid.

Once you have sharpened your perceptive eye, put your skills to use. When you approach someone, you will now have an advantage you didn’t have before- the advantage of knowledge. When

you enter in to a conversation with a better idea of how your conversation partner is feeling or thinking the benefits will be instant and twofold. Firstly, you will have a more informed view of how you should interact with your conversation target. It doesn't make much sense to interact the same way with someone who is jovial and with someone who is tired and in a bad mood. Secondly, by catering your conversation to the feelings and personality to your conversation target you will be communicating an interest in them in a positive, organic, and genuine manner. There is nothing more distasteful than someone who creates false interest for the sake of conversation. It may be effective in the short term, but many will detect your lack of sincerity and their impression of you will not be a good one.

## Body Language

Besides your perceptive abilities, engaging with someone is greatly aided by an awareness and use of body language. Everyone knows that body language makes up the majority of our communication. This is almost cliché in any conversation it appears. However, the truth of the statement is undeniable. As mentioned above, our brain makes a series of quick judgments whenever we encounter someone. Our brain does all this based on what it reads. And what it reads is primarily the body language of the individual. How they stand, the orientation of their facial muscles (or from another point of view, their emotions), and their eye movements are all processed instantaneously so that we can make a judgment on what to do.

Conversely, the target of conversation is doing the exact same thing as you approach. Everything from your posture to your smile makes an instant impression with someone. Put this scientific reality to work for you and use your body language to your benefit. Entire volumes could be written on the subject of body language and how to use it to reach desired effects. However, starting out, the best thing you can do is simply to be aware of your own body language. By being conscious of your own body language, you will likely express your emotions and intentions much more clearly through your body.

Also, besides simply having an awareness of your body language, you can take practical steps to conveying positive body language. As mentioned above, posture is incredibly important, but why? Well someone who exhibits a strong, erect posture exudes confidence and self-assurance. Furthermore, a good posture enables your voice to have more strength. While vocal strength is a quality normally desired for more formal public speaking situations, strength of voice also carries with it control over one's voice. This, of course, is very important when speaking to someone for the first time. Other than

a strong posture, a genuine and full smile is another practical strategy you can employ to engage with others.

As our brains read other individual's faces, we are apt to mimic their facial expressions. There are specific cells in human brains that facilitate these reactions. These cells are called mirror neurons. They are the reason smiles can seem to be contagious, or that an angry scowl can put a damper on your mood. It has even been suggested that sociopaths and other individuals who lack the ability to empathize and relate to other individuals may have something wrong with their mirror neurons. Put simply, when you smile it puts the person to whom you are smiling at greater ease. But if you feel that your smile is lacking, then simply practice. You are well aware of how a genuine smile feels on your face. Try to mimic those movements with your facial muscles in front of a mirror. After all, every muscle in our body can be trained and improved. So, why not your facial muscles, as well? However, all the positive body language in the world can't help you if you don't know what to say after saying "hello" for the first time. Next, let's try and understand the principles of what makes a good conversation.





## CHAPTER 2

# Making Conversation Enjoyable

There is almost nothing worse than being in a social situation where you have no clue what to say, the conversation dwindles to silence, and then you part ways feeling embarrassed and hoping you don't run into them again. Fortunately, an unpleasant situation such as this can be avoided by understanding what makes a good conversation and how to make a conversation worthwhile for both you and your conversation partner. If you consider your social skills to be lacking, this may seem like a daunting task. But just like every big problem, breaking the problem into smaller and more approachable problems is a great strategy for overcoming.

### A Good Conversation is Hard to Find

What makes a good conversation? Firstly, what is a conversation? It is a word that everyone knows the meaning of, yet fails to consider the implications of its meaning. When you converse with someone you are engaging in an act of communication. Communication, in turn, is a process of sending and receiving information, implying the involvement of more than one individual or entity. When fireflies make their early-evening displays, they are communicating. Their communication, however, isn't as complex as a discussion about politics or theoretical physics. Nevertheless, it meets the qualifications of communication. The point here is that communication is evident all around us. Communication is natural. So, then why does it seem to be so difficult for us humans to communicate sometimes?

There are several factors that make communication between humans difficult at times. Firstly, language is a complex mechanism. Some individuals have better command of the language in which they speak. Some know the precise words to convey what they are attempting to express at any turn of the conversation. Others, however, do not. Secondly, socialization is a key element to understand how we interact with each other. Some individuals grow and develop in a more social atmosphere, prompting them to develop social interaction skills faster, while others are less socially developed. Thirdly, our ability to communicate hinges on our ability to receive and process information quickly. Sometimes we forget that the brain is a physical organ. Its process is all physical in nature. So are our thoughts and speech. This means that we can suffer from physical limitations when it comes to

communication. This could be as severe as a neurological disorder, but also could be as minor as your brain not being as effective at communication when experiencing a stressful social situation. These are some general reasons why conversation can prove difficult, but most of these problems can be easily addressed. And, keep in mind that just because you don't have any of the abovementioned issues, that doesn't mean that your conversation partner doesn't.

## Conversation Made Easy

So, having now understood some basic principles of conversation and the reasons it can sometimes be difficult, you will now learn some excellent strategies for improving the quality of your conversations. Firstly, a good conversation doesn't start when you meet someone, but well before. The best conversationalists are those who have something to say. If you find that when you converse with new people or past acquaintances and you feel like you never have anything to say, then you need to gather material for conversation. The best way to do this is to continue to educate yourself. Stay up-to-date with the news, go see a new movie, listen to a new album, or go see a new art exhibit. People instinctively are interested in new things. If you are well familiar with what is up and coming and recent you will be interesting because people will have a tangible aspect to associate you with.

But what if who you are talking to isn't interested in the new movie or album? Well, outside of traveling time or seeing into the future, it is impossible to know what another individual is passionate about *before* you get to know them through conversation. However, you know exactly what *you* are passionate about. If you pursue your passions honestly and intently you will always be interesting. People enjoy talking to someone who is passionate. This piece of advice comes with a small caveat, however. It is okay to be passionate about your interests and be comfortable talking about those things to others. But, avoid talking about your passions that may be controversial in a first-time meeting. Also, don't talk about your passions solely. The reason you should pursue your passions is that those who are active participants in their own lives are intrinsically more interesting. But, don't forget that other individuals have their own passions and interests. Think of a new conversation as a way to express your interests to a new person and learn about theirs, as well.

Besides staying current and pursuing your passions, there are a few other things you can do to ensure your conversation will be pleasant and enjoyable. Most people think of a conversation as a back-and-forth process, but in action, they treat it more as a staged performance, where they are an actor on stage and the person with whom they are speaking is the audience. Avoid this type of mentality. If you approach conversation as a laundry list of things you need to say before the

conversation ends, then whomever you are speaking to will feel as if they are being *spoken to*. Instead, make sure the conversation is inclusive by making the goal of conversation to be about mutual understanding and learning, rather than a free, unsolicited informational session about yourself.

Furthermore, treat the conversation as a living thing. If you didn't follow the advice in the last paragraph, then your conversation will likely have the feel of an infomercial sales pitch. Avoid this by treating the conversation as a dynamic entity, one that is subject to change. In short, give your conversation some breathing room by letting it flow. To let your conversation flow, don't be set on controlling every aspect of it. Don't go at it with certain ends in mind other than to get to know someone and let them get to know you. If you are intentionally directing the conversation, it may have an off-putting effect. This could lead to your conversation partner not wanting to open up and participate in the conversation. If you find this part of your conversation skills lacking, then try to listen and take clues from your conversation partner. Another great method for keeping a conversation natural and flowing is to ask questions. Ask your conversation partner questions from time to time. By putting the ball in their court, you share the control over the conversation and also keep it from becoming stale.

There are countless things you could do to improve your conversational skills. Utilizing these basic strategies is a good first step towards becoming a better conversationalist. However, the greatest and most effective thing you can do is to practice. With practice, you will become more skilled at paying attention to the cues your conversation partner gives you. The only thing that really separates the poor or mediocre conversationalist from the great conversationalist is the commitment to getting better and amount of practice invested.

## CHAPTER 3

### What You Shouldn't Do

Sometimes it is easier to express what someone *shouldn't* do. This is especially true for conversation. In fact, the list of *don'ts* is certainly much longer than any list of *dos*. The reason for this is quite simple. While there are some hard rules in conversation, everyone is an individual with a unique personality. One strategy may work for one individual with a certain personality, while another individual using the same strategy may falter. However, there are some things to avoid no matter who you are and no matter your personality type. Avoiding these 5 common mistakes will ensure that your conversation is enjoyable and, more importantly, memorable for good reasons.

#### Don't be oblivious of the situation

Being aware of your place and setting is essential in any conversation. Striking up a conversation at a library or in a workplace is completely different than striking up a conversation at a bar or a sporting event. Although, this advice may seem obvious, transgressions against situational decorum can have very bad effects. For one, it will show your conversation partner that you are oblivious to social cues. And, that is not the sort of message you want to convey right off the bat. Another aspect to this common mistake is to not contradict the dynamics of all the individuals present. If the target of your conversation is with a group, then don't neglect the group for sake of the individual. Instead, use the situation to your advantage. A discussion at a library can easily shift to interests in literature or really any topic. A discussion at a sporting event or bar with live music can equally be used to your advantage to begin the conversation with at least some common ground. A discussion within a group, rather than in a one-on-one situation can remove a lot of pressure.

#### Don't try too hard

Above, you learned to try to make your conversation flow by making it a mutual effort. Similarly, don't make the mistake of trying too hard. You don't want your conversation to seem forced. This makes a conversation seem wooden and uninteresting. It is natural to feel as if you should be saying something, yet not feel words naturally flowing from you. In this situation, focus on listening. While your conversation partner speaks, don't think of what you are going to say next, but listen intently. By providing your attention you will free yourself from overacting or focusing too hard on figuring out what to say.

## Don't use aggressive body language

Earlier, you learned about the use of body language. Don't forget that body language is used when we threaten and intimidate others. Try to use welcoming and non-confrontational body language. Avoid excess eye-contact. Also, make sure you respect the physical boundaries of those with whom you speak. By using your smile, a reasonable physical distance, and open and friendly gestures you will present an air of trustworthiness and pleasantness. Remember, these types of qualities will ensure your conversation goes well.

## Don't be afraid of silence

A good conversation is all about balance. While excess silence in a conversation can seem awkward and be undesirable, the lack of silence can have the same effect. Furthermore, if you are speaking yourself to breathlessness, you are likely speaking too much. Don't be afraid to pause every now and then. Pauses in conversation are perfectly natural and often serve to emphasize our speech.

## Don't talk too much

Lastly, avoid talking too much. Give your conversation partner ample chances to speak. The last thing you want is a one-sided conversation. Also, you can't talk and listen at the same time. Focus on doing one at a time and you will be well on your way to becoming a great conversationalist.

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!







# CHAPTER 4

## Leaving an Impression

If you have absorbed everything in this ebook so far, then you will already have a good idea of what makes a good conversation. You will also understand the sorts of things that will ensure the quality of your conversation is above average. Furthermore, you are aware of the most common mistakes that people make when engaging in conversation with new and old acquaintances alike. Now, the last thing you must learn is how to leave a good impression. If you follow all of the advice in this ebook so far, you are already halfway there to understanding the principles of making a good impression.

The first step to making a good impression is having a good first encounter. After all, you only are allowed one first impression with a new person. Make it count by following all the principles outlined in this ebook. Sometimes things do not go as well as planned, however. Just remember impressions cannot be replaced, but they certainly can be improved upon. If the first encounter did not go as well as you desired, then try and understand what went wrong and give it another go. Try and make light of the situation and continue to be easygoing. This will show strength of character

The next step is to be conscious of not only your needs, but also the needs of your conversation partner. This could be as simple as giving attention to what they have to say while they are speaking. Or, it could be as important as give them vital information, like a job opening or other types of information they may find beneficial or valuable. In fact, if you enter into a conversation with a “winner takes all” mindset, and you intend to win the conversation, then your conversation partner will likely have little interest in continuing to speak with you. Instead, approach conversations with a “win-win” attitude. Focus on how each of you gain benefit from the interaction. This simple shift in mindset can have amazing results, making your conversation partner comfortable and sure of your mutually beneficial intentions.

Lastly, don’t put all your focus on the actual words you are using. While what you say is important. It is unlikely that whomever you are speaking to will remember precisely what you said to them. They will likely only remember the highlights of what you said. If they have an exceptional

memory, then they may remember a few phrases. Nevertheless, it is extremely unlikely that anyone you will speak to will remember everything you said when they speak to you. However, they will remember how you made them feel. This is a very useful piece of conventional wisdom. Focus on making your conversational partner feel at ease, appreciated, and understood. This is by far the greatest thing you can do to ensure that you make a lasting impression.

## Conclusion

I hope this book was able to help you understand the principles of conversation that may have eluded your interactions until now. Utilize these skills for the benefit of yourself and those around you. Don't be surprised by the benefits awarded to the charismatic!

The next step is to put these principles, strategies, and ways of thinking to work for you today. Remember, everything presented in this book can be acquired through simple understanding and diligent practice.

Thank you again for downloading this book!



I hope it was able to help you to feel more comfortable around people and be able to let your true self shine through with winning and impressive conversations.

The next step is to take action and not procrastinate!

Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read getting over negativity and living a more positive life. So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please [click here](#) to leave a review for this book on Amazon?

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

## Preview of My New Book

[Body Language 101](#)

[What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

### Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of learning to understand something we already know and to

heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

# Weapons of Mass Induction

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

[Click Here To Read The Rest of](#)

## [Body Language 101](#)

### [What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)

[So I Am Dating A Psychopath: Now What?](#)

[The Mind Of A Sociopath: Your Guide to Understanding The Anti-Social Personality Disorder of Sociopaths](#)

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking



for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

**Reiki:**

**Reiki Guide For Beginners**

Learn To Increase Your Energy And Improve Your  
Heath With Reiki Healing

And

**Crystals And Healing Stones**

Beginners Guide To Crystals Their Uses And Healing  
Powers

*By Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits

And to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

<<< [My Free Gift To You](#) >>>



## **Table of Contents**

[Introduction](#)

[Rei and Ki](#)

[Traditional Vs. Western](#)

[The Three Pillars of Reiki](#)

[Signs and Wonders](#)

[Chakras and Auras](#)

[The Five Principles of Reiki](#)

[Conclusion](#)

[My Free Gift To You!](#)

[Preview of My New Book](#)

[About Michele](#)

[Introduction](#)

[\*\*CHAPTER ONE:\*\* What You Should Know Up Front](#)

[\*\*CHAPTER TWO:\*\* Agate](#)

[\*\*CHAPTER THREE:\*\* Amazonite](#)

[\*\*CHAPTER FOUR:\*\* Amethyst](#)

[\*\*CHAPTER FIVE:\*\* Aventurine](#)

[\*\*CHAPTER SIX:\*\* Carnelian](#)

[\*\*CHAPTER\*\* Table of contents \*\*SEVEN:\*\* Chrysocolla](#)

[\*\*CHAPTER EIGHT:\*\* Citrine](#)

[\*\*CHAPTER NINE:\*\* Fluorite](#)

[\*\*CHAPTER TEN:\*\* Garnet](#)

[\*\*CHAPTER ELEVEN:\*\* Hematite](#)

[\*\*CHAPTER TWELVE:\*\* Howlite](#)

[\*\*CHAPTER THIRTEEN:\*\* Jade](#)

[\*\*CHAPTER FOURTEEN:\*\* Jasper](#)

[\*\*CHAPTER FIFTEEN:\*\* Labradorite](#)

[\*\*CHAPTER SIXTEEN:\*\* Lapis Lazuli](#)

[CHAPTER SEVENTEEN: Malachite](#)

[CHAPTER EIGHTEEN: Moonstone](#)

[CHAPTER NINETEEN: Peridot](#)

[CHAPTER TWENTY: Quartz](#)

[CHAPTER TWENTY ONE: Topaz](#)

[CHAPTER TWENTY TWO: The End](#)

[Conclusion](#)

[The Massage](#)

[Conclusion](#)

## **Introduction**

The first interaction that I ever had with Reiki was when I went with a friend of mine to visit his father in the hospital. He wasn't Asian and he wasn't Japanese, but he was a mildly autistic coworker who had a strong fascination with eastern culture. I think he was in like three different martial arts, was learning Japan online, and had an obsession with anime that I didn't quite understand. Not holding any of that against him, I wanted to be his friend and to be there for him while his father was suffering from cancer.

What I also didn't have a lot of interaction with was eastern medicine. Sure, I've done my share of research and I've written quite a lot of books on holistic medicine, natural remedies, and even acupuncture, but I had never experienced Reiki or even heard of it before I stepped foot inside of that hospital room. What I found there was something that seemed out of a movie from the east that I won't soon forget. My friend had a lot of Japanese and

Korean friends from his dojos and other martial arts studios and one of them was an old Japanese man who knew the art of Reiki and was already there when we arrived at the hospital.

I was completely prepared to give my friend's dad his get well soon card and then take my friend out to see a movie he wanted to see. But, when I got there and watched this old, almost ancient man laying his hands on my friend's father and focusing with such discipline and concentration that was beyond my comprehension, I had to keep watching. I watched as he put his hands on the man and whispered to himself. This was fascinating and I wanted to know if it worked.

My friend's dad claimed it helped and that it was magic. He survived the cancer and he went on with his life and is still alive to this day. Now, I didn't back then and I don't know now if it was the Reiki that healed him, but it was enough to spark an interest in this fascinating subject for me and I've compiled enough research that I'm more than eager to share with you what I've learned.

In this book, I'm going to talk to you about the growing tradition of Reiki and try to pull away some of the mysticism. While it is considered a holistic approach to medicine, it is still widely considered to have grounded points in the actual application of anatomy, biology, and medicine. You just won't find doctors prescribing Reiki sessions instead of pharmaceuticals. I'm going to discuss the difference between traditional and western Reiki as well. I'll talk about Reiki Symbols and their meanings along with the three pillars of Reiki. I also want to tie the purpose of Reiki into the applications of auras

and chakra work for you. Finally, I'll talk about basic hand positions and their powers for you.

I'm very eager to share with you what I've learned, so let's not waste any time.

## **Rei and Ki**

What is Reiki? That's the big question. So what? Big deal? What's all the fuss? Those are the questions that roll around people's minds when I mention Reiki and the art of laying on hands. It is essentially the combination of two Japanese words: Rei and Ki that come together to form the meaning: universal life energy. It is an ancient tradition that has been passed down through the history of Japan and it has spread through many cultures, though through different names.

Laying on hands is something that has been prevalent in the eastern world and has really had an influence in every religion that has been founded upon the belief of a higher power. Even in the Christian Bible, there are passages speaking about the gift of laying on hands. Reiki is simply the formation of that information and the culmination of everything that has been gathered up to this point. Practitioners are dedicated to helping heal and transfer essential energy to those that they are working with and those that need help.

The goal of Reiki is to heal and often the situation simply calls for the balancing of energy in the body that will subtly effect the way we feel and handle ourselves in daily situations. Every event in your life effects the flow of energy through your body and without doing extensive chakra work, or

perhaps something is just beyond your ability, then Reiki is what you might want to consider to help you out. Of course, it's a difficult skill to learn and it requires immense amounts of labor and practice on your part, and it isn't something you just magically pick up. But, with enough patience and dedication, you'll be able to learn how it works.

It is correcting the flow of energy and focusing it on the human body to help heal the body and spirit. Healers and practitioners of Reiki use hand positions, signs, and symbols to make the human body feel better and to relieve pain. It has adapted over the years, but it still retains much of the old teachings that serve as the foundations of the world that Reiki has created.

There's a lot of mysticism and spirituality that's not exactly everyone else's cup of tea. However, it's fairly impossible for you to actually separate the two from each other. So, if you're not really going to accept the eastern philosophies that come with the work of Reiki, then this really means pretty much nothing. So, if you're looking to take this from an analytical point of view, then you're probably not going to be overly fulfilled by Reiki.

Now that we've got this all out of the way, let's actually take a look at the world of Reiki.

## **Traditional Vs. Western**

There is a lot of hotly debated differences between the two prominent forms of Reiki that have flooded the world and honestly, these are the kind of arguments you find amateurs or those barely connected to the Reiki world arguing. Very few practitioners and healers are going to argue which one is



better compared to the other. Most likely, you're going to find that they were simply taught in one way and that's the form of Reiki that they practice. It's not really out of a preference and there's a lot of interest in both.

Traditional Reiki really breaks down to the fact that it's the most attuned to the eastern philosophies and the traditions that brought it into being. The Western form of Reiki is more attuned with the pragmatic and the effective new age movement that has taken the western world by storm. It lacks the isolated spirituality, having included the Tibetan healing methods as well as the traditional samurai/Japanese ideals. Often, you're going to find that most people fall somewhere in the middle of the spectrum and tend to simply align more with profits or spirituality. In the end, neither one is really better than the other, they simply have different goals in mind when they work.

Essentially, what it breaks down to is the fact that Western Reiki is focused on the healing of others and has incorporated a lot of eastern medicine into its cannon so that it can help people in any way that is possible for them. It's a practical application for the help of others. Traditional Reiki tends to stick just with the Buddhist, Samurai, and historical Japanese spiritual teachings. It's focused on personal meditation and understanding, as well as the help of healing others who are in need of the aid.

As I have mentioned earlier, the point of Reiki is that the practitioner is using their own universal energy and their connection to the universe to focus energy on those that have a connection to higher mystical powers. By focusing that energy and directing it throughout the body, you promote

wellness and balance inside the person's life. So here are some of the tenants that both forms of Reiki focus on.

#### Safety:

This is something that has been the allure to Reiki above all other supporting tenants. There is a gentleness to Reiki that is not abrasive or harsh to the people who are utilizing it for their own personal well-being. It's not as brutal as a massage and it's not going to mess with your mental facilities like pharmaceuticals. There is not touching involved with Reiki if you want. This also pushes that there can be no harm done to the person who is experiencing the help of a healer. There's a spiritual bond between the two and they're not going to experience something that is anywhere near as painful as they might find with a chiropractor or a massage therapist. This is healing without any pain or even physical touch if need be. You are in the safest hands when you enter into a Reiki session.

#### Intelligence:

For a master of Reiki to be accepted and worth their salt, they are going to need to know more than just a few hand gestures and have read a few books about the subject. You will need to have mastered three degrees of Reiki teaching and you will have to demonstrate a mastery of the subject and the history of it before you are ever taken serious in the Reiki community. It is by no means a difficult process and skill to learn, but it is going to require that you spend your time educating yourself and practicing.

#### Natural:

Perhaps the final and most appealing aspect of Reiki is that it has completely shrugged off the world of pharmaceuticals. While you will always need to

see a doctor if you are experiencing a trauma immediately, Reiki is focused on the natural healing process and using energy to stimulate the growth and the development that you're looking for in the healing process. There's no chemicals, no strange ingredients, and not messing with your biology. Everything that happens in a Reiki session is completely natural and it's completely healthy. While you may be given some more remedies to encourage and stimulate faster growth and healing, especially if you're meeting with a practitioner of Western Reiki, it will still come with the natural, organic influence of eastern medicine. This is one of the huge draws of Reiki to people who practice it and incorporate it into their lives to help them. Just look at any pharmaceutical advertisement in a magazine or on your television and you'll be stunned and horrified by the list of side effects and the list of bizarre ingredients that go into that medication and it's always changing and adapting for profit. Without the proper understanding of what's actually going into your body, can anyone really say they're comfortable with pills? That's why Reiki is so wonderful. You know what's going into your body, energy.

Now, to give you a closer look at what Reiki means from a practitioner's point of view, I'm going to go on to discuss the three pillars of Reiki. This is going to give you an idea of how ancient wisdom and modern practice have come together to form something that is truly remarkable and is truly unique. So, let's have a look at it.

## **The Three Pillars of Reiki**

The three pillars of Reiki are undeniably centered in the world of ancient Japanese philosophy and meditational practice. This is the heart of the matter and it is the core of what every practitioner of Reiki goes through at the beginning of a session. When you walk in to be healed by someone who has

mastered the art of Reiki, you're going to be able to visibly notice each of the following steps in order before they actually commence in the healing process. It'll be a fun way for you to measure what you're doing and how you're going to do it. There really is no way around these three pillars and for those who have dedicated their life to the art, they will have varying degrees of speed with which they operate on these three pillars. But, they all must pass through the pillars if they want to successfully complete a Reiki session.

Gassho:

From the naked eye and the layman's view, Gassho might seem like nothing more than a person sitting in the traditional Namaste yoga position and waiting with their eyes closed. It's not entirely impressive and it's not extremely interesting either, but there's a lot happening here that people are not really aware of unless you're actually aware of what it is that you're a part of. It's a complex and intricate spiritual dance that requires a lot of finesse, understanding, and wisdom to channel the energy that you're looking to harness for the betterment of yourself or of the person you're looking to heal.

First off, Gassho can take up to thirty minutes for a master of Reiki to fully master and move on from. It all depends upon their mental state of the day and their ability to channel the energy that they need. It's problematic for a lot of people starting out to understand what actually goes into the Gassho process, unless they've experimented or worked with meditation a lot in their lives. If you're used to mediation and you've incorporated it into your daily life, you'll find that you understand the Gassho process a lot better.

There are several components that go into Gassho. There is the aspect of controlling your breathing through mediation. Through this process, you

quiet the mind and allow yourself the ability to empty yourself and allow yourself to accept the energy you're looking to take in. This is the meditation process in a nutshell, breathing and centering so that you can find your focus and the determination to do what is necessary. By centering yourself and emptying your mind, you have the ability to channel the necessary energy that you're going to need in order to perform the Reiki healing process. At this point, you set your intentions and you prepare for what is necessary to continue on.

### Reji-Ho:

When you get to the point where you've mastered Gassho and it's time to move on to the second pillar, it's time for you to proceed to Reji-ho, which is essentially asking for the Reiki power to come into you and for you to utilize it for your purposes which are pure and designed to help people who are in sever pain. You're going to do this by assuming the Gassho position again and really feel the energy that flows through you. Of course, you're asking for Reiki energy to come into you and you're tapping into a cosmic energy that is going to give you the ability to correct an imbalance in the world. When it's working, you're going to know it. I often tell people that if they have to ask whether it's happening or not, it's probably not. You'll feel it and you'll recognize it almost immediately.

The biggest point of Reji-ho is actually asking for the Reiki power to come into you and to use it. You're going to have to ask for it and it's important that you assure the Reiki energy that you are going to use it for its highest purpose for you client. Once you have it within you and you can feel the Reiki energy coming inside of you, then it's time to distribute it to where it's needed most. For this, you're going to need wisdom. You're going to need to utilize your third eye. For those of you that are unaware as to where exactly

your third eye is located, it's generally considered to be in the middle of your forehead. So, hold your hands to your third eye and ask for the wisdom to direct this energy to wherever it needs to be sent to yourself or your client.

Of course, I would always suggest that you never vocalize this, especially if you're working with someone who is relatively new to the Reiki process.

I'm saying this only because it's an extremely private and spiritual process. You don't want to freak anyone out and you don't want to distract from the internal process that you're working with. Once you've finished the Reji-ho aspect, it's time to move to the third and final pillar of Reiki.

Chiryō:

When you have found yourself centered and you have started to channel the Reiki energy, you then ask for it to enter you and be distributed to those who need it and for it to be utilized to its highest potential. Once you have done that and you've used the guidance of your third eye, it's time for you to commence what is known as Chiryō, which is the last pillar of Reiki. Here you are going to begin the healing process and you need to make sure that your client is comfortable and ready to receive healing. By trusting your third eye and the Reiki energy, you are going to run your hands over the body of your client until you find the position or placement that needs the most focus of the energy. Rarely will you find people deviating from the specific course or location and going to find different locations to begin the process. It almost always begins at your crown chakra, which is the top of your head and there's some logic to that.

Your crown chakra, for those of you who do not practice chakra work or meditational exercises is one of the several vortexes in the body that are conduits of energy that flow through you. If your chakras are all open, then you are in balance and you have no blockage or troubles. The crown chakra

is associated with the divine connection to the cosmic universe and is vital for you to receive the cosmic energy to heal yourself. If you're looking to be healed by the power of universal energy, then you're going to need to start with the blockage at the crown chakra, if there is one. Often, the universal energy will rather quickly unblock the crown chakra, or there is no blockage in the crown chakra, and it will direct your hands elsewhere over the body to spread the healing. Make sure that you are channeling the universal energy to your fingertips and acting simply as a conduit to furnish this healing power to your clients.

This is the essential purpose of Reiki and it is the point where you are going to use the universal power to heal whatever it is that ails your client. This is why they have come to you and this is why you have trained. Essentially, this is the point of Reiki.

But there's so much more to learn, so let's keep moving.

## **Signs and Wonders**

The world of Reiki is full of symbols and it is perhaps the symbols that has been the largest draw of curiosity and allure for the practice. People have a look at the symbols and they can't help but wonder what it is that the cryptic symbols mean and how they work with the process. Well, I'm going to give you a few glimpses into the world of the Reiki symbol, but I must warn you up front that there are far more symbols than those that I am going to briefly discuss with you in this book. So, please feel free to continue exploring the symbols and developing your information on the subject to a higher and deeper level. Also, I ask that you find a computer with internet access or use your phone and look up what some of these symbols truly look like. Rather than me trying to explain what it is they look like, just get a glimpse of them

yourself so that you'll be able to recognize them and put the purpose to the image for better use.

The first symbol that I'd like to talk about is cho ku ray which is also known in many Reiki circles as the power symbol. So what does that mean? It's a symbol that is used to bolster and to encourage power of Reiki energy within whatever it is that you're making the symbol over. You'll draw energy to this point and make it a focal point for universal energy. It's a powerful symbol and is required whenever you're really needing to deal with a blocked issue. This powerful symbol can be used to cleanse areas, offer you protection, utilize the power of food, medicine, and drinks, it will help in hospitals, imbue other Reiki symbols with more and more power, and it will, of course, help with healing. It's a great symbol and you'll definitely understand why it is considered a power symbol after using it a few times.

The next symbol I'm going to talk about is sei hei ki which is often referred to as the emotional symbol, but it is also known as the mental symbol as well in certain circles. It literally means God and man coming together and sometimes is translated as key to the universe which is an easy way to understand why it is called the mental or emotional symbol just from that alone. It is meant to be utilized for those looking to heal and calm the mind. It's strong in a mental capacity such as psychic protection or cleansing of auras. It will help those who are really into meditation and are experimenting with Kundalini. As for the mental aspect, it's strong at balancing both sides of the brain and helping with those suffering from addictions. It's a powerful symbol to help balance your energies and really get an alignment on the upper chakras, especially those that have to do with the brain. Finally, it's used to help get rid of negative energies and bad vibrations.



Next up, I'm going to discuss hon sha ze sho nen, where people will really start to discuss this as the distance symbol. It's an easy way to remember it and put it to use. It roughly translates to god in me greets god in you to promote enlightenment and peace. Of course, god is entirely up to the interpretation of whoever it is that you're worshiping and this has no link to the Christian god. For this symbol, it is often used to bring blessings and energy over a great period of distance, usually to someone that is of significance to you and that you really wish to send great energy to. This is great for friends who are meeting again for the first time in a very long time. It is also wonderful for you to draw when you feel like you're the person who is lost and travelling far away and need to have energy to build your courage and to build your presence. It is a strong symbol for those who are traveling.

Our next symbol is tam-a-ra-sha. It is a symbol that has been lovingly nicknamed as the balancing symbol. Of course, this is kind of a silly name when Reiki is entirely about building balance and promoting excellent energy flow in those who are suffering, but this symbol has its definitive purpose. This is a symbol that is deeply tied to chakra work and is going to be utilized for those that are looking to unblock their chakras and find a grounded balance in their energy flow. Those that feel like they're drifting or need to find their way back will find great use out of this symbol. If this symbol is drawn over an area on a client's body that is strongly suffering from pain, then it will begin to balance the area, relieving it of pain and making sure that all suffering and agony is dissipated. Of course, future energy work on that area may be required.

Dai-ko-myō is the next symbol that I'm going to discuss with you and it is commonly known as the master symbol. I know, it's a rather cryptic and almost ominous name to give a symbol, but it has an interesting function. So why is it called the master symbol? Because it can only be used by masters. It is a very powerful symbol that is used when it comes to healing the spirit and the soul. This is something that is highly spiritual and for that reason, it's highly linked to auras and energy fields around the body. It will help the person who receives the symbol to attain enlightenment and peace within themselves and is known to really bolster the efforts of those who are psychic and those who have strong intuitions. It isn't to be taken lightly and this symbol has the power to bring profound change to the lives of those that receive it. It truly is the master symbol.

Look up each of these symbols and get to know them intimately. These are going to find that they are the most common and the most popular of the symbols that you're going to find out there. Of course, as I mentioned earlier, there are others, but they're not as prevalent and some of them might be questionable. Be sure to check your sources when you're doing your own private research, because you don't ever want to take something at face value that is far from the truth.

As for the actual symbols, what do you do with them? Well, the answer is fairly simple. There are several things that you can do with them. Remember, before you ever attempt to create one of the symbols that you are summoning immense universal power with these energy symbols and your intent is going to play a key role in whether or not your symbol is going to have any effect upon what it is you're trying to do. So, if you're ever attempting to use these symbols out of selfish intentions, they're not going to

be successful in helping you. In fact, it'll probably just fall flat. But, when you're ready to draw one of the symbols, here is all you can do.

Many people will visualize the symbol with their mind and draw it with their third eye, remember that your third eye has immense power as a chakra and an energy source within your own body, so don't be afraid to use them. Others will physically draw the symbol with their fingertips or with the palm of their hand over the object they wish to imbue with the power of the symbol. This is most often utilized during a healing session and might be used to ensure that you get the most power and effective energy that you need to the location on the body that you need to heal the most. It's what you have at your disposal when you're really getting to the work of making things more comfortable for your clients.

So, let's move on to another topic that you're going to find that goes hand in hand with your process of Reiki work. For your information, it's something you're going to want to know. It has to do with auras and chakra work. They go hand in hand and you're going to find that they play a significant part in any Reiki session. So, let's do a refresher course on chakras and auras before we continue.

## **Chakras and Auras**

When it comes to Reiki work, you're going to find that the traditional ideas of chakras and auras are going to be something that continually comes up and something that you're going to have to understand in order to really get your work done. Any person who is looking to understand the power of universal energy is going to have to exhibit an intimate understanding of how energy works through the body. So, let's have a refresher course.

Auras are the energy fields that have our entire bodies surrounded and emanate the way our body's energy is flowing through our body. You can read a lot about auras in a person and you can really understand where they are and what it is that they're trying to accomplish in their lives, just by reading their aura. It's a powerful tool and it often has to do with how the universal energy you have in your body is flowing. If there is a blockage or if there is a problem, it's going to show and it's going to come through in the visible presence of your aura. So, think of auras as a way for Reiki practitioners to be able to see what is happening with their client's bodies and knowing how to react to it.

Now, if there is a definite problem and it's manifesting itself in the form of an aura's shift, then you're going to want to work with chakras. Often, a Reiki master will use their power to try and unblock a certain chakra because it is blocked or constricting the energy flow in the body of the person they are working with. First up, there is the crown chakra, which is located on the top of the head. It is the chakra that leads to your ability to have access to the divine energy of the universe and it is the tool that people use to fully understand what is happening on a cosmic level. With a blocked crown chakra, there is very little that a person can do on a cosmic or fulfilling level.

Next, you'll find the third eye chakra, which is located in the center of the forehead usually. This is the tool with which people discern wisdom and hone in their intuition or psychic abilities. The third eye chakra has a lot to do on a metaphysical level and a blockage there can really hinder a person's visionary aspects and their ability to really see what it is they need to do.

After that, you'll find the throat chakra, which is vital for people being able to express themselves and vocalize the truth in their lives. Without the throat chakra, people are suffering from isolation and loneliness, even if they're in the middle of a crowd of people. You will find people who feel as though people are not listening to them or that there is no one who understands them are suffering from a blocked throat chakra. It is vital for being centered and having a sense of purpose and happiness with the world around you.

The heart chakra is about love and identity. Rather than the self expression that comes with the throat chakra, here you're going to find a person's ability to love and accept themselves. Without their acceptance and their understanding of who they are, people will tend to lose their social identity and simply feel adrift in the world. It's a chakra that connects us to the human race as a whole and really unites people all along the way. We need it to really give love and compassion to those around us and those that we wish to have an intimate relationship with.

The solar plexus chakra comes next. It is all about our personal power and the knowledge that we possess. Knowledge and understanding is what leads people to power and gives us the inspiration and enthusiasm we need to be motivated in life. It has a deep root with our ability to be spontaneous, strong willed, and strong. We need a clear solar plexus to help put our ideas and our beliefs into action before we run out of the motivation and spirit that we need to do the things that we love and that we have envisioned for ourselves.

After that, we have our sacral chakra, which is not so strangely our emotional identity and is strongly tied to our sexual identity. This is where our emotions are buried and how our senses really feed the way we feel and the way that we further experience the world. If your sacral chakra is blocked, you may be sexually oppressed, lacking the emotional clarity that you need, or simply feel awash in too many emotions that you don't quite control. Of course, without this cleared, it can lead to terrible decisions, poor judgment, and a skewed view of the world that isn't entirely honest. Emotions are powerful and when they're out of balance, things tend to get very messy, very fast.

Finally, you'll have your root chakra, which is your spirit of life and the foundation of your very existence to the earth. The root chakra is what connects you to everything and offers you the instincts to survive. It is the primal part of your soul and body that really helps you handle situations that come your way. Without a healthy root chakra, you are severed from your past and from your world. People who have a blocked root chakra are completely lost and need the guidance to come back.

Any of these chakras could be blocked and could be causing immense suffering in any of the patients that you encounter when you take the journey to becoming a master of Reiki or if you're simply looking to understand the healing process more for yourself. Chakra work and Reiki go hand in hand and often the healer will look to identify the suffering and the pain or the source of the problem from the chakra that is most blocked and spawning the issue.

## **The Five Principles of Reiki**

Before I leave you, I want to give you the five principles of Reiki, which serve as sort of a mantra for those that master the art. They are not simple words to recite and to meditate upon, they are also meant to be felt on a physical and spiritual level.

Just for today, do not get angry.

Just for today, do not worry.

Just for today, be grateful.

Just for today, work hard.

Just for today, be kind to others.

This mantra is the complete encapsulation of what it means to study Reiki and to really practice it in your life. It is the very intent and the purpose of what a Reiki healer is looking to do with the energy that they are given.

Remember when I said that your intentions are going to be the guide to whether or not you succeed at Reiki? Well, this mantra reminds you of the balance and the peace that is needed in your life to begin with. You cannot master Reiki without understanding this mantra.

Tai, your body is a temple and is meant to be taken care of.

En Bi, you can see the beauty in everyone and everything on this earth and you have the ability to live in peace with them.

Kokora makoto, these are the unity of heart and mind with sincerity and authenticity. The world is lacking in this sense of honest identity and it is your responsibility to present this self-truth to those around you. You cannot have deception, even on a personal level with yourself.

Sai Chikara, this is to remind you to develop your talents and your inner power so that there is no one who can call you false or to take issue with

you. This is your responsibility and this is your charge. You should not be afraid to continue to build your talents and become more and more skilled. They were given to you for a reason.

Finally, tsutome do is the reminder that you have work to do and that it is an honor and a duty that calls out to you. Reiki is given to you for a reason and it is your responsibility not to hold back for the sake of others or for yourself.

Good luck and I hope this book has helped you greatly.

Thank you for reading.

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read, but you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?



[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## **Preview of My New Book**

[Tarot: Reading Tarot Cards: The Beginners Guidebook To The Ancient Art Of Tarot Card Meanings And Spreads](#)

### **What Do The Cards Say?**

When it comes to Tarot Cards, it's hard not to think of cheesy scenes in movies or on TV shows that have really butchered and mocked the art of Tarot Cards to death. Fortunetellers are nothing more than Gypsy stereotypes that blatantly insult the Romani way of life and are the closest thing to racism that their culture has or can experience. But behind every enduring legend, there is something deeper that knocks on the door of our subconscious. What is it about Tarot Cards that makes us stop and linger outside of tents at fairs or festivals? What is it about those strange pictures that make us wonder if there is any real power behind them?

Want the simple answer?

You want there to be power.

Tarot Cards have been around for a long time and they have an irresistible and undeniable power on those that take the reading. Even those who consider themselves learned or the educated who are above such fabled superstitions cannot help but see that there is something powerful behind the cards, whether they want to admit it or not.

Today, I'm here to explain to you just what it is about Tarot cards that make them so unique and so powerful to people who sit through readings. I'll give you a brief history about what it is that has helped the cards endure and survive for so long and in the end, I'll give you a detailed understanding

about each of the cards that will give you a basic understanding as to what they are and how you can utilize them in your basic readings.

I truly hope that you're ready to learn, because there is so much about Tarot Cards that you're going to learn and love to hear about. So let's not waste any more time and let's get to it.

## **A Brief History of Enchantment**

Why are Tarot Cards so unique and so generally compelling? Because people think they're magical and they're anything but. The bitter truth that you might not want to hear is that there is nothing mystical and nothing supernatural about Tarot Cards. Now, instead of thinking of that as a negative, look at it through the lenses that I'm going to give you right now.

Tarot Cards are intimate, subconscious, psychological evaluations of the person coming to the table. Tarot Cards are unique and they're incredibly interesting and why the cards show up in the order that they do are quite entertaining for those of us who adopt the moniker of Reader. Essentially, when you display a card, you are giving them a Rorschach test that they're going to process and understand themselves. I'll go more into this later, but you'll come to understand that this is vital to your ability to actually give good readings.

As for Tarot Cards and their history, the idea has been around for a really long time and can honestly be traced back to Nordic Runes that were used to predict the outcomes and the events that were going to happen or even discern the answers to the questions that the caster asks. This idea of deriving understanding and wisdom from inanimate objects is known as divination and it has been around since civilization has existed. Primitive cultures even used the bones of dead animals, seashells, and even blood as a

way of divining guidance from celestial beings. As society developed, the arts of divination were more refined and more manicured to fit the time period.

[Click Here To Read More](#)

[Tarot: Reading Tarot Cards: The Beginners Guidebook To The Ancient Art Of Tarot Card Meanings And Spreads](#)

Additional Reading

[Essential Reiki: A Complete Guide to an Ancient Healing Art Paperback](#) –  
by [Diane Stein](#)

[80 Minutes Of Reiki Music \(Asian Flutes & Tibetan Bowls For Reiki, Massage & Spa](#) [Reiki Tribe](#)

[The Beginners Guide to Chakra's and Crystals Box Set:: A Beginners Guide To Crystals Their Uses And Healing Powers And Chakras](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

**[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)**

**[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)**

**[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)**

**[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)**

**[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)**

**[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)**

**[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)**

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

# **Crystals And Healing Stones**

Beginners Guide To Crystals Their Uses And Healing  
Powers

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

## **Introduction**

I want to thank you and congratulate you for downloading the book,  
*Crystals*.

This book contains proven steps and strategies on how to get a quick  
understanding of some of the uses of the more common crystals you can



find.

For thousands of years, crystals have held a sacred and honored place among those who seek spiritual enlightenment, transformation, peace, and power. With this book, you're going to get a quick look at some of the more common crystals that you'll find at any local crystal shop and what they represent to those looking to do chakra work, meditation, or just carry them with them.

There are limitless possibilities when it comes to crystals and the power they provide. Let this book be the first step on an adventure of a lifetime as you experiment and study the unseen truths of the world. Watch your life transform through the power and energy of crystals and see what secrets you can unlock.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert - All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **CHAPTER ONE:**

### **What You Should Know Up Front**

The art of using crystals is nothing new. It ' s a practice that has been passed down for centuries by those who have used crystals as healing and harnessed the powers of crystals to influence the actions and energy of their days. Many scoff at the idea of using crystals to manipulate your aura, mental energy, and the presence of your day, but there is a community of thousands who actively participate in the practice and if you ' re here to join them, then welcome.

Up front, you should know that by simply holding a crystal, you tapping into primordial powers that have existed for millions of years and that for epochs after you ' ve gone, that crystal will endure. The history and the knowledge of that crystal in your hand is passing through you, influencing

you, and helping you regardless of whether you 're aware of it or not. Think of the science behind geology and the formation of crystals. It 's an incredible and powerful process that you 're now tapping into.

Secondly, crystals are harnessers of light. Notice the sparkle and the light in all crystals, absorbed by the sun and reflecting it. Not only are you holding the power of the earth, but you 're also holding the power of the heavens in your hand. I 'm telling you this so that you 'll have the proper respect and reverence whatever crystal you come to possess and find yourself drawn to.

Thirdly, every crystal has different, unique properties that will affect your mind, spirit, and day differently. So by picking up random crystals, you can influence your life differently. The deeper you pursue chakra work; you 'll find different uses and applications for each crystal. So educating yourself is vital before you begin this journey, so well done on consulting a book.

Fourthly, crystals are activated most heavily through meditation and spiritual work, especially through activating your chakras. Of course, volumes can be written on the subject of meditation and chakra work, which may happen later, but right now, I 'm just addressing each crystal and their purposes in this book. But note that many select a crystal to carry with them through the day to help strengthen and influence the aspect of the crystal that they feel they may need help with.

Finally, crystals come in two forms smooth and raw. Most people acquire smooth crystals to carry with them or to utilize with their meditational

practices so that they can harness light and utilize it. However, those looking to use crystals for healing might be more interested in the raw form because these are the stones where crystals have the most power and energy in their primordial form. Also, smooth, polished crystals are often used in rune casting, but more about that at another time.

So without further adieu, here is a simple, comprehensive list of the qualities of the crystals that you can work with to help influence your day or enhance your meditation practices. Remember that each of these descriptions is brief, giving you the qualities and the strengths of each crystal so that you can get to work immediately.

## **CHAPTER TWO:**

### **Agate**

An entire book can be written on the different kinds of agate that are available for you to utilize and you to harness with your meditational qualities because agate comes in a vast array of qualities, colors, and overall varieties. When you think that I 'm exaggerating, I 'll just list for you the different kinds of agate:

Pink Agate

Green Agate

Botswana Agate

Blue Lace Agate

Dendritic Agate

Fire Agate

Moss Agate

That ' s a lot of agates and each of them is utilized and worked differently for various aspects of life. So in an overall, simple definition of Agate, here ' s what I can tell you.

Agate is universally regarded as a cleansing stone, used to help clear your aura and your mind for meditation. People have always used it as a grounding stone, which means it helps return the soul and spirit to the body after meditation so that the meditating person doesn ' t retain that airy, floating feeling after a truly deep meditation process.

Another common property that pulls through all of the Agates is that it can help stabilize the yin and the yang energy flow of the body. It ' s a great foundational stone and regardless of the type you choose, it will definitely be a welcomed addition to your crystal collection. Investigate further and I truly hope to write a book solely on agates in the future to help fully explain their uses and qualities.

## **CHAPTER THREE:**

### **Amazonite**

Amazonite is held in close esteem with the throat chakra and third eye chakra, for those who are looking utilize this book to help their chakra work. For those looking for the basic principles and properties of the stone, Amazonite is a common stone that is vastly utilized.

Amazonite is closely associated with cleansing mental worry and troubles, be they in the form of waves of negative or harmful energy or internal worry. As a cleansing stone that banishes troubles from the mind, it

also opens you up for protection when exploring the higher powers in meditation.

By carrying around Amazonite, you are welcoming the strength of the stone to help communicate better, alleviate stress from your experiences, and most importantly, Amazonite is commonly associated with being able to build better friendships that will help make your life easier. As the stone of friendship, it often carries with it the attributes that build better friendships, be that honor, trust, hope, and truth; all of these attributes will be enhanced in your experience.

The take away for Amazonite is that this is a highly psychic stone and is often utilized most with meditation and chakra work, but feel free to carry it with you and experience the differences it makes in your day to day interactions.

## **CHAPTER FOUR:**

### **Amethyst**

For those seeking to do chakra work, Amethyst is very well known for working with the third eye and is closely associated and supported for work with the third eye. It is a stone commonly brought to chakra work when exploring higher, spiritual realms because it is a defensive stone against spiritual attack and negative psychic influences that might harm your work.

This translates well to meditation, if you're not necessarily doing chakra work to open yourself up. If you are more interested in spiritual exploration,

this stone is a must-have. This stone is renowned for its protection.

Those who are looking for the higher properties of Amethyst in their day to day life when carrying it, then expect tranquility, peace of the mind and heart, and most importantly, look for sobriety. Romans held Amethyst closely to sobriety and tied the legend of the crystal's formation to the lament of the god Bacchus in pouring out his wine of the crystallized maiden of unparalleled beauty, Amethyst. This stone will help ease a hangover and it will also give you a piece of mind, protecting your mind from the psychic invasions that are all around us.

## **CHAPTER FIVE:**

### **Aventurine**

Aventurine is not necessarily a stone that is associated heavily with chakra work, but those who utilize it tend to apply this stone to the heart chakra. However, like many stones, Aventurine comes in an array of colors which can be used to enhance chakra work in various other areas. However, pure aventurine is mostly dominated by the heart chakra work.

For meditation, aventurine is truly the place of its most common appearance. This is a stone that is becoming more and more noticed in the past few years for its defensive properties and its ability to clear the mind to enhance the mental power of the one wearing or utilizing it. Creativity, focus on the future, contemplating future decisions, and seeking out paths of success are made much easier through the use of aventurine. However, due



to those same qualities, aventurine is becoming more and more popular as a stone to carry with you through the day.

Why is it growing in popularity? Because as psychic work is becoming more and more popular, people are becoming aware of natural, artificial, and intentional psychic vampirism. Whether it is electromagnetic, energy maelstroms, sunspots, or those seeking to utilize psychic abilities in a negative way, aventurine is a way to keep your mind clear of the clutter that is constantly bombarding you. The result of carrying aventurine with you is a clearer, open mind to handling the problems that you 're faced on a daily basis. This of course is a stone that is very popular to those rushing toward the path of success.

## **CHAPTER SIX:**

### **Carnelian**

For those utilizing Carnelian to work on their chakras, they might be encouraged to know that this is a common stone that is utilized most for the base and sacral chakras. This of course is because Carnelian is a beautiful grounding stone and harnesses many great qualities with it that bring depth and openness to that work.

For meditation and spiritual properties, Carnelian is most utilized as a stone of courage. This is a courage that comes through the most defining feature of Carnelian and that is desire. Often thought of as a good luck stone, Carnelian draws that history from the fact that those who utilize Carnelian in meditation often find their thoughts drifting to that which they desire most and find the openness to pursue that. Through the cleansing of

this stone, that openness fosters a drive to pursue it, thus the attribute of courage is bolstered, giving this quality a sense of courage through clarity and desire. When the object of desire is achieved, many associate that with positive luck.

So carrying this stone with you will bring you to interesting points in your day to day wanderings. You will find yourself drawn to that which you desire most and your heart will find the courage to pursue that which you are most interested in achieving. Many caution that Carnelian distracts from many goals that might not be your heart ' s desire but a necessity. Carnelian will pull you from responsibilities to chase your heart ' s deepest desires. So if that is what you need in your life, take up Carnelian.

## **CHAPTER SEVEN:**

### **Chrysocolla**

When it comes to Chrysocolla, this is a wonderful piece for chakra work in the fact that it cleanses an area and really utilizes and activates all of the chakras. Those looking to make contact with the divine and to truly communicate with the universe are large fans of Chrysocolla in the fact that it is a straight to business stone.

For meditational purposes, this is great because whether you do chakra work or not, your meditation is directly influenced by your chakras. When your chakras open and there is a sense of equilibrium through the body, you will find yourself in harmony, banishing the negative energy from your soul and meditational qualities will enhance and speed up. You will find your

mind open and distractions will be all but gone, paving the way for you to seek the answers to the questions that are on your mind.

As far as carrying this stone goes, Chrysocolla is all about the harmony of the soul and activating the chakras. This means that you are going to experience all of the positive effects of harmony. This means you 're going to have an overall feeling and presence of tranquility in your life. You 're not going to be bogged down by negativity and you 'll feel a banishment of fear, anxiety, regret, and guilt. With an absence of negative energy, you 'll find yourself filled with positive emotions that won 't be constrained by the negative smog hanging around your soul.

## **CHAPTER EIGHT:**

### **Citrine**

Known as the Merchant Stone, Citrine is a stone that banishes negative energy and does not absorb it. For Chakra work, this is wonderful, cutting down on the cleansing time and getting rid of negativity through all of our chakras or wherever you need the most work. For the most heavily influenced work, Citrine is focused on the sacral chakra of the majority of its work.

As far as meditation go, Citrine is most commonly tied to abundance and all of the properties that it entails. As meditation and spiritual harmony is never about selfishness, this also comes in the form of generosity through abundance. For those looking to utilize Citrine in their meditation work they 'll begin to notice that Citrine is opening them up to abundance on a

multitude of levels, which means that we are not necessarily focusing on the financial aspect of abundance, however, that is also a use. With Citrine, negative energies are dispelled to open up your mind to the abundance of possibilities that could lead to joy and happiness. It is also used to help spiritual work against self-destructive habits.

By carrying Citrine with you on a day to day basis, it will help with your sense of courage as well as the ability to make the decisions that will lead you to abundance. As mentioned before however, there's a strong possibility that you will also have a huge influx of generosity in your life. Be sure to carry Citrine with you if you're very interested in having abundance revealed to you.

## **CHAPTER NINE:**

### **Fluorite**

Fluorite is a popular stone for meditation and chakra work when it comes to cleansing auras and dispelling negative energy. It is often said that fluorite is one of the stronger crystals in helping organize your thoughts when meditating and trying to focus your thoughts. This is a stone that really helps regulate spiritual order. That order will help show up in your meditations by offering you a sense of clarity and calm to work.

As far as carrying Fluorite with you, it's going to help breed the benefits of having your spiritual essence in order and your chakras aligned. That means that you're going to have boosts in focus, your mental intuition, and

your understanding of subjects. It ' s going to really give you the boost you need in promoting stability and having a clear head to think truly clearly.

## **CHAPTER TEN:**

### **Garnet**

Base, sacral, and heart chakras are all about the garnets and they are of great, immense abilities in keeping you safe from evil. It ' s all about the psychic protection, especially when in physical movement. This is a stone to take with you on your day to day adventures as well as with meditating. By keeping garnets with you while meditating, you ' re going to be able to keep yourself protected from negative, external powers. As a darker stone, Garnet is strong with keeping you grounded as well, keeping you from wandering. As a strong stone to dispel negativity and to protect one ' s mind from negative forces, this stone is great for carrying with you if you ' re suffering a crisis or depression. It will help you find your way through the darkness and grounding your thoughts in real solutions.

## **CHAPTER ELEVEN:**

### **Hematite**

For those looking for a stone that ' s going to help them ground themselves after they ' ve spent a lot of time meditating, then Hematite is going to be what you want to acquire. This is undisputedly the most common stone for grounding that both stabilizes and protects those who work with it. It ' s a strong stone tied to the Earth plane. It ' s also touted as the stone that helps

with remembering spiritual journeys the most. Because of this grounding nature of Hematite, most people associate it with root chakra work.

For those who wish to carry Hematite around with them on a daily basis, then you ' ll want to be aware of the grounding effects of this stone. You will be more in tune with the world and have an overall sense of calmness. It ' s going to help you with your logical side of your mind, think numbers and solutions. This sort of harmony will most likely help you boost your confidence and your intellect.

This is a powerful stone that will really help you keep energies from affecting you in your daily habits as well. If you ' re going to be influenced by energy and want to keep an open mind that isn ' t overly distracted or pulled by other crystals or energy, consider using Hematite.

## **CHAPTER TWELVE:**

### **Howlite**

When it comes to howlite, it is mostly associated with the third eye chakra and is pretty much held there with much respect. Of course, you ' re welcome to experiment with other chakra work, but most results are found with the third eye. The reason may be different from person to person, but the consensus is that howlite is a calming stone, regardless of the color that it is found in, which is rare. Most stones vary in effectiveness based on their color, but not howlite.

For those looking to work howlite into their meditation, it's a very simple stone to incorporate, but it is dominant on exploration of the spiritual realm. This is due to the stone's incredible calming effects that decrease fears, worries, anxieties, and selfishness. This of course, helps those working with this stone to find worries and truths that might be hidden very deep inside of them. This is where we start talking about past life work. Howlite is a very popular stone for those looking to explore and find answers to their past lives.

For those that carry howlite with them in their travels, they can often express a calming sensation that really focuses on their worries and anxieties, which transfers your energies into something more effective, such as communication. So expect heightened ability in communication and with the calmness that comes from howlite, you might even start to experience a rush of creativity, flowing from past lives.

## **CHAPTER THIRTEEN:**

### **Jade**

Jade is a mystical and powerful stone that will be very familiar to anyone who is looking to work on their heart chakra. It is known for being able to draw and brighten all heart related issues that come to a person, whether it is love or loss. Those looking to do extensive heart chakra work might be interested in giving jade a try, though it is fairly uncommon among those working with the heart chakra. However, its popularity is on the rise.

Those who are looking to work with love or to solve issues involving dreams, you may want to consider meditating and working with jade. If you 're looking a strong stone that will help you solve the riddles of what you might have been troubled with in your sleep, use jade. Its powers link it to the spiritual realm and will help you discern the information that the Divine or your higher self is looking to impart subtly to you. It 's a way to predict coming storms. As for those seeking questions of the heart, jade will help you find the answers you seek.

For those looking to carry jade, it is a stone that will help you with your heart and the matters of love in your life, romantic or filial. For those looking to draw trust to them and loyalty, jade will help you. If you 're looking to spend time with those you love and truly care about, you may want to consider putting jade in your pockets or wearing a piece of jade jewelry.

## **CHAPTER FOURTEEN:**

### **Jasper**

Jasper is often called the nurturing stone and this quality is what keeps it in many meditative households. It is a stone that keeps the one with it calm, relaxed, and safe. For those looking to maximize the benefits of this crystal with their chakra work, consider utilizing it around the navel and heart chakra. It 's a powerful grounding stone and it is very good at cleansing auras.

Because it is so good at cleansing auras, jasper is often used at the beginning of meditational times and is great for grounding you after



meditation. For the actual meditation experience, Jasper has a slow, steady vibration that will help you with finding that stability and comfort that you need when facing very large problems. Jasper is there to protect you and to guide you safely through the scarier moments in your life, so embrace the use of it. Also, jasper is known to have a very strong tie to beauty, which means that it is drawn to jasper. Your meditation experience might not take you through the scarier moments in your life right now, but rather the beautiful. That 's okay; it 's all part of the experience to find out what you need to learn.

Carrying jasper is a smart move and it is great at helping you deal with troublesome situations that may arise. But more importantly, use jasper intentionally. Since it is grounding, you 'll have a calming sensation that is best targeted at those truly scary days. Again, remember the element of beauty that is drawn to jasper. You might find yourself surrounded by awe-inspiring sights and truly beautiful people.

## **CHAPTER FIFTEEN:**

### **Labradorite**

Labradorite is very well known as a magic stone, a stone that is used to harness and give rise to the magical abilities of the wearer. If you 're looking to use this for chakra work, then you might find that it 's a bit of a wildcard. That 's because this stone is not an ordinary stone that is given to singular vibrations or attunements. This is a stone for action and can be used to heighten your awareness of your chakra work, but those who do work with labradorite claim that it is most powerful at the crown and throat.

As for meditation, labradorite has an extensive amount of use from clairvoyance to the psychic powers that you might be trying to unlock or master. This is also a great stone for dream manipulation, understanding, and translation for you. Again, this is a stone that is greatly akin to those who use magic or attempt to enlighten themselves to the magical arts. This is a strong stone and should not be played with lightly. If you 're finding that your meditation with labradorite is not yielding much fruit, perhaps you should seek help with how you 're attempting to conduct it.

For those looking to carry around labradorite with them on their various journeys, you 'll find that it 's mostly used in the transferring of energy and using energy to translate the magical arts. Such as, if you wear labradorite in a headband or in earrings, you 'll find yourself being more clairvoyant, being able to anticipate what 's about to happen. On a ring or in a bracelet, you 'll find energy flowing more easily through your hands, especially if you 're healing. It 's a powerful stone and should not be played with lightly.

## **CHAPTER SIXTEEN:**

### **Lapis Lazuli**

Lapis Lazuli is a powerful stone that is very close to those who like to work with their chakras to develop themselves spiritually. As with all stones that are blue, there is a strong bond to the throat chakra with lapis lazuli, but it 's not limited to the throat. There are strong ties to the third eye and the fifth chakras as well. This is a versatile stone and will help you utilize it in multiple ways to get a lot of chakra work done with a single stone.

For those that like to use lapis lazuli in their meditation, you will find that lapis lazuli has a rich and powerful history in the world and that 's for a reason. Kings, Pharaohs, and Emperors have all been drawn to lapis lazuli for its draw toward leadership, alignment, truth, wisdom, and growth. In your meditation, notice that you will find yourself developing with lapis lazuli. It is an active stone seeking to make changes and to develop your leadership, your courage, and your overall harmony. This is a stone that you want to utilize if you feel that you are in need of work and progress in your personal development.

Carrying lapis lazuli with you in your day to day interactions will bring you to the alignment of truth and wisdom, giving you an extra push in all things that surround leadership. If you are looking to make intellectual pursuits, then you will want the guidance and wisdom that is offered with lapis lazuli to help you on your path. This is a very powerful and versatile stone that I would suggest everyone who is getting into crystals to acquire. There ' s just so much that you can do with it.

## **CHAPTER SEVENTEEN:**

### **Malachite**

There are a lot of things that you can do with Malachite when it comes to chakra work, but it is mostly used by experts for the heart and the solar plexus work. The reason is that there are strong protective powers that come with malachite that help it with unveiling things and pulling away negative energy that builds up in those areas. This is the stone that helps absorb that energy, which means that it will regularly need to be cleansed.

As far as meditation goes, malachite has an extensive history with combating negative energy. For those that feel that they are being bombarded with negative thoughts or draining tasks, this is a stone that will help you keep your thoughts clear and focused on what you need to think about. This is a powerful stone that will help you. But as it was previously mentioned, malachite absorbs negative energy, it doesn't dispel it. So this means that you will need to regularly clean it when you decide to use it.

As far as carrying malachite with you, it will help to protect you from harmful waves, dangerous energy, and any kind of psychic attacks that you might encounter along the way. Malachite is very protective, but if you notice that you're starting to feel less and less of the effects, that means that you need to cleanse it. So take the time to monitor your malachite carefully.

## **CHAPTER EIGHTEEN:**

### **Moonstone**

Moonstone is a powerful stone that comes in a vast array of colors which can be selected to the alignment of your chakras, but it is most notably used with the solar plexus. This is a powerful stone, but you can find many variations that will let you use it more effectively based on the chakra work that you are trying to perform.

As far as meditation is concerned, moonstone is truly most effective when you are following the path of the moon. At a full moon, you will find yourself traversing into deeper levels of insight and understanding. When the moon is full and new, that's when you'll want to utilize moonstone so that you can find true insight into the problems that are facing you. It will help guide you there, especially if you have a decision that requires traveling.

Moonstone is known as the Traveler's Stone and it is perfect for carrying with you as you go about your business. It will take you to new places, encouraging you to wander and to explore. Remember that as you go, your insight and awareness will be heightened by the presence of the stone. This makes it perfect for exploring new places when you go on trips or vacations. Let the stone work through you and you will find new things to broaden your horizons.

## **CHAPTER NINETEEN:**

### **Peridot**

Peridot is one of the more interesting stones and is also a vital companion for healing and discovering new possibilities through rebirth. As far as chakra work, peridot is most effective in the solar plexus and will help you most efficiently there. Use it wisely and find out the benefits of having peridot in your life.

As far as meditation goes, peridot is a stone of rebirth. Known as the Peridot is commonly brought to the discussion of how it is most effective with those beginning new journeys and traveling, whether spiritually or physically. For those that are being reborn, the peridot will give you guidance and help along the way. This is powerful in helping you bolster your awareness and your psychic prowess in the beginning of your enlightenment.

For those who are looking to carry Peridot with them on their travels, you have chosen a perfect stone for you as a companion. Peridot will help you with your awareness and insight in new situations. Remember that the energy of the Peridot will cause your aura to desire new experiences, to help define yourself in a new light, and most of all, it is looking to help you see the world differently. Keep it with you as you go on your journeys and you

will find yourself discovering newer and more complex truths about yourself.

## **CHAPTER TWENTY:**

### **Quartz**

Like agate, there could be books entirely that are written on the use and the variations that quartz comes in. It is one of the most versatile and common crystals in the world and it is a blessing that we can find it so easily. As far as chakra work goes, there is quartz for whatever you are looking to do from very vague alignment and cleansing to deep and powerful work. No matter what it is that you want to do or explore with your chakras, there is a quartz that will help you succeed in your quest.

As far as meditation is concerned, quartz is the same as the chakra work. If you want to experience your dreams, understand your soul, commune with past lives, speak with your higher self or the divine, solve a problem in your life, get things on track, or just see how the crystal will effect you, then you can experiment with hundreds of different kinds of quartz. There are so many possibilities that you could start now and never fully unlock the secrets of all of them before you die.

Again, no matter what it is you 're trying to inspire or influence inside yourself from day to day, there is a quartz that can help you. Whether you want abundance, influx of wealth, romantic inspiration, heightened awareness, or if you just want to see the world in a new light; quartz will help you. This is a wonderful stone with a complex number of variations that truly, all deserve their own book.

## **CHAPTER TWENTY ONE:**

### **Topaz**

Like many stones on this list, topaz comes in a number of varieties that will help you on your various quests for chakra work and enlightenment. However, the most common one is golden topaz, which focuses on your solar plexus and sacral chakras. There are other variations, like I've mentioned. But there's also a prominent use of blue topaz, which as you may have guessed, is aligned to help you with your throat chakra.

As far as your meditation concerns go with topaz, it's fairly common among crystal communities that topaz is the stone that you use when you really want to contact your spirit guides. It's a way to commune with the other powers of the universe to help you along your path and to give you guidance when you may need it most. This is a powerful stone that is often coupled with meditation and with multiple varieties; you can experiment to see where you're going to be most successful with communicating with your spirit guides.

Topaz is commonly associated with calming stress and reducing the negative energy that will come around you. Topaz will help dispel that negative energy and will give you ease and clarity in the work that is before you. This is a helpful stone for those looking to make things easier for them in their day to day activities.

## **CHAPTER TWENTY TWO:**

### **The End**

I know that this has been a brief outline for those looking to get into crystals to maybe help them with their meditation or their chakra work, but this really should just be the beginning. The great thing about crystals is that they affect everyone differently you should get out there and start working with them immediately. Really put them to work and see what you can discover with them, regardless of how you use them. I hope this has given you a

glimpse of what crystal work looks like and I hope to enlighten you further in the future.

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

**But why would I do something like this?**



Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to unlock some of the mystery and confusion behind crystals.

The next step is to start working with crystals in your chakra work, meditations, and daily adventures.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It 'd be greatly appreciated!

Thank you and good luck!

## Preview Of My New Book

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits And Rituals To Help You Achieve Inner Peace](#)

This book contains proven steps and strategies on how to practice mindfulness, a technique that brings peace to millions of people around the world.

In this book we are offering an explanation of the basics of the technique. By reading this book you will learn how to add simple exercises to your everyday life which will help you feel stress-free, relaxed and help you in making your choices more wisely. These techniques will help you with emotional and physical problems, and will also prevent them so that you can live a stress free and balanced life. .

### **Here Is A Preview Of What You'll Learn...**

- What is mindfulness
- The basics of mindfulness
- MBSR or Mindfulness based stress reduction
- MBCT or Mindfulness based cognitive therapy
- Mindful meditation
- Mindful diet
- Much, much more!

[Click here to get your copy.](#)

## **More Books by Michele Gilbert**

Below you'll find some of my other books that are popular on Amazon and Kindle Simply click on the links below to check them out.

[\*\*Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace\*\*](#)

[\*\*Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!\*\*](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)

## **DIY Essential Oils And Aromatherapy For Beginners**

Your Guide To Essential Oil Uses, Secrets And  
Recipes For Stress Relief And Wellbeing

## **Reflexology:**

# **A Beginners Guide To Reflexology**

Learn Easy Massage Techniques To Relieve Foot Pain And Reduce Stress

*By Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits

And to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **Table of contents**

[Introduction](#)

[CHAPTER 1: DIY Recipes, Serums, Scrubs, and Soaps](#)

[CHAPTER 2: The History of Essential Oils](#)

[CHAPTER 3: How to Properly Store Your Oil](#)

[CHAPTER 4: How to Evaluate the Quality of Oil](#)

[CHAPTER 5: Relief from Common Illnesses](#)

[CHAPTER 6: Aromatherapy with Essential Oils](#)

[CHAPTER 7: Massage with Essential Oils](#)

[Conclusion](#)

## **Table of Contents**

[Introduction](#)

[What Is Reflexology?](#)

[The Basics of Reflexology](#)

[The Basics of the Foot](#)

[The Basics of the Hands](#)

[The Massage](#)

[Conclusion](#)

[My Free Gift To You!](#)

[Preview of My New Book](#)

About Michele

<<< My Free Gift To You >>>







# Introduction

I want to thank you and congratulate you for downloading the book, *“DIY Essential Oils and Aromatherapy for Beginners”*.

This book contains proven steps and strategies on how to easily create your own essential oils. This book is meant for aromatherapy enthusiasts and for people who want to enhance their small spot of relaxation.

My passion for essential oils started 10 years ago when I bought my first essential oil from a store in Europe. From that moment on I was fascinated about the positive power of essential oils and I have realized that the healing potential of essential oils is truly remarkable.

We live in a day and age when we are ever more stressed due to financial issues. Our never ending quest for an ideal life has led to an imbalance that can be hard to overcome. Essential oils allow you to relax without making a hole into your pocket and if you read this book you will learn how to create some truly outstanding essential oils.

In this book I am going to include some DIY recipes and I am also going to explain more about the history of essential oils. In this book you will learn about the proper storage and handling of essential oils and you will also learn how to evaluate the overall quality of oil.

With a history of more than 5000 years, essential oils are here to stay. Their power was always appreciated by people from all walks of life and they will continue to be a vital element for stimulating our mind. Needless to say is the fact that the ancient Chinese, Greeks, Romans and Egyptians have always shared a passion for esoteric oils.

After years of research I have found out how to create the perfect essential oils. I know that a lot of the commercially available essential oils are not healthy because of their chemical composition this is why I will only explain how to create natural essential oils that have been used for thousands of years.

Thanks again for downloading this book, I hope you enjoy it!

## **© Copyright 2015 by Michele Gilbert - All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# **CHAPTER 1**

## **DIY Recipes, Serums, Scrubs, and Soaps**

### **How to Make Lotion Bars**

If you are interested in making your own lotion bars you should learn how to prepare your own lotion but I will explain that later on in my book. If you are interested in saving some time you can buy some essential oils for this lotion but I would advise you to buy only pure therapeutic essential oils.

Some essential oils can give you stains and marks and they may not give you the benefit that you may get from making your own essential oils. You may also want to do some online research for lotion bar kits that can help you to work far more efficiently.

For the average lotion bars you can use essential oils such as coconut oil, sweet orange, lemon, cedarwood or peppermint. To begin with you will need 50 ml of coconut oil, 50 grams of shea butter and 60 grams of beeswax.

You will have to mix all the ingredients together in a double boiler. After you mix the ingredients in the boiler you will have to gently turn the water on and mix the ingredients until the water reaches the boiling point. Now is the time to remove the ingredients off the heat and let them to cool down for one minute. After about one minute you can add the essential oils.

You can add pretty much any sort of essential oil that you want as this will give the overall smell and texture of your lotion bar. Now it is time to pour the ingredients into the mold. Make sure to leave them into the mold for at least 12 hours because they need to cool down and harden.

### **How to Make your Own Face Serum**

If you are interested in making your own face serum you will have to use some really small glass jars. You can buy these from your local drug store or you can buy them in bulk from the Internet. The average size of such a jar should allow you to store at least 50 ml of face serum.

It is also important to make as much as you are going to use this is why it is important to weigh and measure every ingredient. For this job you are going to need two types of oil and you can get a different type of serum from each type of oil.

You will need carrier oils and essential oils. For this job I chose some coconut oil, some avocado oil and some apricot oil. I will also use some sweet almond oil for this job because I think that the combination of apricot and almond is truly fantastic.

In the end I will have to use some rose hip oil to give the serum a sweet smell and I will use this rose hip oil in both of my serums. To begin with you will have to fill half of your jar with grape seed oil.

Next, I am going to mix the apricot oil with the grape seed oil. It is important to use carrier oil in a proportion of 55% because if you are going to use the other oils instead of the carrier oil you will end up with dried skin.

After you add these ingredients it is time to mix the jar for a few minutes and add in some avocado oil. Avocado oil is really good for hydration because it really does hydrate your skin. After I mix these oils together I will add two drops of sweet almond oil. Sweet almond oil is also good for hydration and it has some really amazing qualities.

## **How to Make Your Own Body Scrubs**

Body scrubs are there to cleanse your skin and they are mostly based on natural oils or artificial oils. For this recipe I am going to use only natural oils. I will therefore choose some coconut oil since this is my favorite.

To begin with I am going to use some organic coconut oil. I will therefore use three cups of coconut oil. If the coconut oil is hard you can place it in the oven for one minute because it needs to be really soft so that it can mix well with the other ingredients.

It is now time to mix the coconut oil with salt. You will have to make sure that you add two cups of salt to the mixture. It is now time to mix the ingredients for a few minutes. You should add the salt gradually in order to make sure that the ingredients mix well.

When I am done with mixing my ingredients I am going to use some essential oils and I am going to start with adding some peppermint. Peppermint has a really cooling effect when it is applied to the skin and it also smells really good. This is why I am going to add six drops.

After the peppermint oil I will add five drops of sweet orange. Sweet orange is for fragrance and sweet orange smells truly amazing. Finally I am adding lemon and I have to say that if you add three drops of lemon that would be enough.

After you mix all of these ingredients for about five minutes you must store them in the fridge for about two hours. It is important to store them in the fridge for at least two hours because this will solidify the entire structure. In the end, you will be left with a remarkable and all-natural body scrub that smells fantastic.



## CHAPTER 2

### The History of Essential Oils

In Pakistan, refinements in distilling have allowed essential oils to be produced at night and in much greater amounts. An ancient Chinese book contains information about more than 3000 herbs and their medicinal applications.

An ancient Egyptian medical document dating back to 3000 B.C. States that over 800 essential oil remedies for many types of illnesses and it describes various methods of applying essential oils.

Queen Hatshepsut's expedition to the legendary land of Punt has been one of the most interesting adventures of antiquity. Her army as brought back fantastic riches and the greatest of all of them was the grove of myrrh trees which were brought back to Egypt as gifts for the gods.

When the tomb of Tutankhamen was open, archaeologists have discovered alabaster jars that were designed to hold precious essential oils that were valued above gold and jewels. Historians estimate that 3000 tons of frankincense may have been transported over the trail annually.

In ancient Greece, Hippocrates was commonly known as the father of medicine. He used to say that a daily aromatic bath followed by a massage will promote good health. Hippocrates has also saved Athens from the plague by fumigating the city with aromatics.

After Alexander the Great defeated Darius the third of Persia he adopted the use of essential oils. It is said that his floors were sprinkled with scented waters and that his clothes carried fragrant resins. Alexander was very skeptical of medicine and doctors.

It is recorded in the New Testament that three men have visited the newborn Jesus and presented him with gifts of frankincense, gold and myrrh. Furthermore, Pliny who was a Roman historian has described the uses of oils and herbs and he explained that they were essential for the survival of mankind.

An Arab physician by the name of Avicenna has improved the quality of essential oils by using steam distillation. The evolution of steam distillation has dramatically improved the quality and quantity of essential oils that were produced. Therapeutic use of essential oils has continued through the middle ages. Saint Hildegard explained that essential oils are vital in the field of medicine.

From a historical perspective essential oils have always been used as a topical application and they were either diluted or undiluted. Diluted essential oils were mostly manufactured from vegetable oil and then they were massaged into the body for relaxation and relieving stress. Undiluted essential oils have a direct topical application and they come with a stronger concentration, unlike many of the therapeutic essential oils.



Essential oils have also been used for inhalation purposes. The ancient Egyptians were highly appreciative of the inhalation process. The diffusion of oils in the air for aromatic stimulation has always been used ever since ancient times. This helps to develop the medical process that is now used to diffuse Sesquiterpenes.

The process of releasing Sesquiterpenes increases the oxygenation and activity of the brain and there are multiple types of essential oils that you may use for this purpose. Essential oils such as myrrh, sandalwood, cedarwood, melissa and frankincense can all be used to oxygenate your brain.

The fact is that pretty much everything that grows in nature has oils that can be extracted. Those oils are going to carry a high degree of molecular content and they are one of the most active ingredients that can be found within those plants.

Plants and bushes and trees have been used for ages. A lot of the natives from the Caribbean would call them bush because they were literally taking different herbs and leaves and plants from their surroundings and they were using them for medicinal properties.

The distillation process of an essential oil has remained the same for thousands of years and it is basically the purification or concentration of a substance which is the oil in this case. Through the distillation process the essence can be extracted from the oil and this is in fact the essential oil that can be used for so many purposes.

When you are using essential oils you need to make sure that you use very pure substances. This distillation process is taking out the water and it is leaving that really high level extract from the plant, tree or shrub.

Essential oils can also be extracted from fruits. A lot of the citrus types of fruits have really strong essential oils. This is why orange and lemon essential oils are so widely available. Anyhow for a small bottle of lemon essential oil you need to use 2 lemons.

Essential oils are also complex substances so any given essential oil is going to contain between 80 and 300 chemical substances. This is why people have appreciated the medical effect of essential oils ever since ancient times. To summarize, essential oils have always been used for medicinal purposes and their ancient use is there to testify the healing and medical power that essential oils harness.



## CHAPTER 3

### How to Properly Store Your Oil

If you are interested in the proper storage of your essential oils you should be ready to invest some money in an oil stand. Prices may range from 10\$ to 50\$ and the price is generally higher for oil stands with a higher capacity. You can buy these either online or offline but you will generally find them online.

It is also important to store your oil at room temperature and this is why you should avoid any sort of extreme environment. I would highly advise you to buy the oil stand because this will help you keep your oils at a proper temperature as well.

An oil stand will also help you to find your oils a lot faster because each type of oil will have its own spot in the oil stand and you won't have any sort of problems when you decide to search for oil that you may have not used in months.

If you are using young essential oils than you must take some extra care. There are some important things that you need to avoid if you are dealing with relatively young essential oils. The most important thing is to store your young essential oils into a safe spot.

To begin with you should never store your essential oils in an average cardboard box that you might have at hand. This is a big mistake and this is what most people do. It will take a great amount of time to find your essential oils and not to mention the fact that it will also take some time until you find your essential oil box. You should always store your essential oils in a place where you can see them easily.

The oil itself should be stored in small glass containers. You should never store your essential oils in plastic containers because the chemicals from the plastic will change the chemical composition of the oil and it will alter its quality. Needless to say is the fact that this will also affect your health.

If you store your oils in the proper manner they might last you for years. Citrus oils are able to last for well over three years without any sort of change in terms of quality. This is why it is highly

advisable to use citrus oils especially if you are a casual user of essential oils.

All in all, essential oils need to be stored properly because the proper storage of essential oils is essential for their effectiveness. In the end, essential oils were always stored in a dry and cool place and if you really love essential oils or if you want to get the most out of your oils you should be ready to invest some money in an oil stand.



# CHAPTER 4

## How to Evaluate the Quality of Oil

The quality of an essential oil is determined by several key factors. Essential oils are made from plants and herbs and you do not need to be an expert in order to realize the fact that the quality of those herbs is vital for the overall quality of the oil.

There is obviously a lot of passion associated with essential oils and this is why there are so many companies that sell essential oils. It is therefore vital for you to choose a trusted company that can offer you high quality essential oils.

Not every essential oil company is perfect and if you do not trust essential oils that are available in the market you always have the option of making your own essential oils. There are a large number of recipes that may offer you the chance to create high quality essential oils.

In order to evaluate the quality of an essential oil you should get a plastic cup and place on that cup one drop of oil from different manufacturers. You should then observe which oil eats through the cup the fastest. The petrochemicals from the Styrofoam cup react with the oils and the lower quality oils eat through the cup faster.

### **How to Choose High Quality Essential Oils**

There are so many things that go in the quality of an essential oil – from the quality of the plants that are harvested, the time of harvesting and the distillation process – all of these things are important if you are looking to buy some high class essential oils.

There are many ways to distill essential oils and some distillation methods are far cheaper than others and this is where a lot of companies like to reduce costs. However companies who choose the cheap route also hurt the quality of the oils.

You should also check the essential oil package and read the description because some of these oils are highly diluted and they may not be as good as you would expect. Price is not really the determining factor and if you want to make sure that you choose a quality essential oil you should definitely go for a reputable company.

All in all, it is important to choose a trusted company and besides that you should always read the information that is written on the essential oil jar. You will be surprised to see that some cheap essential oil brands actually contain chemicals that may damage your health.



# CHAPTER 5

## Relief from Common Illnesses

The fundamental purpose of essential oils is to improve our lifestyle and remove anxiety. I have done some research about skin care and what is good for your skin and I have learned that store bought essential oils or moisturizers have way too many fillers and those are extra things that are not absorbing into your skin so those substances will sit there and clog your pores.

This is why it is important to make your own serums from essential oils. We live in a day and age where everything that we buy is filled with chemicals and the number of skin cancer incidents is there to testify the fact that artificial fillers and chemicals are extremely dangerous for the health of your skin.

The reason for which I am always drawn to the natural ingredients is because every time when I look at nature and plants and trees I have the feeling that nature is there to stay long before we are gone. It is needless to say that the life of a tree is far longer than the life of a human. This is why I would always choose natural ingredients.

Essential oils can be used to treat various forms of anxiety and OCD. Anxiety is caused by stress and it is already a known fact that essential oils have the ability to reduce stress in an exponential manner. The medical use of essential oils is fairly large and essential oils can treat a wide range of mental and physical illnesses. Depression symptoms can also be alleviated with the help of essential oils.

Essential oils have proven to be effective against Chronic Lyme Disease and essential oils are capable of eliminating a large number of the symptoms which are attributed to Chronic Lyme Disease. A significant number of patients Chronic Lyme Disease are now treated with essential oils.

There are a large number of diseases that can be cured with the help of essential oils. Abdominal pain, blisters, boils, colds, conjunctivitis, cuts, diarrhea, ear infections, fainting, nausea, hiccups and toothache can be cured with the help of special oils.

Essential oils can also be used for the improvement of your oral system. Cinnamon and peppermint oil can improve the health of your gums while clove essential oil is used to relieve you from tooth pain. What is even more fascinating about clove essential oil is the fact that it can actually kill all the bacteria that is present inside of your mouth.





# CHAPTER 6

## Aromatherapy with Essential Oils

Essential oils are the best aromatherapy solution because they are concentrated plant extracts. This means that you can enjoy the fantastic natural aroma of a plant instead of using artificial chemicals that may damage your health. These sorts of ingredients can be applied on the skin so that they can help the body.

There are also instances where essential oils may be orally ingested but because of the potential for harm this method has to be used under the guidance of a specialist. Ancient cultures have relied on aromatherapy to cure many illnesses. At present, there are some who remain skeptical about this form of alternative medicine simply because the evidence that proves its efficacy has been mostly anecdotal.

However, even medical experts do agree that aromatherapy can promote a sense of relaxation at the very least. This makes aromatherapy especially useful for relieving anxiety, stress and even depression. In order to use essential oils for aromatherapy you need to follow the steps below.

The first step is to identify the body conditions that you would like to address, such as insomnia or other sleep problems. You can also use aromatherapy to for detoxification, headaches, eczema, etc.

The active ingredient in each essential oil will determine the conditions that it can help. In order to be effective your choice of essential oil should match your condition. You will also have to look up to your essential oils that will be appropriate to your needs.

You will often find that each condition can be addressed by more than one essential oil. For example, insomnia and sleep problems can be aided by any of the following essential oils: vetiver, vanilla, sandalwood, petitgrain, orange, marjoram, benzoin, bergamot, cedar, chamomile, clary sage, cypress and frankincense.

Your choice of essential oil will depend on your preference and some scents may appeal to you more than others. Also, some oils will be more expensive and more readily available than others. It is also quite important to buy your essential oils from a credible supplier.

Unlike ordinary fragrance oils, which merely contain the right smell, essential oils are supposed to retain the medicinal properties of the plant from which they are distilled. There are some unscrupulous sellers who will try to pass off cheaper, diluted versions of essential oils so it is always wise to choose your oils carefully.



# CHAPTER 7

## Massage with Essential Oils

A massage with essential oils can significantly improve the overall quality of your life. Essential oils have a fundamental role of calming us down and they can be the best solution that one may use for a massage.

An essential oil massage may not be that much different from a traditional massage. The key aspects of a good massage are the balance and the posture and you need to keep these in mind even if you are performing a basic massage with essential oils.

When you are doing a massage you should feel like you are doing a dancing massage where you are balancing your way up and down the spine rather than reaching without having a base underneath your way. It is also very important to think about yourself during a massage.

You should also try to use all the techniques that you may use on a traditional massage. These techniques may include the effleurage, petrissage and the vibration techniques. It is also important to massage the back of the neck because this area is considered to be a traditional area for massage.

You should also try to use your full arms instead of just your wrists or fingers. If you use the full arm this will also help you with your posture as a therapist. You should start the massage in the center of the body and then gently sweep around the shoulders until you reach up to the base of the hairline.

If you want to improve the overall process of the massage you might want to use some aromatherapy and I would highly recommend the myrrh essential oil for this purpose. There are many essential oils that you can use for a massage.

For a traditional massage you may want to use relaxation essential oil. It is also important to understand that there is a wide variety of essential oils that you may use for a massage and they may differ mostly due to the area of the body that you may want to massage.

There are also essential oils for different massage techniques and the rule of thumb is to choose an essential oil that has the proper texture as this will allow you to perform your massage technique at ease. I would definitely not recommend a lower quality essential oil just because of other qualities such as the aroma.

All in all, essential oils have always been an integral part of the traditional massage and if you are determined to give your massage a unique twist than you should definitely try to combine aromatherapy with essential oils.

## Conclusion

Thank you again for downloading this book!

I hope that this book was able to help you to enjoy a more relaxed and well balanced life. I really hope that now you will have no doubt about the medical power of essential oils. The fact is that the numbers of experts from the traditional medical field are beginning to appreciate the power of essential oils.

This exponential trend of positive perception in regards to essential oils has prompted me to write this book. I truly believe that we can solve many of our problems with the solutions that have been used by our ancestors for thousands of years.

I have always believed in the power of essential oils and I strongly believe that the positive power of essential oils can dramatically improve our way of life. This is because we live in a day and age where we are constantly worried about many aspects of our professional and personal life.

It is so remarkable to imagine that the people from the ancient world have used some simple plants to treat and alleviate symptoms that are now being treated with powerful drugs. This is why I believe that the fast way is not always the best way and you should at least try to use essential oils instead of using powerful drugs to treat your illnesses.

After using essential oils every day I have realized that the healing potential is absolutely fantastic. I feel far more relaxed after I use them and they help me to focus on my work every single day. I can never imagine how my life would be without the joy and richness offered by essential oils.

The next step is to use essential oils every day. You should try to use them whenever you feel tired or whenever you have this state of extreme anxiety. Anxiety can lead to so many problems and it can really mess up your life. You may also be surprised to see that anxiety can be eradicated with the proper use of essential oils.

Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on the importance of understanding narcissism. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a *small* favor.

Could you please take a minute or two to leave a review for this book on Amazon?

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

## **Preview of my New Book**

### **Yoga For Beginners: The Ultimate Yoga Guide for Newbies: How To Relieve Stress, Lose Weight, and find Inner Peace**

This book contains proven steps and strategies on how to practice yoga. You will learn how to achieve inner peace, while living a stress free life and perhaps begin to lose weight with the continuing practice of yoga.

In this book we will offer an explanation of the Yoga technique. By reading this book you will be able to learn how to practice the basics of the technique in order to get balance back to your body and mind. By following these simple steps you could possibly find a new you. You don't need any money, a lot of time or effort, you just have to start to love and practice Yoga.

[Click here to get your copy.](#)

## More Books by Michele Gilbert

Below you'll find some of my other books that are popular on Amazon and Kindle Simply click on the links below to check them out.

[\*\*Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace\*\*](#)

[\*\*Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!\*\*](#)

[\*\*Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!\*\*](#)

[\*\*The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!\*\*](#)

[\*\*The Headache Pain Cure: How to find Headache Pain Relief and live a happy\\_Pain Free Life!\*\*](#)

[\*\*Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!\*\*](#)

[\*\*The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!\*\*](#)

[\*\*The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup\*\*](#)

[\*\*The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!\*\*](#)



# **Reflexology:**

## **A Beginners Guide To Reflexology**

Learn Easy Massage Techniques To Relieve Foot Pain And Reduce  
Stress

*By Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits

And to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **Table of Contents**

[Introduction](#)

[What Is Reflexology?](#)

[The Basics of Reflexology](#)

[The Basics of the Foot](#)

[The Basics of the Hands](#)

[The Massage](#)

[Conclusion](#)

[My Free Gift To You!](#)

[Preview of My New Book](#)

[About Michele](#)

# Introduction

Have you ever had a really good massage? It's not something that you can easily forget. Honestly, if you've had a really long, hard day, the one thing that you're going to really want to enjoy is to take off your shoes and have a really great foot massage. How about writing a really long book report or anything where you're writing a whole bunch? You want to have a massage, get the muscles relaxed and get them all happy again after a lot of hard work you probably didn't want to do anyways. It's fantastic. Massages have the ability to make everything great again. Seriously, a massage has therapeutic powers.

Of course, we might think that it's a funny joke or an amusing thought that kind of just passes through your head while you're enjoying some serious massage actions. There is a power in the massage out there that is more than just a way of relaxing but actually taking care of your body. It's the kind of miraculous power over the human body that eventually led people to wonder what other powers the human body is capable of with just the ability of human touch.

The human touch is something that has held the power and sway over many medical professionals, spiritualists, and holy individuals all around the world who have benefited contact with the hurting, injured, or sick as healing them. It's this power that has drawn attention to a particular skill and power that practitioners have honed and mastered over the centuries that is popping up all around the world today. It's known as reflexology and it's the art of using touch to cure people of their aches, their pains, and getting people back into their lives without sacrificing anything more than they already have for the agony in their life.

Reflexology is a growing field that is full of mystery and might not be what most people would think it is. Specifically, people probably look at the word reflexology and think that I'm trying to teach you the science of catching something your kids throw at your head. Well, it has nothing to do about your reflexes really, but it does have something to do with something called reflex zones. This is all, of course, just a taste for you. I'm whetting your appetite for what's to come.

It's a fascinating subject. It's something that will really intrigue you and grab your attention. So, in this book, I'm going to show you what reflexology is, how you can participate with it in your life, and all the information that you're going to need to know. It's going to be the best introduction to reflexology that you could possibly find. So sit back and get comfortable. You're about to learn what it means to be a practitioner of reflexology and how that's going to radically change the way you enjoy your life.

So let's get started!

# What Is Reflexology?

So, I know what you're thinking. What is reflexology and why is it a thing? Some of you might also be thinking about something a little deeper, such as: how is this applicable, how do I get started, what is the history, or something along those lines. Well, the answers are going to make you think about what reflexology is and how you're going to be able to handle it in your life. In the end, reflexology is one of those skills that the deeper you look into it, the more you're going to want to gain experience and practice it. It's going to be great.

The history of reflexology is fairly broad and fairly extensive. What it comes down to is the fact that there is a lot of history that is loaded with the application of physical touch to make people cope with their suffering, whether physical, mental, or spiritual. I'm going to hit the history of all of these. It's something that is really hard to escape.

One really doesn't have to look much farther than the extensive history of eastern medicine to see just how far back the application of physical touch has been in the use of physicians. Whether you're looking at acupuncture or massage, there are focal points on the human body where pressure can cause pain to be released and euphoria to set in. This has been true since the first human rubbed a cramp out of their muscle and since then, physicians have been working on honing and applying this technique to their practices. There is evidence of this in ancient Egypt, China, and in North American tribes.

It wasn't until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts. It was often joked that a person who had a toothache should squeeze their toe to get some relief from it. During the 16<sup>th</sup> century, the idea of Zone Therapy began to become more and more prominent. This idea, that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it.

Mentally, there have been many attributes of massage and the care of the human body that has been linked to a better way of living. The idea of keeping stress and discomfort locked away in your body has a way of bogging down your psyche and there has been a lot of experimentation into the psychological aspects of Reflexology as well. The ability to relieve pressure and tension that has nestled its way deep into your nervous system, muscles, or joints, is something that you'll never want to lose and that you'll never give up. It's a power that so many people would love to have and it's easy for people to learn and apply easily. This makes it highly effective and people caught onto it a long time ago. That's why most people commonly will think of getting a massage whenever times are getting tough or things are getting harder in their life. Have a hard week at work and by Friday, you're thinking about going and getting a massage. It's that prominent in our culture.

The final aspect, of the history of Reflexology, is the spiritual aspect of it, which is extremely common among cultures. I'd dare to say that beyond the physical and mental benefits of touch, the spiritual aspect is the most popular and excitable aspect of Reflexology. The spiritual side of using pressure or testing your body to have an enlightening experience and the laying on of hands has been a part of cultures all across the world. We want the presence of holy men and holy women laying on their hands and taking away pain and suffering. Whether you're a person who likes to pass your positive energy, show fellowship, or pass on wisdom, the ability to put your hands upon your friends and family, while being able to take care of them and remove some of the suffering and pain, then you'll want to hone and master it.

The history of Reflexology is the history of human touch. It's extensive and it's prominent in the world of spiritual, mental, and physical well-being. It's the very history of our people and you're going to find that Reflexology is the culmination of everything that we've learned up to this point. So, are you ready to learn about bringing around the history of human touch and mastering it? Well, then let's get started.

# The Basics of Reflexology

Reflexology really can be divided up into two sections of focus that people really tend to work towards when they're diving into the world of massage through relief. The two main places that the world comes in contact with and that's your hands and your feet. Sure, pressure points, muscle groups, and joints tend to play a role in the world of massage and relaxation, but for the basics of Reflexology, you're really going to find that the feet and the hands of the body are going to be the most important parts. The reason for this is simple and it's going to be easy for you to understand why you're going to want to focus on these two areas the most.

The hand is a clear choice when it comes to dealing with the aspects of Reflexology. If you take a moment to think about your hands, you're actually going to be blown away by just what it is exactly that your hands mean to your body. Your hands are the workers of the body. They are going to help you maintain your body and the world around you. Without your hands, your life becomes infinitely much harder, but that doesn't make it impossible. It just makes it difficult. With our hands, we feed and hydrate ourselves, shelter and clothe ourselves, and most importantly, we entertain ourselves with our hands. All work is done with the palms, fingers, and thumbs, without any of them, it's so hard. With that simple realization, everything that you bring on in your life or everything that you encounter, you're probably going to touch it, work with it, or try to get rid of it with your hands. This means that they're the point of conflict, tension, stress, and purpose in our lives. They are the key to our survival and our success. So, when your body isn't feeling well, there's a good possibility that it's entered through the hands and that means there's a way to deal with it using your hands.

The second point of the body that is going to be of extreme focus, like I've mentioned before, is the feet. Now, unlike the hands, our feet are not the point of conflict and contact with most of the things in our life, rather, they are the transportation that we use to retreat and approach things. If we need something and cannot reach out and take it with our hands, then our feet are going to have to do the job for us. That means that our feet are what take us to the events we encounter within our lives. Our feet take us to our happiest moments and our darkest days, without them, we are stagnant beings with nothing new or different in our lives. With that being said, you carry a lot of stress and a lot of burdens through your body and it can all bottle up in your feet. That's why Reflexology tends to focus the majority of its time on your feet as well as your hands.

So, feet and hands, those are the two big points in Reflexology. This is going to be where the majority of your focus is going to be when you're working on relieving pain throughout the body. I'm not talking about using some massage techniques to relieve pain in your feet and hands. I'm talking about back pain, stomach pain, and any kind of pain that you could think of that is bothering you the most.

We are linked everywhere and we are entirely capable of relieving yourself of the pain that plagues you or the people you know.

This is something that you can learn and harness for yourself. Now that we know the two basics, then let's have a look at the skills you can put to work on the feet.



## The Basics of the Foot

Now, as we've already discussed, your feet have amazing properties that the rest of your body really doesn't possess. There's something about the feet that make us people of adventure, work, and society. It's something very few of us realize until it's pointed out to us and that means that there's something truly powerful about our feet. It also makes them a focal point to the practitioners of Reflexology. Your feet are attached to all over your body and you're going to find that there's a whole lot of technique, style, and knowledge that comes to your feet. There's an entire map of your feet which shows how you're going to access your entire body simply by massaging your feet. It's an incredible map and I'm going to give you a brief overview of each of them.

I'm going to start with the bottom of your feet. It's the largest chunk of the foot that we're going to be examining. It can be divided four sections and then I'll be going in deeper and more intimately into the sections of the foot for you to fully understand what each section means. So, with each section, I'll go over the basics and then we'll dive in deeper before moving on.

Starting off, the first section that we're going to look at are the toes. Your toes are actually quite fascinating for what exactly it is that you can do with them and what it is that they're connected to. Remember how I gave the example of the old saying where if you have a toothache, you rub your big toe? Well, there's a lot of evidence pointing to that. Your toes are the first major section and strangely enough, there are strong links to the head and neck. It's not just the head and neck in a vague term, but it's also the fact that if you have everything from muscle pain to migraines or even sinus pressure, you're going to find a cure to that with your toes. There's plenty areas that you're going to want to explore, so you're going to find it delightful when I start to show you these fascinating things.

The tops of your toes are going to be the places that you'll probably find yourself exploring the most. The tops of your toes are fascinating and they're quite extensive. When you experiment with the pain of your head and neck, you'll find that each toe reacts differently to your pain. If you have aching pain in your tooth, sinus pressure or pain, or even if you have pain on the top of your head, then you're going to want to deal with the toes. These are all going to be dealt with at the tips of your toes where you can massage until you feel the pain subsiding. I usually start with the big toe and then keep working until I find the link that helps the most. Apply pressure and massage gently until the pain is gone.

The middle of your pinky toe and the preceding toe, you're going to find that you are able to work out ear pain. If the middle joint of your toe isn't doing the trick, work the area between the two toes and the pads of the muscles until you find the sweet spot. The next following pair of toes are where you're

going to find relief for your eyes, especially if you're feeling pressure or dizziness from a headache or just looking at a screen for too long. Massage these points and get the most out of it.

The section I'm going to discuss next is the pads of your feet. This is going to be the muscle group that exists between your toes and the arch of your feet. This area is really specifically targeted toward your chests and the organs within your torso that are going to help you. If there is any kind of trouble or pain or illness that you're experiencing inside your chest, this is going to be where it is you're going to be focusing your time. It's something that you're going to find yourself working with more and more. So, let's see what you can really get done when you are working over your feet.

The ball of muscle right under your big toe is where you're going to find some incredibly relief for glands all over your body. Everything is going to start working better and better with the glands all over your body as you massage this part of your foot. You're going to notice that swollen glands or enlarged glands are going to really start to relax and stop being inflamed. The next area toward the center of your foot is where you're going to focus if you have any kind of congestion or difficult breathing. It's going to strengthen your lungs and it's going to clear out your respiratory system. You'll find that breathing becomes easier and clearer. Finally, deep in the center of your foot, almost to the arch, that sweet spot between the arch and the muscular area, you'll find that this is the place for your heart. This is often a spiritual aspect where people use them to build up courage, love, and strength.

Next, let's talk about the arch of your foot. This is going to be the area from fleshy, muscly part of your foot that stretches all the way down to the heel of your foot. This extension of your arch is a place where you're going to find a whole lot of work that you can do with your body. You're going to find a lot of organ work available to you as well. Your waist and abdomen are going to be the core focus of this point of your foot. There's a lot of places that you can find access in this portion of your foot and I'm going to give you a look at all of it. We're going to start from the interior of your foot as well and work our way out.

At the top of your left arch, just under the pads of your feet, you're going to find an access point to your stomach to help with digestion, cramping, or any other pain that you might be suffering. Working your way across to the outside of your foot, you're going to find an access point for your spleen. For your right foot, rather than the stomach and spleen, you'll be accessing your liver. Right under this area at the interior of your foot, you're going to find access points to your pancreas and kidneys on both of your feet. Now, at the heart of your arch, near the bottom, you're going to find that you'll have access to your small intestines, but the surrounding area is where you'll find access to your large intestines. This is going to really help you work with digestion and make it so that you can have smooth bowel movements.

The final aspect of the bottom of your foot is the heel and this is a section that is specifically created for the pelvic area and you'll also find that there's something attached to relieving pain in your legs.

This is really a simple and basic area and that means that you're not going to find a whole lot of diversity in this area. Essentially, a band that goes right over the center of your heel to work your sciatic nerve. This is going to relieve a lot of pain, especially if you have sciatic troubles. This essentially concludes the bottom of your foot.

Now, let's have a chat about the inside of your foot. This is where you're going to find a lot of more effective areas to help heal whatever aches you. The bottom of the inside of your foot is a band that you're going to want to work to help alleviate spine and back problems that you might be suffering from. The center of your arch, you're going to find a portion of your foot to massage where you'll relieve bladder pain that you might be suffering from.

Moving over to the top of your foot, you're going to find that the top of your foot is mostly tied to the muscular pain of your chest, rather than the organ based relief that you'll find on the bottom of your feet. Moving back toward your ankle on the top of your foot, you'll find that this is more focused on the health and maintenance of your lymphatic system. When you've reached the actual base of your foot and your ankle, you'll find that this area is focused on the health of your groin area. This is where you'll really start to work all the pain that you might be suffering from a pulled groin muscle. If you've ever suffered from a pulled groin, then you'll know how valuable it'll be to have this exercise to help heal what aches you.

Now, the outside of the foot, I'm going to start just below your pinky toe. Right here, that area on the side of the muscular ball, this area is going to where you're going to want to focus when you're looking to relieve any pain that you are suffering from in your shoulders. Below that, you're going to find the outside of your arch, which is going to really help you with any elbow pain that you might be suffering from. This is a spot to focus on for anyone that is really effective with those of you who play sports. At the base of your arch on the outside of your foot, you're going to find that we're transitioning to your legs. This section is going to focus on your hips and keeping pain at bay. Below that on the ball of your foot, you'll find that this area is tied to your knee pain that you might be suffering from.

This wraps up the areas of your foot that you can work to help heal the pains in your body just from massaging your foot. There are plenty of actual massaging techniques that will help you target and really get to the pain you're suffering from, but there's more to work with on your hands, which we'll talk about in the next chapter. Remember to really get creative and look up the best massage techniques that are going to help you really get the most out of your massage. With this knowledge, you'll be able to really get to work on your feet. Next up, let's have a look at your hands.

## The Basics of the Hands

As I talked about earlier, you're going to find that your hands actually play a huge role in your life. This is where you come in contact with the world all around you. This is where you want to go when you're actually suffering from physical pain. This is what you're looking for when you're encountering pain that you've brought upon yourself through the interaction of the life around you and the change that you're trying to implement into your world around you. With the hands being very similar to the feet, you're going to really want to work both your hands and your feet to get the maximum results of your efforts.

When it comes to your hands, you're going to be mainly focusing on the bottoms of your hands. That means, if you're looking at the back of your hands, then you're looking at the wrong spot, so flip them over and take a look. When you're staring at your palms, then I want to direct your eyes to the bottoms of your palms and where your hands meets your wrists. This is going to be where I'm going to start focusing my discussion. I'll work from the bottom of your hand to the tips of your fingers and I'll go from the outside of your hand to the inside of your hand. Now, let's get to work.

At the bottom of your hands, you're going to find that this is the area of your hand where you want to physically and spiritually heal your genitalia. That's right, your junk is right at the bottom of your hand. With this, you'll need to massage and work it over to really become comfortable. Above that on the outside, you're going to find the area where you can really loosen up your shoulders and release the pain and tension that we all tend to carry in that area. Working your way inside, you'll find that right above the genitalia area, you're going to work an area to cure bladder pain and suffering you might be experiencing. Really focus on the bottom of that fleshy pad extending from the bottom of your thumb. Right at the base of that is where you're going to find your bladder point. Finally, the inside of that pad, along the edge of your hand, that's going to help you with spine tension and pain in your back.

Focusing on the palm of your hand, you're going to find that on the outside of your hand, along the length of the exterior where your shoulder area is, just inside of that, you'll find the section for your heart. Like with your feet, the heart section is a very spiritual center, helping you exercise and open up the love, courage, and compassion that you're seeking in your life. Moving over to the heart of your palm, you're going to find two points, one right above the other. The top point, focused directly in the heart of your palm, this is your colon point. Massage this area to really relax the colon and help stimulate proper digestion. This is going to give you the digestion you're looking for. Just below that, where the valley of the palm and the pad of your thumb meet, that's the second point, which is where you'll massage to work your small intestines. Massage this area to help relax digestion pain and agony

that you might be suffering from. Finally, next to that, on the inside of your hand where your thumb meets your palm, this is the area that links your hand to your stomach. Massage this area for ulcers, indigestion, constipation, or any kind of digestion issue that might be plaguing you. Finally, across the pads of your palm, at the base of your fingers, this is going to really open up your abdomen muscles and your hips, giving you the freedom to release the tension and pain that might be building in that area.

Finally, we're going to work the fingers and discuss the significance of each of them. Each finger is mostly identical until we reach your fingertips. I want you to look down at your fingers. All four of your fingers are divided up into three sections. There are your fingertips, the central section, and the base section. I'm going to start from the bottom and work my way up to your fingertips. If you think I've forgotten your thumb, then don't worry, I'll be hitting that in its own paragraph, so fear not!

Starting from the base section, right where your fingers meet the pads of your palm's top, you'll find that this area is really focused on your lungs and the respiration that you're bringing air into your life. Massage this area to help with any lung suffering you might be having. This is coughing or phlegm build up that you might be experiencing, not congestion or anything like that. Now, on the top of that base third, you'll find that the pinky and ring fingers are focused on ears. Massage this to relieve pressure, pain, or even hearing issues that you might be suffering from. With that same area in the middle and index finger, you'll find that this is focused on eye pain that you might be experiencing. Massage this area to help relieve pressure that is building up. For the central third of your fingers, this is where you're going to be focusing on your nasal and sinus passages. This is where you're going to want to focus if you're suffering from congestion, allergies, or pain from pressure build ups. Notice that your lungs and your sinuses each hit different areas and have vastly different purposes. Massage accordingly.

Now, when it comes to your fingertips, it's a completely different rodeo and each fingertip serves as a different point and a different focus to your body. So, each time you massage a fingertip, you'll be hitting a different area of your body. Starting with your pinky, this is the fingertip that you're going to want to hit if you're looking to work over your kidneys and your circulatory system. This is really going to help you with blood flow and getting the energy and nutrients you need to have distributed throughout your body done in a timely and effective manner. With your ring finger, you'll find that this is another area that really focuses on your lungs and you're breathing in general. If you're out of breath a lot or need to really focus on your breathing, try massaging your ring fingertip. As for your middle finger, this is where you're going to really work on your liver and oddly enough, your face. This is where you're going to stimulate wellness, balance, and an over all relaxed mentality. Your index finger is the point where you're going to want to touch on your stomach and digestive system.

This is where you're in a crunch and really need to get some relief fast. This is the area that you'll really want to focus on.

Now, when it comes to your thumb, this is a digit that is really developed for the relief of muscle pain, particularly in your neck. When you're massaging your thumb, you're hitting a lot of levels that really come together in a harmony that promotes the best circumstances for your neck and throat. Starting from the base, you're hitting your thyroid and working your way up to your vocal chords. Whether you're doing this for physical or spiritual reasons, your vocal chords effect how you speak, how well your words come out, and how enduring your voice might be. Finally, the fleshy pad of your thumb, you'll be working the muscles of your neck and the wellness of your throat, helping you release all of that tension and stress that we build up in our necks. This is great for people who find themselves working in a desk environment all day long.

Your hands might seem very similar to your feet and there's a reason for that. Sometimes massaging your feet isn't enough and you need to really hit on some other tactics to release that deep tension and pain that has built up over time. Try both methods to get rid of the pain that is plaguing you. Now that you know the areas that you can work over on your hands and feet, I'm going to tell you that it's stupid to hit just one spot. I know, it kind of seems like a jerk move, but trust me, I have my reasons. Meet me in the next chapter and we'll talk all about it in detail.

## The Massage

Now, I know what you're thinking. I just laid out a battle plan for you and I told you exactly where you need to target to really get that pain that's been bothering you for a long time out of your system and now I'm telling you not to target that area. Well, kind of—but not exactly.

In fact, what I'm saying is that Reflexology is a big picture and that kind of mentality is all about the small picture. If you're looking to get rid of the pain that's plaguing you, it's not just in one area. Pain is something that we've kind of gotten used to, which is a very sad and disappointing fact in the lives we live. In fact, we've gotten so tolerant to it that most of us have no clue that we're suffering and that we need relief. What Reflexology aims to do is to give your whole body a chance to scrub away the pain that has been lingering and hanging on like bad luggage for so long. This means not just focusing on one area, but hitting all of them.

Here's an example. Imagine you're in a sandbox and that you've decided to viciously and with fierce determination, to dig a hole in a single area. What happens to the sand? It starts to slip into the hole. Sure, it doesn't fill up entirely, but the sand comes back in that area. So too will the pain if you just hit one spot. That pain will come back, because you haven't eliminated all of it.

So, when giving a massage to yourself or another person, give them the relief that they need all over them. Even if you're just focusing on the abdomen, make sure that you hit the kidney, liver, stomach, intestines, and hips. Give them a full massage and not just a direct, strategic attack that isn't going to keep the pain away for long.

Secondly, remember that people who are hurting or who are suffering are often more prone to being sensitive and are not going to want extreme pressure. Be aware of this and don't treat them like a ball of dough that you need to knead into submission. Be gentle, be kind, and read their reactions that you're picking up on as you massage them.

Thirdly, start with the feet. I know that hands are much more comfortable because a lot of people in our world have issues with touching feet, but start out with a warm foot massage and then get to work gently massaging their feet, hitting those focal areas in a strategic manner so that the zones are nurtured and tended to. When you've hit their feet with a strong massage, then you can decide to move to their hands, but see first if you've helped them really relax and release some of that pain that they've been carrying with them.

Finally, make sure that your subject is comfortable. This is often an overlooked sight for those that are first starting out, but make sure that they're at ease. This might be uncomfortable to you, but the more you massage someone, the more relaxed they become. This might mean abandoning your subject's

feet and hands and really work the area to get that comfort level that you're looking for. Just as a word of warning, when people get relaxed, sometimes bodily functions happen. Be a professional and keep quiet about it. They don't need to hear how grossed out you are by the fact that they accidentally burped or passed gas.

As a word of warning, I know that Reflexology tends to get scooped up into the world of essential oils, creams, and lotions. From the experience that I've had and from the world that I've seen of Reflexology, you don't really need this. It's kind of an added ambient feature that people try very hard to tie in. If it helps you and it helps your client or subject, fine, use it. If it doesn't, then don't feel pressured into something that you're not comfortable with and make sure that it has a purpose. It's not magical and it's not going to miraculously make your technique any better. The only way your skill or technique is going to get better is with practice that you're going to have to dedicate your time to. Essentially, get cracking on it and then see if all of the bells and whistles help you out in the end.



## Conclusion

I hope that this book has been a big success for you. There have been a lot of people who are extremely interested in the subject of Reflexology and it kind of just looks like a glorified massage on the outside. While that's a fair guess, it's not quite hitting the heart of what Reflexology truly is. Through the promotion of wellness and balance, you'll find that Reflexology is a tool that you'll be using in your life for days to come. It has helped a lot of people and I'm sure it'll help you.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read, but you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## Preview of My New Book

### [Tarot: Reading Tarot Cards: The Beginners Guidebook To The Ancient Art Of Tarot Card Meanings And Spreads](#)

## What Do The Cards Say?

When it comes to Tarot Cards, it's hard not to think of cheesy scenes in movies or on TV shows that have really butchered and mocked the art of Tarot Cards to death. Fortunetellers are nothing more than Gypsy stereotypes that blatantly insult the Romani way of life and are the closest thing to racism that their culture has or can experience. But behind every enduring legend, there is something deeper that knocks on the door of our subconscious. What is it about Tarot Cards that makes us stop and linger outside of tents at fairs or festivals? What is it about those strange pictures that make us wonder if there is any real power behind them?

Want the simple answer?

You want there to be power.

Tarot Cards have been around for a long time and they have an irresistible and undeniable power on those that take the reading. Even those who consider themselves learned or the educated who are above such fabled superstitions cannot help but see that there is something powerful behind the cards, whether they want to admit it or not.

Today, I'm here to explain to you just what it is about Tarot cards that make them so unique and so powerful to people who sit through readings. I'll give you a brief history about what it is that has helped the cards endure and survive for so long and in the end, I'll give you a detailed understanding about each of the cards that will give you a basic understanding as to what they are and how you can utilize them in your basic readings.

I truly hope that you're ready to learn, because there is so much about Tarot Cards that you're going to learn and love to hear about. So let's not waste any more time and let's get to it.

## A Brief History of Enchantment

Why are Tarot Cards so unique and so generally compelling? Because people think they're magical and they're anything but. The bitter truth that you might not want to hear is that there is nothing

mystical and nothing supernatural about Tarot Cards. Now, instead of thinking of that as a negative, look at it through the lenses that I'm going to give you right now.

Tarot Cards are intimate, subconscious, psychological evaluations of the person coming to the table. Tarot Cards are unique and they're incredibly interesting and why the cards show up in the order that they do are quite entertaining for those of us who adopt the moniker of Reader. Essentially, when you display a card, you are giving them a Rorschach test that they're going to process and understand themselves. I'll go more into this later, but you'll come to understand that this is vital to your ability to actually give good readings.

As for Tarot Cards and their history, the idea has been around for a really long time and can honestly be traced back to Nordic Runes that were used to predict the outcomes and the events that were going to happen or even discern the answers to the questions that the caster asks. This idea of deriving understanding and wisdom from inanimate objects is known as divination and it has been around since civilization has existed. Primitive cultures even used the bones of dead animals, seashells, and even blood as a way of divining guidance from celestial beings. As society developed, the arts of divination were more refined and more manicured to fit the time period.

[Click Here To Read More](#)

[Tarot: Reading Tarot Cards: The Beginners Guidebook To The Ancient Art Of Tarot Card Meanings And Spreads](#)

Additional Reading

[Complete Reflexology for Life Paperback](#) – by [Barbara Kunz](#)

[The Beginners Guide to Chakra's and Crystals Box Set:: A Beginners Guide To Crystals Their Uses And Healing Powers And Chakras](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[\*\*Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners\*\*](#)

[\*\*Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ\*\*](#)

[\*\*Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic\*\*](#)

[\*\*The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World\*\*](#)

[\*\*Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships\*\*](#)

[\*\*Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You\*\*](#)

[\*\*Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing\*\*](#)

[\*\*Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace\*\*](#)

[\*\*Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life\*\*](#)

[\*\*Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage\*\*](#)

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

# **KABBALAH AND TAROT FOR BEGINNERS**

*By Michele Gilbert*

[Visit My Amazon Author Page](#)



Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

**[My Free Gift To You!](#)**



[Click Here](#)

## **Table of contents**

### **My Free Gift To You!**

[Introduction](#)

[The Brief Overview](#)

[History of Kabbalah](#)

[Aspects of Kabbalah](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

## **Table of contents**

### **My Free Gift To You!**

[Introduction](#)

[What Do The Cards Say?](#)

[A Brief History of Enchantment](#)

[The Seeker and the Reader:](#)

[The Major Arcana:](#)

[The Minor Arcana](#)

[Spreads](#)

[The Last Read](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

## Introduction:

There was a point in the early 2000's where little red strings were tied around the wrists of a whole bunch of celebrities and that the word Kabbalah was being thrown around as vogue. It was everywhere and celebrities all over the country were excited about it and there really wasn't any explanation about it. In fact, if you run around and ask a bunch of people what it is that Kabbalah actually is, they're going to say that they have no idea what it is, except that people were wearing these funny little red strings around their wrists.

So, what is Kabbalah? What do they actually believe and where did it all come from? If you're part of the many people who are confused as to what Kabbalah is and how exactly it rolls in together, then this is the book that you're going to want to read.

In these pages, you're going to find a whole bunch of information that I can provide for you, whether it's just out of curiosity or whether you're going to look to make it a part of your life. So, let me break down exactly what you're getting yourself into. After all, everyone wants to know what it is that they're signing up for. So, take a look and see.

First up, I'm going to explain very briefly what it is that Kabbalah is and where it came from. It's quite an interesting tale as to where Kabbalah first appeared from on the scene and it's not exactly what a lot of people would expect, especially where it originates from.

Next up, I'm going to talk about some of the principle beliefs that are a part of Kabbalah and how they are viewed by practitioners of the faith in the context of their religion. It's a complex religion and there's a lot of it that goes deep down the rabbit hole of their faith, but I'm going to give you the bare bones of what you're looking for.

After that, I'm going to go into the tenants of the faith. These are going to be the principles and the beliefs that are foundational to their way of life and it's going to go a lot deeper into these principles so that you can really sink your teeth into some of the ideas that they're making a part of their life.

After that, I'm going to discuss some of the criticisms that Kabbalah faces and why it has taken a small role in the spotlight in the years that have passed. When it came into the vogue scene, it was attacked on multiple fronts and I think it's important that every religion that you're exploring you see the good and the bad. These are going to be the problems that several critics have found with the faith and why it has silently melted away recently.

So this is what you're going to get reading this book. It's going to be a fantastic ride and I'm so very excited to give you a glimpse at one of the most mysterious and intriguing religions that burst onto the scene and then silently faded back into the obscurity where it has existed for hundreds of years. So, without any more hesitating or discussion, let's have a look then.

## The Brief Overview:

Asking what is Kabbalah is about as complex and confusing as asking what Christianity, Islam, Hinduism, or Buddhism is. It's a complex and vast system of belief that spreads across a whole ocean of theology that has been developed over the centuries. It is a confusing and strange system of belief that you're going to need a lot of background to understand completely, but right now, I'm going to give you the simplest and most refined interpretation of what Kabbalah is without going into too much detail as to what it means.

Essentially, when you ask a contemporary practitioner of Kabbalah what they are, they're going to be a person who practices an esoteric and mystical form of Judaism. Essentially, they're a faction or sect of the Jewish faith who have really broken off from the majority of the faith. While they see themselves as part of an almost radical or enlightened form of the Jewish faith, you will be hard pressed to find any Jewish figures that see Kabbalah as anything more than a misinformed, misguided, and delusional offshoot of Judaism. It's a harsh assessment, but when you see more of the aspects of Kabbalah, you're going to understand why it is so harshly looked upon by the Jewish community at large.

Kabbalists believe that their faith predates the existence of the Jewish structure of faith and was sort of hijacked by the Jewish faith for a long period of time. They believe that they are the root of primordial religious belief and that the Kabbalah beliefs are actually the foundation of the rest of the world religions. However, the truth of the matter is that they don't have any definitive existence until after the emergence of Jewish mystics in the middle ages. In fact, it's hard to find anything in a true form of Kabbalah before the emergences of the popular Hasidic Judaism in the 18<sup>th</sup> century. So, the declaration that it is a primordial belief isn't entirely accurate, but it is what they believe.

Essentially, what it is they believe is outlined as the understanding that there is a divine being known as Ein Sof who is what all other faiths describe as God and that humanity and creation must understand and reconcile their existence with this Ein Sof. One of their main texts is known as the Zohar and they believe that studying the Torah, the Christian Old Testament, is the foundation to finding the truth with Ein Sof. While there are four ways of interpreting the Torah, Kabbalah emphasizes the importance of

the last, known as Sod, which is the inner, esoteric meanings of the Torah, which is secret knowledge and information. While most Jewish teachings find these Kabbalah ideas as heretical and untrue, Kabbalah believes that there is legitimacy to them and that they're the true teaching to find the truth of Ein Sof. In the end, they focus heavily on Jewish mystical literature that many Jews find to be little more than a distraction from true Jewish beliefs and have been abandoned.

Theoretical Kabbalah is the practice of seeking out a means to understand and to realize the divine realm that Ein Sof lives in and that we are all a part of. Then there is the introspection and communicative aspect known as Meditative Kabbalah where you seek to have a union with Ein Sof and understand what your relationship to him truly is. Finally there is Practical Kabbalah where you seek to alter the divine realm and the world. This is seen as magical thinking or white-magic as they describe it as. This is where the mystical aspect of Kabbalah really ramps up and revs into full gear.

Since Kabbalah is often seen as a rogue offshoot of Judaism, or the outlaw Judaism, it's really hard to nail down what it is that they believe. There are so many different interpretations and understanding of Kabbalah that you'll find a whole lot of people discussing different aspects of it with multiple focuses. While some seek to follow the Meditative communion of Kabbalah, or the academic Theoretical Kabbalah, the allure of Practical Kabbalah is definitely the more flashy and interesting to so many of them. Although all of these are basic schools of thought within them, there is one basic idea that Kabbalah pursues and that's the thought that there is mystic and mythic knowledge in the Torah that is not seen elsewhere in the world.

They believe that God revealed secrets to Adam and that there is a completely different account of Creation and God's first interactions with Adam and Eve as well as the interactions with the Serpent in the Garden of Eden. Not only do they have a different take on this, but they also have different understandings of the Tree of Knowledge of Good and Evil as well as the Tree of Life. Deeper in the Torah, they find more information that they believe is revealed to them in the prophetic visions of the various characters in the Bible, including Moses and the Burning Bush, Ezekiel's visions, Jacob's ladder to heaven, and Moses at Mount Sinai.

Ultimately, this secret knowledge is the foundation upon everyone practicing Kabbalah believes in. They are profoundly interested in forbidden, hidden, or lost knowledge that others have either discarded or ignored over the passage of time. So, if you want to dive into the mystical, mysterious, and forgotten aspects of the Jewish faith, then Kabbalah is more of an interesting search for those looking to find more of it. This is what you're looking for when you look into Kabbalah.

So, let's get a little more of the history as to where Kabbalah comes from in the history of the world. It'll give you a little more information as to what you're dealing with here. Without further adieu, I'll give you everything you need in a quick overview of a religion's history.

## History of Kabbalah:

When it comes to the history of the Kabbalah faith, it's impossible to separate it from the faith of the Jewish people. The Jewish faith is one of the oldest and best documented theocracies and religious faiths in the history of the world and because of that, we have a long and extensive understanding of where the Jewish people came from and how they're perceived by culture around them.

The Jewish faith was established through the migration of a man named Abraham who relocated from Mesopotamia and established himself in what is currently known as Israel and Palestine. After growing his family and building a culture, his people were reported to have been carried off into captivity in ancient Egypt. This is where the Torah begins, because while in Egypt, it is said that a central figure to their faith, Moses, wrote the Torah and the literature that the Jewish faith is built upon.

When the Jews were miraculously released from their captivity in Egypt, they journeyed across the Sinai desert and acquired mystical tablets known as the Ten Commandments and the Arc of the Covenant. Their conquest of Israel was mired with strange and miraculous events that built up this belief that there was a truly blessed and mysterious power around the Jewish people. Again, over and over, there were constant events throughout the Jewish history that would imply that there was something truly mystical and powerful at work in the Jewish community. This inevitably led to a lot of interest in the Jewish faith. This interest would mix and channel itself into a lot of hidden knowledge that people continually tried to keep to a minimum or keep a command over. Essentially, Judaism grew and was fostered in the midst of paganism, which was also extremely despised by the Jewish religious community. The enjoyment of esoteric ideas, mysticism, and magic was despised and hated by the normal community. However, it was still studied and explored by the Rabbis of the time.

The Maccabean Revolt is one of the high points in the history of the Jewish territory after the Jews were once again freed from captivity from the pagan Babylonian Empire. After the Persian Empire freed the Jews from the Babylonians, Zoroastrianism, a religion steeped in mysticism, flooded the world. When Alexander the Great conquered the Persian Empire, taking over the Jewish territory of Israel and began to oppress the Jews. This led to the Maccabean Revolt, which was the birth of mysterious sects in the Jewish region. It was now that the esoteric ideals began to show up, a hunt for the mystical began to grow.

Judaism reached its apex at the height of their accomplishment when the Roman Empire was occupying their territory. At this point, the arrival of a mysterious prophet claiming to be the Jewish Christ appeared, called Jesus. With the explosion of Christianity also came the wrath of the Roman

Empire who inevitably brought about many different sects of Judaism into a radical and violent force. This is something eventually lead to the complete destruction of the territory of Israel. In the end, it was time for the Jewish community to begin to spread and the Roman Empire was the perfect route for the Jewish people to spread their faith all across the world.

Now, so far, this has been the story of the Jewish people and not the faith of Kabbalah, but all of that changes with the expansion of the Muslim nations that took Israel in the name of Islam rather than Judaism or Christianity. Judaism spread all across Europe. It is here that Kabbalah breaks off of Judaism and actually begins to form its own presence. Of course, it wasn't known as Kabbalah at the time, but it was the beginning of the rise of Kabbalah.

While the Jews were constantly subjects of barbaric assaults from the Christian Kingdoms of Europe, they were also some of the most mysterious and confusing people in the religious world. It was often believed that the Jews were into mystical and magical arts that made a lot of people worried. Because of their constant oppression, the Jewish community started to look for more esoteric ideas in their faith. They also sought out the answers to the questions that were bothering them.

In southern France and in Spain, Jewish academics were taking great strides in uncovering the esoteric understandings and knowledge that the Jewish people had hidden away for a while. It was during this time that contemporaries state that Kabbalah underwent a massive historical reformation and was researched heavily by academics of the time. Of course, this is often disputed with many of the current Jewish scholars who believe that Kabbalah was little more than esoteric curiosity to disgruntled Jews of the time.

It wasn't until further developments in history came through the development of Spain who was heavily distraught throughout history by the Inquisition, the Reconquista, and the Islamic Invasion before all of it. This made Spain a hot bed of conflict, which also meant that the Jews were the least of the problems for the Christian Spaniards. This means that the esoteric beliefs of the Jews were easily explored and studied. Spain became the center of all Kabbalah research and understanding throughout the middle Ages until it began to resurge around the Renaissance. It was during this time that the Zohar, the Kabbalah religious text, began to make its appearance and grow in prominence.

Throughout history, Kabbalah study would rise and fall, depending upon the arrival of mystics upon the scene, but eventually, Kabbalah was banned in the 16<sup>th</sup> century for lacking accuracy and was known as heretical or blasphemous. Essentially, Jews at the time felt that there were a lot more pressing concerns than mysticism and that trying to understand heretical or secret knowledge wasn't that big of a deal. However, when the ban on studying Kabbalah was lifted, there was another surge in the renewed interested. Kabbalah began to grow and flourish again among the Jewish community looking for a sign of the Jewish Messiah to come and rescue the Jewish people who were suffering more and more with each passing year. In the end, there were two schools of Kabbalah at this time.

The Kabbalah of the Sephardi in Spain and Portugal was popular in Europe, while the Kabbalah of the Mizrahi was popular in the Middle East, Africa, and Eastern Europe. Today, you will still find these two philosophies of Kabbalah in the world today.

Throughout the history of Kabbalah, several reformations and refinements have risen out of the Jewish community to lend credibility and interest to Kabbalah, which tends to be disdained and hated among the contemporary scholars of the day. Even today, you will find that the majority of Jewish teachers will support Kabbalah to an extent of interest, but the dominant study of Kabbalah is very much close to Heresy.

It wasn't until the arrival of Kabbalah on the celebrity and public scene that Kabbalah was once more talked about in respected circles. Even today, Jews all across the world are plagued with tolerated persecution and social stigmas as to their beliefs. There are many in America who believe that Jewish societies are at the heart of everything from Hollywood to the Banks and in the government even. When Kabbalah exploded into the celebrity spotlight, it was once again criticized as being vogue for the elite of the world to be dabbling in Judaism. However, the mystical and divine ideas of Kabbalah have very little to do with the Jewish community as a whole.

Today, there is very little to link the Kabbalah societies and culture of the world to Judaism. In fact, you would be hard pressed to find a member of the Jewish community who actually acknowledges Kabbalah as a part of their faith outside of Talmudic study or an aspect of their faith. Beyond that, they will look upon practices of Kabbalah as a perversion of Judaism. Much like it could be said that Protestants are a perversion of Catholicism.

However, Kabbalah has been an acknowledged and even successful religion for quite some time now and it has made everything different in the lives of many of those that have found comfort and enlightenment in their teachings. It is those teachings that I want to go into next. There's so much that the Kabbalists of the world have been looking for answers since the Middle Ages and before. So, let's have a look at what it is they've learned about and see if any of it makes sense to you, whether it's a religion you'd be interested in looking into or not. Now, let's have a look at what it was that made them the mystery of the world.

## Aspects of Kabbalah:

As far as the teachings of Kabbalah are concerned, there are some profound theological differences between Judaism and Kabbalah. Remember, there are also some distinct similarities that conjoin the two, so if things look familiar to you, there is an undeniable reason for that. However, it is important



to stress that there was a clear and obvious rift between the two doctrines and you'll no doubt enjoy seeing what makes Kabbalah so unique. Now, without any further adieu, let's see what it is that makes Kabbalah such a fascinating, complex, and controversial religion of the world.

### **God Revealed and Concealed:**

Kabbalah teaches that there are two aspects to God that have to be reconciled to us and that we understand. Ein Sof, as they call God, has an essence that is absolute in its transcendence and is limitless as well as unknowable. After all, a divine being is beyond our understanding and this divine being would also be beyond our comprehension if we tried to understand the motivations and the truths that God had for us. This is known as the Concealed God and that puts us at a severe disadvantage as humans in the service of God. We cannot possibly know, understand, or anticipate what it is God will do, why he does it, or how we truly play into his divine plan.

However, there is an alternative to that, another side to the coin, as you might find helpful in understanding. But, there is also a manifestation of God, which is revealed to all of us through this persona that we perceive as God. To understand and perceive what it is that this God wants through the creation that is all around us. How God interacts with the world is yet another way that we can perceive and understand this Revealed God, but it is through these actions that we realize what it is that the Revealed God wants. However, we must also remember that this Revealed God is the perception that he wants us to see and that we need to understand that this revealed aspect of God speaks volumes to his intentions and motivations as well.

It is in this Concealed God that so much of Kabbalah finds its interest and its fascination, while the majority of Judaism spends its time studying the Revealed God that they also acknowledge. The legitimacy of this Concealed God and what they want to discover and discern is always in questions which makes Kabbalists constantly question, search, and hunger for information.

So, at the core of any faith is the interpretation and understanding of the ultimate authority in the universe. For Kabbalah it is a God that both hides and shows his face to his children and it is how he shows his face that makes us the most curious about him. The idea of a dualistic creator with a definite plan for how he interacts with his creation makes this God seem almost intimidating at first and impossible to truly know. That puts us at a disadvantage, but Kabbalah takes comfort in this nature of God and explains it further.

### **The Ten Sefirot:**

When it comes to understanding both the Concealed God and the Revealed God, both are manifested in ten attributes that are called the Sefirot. Each of these ten attributes are used to describe what it is God wants from his people and what it is that he does to reveal himself through creation, his actions,

and the way he speaks to us through prophetic teaching. Each of these attributes are vital to the understanding and the ability to understand God and the secret mysteries and mystical power that he has for all of us.

The Sefirot are most easily understood and explained in Kabbalah by pulling an analogy between the Tree of Life and several other mysterious analogies that the Kabbalah has. When you look up Kabbalah, you're bound to find an image of ten circles that look like a tree, this is the explanation of the Sefirot and a tool for explaining it all to them.

I'm going to invest some time in each of these ten attributes, since they're vital to the understanding of God and how the Kabbalists operate with spiritual matters. So, let's have a look at them so we can understand them better.

### **Keter:**

Keter is also known as the Crown and the reason for this is the simple fact that a crown is worn above the head. So in essence, Keter is an explanation of everything that is above the mind that cannot be comprehended. This is everything that is above us. This is the essence of the Concealed God and the fact that there is more out there that we will never have the answer to. This is the abstract kind of ideals that we are not able to touch, hold, or truly express without help. This is the primal stirrings that are presented to us that we claw at without really being able to understand it. Since Keter is the first on the list, it is also the most divine and the highest of all of them.

### **Chokhmah:**

Chokhmah is also known as the wisdom and this is the first power of conscious intelligence within Creation as a whole and is the first point of a real existence. This is most commonly associated with the right eye or the right hemisphere of the brain. If you can fully enhance and encourage this ability then Chokhmah possesses two faces. The first is Abba Ila'ah, known as the Higher Father and the lower is Yisrael Saba, known as the Elder. In the end this is pushing for your ability to look deeply at aspects of reality and abstract concepts until you can truly discern the axiomatic truth. This is the primary force of the creative process because you need wisdom and understanding of the truth of something before you can fully unleash something.

### **Binah:**

Alternative to Chokhmah is Binah, which is associated with the left eye and the left side of the brain. Binah is known as something a little more complex, such as the understanding of the potential in something. This is your intuition that speaks to you and your ability to contemplate something. It is the ability to reflect upon truth once it is discovered and tear apart Creation to find out what it truly

means. From Chokhmah, Binah amplifies and digests what wisdom is learned and what truths can be found in the world. It is our ability to process and develop the wisdom that we've been shown into something a bit more substantial and powerful than we've originally thought. It is also associated with the feminine aspects of the world, including women. When one has fully developed Binah, it also has two aspects of its existence. Imma ila'ah, known as the Higher Mother and then the lower which is known as tevunah, which is known as comprehension. Both of these form Imma, which is known as the mother.

### **Da'at:**

Beneath and between Chokhmah and Binah is Da'at, which is sometimes referred to as an empty slot or otherwise identified as an expansion and reflection of the wisdom and understanding that comes from the previous two. This is something that you're going to really want to know as more of an amplification through the intellectual process. There's something about Da'at that isn't singularly a sefirot, but actually a unification of all of them. This is everything firing on full power and every cylinder is charging at full power. This is the power to balance everything that is making this higher power something of an intellectual weapon. All of it is working in harmony and unison. Without Da'at, everything falls apart and everything is out of balance. A person is very interested in having Da'at in their life to make sure that everything is working in unity.

### **Chesed:**

When it comes to Chesed, it is most often translated as something close to loving-kindness, kindness, or love. Rather than coming up with an intellectual aspect, Chesed is more of an ethical and theological term that is utilized for the compassionate side of the world. It is a valued aspect of every Jewish denomination, not just Kabbalah and is an attribute that is required by all denominations for the repairing of the world around us. It is through Chesed that all of Creation will be healed, fixed, and brought back. This is the first emotive attribute of the sefirot when it comes to the Kabbalah. They ask that you love God so completely that you will never turn your back on Him. They ask that you provide for children with anything that they could ever need and to do it with love. It also heavily emphasizes the visiting and healing of the sick, tending to the poor, and giving hospitality to the strangers of the world. There is also a heavy push for you to attend to the dead and there is also a demand to keep the peace between the people of the world. This is the faith of God in action.

### **Gevurah:**

This is the second emotive attribute of the sefirot and Gevurah is also the essence of judgment and limitation. It is the ability that corresponds to awe and the element of fire. This is the righteous attribute that demands that there is change in the world to right the wrongs that have been inflicted

upon the world. This is God's mode of punishing the wrongdoers and the wicked of the world. This is God's wrath and divine intervention in the form of his punishment. This is the strict adherence to the law and the absolute matter of justice. This is the other side of Chesed, this is the action that is required and demanded by divine law. It is said that Gevurah is your ability to hold back your primal desire to do good on another when they are unworthy of it and require punishment. This is your ability to configure the world in the right image of God and to right the wrongs that plague it.

### **Tiferet:**

Tiferet is the ability to the compassion of Chesed and the strength of Gevurah together and to reconcile them together. At this point, these two forces are giving and receiving. In the end, this is the power of mercy. This is how loving compassion restrains the demand for justice and punishment. This is our ability to work with both of them. It is part of the middle pillar of the Tree of Life, which means that it is the ability to bring together two traits and to spread it out among the others. It reminds us that justice and punishment must be in balance with love and compassion. One cannot outweigh the other and we must work with them in unison, rather than being dominant with another. Without Tiferet, your ability to keep your emotive powers in check is going to be nearly impossible to maintain. Having it is required to understand the Concealed and Revealed God.

### **Netzach:**

Netzach is translated into eternity and is the perpetuity, victory, and endurance of God that the Kabbalah demands to be acknowledged. This is the first that we're going to discuss that is known as the tactical sefirot. In the meaning of tactical, it speaks to its acquisition of something else. This tells us what is happening in the world around you, you don't look at things with face value but rather as the means to the end that they lead to. This is a sefirot that is focused on man and what is most appropriate way for man to receive God's knowledge. This is the endurance and fortitude to follow through with your passion to the ends that you meet. This is the leadership and ability to rally those that are going to help you with the cause and motivate them to act in the best interest of God's plan.

### **Hod:**

Hod is translated as majesty, splendor, and glory. It is the means for you to have activity and to accomplish your goals. Hod is often compared to your feet, where as hands accomplish tasks, Hod is what brings your to those tasks. Hod is your ability to subdue your problems and over come them. It is where form is given to language and is the key to the mystery of form. It's what's going to get you to accomplish your goals and to get things done.

### **Yesod:**

Yesod is known as foundation and it is your ability to understand what it is that you're doing. When it comes to Yesod, it's your foundation, your understanding and your knowledge. It's not just your spiritual presence, but the community with which you work. As you look around at the foundation of the world that you're in, it's going to give you the power to change that world. Think of foundation as the world all around you and the actual presence of Creation in your life. This is what's going to be changed around you. This is what you're working to change in the world around you, to heal, and save.

### **Malkuth:**

This is the bottom of the Tree of Life and it is the last of the Sefirot, which means that it is the last part that we'll be talking about. Malkuth is what is known as the spiritual kingdom of God and this is the final victory that everything is working toward. This is the bridegroom of God and it's the ultimate goal of everyone to bring the spiritual kingdom to eminence in the world. This is going to do everything in the world and it is going to be the force that changes everything. In the end, this is the seed of everything that is going to grow out of this movement.

### **Evil and the Role of Man:**

Evil is seen as a necessary aspect of the world around you. It is what's going to be at conflict with everything that you're trying to do when you're in the Kabbalah. Evil is not seen as a malevolent force, but as something that is required for God to exist. If it were not for evil and conflict in the world, then God would have no comparison to anything else. Without the evil of the world, we would not recognize the goodness of God and the desire that is to be with him and have communion with God. So, if evil is a force that is necessary, then it is our job to make sure that we do everything in our power to ensure that we understand that evil will always exist and that there will always be perceived evils out there.

What isn't evil that is sanctioned by God is the evils that are created by man. As part of Creation, it is our job to be reconciled to God, to understand everything that we can about him, and that we work our hardest to become close to God. Since that's not in everyone's toolkit, we're also subject to righting the wrongs that man inflicts upon their fellow man. So, according to Kabbalah, it is our job to make sure that we're reconciled to God and that we are actively searching for what we can possibly know about God.

### **Reincarnation:**

The transmigration of the soul is something that is very popular in the Kabbalah circle of the world. It is called Gilgul neshamot or the Cycles of the soul. It is a concept that isn't extremely promoted in

Judaism any longer, but it is something that Kabbalists have latched onto for a long time now. It is a literary motif and it's something that many in Kabbalah are extremely intrigued by.

There are hundreds of aspects of Kabbalah that you're going to find very intriguing and interesting and all of these are just the beginning. There is a whole lot of mysticism inside Kabbalah that is held in the Zohar and in the other texts that they are intrigued by. The deeper you look into Kabbalah, the more you're going to notice that it's something that is extremely complex and very deep. So, if these have intrigued you, then I hope that you'll continue looking deeper and deeper into the subject material.

## Conclusion:

When it comes to Kabbalah, it's an interesting world that is full of mystery and even more confusion than most religions. Since it popped into the spotlight years ago and then simultaneously vanished, you'll notice that this is a cyclical pattern that Kabbalah has been going up and down throughout history. It's something that you're going to come to expect when it comes to Kabbalah, but it's never down for long. The mystical aspects of Judaism tends to make things interesting in the religious community and there's a lot of rich and historical material to pull through.

However, Judaism has often attacked Kabbalah because there is something that makes religious communities angry when heretical material and singular aspects of the faith are exploited for public appeal, however, some say this anger is unfounded. Some say that Kabbalists are simply dedicated to a single aspect of Judaism that many see as out of balance to others. It is constantly under attack and others are constantly scrutinizing it in the Jewish community. While there is always going to be a lot of eyes watching Kabbalah, it's still going to probe for the answers to the questions that plague us in the spiritual community and world.

Regardless of how it is viewed, Kabbalah is here to stay and it's been here for a long time. If you've found something in this book that has whet your appetite for more information on it, I hope that you find it. It's important for us to continue to understand and discover more about other religions in the world. If you liked exploring this topic, I hope that you can find more information delving into the rich history and heritage of this faith.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read.

But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a *small* favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

To your success,

Michele

## Preview of My New Book

[Listening Skills: Master The Art Of Listening And Communication Skills For A More Confident Life](#)



# **Listening Skills**

**Master The Art Of Listening And Communication  
Skills For A More Confident Life.**

**Michele Gilbert**

**CHAPTER ONE**



Have you ever heard someone repeat the old saying that religious people have been using since someone drifted off while they were speaking? God only gave us one mouth and two ears so that we would listen twice as much. Well, I'm not an overly religious person and I'm not sure that I have the answers to the Cosmos or the greater questions in life, but I do have a response to that. It's pretty much true, in a sense.

If there is one thing that can drive a man or woman insane is the scenario that no one will listen to them. Ever want to communicate something only to have someone completely miss what you're saying? It's enough to make your hands clench into a fist and your blood boil. There's a reason for this.

There are many who believe that the greatest desire of the human being is to be understood and the key to being understood is communication. Communication brings us together, binds us, inspires us, educates us, enlightens us, and relaxes us. It's the way intimacy is built and it's the way validation is given. Without communication, we are entirely isolated in a world that we don't entirely understand and that can be stifling and terrifying to man. But the key to communication is that there are three aspects to it. They are thought, vocalization, and interpretation. One is the art of the mind and how to think of things. The second is the art of the mouth and how to coin those thoughts into a medium by which we can share or test these thoughts. But for us, the focus is the art of the ear, receiving the words of others so that they might inspire our minds or that we might help them.

While we spend copious amounts of time shackled to our minds and often feel the urge to spread our ideas, thoughts, or questions; we are very diligent in neglecting the art of the ear. Our ability to truly listen and understand others is very hard, because it's something we don't always want to utilize and that becomes a problem. If you don't listen to your friends, your coworkers, or your wife; then you're destined for failure in your relationships.

That's why the art of the ear is vital for you to understand if you want to boost your relationships. So here's the rub for you. If you want to energize, invigorate your relationships, then you're going to want to take this book and study it closely because there is one thing that I can promise you. The more you utilize your ears, the more you will inspire and influence those around you to keep coming back. Those who listen more than they talk give off the aura of wisdom, intelligence, and more than that, it isn't a lie. It isn't wrong. Do you understand that? People who listen more than they talk are wise and they are intelligent. Because in the end, you'll understand that there is more to the world that you can learn by listening and the more you learn the smarter you are and the wiser you'll become.

If you want to be a sage person and to experience life without actually having to go through the suffering and the pain of hurts and wrongs; then start listening. People will be inspired by you, they will come to you, and they will invest their lives with you if they know that you're willing to truly

listen to them. This is something that you're bound to find out if you just take the time to study the art of the ear.

So whether you want to inspire your coworkers, influence those around you, or find that deeper level of intimacy with your spouse, then take notes, keep an open mind, and start utilizing the things you learn here the moment you put this book down. I guarantee that you'll start seeing the difference immediately in those around you.

## CHAPTER TWO

### The Ballad of the Man Who Wouldn't Listen

Now we all know someone in their life that wouldn't actually listen to them, but more importantly, we all know someone who has screwed up their life royally by not listening. Sooner or later, there's a person who gets their life completely into the dumps, sucked down in the muck until there's nothing that can really save them all because when it boils down to it, it comes down to not listening.

[Click here to read the rest of  
Listening skills](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)**

**[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)**

**[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)**

**[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)**

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

**[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)**

**[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)**

**[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)**

**[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)**

**[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)**

**[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

**[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)**

**[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)**

**[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!

**GET ACCESS NOW!**

**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

## **Tarot: Reading Tarot Cards**



# Tarot: Reading Tarot Cards

*~ For Beginners ~*

The Beginners Guidebook  
To The Ancient Art Of Tarot Card  
Meanings And Spreads



Michele Gilbert

**The Beginners Guidebook To The Ancient Art Of Tarot Card  
Meanings And Spreads**

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

# My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!

**GET ACCESS NOW!**

**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## Table of contents

**[My Free Gift To You!](#)**

[Introduction](#)

[What Do The Cards Say?](#)

[A Brief History of Enchantment](#)

[The Seeker and the Reader:](#)

[The Major Arcana:](#)

[The Minor Arcana](#)

[Spreads](#)

[The Last Read](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

[Additional Recommended Reading](#)

# Introduction

I want to thank you and congratulate you for downloading the book, *Tarot Cards for Beginners*.

This book contains proven steps and strategies on how to understand and implement the secrets of Tarot Cards into your life.

Whether you've passed a fortuneteller's booth at a fair or a carnival or if you've seen someone reading the Tarot Cards to your favorite character in a movie or on televisions, all of us have been interested in what the truth is behind those strange and mystical cards. After all, is there power in those cards? What are the secrets to understanding them?

In this book, I'm going to give you the glimpse you're aching for behind the curtain to see what's really happening with the world of Tarot Cards. Whether you're looking for the hard truth about them or you want to apply the spiritual aspects of them to your life, I'm here to give you the secrets you're hungry for.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# What Do The Cards Say?

When it comes to Tarot Cards, it's hard not to think of cheesy scenes in movies or on TV shows that have really butchered and mocked the art of Tarot Cards to death. Fortunetellers are nothing more than Gypsy stereotypes that blatantly insult the Romani way of life and are the closest thing to racism that their culture has or can experience. But behind every enduring legend, there is something deeper that knocks on the door of our subconscious. What is it about Tarot Cards that makes us stop and linger outside of tents at fairs or festivals? What is it about those strange pictures that make us wonder if there is any real power behind them?

Want the simple answer?

You want there to be power.

Tarot Cards have been around for a long time and they have an irresistible and undeniable power on those that take the reading. Even those who consider themselves learned or the educated who are above such fabled superstitions cannot help but see that there is something powerful behind the cards, whether they want to admit it or not.

Today, I'm here to explain to you just what it is about Tarot cards that make them so unique and so powerful to people who sit through readings. I'll give you a brief history about what it is that has helped the cards endure and survive for so long and in the end, I'll give you a detailed understanding about each of the cards that will give you a basic understanding as to what they are and how you can utilize them in your basic readings.

I truly hope that you're ready to learn, because there is so much about Tarot Cards that you're going to learn and love to hear about. So let's not waste any more time and let's get to it.

## A Brief History of Enchantment

Why are Tarot Cards so unique and so generally compelling? Because people think they're magical and they're anything but. The bitter truth that you might not want to hear is that there is nothing mystical and nothing supernatural about Tarot Cards. Now, instead of thinking of that as a negative, look at it through the lenses that I'm going to give you right now.

Tarot Cards are intimate, subconscious, psychological evaluations of the person coming to the table. Tarot Cards are unique and they're incredibly interesting and why the cards show up in the order that they do are quite entertaining for those of us who adopt the moniker of Reader. Essentially, when you display a card, you are giving them a Rorschach test that they're going to process and understand themselves. I'll go more into this later, but you'll come to understand that this is vital to your ability to actually give good readings.

As for Tarot Cards and their history, the idea has been around for a really long time and can honestly be traced back to Nordic Runes that were used to predict the outcomes and the events that were going to happen or even discern the answers to the questions that the caster asks. This idea of deriving understanding and wisdom from inanimate objects is known as divination and it has been around since civilization has existed. Primitive cultures even used the bones of dead animals, seashells, and even blood as a way of divining guidance from celestial beings. As society developed, the arts of divination were more refined and more manicured to fit the time period.

By the time Tarot Cards entered the scene, they were laden with mythology, iconography, and layers of intricate details to help the Reader understand what it is that they were doing with the cards. There are several kinds of decks and you'll see that there is anything from French, Italian, Romani, and even more eclectic styles that have been manifested recently to incorporate more unique and niche tastes. The truth is, you can go to any new age shop or bookstore and find a section that has decks of Tarot Cards and you'll see things from Steampunk, to fairies, to sex Tarot Cards. It's an industry that is rampant with exploitation, but that doesn't really matter and it shouldn't be that big of a concern to you. What matters is that you find a deck that you actually like. You need to be comfortable with the deck and feel like it really gives off the sense of what it is you're looking for in your deck. Also, you want a deck that speaks to the clients you're taking in. For example, if you're interested in catering to people who are routinely hosting a Steampunk convention or gathering, then you might consider a Steampunk deck. Really, there's nothing to choosing a deck outside of picking one that you love and that your clients will enjoy. There are various forms of decks, but what you'll find in most stores will have the Major and Minor Arcana in them and in the end, that's all that matters to you. But, once you

get a hold of a deck that you've settled on, you're going to need to know what your role is in this. So, let's have a look at what you're dealing with.

## The Seeker and the Reader:

When it comes to the art of the Tarot Cards, there are two things that are always going to be present with the deck. There is going to be a seeker and there is going to be a reader. Outside of these two things, a tarot card deck is nothing more than a bunch of artful pieces of thick paper that are being shuffled and played with. So, what is the significance of the seeker and the reader? Well, I want to take some time to discuss the relationship that is going to build off of these two.

For the seeker, the tarot card deck is something that is mysterious and a tool of divination. They come willingly to find answers to the story of their life and very many know next to nothing about what tarot cards are or what it is that they offer. For those people, they are often skeptical on the outside, but driven by curiosity on the inside. They are your greatest critic who desperately wants to crack and be your greatest fan. Getting them into the reading is simple for you, because they're going to come of their own free will. Unless you are pushing your readings for people, this will be your first clear indication of something that is vital for you. Curiosity. And what is curiosity when it comes to the supernatural? Doubt in the finality of the world around us.

This doubt is something that you're going to want to foster and breathe life into as you do your reading. They are here because they want to believe that there is magic in the world that isn't hidden in the texts of stuffy religions or vanished in the name of science. People are drawn to this belief and this desire to have something that is beyond the normal or the natural and no matter what the world tells us, we're all secretly looking for that proof. That's why they're asking you to read for them. Don't bother wasting any time trying to convince them that you're legitimate or that you're telling them the truth. They're here to judge that for themselves and your words mean nothing to them.

For you, the reader, all you have to do is look at the cards and deal them properly. Simply by knowing the cards and knowing what it is they're used for, you're going to do them justice for the person inside of you. Look at the card, understand what it is and understand what it means in the reverse. As you read what the cards say, you'll be compelled to ask questions of the seeker and that's normal. Go ahead and ask them about their life or anything that is compelled by you to address from the cards. The more you talk, the more hooks you send out to reel them in. They want you to succeed at this and most are looking for any excuse to buy in and go a little deeper. They're just waiting for an excuse, despite what their rational mind is telling them.

For many readers, there's a lot of anxiety and worry in their heads about how they're going to convince their seeker that they're telling them the truth and that they're not going to be able to give them a good reading. I'm going to be totally honest and tell you that they put the strings together and

they tie the web connecting every card together. In the end, convincing them isn't your job; your job is to read the cards. I cannot stress that enough to you. You are just a conduit of information, that's all.

When you sit down at a table with a seeker, it's just you and the deck. All you have to do for them is give them a reason to believe that there is something more out there than just the ordinary. Read your cards and you're going to have everything you need to make your seeker happy, even if they don't admit to it.

# The Major Arcana:

The Major Arcana is considered half of the deck that you'll be using. Each of them is numbered and contains a scene that is featuring heavily symbolic elements that are correlated to what the card means and the significance of it. The twenty two cards in the deck are each given a distinct name and these are going to be the cards that you recognize from movies and television, rather than the more mysterious and bizarre Minor Arcana. The Major Arcana represents the smaller portion of the deck, but you'll notice that each of these archetypes has something closely correlating to the major events or cycles in life. Here's a brief list of the Major Arcana and their purpose.

## The Fool:

We start at the beginning and so does the fool. The fool is light and free of the burdens and dangers of the world and with that bold ignorance, or naivety, he heads off into the world in search of his place and meaning within this vast place. There are several things that you can take away from the fool and show your seeker:

The fool could mean the seeker is entering a new path in their life or at the beginning of a new journey. They are heading into the unknown and are looking forward rather than back.

The fool is spontaneous and knows nothing of the trials and struggles of the world. They're willing to take the risks that others fail to see or are too afraid to spring for. This is a person who is willing to take the risks and go for anything that's new and fresh to them.

The fool has faith in the world and is untainted by the hurts or cynicism of those around them. They trust others, they give their love, and they do not fear or worry about things beyond their control.

While they are open and retain their innocence, they still find a way to live in joy in this world.

The fool is a person who accepts their folly and understands what it is they've done in their life. They take the foolish path and they're not afraid to chase after long shots. They trust their heart's desire and they're more than willing to take a chance on something labeled crazy.

As you can see there's a lot that you can pour into a single card and I'm going to let you use this as a template to build upon the smaller lists that I'm going to provide for you. Remember, be creative and follow the meanings of these characters to their full fruition of the meanings that you can get from them.

## I. The Magician

The Magician is a unique card that is tied to the material world and your ability to properly and creatively utilize the projects that you're given. With your potential that you've recognized, you're able to initiate, communicate, and use your cunning to succeed at the actions you've been given. The Magician is about focusing on your creative desires and having the self-discipline to achieve what you're going for regardless of the risks.

## II. The High Priestess

The High Priestess is a mysterious card and a card that hides all of the mystery that's in life. It's the secret knowledge, the wisdom, and the intuition of the world. It's a card cast in duality and hidden influences that affect the world around us. This is the card that will give deep and primal insight into the issues that need new and interesting solutions to solve them. It's a card that walks a careful line, balancing the world in between chaos and order.

## III. The Empress

This is the card of the maternal entity and the promotion of well-being, creativity in stability. There is strong maternal care, domestic stability, wealth, and true abundance in everything. This is also a great card that brings about a oneness for nature and an opening of the senses to really take in the world around you. This is also a card representing fertility and growth.

## IV. The Emperor

The Emperor is about forceful development and taking goals prisoner. This is about fatherly care and is strongly tied to authority, structure, and self controlled gains. This is a card that expresses a powerful individual, ambition, and the ability to really accomplish some serious goals. The Emperor likes structure, authority, and regulating the problems of the world.

## V. The Hierophant

As you can probably tell, the hierophant is a holy and religious person, seeking wisdom from above. With formal education, a strict routine and a good sense of sturdy advice, the hierophant imparts knowledge and wisdom to those looking for teaching and counsel. This is the card of morality, marriage, and a strong, orthodox belief system.

## VI. The Lovers

The lovers are beings of love, unity, and harmony. These are the choices that we make out of the pits of our stomachs and represent the difficult decisions that we make in our lives. This is the trials and the troubles of commitments and it is tied strongly to the harmony of the world around us. It is the

struggle of two paths, abstract thought, and second sight. Of course, it's also about relating to others, sexual desire, and our personal beliefs and values.

## VII. The Chariot

The chariot rolls over enemies and overcomes the obstacles in our lives. It's about ambition toward goals, decisiveness in thought, and victory through our strength. Of course, all of this comes with struggle in a worldly sense and having the self-control, endurance, and strength to see it done. The chariot works within the boundaries that you have set up for yourself to define your life. The chariot is tied to pushing your will and establishing yourself.

## VIII. Justice

Justice requires a mind that understands the gravity of decisions, the consequences of choice, and the responsibility of owning your decisions. This is the card that has thought things through for the favorable end to a conflict. Bigotry, prejudice, and hatred mean nothing to this card. It is a card for litigation and all things legal. It pushes for fairness, clear argument, the direct, best choice, and above all, judgment.

## IX. The Hermit

A hermit is cautious and uses his discretion for wise counsel and knowledge that is taken. Through the isolation of his life, the hermit is calm, planning, and wise. This is a spiritual mentor and a person of silent contemplation and reflection. When the troubles come calling, the hermit takes a step back and ponders for inner resources. Through introspection, the hermit is always searching and seeking guidance in his solitude.

## X. Wheel of Fortune

Through sheer gravity and force, success is achieved and great fortunes sit on the horizon. Luck, coincidence, or just random chance guides this card, but it is cyclical. You are moving forward positively and always changing, this is a card of destiny. It is the turning point that so many people are searching for in their life and the movement toward a new vision that might be sitting in the distance.

## XI. Strength

This is clearly the card of strength, but also everything that it encompasses as well. From self-control, restraint, fortitude, love, courage, and optimism, it is the card that controls our passions for the better. It is a card that demonstrates all the great qualities, whether generosity, resolve, or redemption. Strength is patient and watchful, but it is also compassionate in its victory. Strength is a rock and rocks are forever enduring.



## XII. The Hanged Man

The Hanged Man is a suspended card, the kind of card that gets caught when things are in a period of change. The Hanged Man sacrifices himself, becoming a martyr and willing to submit to a higher cause that is calling him. Whether it is turning the world around or letting go of what's been holding them back, the Hanged Man is turning toward a new direction. The Hanged Man sacrifices the benefits of the now in hopes of a better tomorrow. This is a card of rebirth.

## XIII. Death

Contrary to what you may think, this is not physical death, but rather the changes in life that give us a new beginning. This is an unstoppable force that brings about an end and forces us to transition our lives. By eliminating the excesses of our life, we invite major changes that bring about the termination of a phase in life. Purposes are shifting, circumstances have changed and a new patterning is coming. This is a card of newness and change.

## XIV. Temperance

Temperance is about finding the middle ground in life and taking the path that is going to keep everyone happy. Whether you are combining your forces and resources for a common purpose, your cooperation and your ability to be diplomatic makes this card your ally. This is a card that seeks out harmony, balance, and good management. This is a card that has the ability to adapt to the circumstances that show up in life.

## XV. The Devil

The Devil is a complex card that has to do with oppression and bondage to one's desires that aren't being met. Whether you are lusting after something that is causing sexual oppression through obsession, or you want to have the material needs of your life met without any resistance, you feel strangled. These desires are mixing with security and fulfillment that you're not having met. This is the beginning of the slippery slope and, with just one push—you might fall.

## XVI. The Tower

The Tower is the darkness before the dawn. This is when sudden, violent, and destructive conflict comes crashing down in life. The changes are major and the consequences of actions have come calling. This is the routine that is now in ruin and dramatically upheaved. Whether you are changing your occupation or where you live, this card sees great changes on the horizon. However, through all of it, you will be wiser and your enlightenment will be true.

## XVII. The Star

The Star is the light on the horizon, the new hope and the sense of rebirth. The Star heals the old wounds and gives your faith and spiritual life new love to flourish. Your horizon has been broadened and there is protection in the inspiration given by the star. For those who have influence over others, their vigor and confidence will be magnetic. Overall the Star is silent, quiet and it is serene for everyone around.

### XVIII. The Moon

The Moon is all about what is not real and the illusions in life that we believe. If you're in an industry that thrives on disbelief and imagination, this card is a wondrous example of what can be and what will be for you. It is a card that is about inspiration in the unreal, but also feeling that inner fear that feeds these imaginations. This is a card that has strong psychic power that can leave you bewildered and frightened, but it is also a boon to anyone who weaves illusions and imagination to the world.

### XIX. The Sun

For the Sun, the world is free of fear and illusions. This is the card of contentment, good health, a happy marriage, and vitality in all areas of your life. This is the card that helps those in success and those looking for praise, validation, or reward in what they're doing. There is joy and happiness in this card, as well as a strong sense of success. This card experiences greatness in the enlightenment and the assurance that it offers the seeker.

### XX. Judgment

Judgment is hearing the call of life and has a sense of absolution in what it is they need to do. Reborn and ready for the world, this card is using its newfound wisdom and knowledge to make judgments upon the world. This is a card that signifies important pending decisions and a positive change in the patterns of your life. Things are satisfactory and there is joy in the accomplishments that you've brought to you life.

### XXI. The World

There is fulfillment in the accomplishments of the World. With this card, things have fallen into place and there is a harmony in all the things of one's life that have culminated up to this point. The wholeness of this card is something that's bringing people back to the world and is getting them involved in the life that they have. This is the card of success and the culmination of events. This card gives a sense of oneness with one's life and one's decisions.

## The Minor Arcana

The Major Arcana is built upon the big, universal themes of life and the major archetypes that you're going to find all along the way. While these are nice for those who are looking to see the big picture, the smaller details in our lives are a little more practical and a little more grounded in the present. So, if you want to have an intimate look at what's hiding behind the Major Arcana and falling through the cracks, then you're going to want to be introduced to the Minor Arcana.

Thusly named for the influence these cards hold over the minor events of life and the details, the Minor Arcana is the "everything else" of life in the Tarot Cards. While the Major Arcana is the whole forest, think of the Minor Arcana as the trees that you're looking at individually.

This portion of the deck is the majority of your seventy seven cards that make up the standard Tarot deck. In these fifty six cards, you're going to find that there are no icons or archetypes that were found with the Major Arcana. Outside of the Court Cards, there aren't even really names on them. These might seem like a discarded or strange group of cards, but each and every card has significant meaning and each of them is unique to what their icons and drawings mean. Again, think of the images as standard across the board and a sort of helping guidance to those who are trying to understand the cards. The pictures are your friends, so pay attention to the details.

I would love to go into each of the cards individually like I did with the Fool in the Major Arcana, but that might double the size of this book and double the price you'd have to pay. So instead, I'm going to break up this bizarre and unique deck into the categories that you're going to find in the suits and even detail the significance of the suits themselves. Let's start there, with the suits.

You're going to notice that the four suits might be familiar from your standard card deck, but hold up right there and don't get too excited. Rather than clubs, spades, hearts, and diamonds, these cards are different. The four suits are the wands, cups, swords, and pentacles. Think of the pentacles as coins.

The suit of wands takes its roots back to medieval times and represents the peasantry of society. From the peasantry comes creativity, enthusiasm, will, adventure, risk, and confidence in knowing what you want. This is a masculine suit that really embodies the fire within all of us. Suitably, in Chinese philosophy, this suit represents fire and the forcefulness of it is passionately shown.

The suit of pentacles represents the merchants in medieval society and comes with it an affinity for the material world and the possessions that one wants to acquire in life. As said before, pentacles are representative of coins. It is a suit of practicality and security in your affairs. It is associated with earth for this stability in Chinese philosophy and carries with it a love of nature and the wealth of the earth. It is the cards that have to do most with prosperity of all kinds.

The suit of cups is representative of the clergy in medieval society. It is significantly tied to the spiritual and the emotional world that we live in, having to do with relationships and the inner setting. It is strongly tied with the feminine principles of life and is considered to be water in the Chinese philosophy of Tarot readings. It flows and sustains us, ultimately being held in a cup.

The suit of swords is directly tied to nobility and obviously the military. For this, it is strongly tied to reason, intellect, and thought. This is the suit that is concerned with truth, justice, and the ethics of your principles that you stand upon. They are open, light, and often associated with mental clarity. For this the Chinese philosophy associates it heavily with air. This is the suit that has to deal heavily with knowledge and wisdom.

Now, in each suit, you'll notice that there are aces, middle cards, tens, and what we call Court Cards. Each of these has a different purpose within the suit that it is a part of. Let's go through each of them so that we have a good idea as to what we're looking for.

Aces are the banners of the suits. They represent everything about the suit in its purest, uncomplicated sense of the suit's meanings. For example, your Ace of Swords is going to be entirely about clarity, justice, your ethical principles, and the reason that has given you the wisdom that you currently have. These are the idealistic standards of the suit.

The logical conclusion of the suit is represented in the Ten cards. Each of these takes those nebulous ideals and brings them down to a pragmatic, consequence based assessment of what they are.

When it comes to the middle cards, they are the shattered fragments of what each of the suits mean. So, take the idealistic and the pragmatic aspects of the Aces and the Tens, and then shatter them so that they are broken up into the individual aspects of the ideals. Take a moment to look at all the pieces of each suit and you'll see that there are plenty of aspects there to divide among the middle cards.

As for the Court Cards, I'm going to be the personalities of the aspects in their living form. The King and Queen represent the adult aspects of the masculine and feminine manifestations of the ideals. The Knight is the teenage aspects of the ideals that are immature and naïve. Finally, the page is the childish and the youthful aspects of the ideal that manifest.

All of these make up the Minor Arcana and will give you readings along side the Major Arcana that are the higher archetypes out there. Each of these can give a more intimate and more unique understanding of the events unfolding in a person's life and change the outlook they have on the events ahead of them. Even if you're looking back on a person's life, the Minor Arcana helps to really dig in deep to what is being said and done.

## Spreads

When it comes to Tarot Cards, there are a lot of things that are interesting and unique about the cards, but when you're giving a reading, you're going to have to develop something that is called a spread. Spreads are a pretty big deal when it comes to readers because it helps give a sense of harmony and a sense of energy flow to the cards. Honestly, if you're not into the whole new age movement and you just want to know about Tarot Cards, spreads are how you pitch the reading to your seeker.

If you're more interested in new age and the spiritual side of everything, then you're going to want to know what it is the right energy flow, what the correct patterns for your readings are, and what you need to do to really get the right reading that you need to channel. There is a lot at work on the spiritual side of Tarot Card readings and you're no doubt going to find that certain spreads work for you in a better format.

The thing that both of your philosophies are going to have in common, whether you're into the spiritual aspect or the more pragmatic, psychological side of it, a spread conveys information to your seekers. When your seekers come to you looking for answers and are hunting for the right things, you need a platform to convey that information. Depending upon the layout, you can hit different aspects of their life, go in a chronological approach, or address things in a manner that are more effective with your custom performance.

But here's where things get interesting. There are no official spreads. Seriously, there are thousands of spreads out there and most readers tend to come up with their spread based on what they've learned from their teachers, the books they've read, or during readings that they've personally experienced with another reader. There are a lot of aspects to a spread that make it extremely customizable for your seekers. Again, by catering to the clients, you can really maximize the desire that the seeker has in reading what it is they want to find out.

For example, if you're getting a job as a reader at a druid or Celtic festival, then the Celtic Cross spread is definitely going to help you tie your reading into the local heritage of those who are attending. Does this sound scummy to you, like you're manipulating your seekers and clients into having more interest in you? Well, consider it a business or advertising practice that you can implement for the success of your business. After all, most of us are looking to get paid when we have a gig.

No matter what your spread is, you can always customize it and cater it to those that are looking for something in particular. Look up some spreads that you're going to possibly want to utilize is a good way to understand what the patterns are and the series that you take when revealing the cards.

Honestly, it's about theatrics, building suspense, and giving yourself a route that you can follow when you really want to give a proper reading.

Essentially, spreads are the map that you're going to take with your seekers and it's going to give you the confidence you need to have a route that you're following. The more you research spreads, you'll see that there are layouts, avenues, and significances to each of the cards in a layout, but there's no reason or law for why they're there. You can research the tactics and strategies to spreads and I would strongly build one yourself that you find more useful and more successful in your readings. You're going to need to get creative and ask yourself questions that the seeker might want to know. Really get into the mindset of someone looking for answers and find out the positions available for those questions. Really, this is an exercise of thinking outside of the box and really giving yourself the opportunity to answer some questions that you seriously want to have answers to. Don't be afraid of getting creative and really making something that will be fun and insightful for your seeker.

Here are a few things that you're always going to want to address when it comes to seekers. Everyone wants to know about their career. You want to know if you're in the right job, the right place, or anywhere close to it. Really dig at the core of this question. It's a subject of wealth and material possession. Are they going to be able to afford the life of luxury that they're dreaming and hoping for? They want to know about their sex life, whether that entails marriage, their current relationship, or just how they're going to get the most sex out of life. People want to know how to handle their immediate relationships, whether it's friends, parents, children, or spouses. Finally, there's the really big kicker out there: destiny. Everyone wants to know if they have a destiny and if there is any kind of purpose to their life when it comes to what they're doing with their time.

Really focus on these three items and hit home with them. Your customers are going to want to know all about it. Give your seeker what it is they've come for. Don't be afraid to cannibalizing other spreads that you find to really fit your purpose. It's all about you and the seeker, so get to work on them.

## The Last Read

There's a lot of mysticism and excitement surrounding the prospect of Tarot Cards, but there doesn't necessarily have to be. There's nothing about Tarot Cards that is inherently mystical or magical to them. However, there is a lot of insight that they do give into the psychology, life circumstances, introspection, and the reasoning behind the decisions that many people make in life. Because of this, they give off a very distinct and a very powerful mystical vibe to people who encounter them. However, depending upon how you utilize them, they can be used for spiritual practices or simply pragmatic assessments of people.

Think of Tarot Cards like holy objects. The objects are only mystical or powerful if you believe in the material that says they are. You don't necessarily have to believe in the new age movement or discard the belief system that you currently employ to utilize them. In fact, I would encourage you to realize just how elastic and pliable Tarot Cards are for the beliefs that you have.

They are steeped in mythology and iconography that gives them this rich and beautiful history that you can go into more depth on a daily basis. Whether you are employing the Major Arcana to decipher the major events in a person's life and the archetypes that are represented within, or you're utilizing the Minor Arcana with their attention to details and the minutia in life, you're going to find things out about yourself and others.

The fact that the cards reveal these select and unique truths to the seeker, it's up to the reader to unfold this information to those that are trying to find answers to everything that they're looking for. Your knowledge of the cards is going to give them power and understanding to the seeker. This is a role that is easy to respect and even easier to understand why you should respect them the more you learn.

There are seventy seven cards in each Tarot deck and each of them have unique meanings, depending upon the way they're facing, and the reader has to know all of them. This is your challenge as a reader. You need to understand each of these.

So, depending upon what it is that you're looking to accomplish or to do with your Tarot Cards, I hope that you've come to understand a little more about them. I don't want you to think of them as magical talismans that are reading your future. No, they're helping you assess your life and find some direction based on your circumstances and your choices in life. So what do you say? Why don't we have another look at the cards? Let's see what we can learn from them.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to unlock some of the mystery and confusion around Tarot Cards.

The next step is to get your hands on the right deck for you.

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on Tarot Cards. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)



# Preview of My New Book

# WICCA

## THE ULTIMATE BEGINNERS GUIDE FOR WITCHES AND WARLOCKS

-----  
LEARN WICCA MAGIC SPELLS, TRADITIONS  
AND RITUALS



MICHELE GILBERT

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)

## What is Wicca?

So you're interested in Wicca, or maybe you've already started your adventure into the big world of one of the oldest religions in the world. It's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and resurgence in the mystic arts, it wasn't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today, meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here's what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn't know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we're good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That's why you're here after all? Isn't that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don't be shy. We'll have a nice little chat and you'll see what it really means to be a Wiccan and I'll tell you about the magic that you know in your heart to be real. I'll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

# Concerning Covens:

If you are taking the path that leads you to becoming a Wiccan, you're not like everyone else. You're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you're serious about becoming a Wiccan or delving into any of the neopagan groups, there are many resources.

Thankfully, we've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there's now a way for us to communicate and encourage one another. It's truly a great tool for us to use.

To read the rest click below!

[\*\*Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals\*\*](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[\*\*Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners\*\*](#)

[\*\*Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ\*\*](#)

[\*\*Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic\*\*](#)

[\*\*The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World\*\*](#)

[\*\*Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships\*\*](#)

[\*\*Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You\*\*](#)

[\*\*Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing\*\*](#)

[\*\*Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace\*\*](#)

[\*\*Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life\*\*](#)

[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!



# **Listening Skills**

Master The Art Of Listening And Communication  
Skills For A More Confident Life

# **Emotional Intelligence**

*How to Succeed By Mastering Your Emotions And  
Raising Your IQ*

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

<<< My Free Gift To You >>>



## **Table of contents**

[Introduction](#)

[CHAPTER ONE: The Art of the Ear](#)

[CHAPTER TWO: The Ballad of the Man Who Wouldn't Listen](#)

[CHAPTER THREE: Avoiding Misunderstandings](#)

[CHAPTER FOUR: The Slave of the Machine](#)

[CHAPTER FIVE: The Accusation of Not Listening](#)

[CHAPTER SIX: How to Inspire Interest](#)

[CHAPTER SEVEN: The Way of Intimacy](#)

[CHAPTER EIGHT: The Core of Communication](#)

## **Table of contents**

[Introduction](#)

[Chapter 1: What Emotional Intelligence REALLY Is](#)

[Chapter 2: Why EQ Determines A Person's Life Success](#)

[Chapter 3: Top Keys to Develop Your Emotional Intelligence](#)

[Conclusion](#)

## Introduction

I want to thank you and congratulate you for downloading the book, “ Listening Skills: How To Master The Art Of Listening And Communication Skills For A More Confident Life”

This book contains proven steps and strategies on how to properly listen.

Tired of people labeling you as a forgetful person or blowing up on you for checking the score instead of listening to their story about work or a dream they had? Well, there’s a reason for that. It’s because you’re not listening to them. Now, I know what you’re thinking, listening is easy. Well, you’re wrong or you wouldn’t be ‘that person’ who everyone thinks lives in their own little world.

In fact, no matter who you are, we can all learn to listen better. Why? Because active listening is going to revolutionize your life. It’s going to change the way you see others, the world around you, and how successful you are. No joke. If you want better intimacy with lovers or friends, better progress in your career, more sex, or just to be smarter and wiser; then start listening. So how exactly do you learn how to listen better? After all, you probably thought you were doing it right all along. Well you haven’t been. The first step is reading this book and right now, So it looks like you’ve taken the first step. So keep going.

Thanks again for downloading this book, I hope you enjoy it!

© Copyright 2015 by Michele Gilbert - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# CHAPTER ONE:

## The Art of the Ear

Have you ever heard someone repeat the old saying that religious people have been using since someone drifted off while they were speaking? God only gave us one mouth and two ears so that we would listen twice as much. Well, I ' m not an overly religious person and I ' m not sure that I have the answers to the Cosmos or the greater questions in life, but I do have a response to that. It ' s pretty much true, in a sense.

If there is one thing that can drive a man or woman insane is the scenario that no one will listen to them. Ever want to communicate something only to have someone completely miss what you ' re saying? It ' s enough to make your hands clench into a fist and your blood boil. There ' s a reason for this.

There are many who believe that the greatest desire of the human being is to be understood and the key to being understood is communication. Communication brings us together, binds us, inspires us, educates us, enlightens us, and relaxes us. It ' s the way intimacy is build and it ' s the way validation is given. Without communication, we are entirely isolated in a world that we don ' t entirely understand and that can be stifling and terrifying to man. But the key to communication is that there are three aspects to it. Thought, vocalization, and interpretation. One is the art of the mind and how to think of things. The second is the art of the mouth and how to coin those thoughts into a medium by which we can share or test these thoughts. But for us, the focus is the art of the ear, receiving the words of others so that they might inspire our minds or that we might help them.

While we spend copious amounts of time shackled to our minds and often feel the urge to spread our ideas, thoughts, or questions; we are very diligent in neglecting the art of the ear. Our ability to truly listen and understand others is very hard, because it ' s something we don ' t always want to utilize and that becomes a problem. If you don ' t listen to your friends, your coworkers, or your wife; then you ' re destined for failure in your relationships.

That ' s why the art of the ear is vital for you to understand if you want to boost your relationships. So here ' s the rub for you. If you want to energize, invigorate your relationships, then you ' re going to want to take this book and study it closely because there is one thing that I can promise you. The more you utilize your ears, the more you will inspire and influence those around you to keep coming back. Those who listen more than they talk give off the aura of wisdom, intelligence, and more than that, it isn ' t a lie. It isn ' t wrong. Do you understand that? People who listen more than they talk are wise and they are intelligent. Because in the end, you ' ll understand that there is



more to the world that you can learn by listening and the more you learn the smarter you are and the wiser you ' ll be come.

If you want to be a sage person and to experience life without actually having to go through the suffering and the pain of hurts and wrongs; then start listening. People will be inspired by you, they will come to you, and they will invest their lives with you if they know that you ' re willing to truly listen to them. This is something that you ' re bound to find out if you just take the time to study the art of the ear.

So whether you want to inspire your coworkers, influence those around you, or find that deeper level of intimacy with your spouse, then take notes, keep an open mind, and start utilizing the things you learn here the moment you put this book down. I guarantee that you ' ll start seeing the differences immediately in those around you.



## CHAPTER TWO:

### The Ballad of the Man Who Wouldn't Listen

Now we all know someone in their life that wouldn't actually listen to them, but more importantly, we all know someone who has screwed up their life royally by not listening. Sooner or later, there's a person who gets their life completely into the dumps, sucked down in the muck until there's nothing that can really save them all because when it boils down to it, it comes down to not listening.

Seriously, that guy or that girl, they tank the perfect relationship, they lose the dream job, or they lost a friend because they were too busy not listening to actually open their ears and save themselves in time. I look at this as some of the most avoidable sufferings and sorrows in the world. There are a lot of people out there who sink their lives because they don't deal with what's going with themselves. They don't deal with the simple fact that they are the people screwing up their lives and they assume that it's some cosmic joke that they're suffering.

Do not be this man. Do not be that woman. Be the person who is present in their lives. Be the person that knows what's going on in their day to day events and avoid the suffering that's needlessly enters some peoples' lives. I want you to take a moment to see if your life for what it really is. Moments.

Life is full of moments. Moments of silence, moments of excitement, moments of stress, and moments of opportunity, and countless other moments. For each moment that you experience in your life, there are people around you or you are alone. Now take stock of those moments in your day to day experience, seeing how much time you spend alone, how much time you spend with people, and when you're with people, how much time do you spend actually listening versus waiting to talk to them.

For people who sink their lives because a lack of communication, the reality is that they're probably not actually listening to the people around them. They're not listening to their spouses, to their friends, to their coworkers, or the average people that they run into day to day. When you're with them and communication is initiated, do you simply wait as they talk, forming your next sentence, or do you take the time to digest their words, pondering them before you respond? How do you navigate conversations?

Seriously, take a moment to think it over!

Are you a person who actually listens? Do you know how to listen? Or are you one of those people who don't listen and watches time and time again as miscommunications, 'forgetful'

moments, or being on the wrong page consumes your relationships and leaves you alone and misunderstanding how things got to this point? This is an honest question that you need to ask yourself. Are you a person who doesn't know how to listen? Because if you know the answer to that, then you know that you can change it.

Remember that other old saying: the first step to solving any problem is acknowledging that there is one. Remember that? Well I think that one has truth to it as well and that you can seriously take charge of your life by actually adjusting the way you listen to people and good news. The first step down having a richer, deeper communication in life is by reading this book. So you're already on the right path, so keep going.



## CHAPTER THREE:

### Avoiding Misunderstandings

One hundred percent of the time there 's a misunderstanding is that there was not clear communication. That is a fact. There is no way that there can be a misunderstanding of both people are fully communicating, dedicating one hundred percent of their thoughts and their focus on the person they were talking to. This isn 't a magical or secret in life. If you 're not focusing on what someone is saying to them, you 're not going to absorb what they 're saying by audible osmosis. That 's not a thing.

What is a thing is listening.

Feel like you 're reading a book about reinventing the wheel? That listening is easy and that only a moron couldn 't do this? Well an average statistic that is thrown around by psychologists is that on average, 75% of the time we 're supposed to be listening, we 're actually distracted or preoccupied which leads to the big lie that you ' forgot ' what that person told you. Did you know that the majority of people listen in order to respond to what is being said to them, not to actually understand the information they 're receiving? That 's not listening. Did you know that on a list of major and prominent problems polled from husbands and wives across America, regardless of gender, sexual preference or age, that better communication is always in the top five things that people would like in their relationship? We 're talking overwhelming majorities here. But wait; let 's drive this home professionally as well. Did you know that during interviews, most major corporations study applicants for listening skills to determine whether they have truly developed communication skills rather than knowing how to respond to an interview or work an interview?

Let 's talk about forgetting now, for a moment. And let me throw some sarcastic quotation marks around it. " Forgetting. " Catch my drift? The truth is that the majority of the things you " forget " that your wife/husband told you, or that appointment to hang out that you blew off, or one of the countless things that slipped through the cracks, probably ended up there because you weren 't actually listening to that person when they were talking to you. You weren 't focusing on them. You didn 't misunderstand them and you didn 't forget them. You just didn 't invest a priority in them. That might sound cold, but you gave a text, someone attractive walking by, thoughts about something else, or any numerous distractions priority over what was being communicated to you. Seriously, think about it. Sure, there are times you genuinely forget, because it gets steam rolled by other things, but most of the time it 's actually you " forgot. "

So reinventing the wheel might be exactly what we need right now.

The key to avoiding misunderstanding is to hack off the mis and actually understand someone. Understanding is not hearing what they 're saying and processing that into how to fix it, how to respond to it, or how to multitask while in a conversation. Understanding someone is focusing on them and giving them one hundred percent of your thought and mental power. By actually focusing on them, your mind is going to be processing things like, reasons behind it, how to apply this to your life/morals/schedule/etc., their intentions, and how this is actually affecting them. By focusing on a person and truly hearing what they 're telling you, you will pick up far more information than you would by simply trying to form your response and thinking of when they 're talking as dead time to postulate. No, understanding requires focus and mental dedication to what is being communicated to you.

Try this on your next conversation. Actually listen to the person you 're speaking to. Invest your focus on them and actually listen to what they 're saying, how they 're saying, discern why they 're saying it, and why this is important to them. No one communicates worthless facts and statements, even when it seems random it 's not. You can learn so much about people by what they say to you. So when you communicate with someone next, focus on them and understand them.





# CHAPTER FOUR:

## The Slave of the Machine

Welcome to the twenty first century! Welcome to the future. Here are your zillion social network accounts. Here 's your home email, your shopping email, your work email, and a thousand different online accounts. Here 's your cellphone and hundred contacts that are going to text you daily or annually. Here are your updates on your favorite movies, sports teams, bands, etc. Here 's live streaming of television everywhere and here 's a billion distractions that your grandparents ' minds didn 't have to combat and struggle with for attention. Welcome to the mental meat grinder.

We are slaves to technology. It 's plain and simple and technology is a lovely master or mistress. No question about it. But it is murder on your physical, flesh and blood relationships. If you need proof of this and don 't necessarily want to look in the mirror, then head to the nearest coffee shop or restaurant and when you 've sat down and got comfortable, look around. You will notice how many people are on laptops, checking their phones, talking on their phones, or simply playing games on their phone. There 's nothing about this that is healthy, especially when you 're with other people. In fact, you 'll even see groups of people, all of them on their phones.

Now, yes, phones are great tools and resources to make life easier, but they shouldn 't govern your life. If you can 't experience conversations without having your phone out or being able to be in the moment, then you have a problem. Now, don 't be scared or feel like you 're alone here, because there are thousands that have the same problem as you and it 's the fact that so many are leashed to the virtual world. So there 's definitely a problem, but what does that mean? What should you do about this to break free?

Well, with anything, it always starts with baby steps and this baby step is to acknowledge that there are vital resources that we utilize with our cellphones and then there are frivolous resources that we use. Know the difference. If someone is trying to call you from your work, then that 's important. So is a phone call or text from family, loved ones, or close friends that need you in the moment. Everything else, it 's excessive and it 's recreational. So take a moment and see what 's vital and what isn 't when it comes to your cellphone.

Once you know what your priorities are, then it 's easy to see where you can cut back. Know that you have dead time to look at sport scores, news stories, band updates, movie trailers, etc. Think about all the time that you have alone to go over that stuff and organize your life accordingly. That way, when you sit down with others, it 's easy for you to take the next step.

And that step is to focus on the person you 're with. Don 't waste this time with someone because they 're in that moment with you for a reason. Either they love you or they like you, or they need you, and they 're there to experience something with you, not let you whittle the time away checking your Facebook. In reality, unplugging is one of the best things you can do for your life and the relationships around you.

In the last chapter, we discussed how important it is to be focused on those that you 're with and how you really need to invest the mental energy in truly understanding a conversation to get the most out of it. So cut away the distractions that are poisoning your ability to truly be there with the people around you. You 'll immediately notice the difference and so will others. It 's just good manners and it will really start to bug you when you notice that others don 't have the same level of respect.

So don 't be a slave to the machines in your life. The Internet is bringing the world closer and closer with each passing day, but at the expense of those right in front of you. Show some respect and start to unplug. You 'll see the difference almost immediately in the relationships around you and closest to you. People will feel more valued if you sit next to them and turn your phone off, or at least on vibrate. Baby steps remember. Baby steps.



## CHAPTER FIVE:

### The Accusation of Not Listening

Everyone in their lives has been accused of not listening and that 's usually the beginning of a fight or a problem that could have been avoided, much like we 've discussed earlier. So we 've learned why listening is important in this book. How not listening can lead to unwanted and unneeded complications. How focus is vital to actually communicating clearly and fully with others. And we also discussed the importance of unplugging and truly being present in those conversations in your day to day life. Now, let 's take a moment and discuss why people get angry when you 're not listening.

We know that it happens. If you need proof of it, next time you 're with your spouse or partner or person of interest, just sort of zone out. You will watch the wrath of that person descend upon you with unholy speed and vengeance. Of course, do this at your own peril. Actually, just take my word for it and save yourself some hurt.

But why? Why do people care so much whether you 're listening or not? Especially if what 's being communicated is really trivial or pointless. Let 's be honest, people usually don 't like hearing about dreams they weren 't in or weren 't very interesting. They don 't like hearing about tedious work stories that really don 't have a point. We don 't actually care about what happened in traffic. But that 's not the point.

You should. Especially if you 're in a committed relationship, because that person is invested in you and has allowed you access to their life. People who talk to you have some sort of investment in your life as well and they want to share the events of their lives with you because they feel an intimacy with you that they don 't find in others. This is usually an exclusive club that you 're in and you should handle it with respect. They care about you and they want you to know that something happened to them.

No matter how tedious you think it is, it isn 't. If you 're hearing a work, traffic, or other story that you 're not in, they 're not telling it to you because you 're their diary. They 're telling it to you because they have an emotional investment in the event that unfolded in their lives. This is being told to you for a reason, so listen to them, and focus on the details of how and why they 're telling you this.

Because in the end, that 's what being a genuinely good person is.

Let 's boil that sentence down a bit and come at it from another angle. If you 're just approaching every relationship and conversation in your life with the "What am I getting out of

this? ” approach, then you are a selfish person and probably need to work on your basic humanistic presence. Most people will consider you a jerk because all you care about is proving a point, venting, or thinking of how to respond to someone, not actually caring in their situations and their problems. Don ’ t be that person. Seriously, do not be that person.

The person talking to you needs your help wants you to fulfill something, have the support of a friend, or they love you and want to experience life with you. All of these reasons are perfectly valid ways to go about your life and you shouldn ’ t forsake them lightly. In fact, you should relish the fact that you are communicating with people and act accordingly.

So why are people trying to communicate with you? Because they ’ re investing their lives with you and that is a rare honor that shouldn ’ t be taken lightly. So why are they mad when you ’ re not listening or letting your mind wander from distraction to distraction? Because you are disrespecting their investment and showing them that the level of trust, interest, or love that they have placed in you is not equal and that you have more important things on your mind.

This is never true, so don ’ t believe it, but that ’ s what you ’ re communicating to them. You ’ re just being lazy and disrespectful whether you are doing so intentionally or not. So if you ’ re still wondering why this matters, then reread this chapter before moving on and start implementing what you ’ ve learned before the next step. So start showing some respect, love, and interest in those around you.



# CHAPTER SIX:

## How to Inspire Interest

So now that you have some foundational steps in how to become a better listener. How do you apply this professionally? Maybe you don't have a spouse that you want to reach a deeper level of intimacy with. Maybe you're more of the career driven/oriented people of the world and you need people to stop thinking that you don't care about their ideas. Maybe you need to be seen as more of a team player. So how can listening put you on the path to having a more fruitful and successful business career?

Easily.

More than ever, listening is crucial in the world of business and that's because people are being consumed by the technology boom. With more email and texting, the art of having a successful face to face is getting eaten away by people checking their email and watching for texts. Meetings are more and more popular and that means sitting in small rooms with a bunch of men droning about things that may not concern or interest you, but paying attention gets noticed.

So here are some ways to use active listening to blow up your career into a new tier of success:

### I. Active Listening:

When it comes to bosses, there's nothing they love more than knowing that the orders they're issuing and the tasks they need done are getting accomplished by people who are fully committed, fully understanding, and on their team. By standing by silently nodding, that means nothing to your boss. Engage in the discussion. Ask questions, raise your hand, and make yourself known and that you're invested in the task at hand. Your boss will notice your enthusiasm and interest. Don't ask stupid questions, however. Ask real questions that will give you a deeper understanding or will help you accomplish your task better. This is known as active listening. Show your boss that you're engaged.

### II. Stop, Collaborate, and Listen:

Vanilla Ice has it right. When it comes to your coworkers, do not seek to dominate, but seek to accomplish. By listening to the ideas and interests of your coworkers on projects without the intention of converting them to your cause, they will feel closer to you. Not only will this give you the edge in understanding where your coworkers are, who is as invested as you are, or who has the truly better idea; but it will build closeness between you and those you work with. Having a network of equals is

handy, especially as you all move on in your careers. So build that energy and that sense of community between you and your coworkers.

### III. I ' m not an employee. I ' m an asset:

There ' s a difference between employee and asset. Do you know the difference? Employees are expendable. Employees are replaceable. Remember the art of the mind, mouth, and ear? Well the ear feeds into the mind and that leads to knowledge. That leads to power. Remember that saying: Knowledge is power? Well that one is true too. If you want to learn, become more valuable, and become invaluable, then start listening and absorbing as much information as you can. This will show your boss that you know what you ' re doing, you ' re invested in your company, and that you ' re willing to do what is necessary to keep pushing forward. That ' s how you ' re going to distinguish yourself from your coworkers.

### IV. The Power of Three:

Okay, so once you feel the strength and the foundation in all of these three, combine them and watch what happens. Not only will your boss feel like you ' re competent and if you do your assignments to perfection, you will be; but your coworkers will be inspired by you because they feel valued by your investment in listening to their ideas, and you will be an indispensable asset to the company. All of this will come together with a powerful effect. If you perform accordingly and do a wonderful job at all of your tasks, then you will be unstoppable and you will be seen as the ultimate team player. Unleashing one of these tasks will benefit your life, but combining the three of them will make your professional life profoundly successful.

Don ' t expect immediate results, but do notice the changes with every conversation. As you talk with more and more people, fully communicating with them, whether your employer or your coworkers, you ' ll see changes in how they act around you. So start making the changes on Monday. Make your professional life something that is truly invested and beautiful and people will notice.





# CHAPTER SEVEN:

## The Way of Intimacy

Maybe you 're not really worried about your career or you 're in a place that you love, but your problem is that you 're one of the people who wish that they had better communication in your romantic endeavors. If that 's you and your partner or spouse is constantly furious with your forgetfulness or your drifting, then that might be one of the more stressful things happening in your life. But that 's okay, because there 's definitely a way to fix that. Listening can drastically transform your life and relationships and here 's how.

It breeds intimacy.

That simple. A successful relationship isn 't measured in years together or amount of sex or even how happy you are. A successful relationship is defined solely on the level of intimacy that has been achieved by the couple. Why intimacy? Because everything follows behind intimacy. Want more sex? Get intimate. Want to have a long marriage? Get intimate. Want to feel happier and satisfied with your relationship? Get intimate. Intimacy is the indicator that you are doing things right. We all know what intimacy is and if you don 't, you 'll recognize it when you feel it. It 's the sense of oneness, the closeness of souls, the need to talk, even if it 's about nothing, the urge to rip their clothes off, to harness tender moments, and a million other wonderful experiences. All of this passes through the gates of intimacy. So how do you inspire greater intimacy? How do you take the way of intimacy?

### **I. Start actively listening:**

Just like the professional session, it all starts by actively listening. Understand that your spouse, partner, or boyfriend/girlfriend wants to feel like they 're valued by you and in order to show that, you need to be engaged when they 're talking. Ask questions, support them, and make them a priority. If you 're distracted by something important, share it with them so they don 't feel undervalued. Actively listening to the person you love will tell them that you 're a priority to me. That 's a way to draw someone closer to you and its genuine.

### **II. The Art of Anticipation:**

By knowing what 's important to the person you love doesn 't just magically happen. You don 't absorb their troubles, worries, likes, loves, and dreams by just standing next to them. You only learn these things by listening to them and that helps you know when something important comes up in their life or if something rough is on the horizon, you can be supportive for them. This shows them

that you know what 's going on, you care about their struggles, and that you ' re there with them in their day to day events. No one wants to be alone and they love you, so love them back.

### **III. Reciprocation Encourages:**

By knowing that what they ' ve told you and what they say to you is important to you, your loved ones are encouraged to draw closer to you and to continue their pursuit in investing in you. You want this, because that closeness is how intimacy is born and that shows them how much you love them. So if you want your loved one to keep sharing their life with you, listening and showing them that you ' re there, that you ' re with them, it ' ll only breed more intimacy. So encourage them to keep sharing and keep showing them that you love them. It ' ll only get better and better.

By pursuing the way of intimacy, your relationships will feel like they ' re only burgeoning more and more with every day. You will find new things out about your closest friend and companion. You will understand them and anticipate their needs. By building and investing in your spouse or partner, you ' ll be distinguished in their mind. They will tell you that you ' re the only person they ' ve ever dated who truly listened to them or understood them. It ' s a sad truth that they might be right. So show them respect and love and show them that they ' re not disposable, that you truly love them and are invested in their lives. This will breed all the intimacy for a successful relationship.



# CHAPTER EIGHT:

## The Core of Communication

There are many who have studied language, communication, and listening to fully express the importance and the necessity of listening. The more we come to understand how humans communicate and how ideas are spread, the more important listening becomes to us. Listening is more than an action. It's a cognitive process of dissecting, digesting, comprehending, and establishing thoughts and events as valid or invalid in our lives. Only by listening can our lives open up to newer and more wonderful possibilities than we originally had. In truth, listening is the core of all communication.

So you've learned why listening in communication is important, some steps to start listening better, and how it can improve your relationships and your career, so start employing what you've learned. Hopefully you already have. You'll be able to see the changes in your relationships because people will treat you differently when you listen more than you speak. They will feel like they're in the presence of someone smart, wise, and sage. They will seek your opinions, your thoughts, your responses, and your viewpoints on matters. Listening is how you grow in wisdom and intelligence and you'll be surprised at the own effects on your life.

Now, before we part ways, here are some last tips.

First of all, take baby steps. Sure, some people are going to drone on about things that feel meaningless and in the end, it probably is. But remember that everyone shares something for a reason. By listening, you can probably discern the reason for their discontent or interest in what happened.

Secondly, be aware of how much you're speaking or where your mind is. Remember that distractions are the enemy and that sometimes we're our own worst enemies. If you feel like you're dominating the conversation, step back and listen to them. Start asking them questions to encourage them to talk more. Remember that the way to keep you from talking too much is to ask more questions. People love answering them and sharing.

Thirdly, unplug. Seriously, if you ask anyone who has done it and they'll tell you how vastly their life has increased and grown in richer quality. It's not a conspiracy. You'll feel happier, find focusing easier, and realize that you have more time to invest in others if you unplug. Take some baby steps or go full on cold turkey; whatever you need to do, but cut back in some form. It will make your conversations deeper, richer, and listening will be so much easier.

Finally, envision yourself as the person that you want to be. IF you want to be a better person through listening, then picture it and start acting like it. Sure, it might feel like you 're playing pretend for a while, but that 's how change starts. By taking on the personality of a person you want to be, you will inevitably become that person. So picture who you want to be: A better listener. And then start acting like it. Don 't give up on it and as you watch the changes happening in your life, you 'll be encouraged to continue on in this journey.

So if you 're here at the end, looking for one thing to take away after skipping through the entire book, then take this away. Start listening to the people in your life, because they 're investing in you and they clearly care about you.

Now please go back and read the book.

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!





# Conclusion

Thank you again for downloading this book!

I hope this book was able to help you understand the importance of listening

Now, you know some key strategies for keeping your communication with others healthy and vibrant.

Remember to continually invest in open and honest communication skills and really listen..



The next step is to take action ...

Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked many other books on listening skills.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

# Preview of My New Book

## [Body Language 101](#)

### [What A Person 's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

## Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of learning to understand something we already know and to heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these

silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

# Weapons of Mass Induction

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

[Click Here To Read The Rest of](#)

## [Body Language 101](#)

### [What A Person 's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

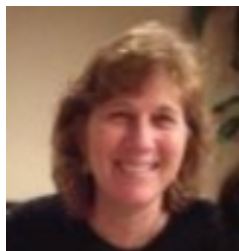
[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)

[So I Am Dating A Psychopath: Now What?](#)

[The Mind Of A Sociopath: Your Guide to Understanding The Anti-Social Personality Disorder of Sociopaths](#)

## About Michele Gilbert



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

# **Introduction To Palmistry**

**The Ultimate Palm Reading Guide For Beginners**

## **Tarot: Reading Tarot Cards**

**The Beginners Guidebook To The Ancient Art Of Tarot Card  
Meanings And Spreads**

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

**But why would I do something like this?**



Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## **Table of contents**

**[My Free Gift To You!](#)**

[Introduction](#)

[What Do The Cards Say?](#)

[A Brief History of Enchantment](#)

[The Seeker and the Reader:](#)

[The Major Arcana:](#)

[The Minor Arcana](#)

[Spreads](#)

[The Last Read](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

[Additional Recommended Reading](#)

## **Introduction**

I want to thank you and congratulate you for downloading the book, *Tarot Cards for Beginners*.

This book contains proven steps and strategies on how to understand and implement the secrets of Tarot Cards into your life.

Whether you've passed a fortuneteller's booth at a fair or a carnival or if you've seen someone reading the Tarot Cards to your favorite character in a movie or on televisions, all of us have been interested in what the truth is behind those strange and mystical cards. After all, is there power in those cards? What are the secrets to understanding them?

In this book, I'm going to give you the glimpse you're aching for behind the curtain to see what's really happening with the world of Tarot Cards. Whether you're looking for the hard truth about them or you want to apply the spiritual aspects of them to your life, I'm here to give you the secrets you're hungry for.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **What Do The Cards Say?**

When it comes to Tarot Cards, it's hard not to think of cheesy scenes in movies or on TV shows that have really butchered and mocked the art of Tarot Cards to death. Fortunetellers are nothing more than Gypsy stereotypes that blatantly insult the Romani way of life and are the closest thing to racism that their culture has or can experience. But behind every enduring legend, there is something deeper that knocks on the door of our subconscious. What is it about Tarot Cards that makes us stop and linger outside of tents at fairs or festivals? What is it about those strange pictures that make us wonder if there is any real power behind them?

Want the simple answer?

You want there to be power.

Tarot Cards have been around for a long time and they have an irresistible and undeniable power on those that take the reading. Even those who consider themselves learned or the educated who are above such fabled superstitions cannot help but see that there is something powerful behind the cards, whether they want to admit it or not.

Today, I'm here to explain to you just what it is about Tarot cards that make them so unique and so powerful to people who sit through readings. I'll give you a brief history about what it is that has helped the cards endure and survive for so long and in the end, I'll give you a detailed understanding about each of the cards that will give you a basic understanding as to what they are and how you can utilize them in your basic readings.

I truly hope that you're ready to learn, because there is so much about Tarot Cards that you're going to learn and love to hear about. So let's not waste any more time and let's get to it.

## **A Brief History of Enchantment**

Why are Tarot Cards so unique and so generally compelling? Because people think they're magical and they're anything but. The bitter truth that

you might not want to hear is that there is nothing mystical and nothing supernatural about Tarot Cards. Now, instead of thinking of that as a negative, look at it through the lenses that I'm going to give you right now.

Tarot Cards are intimate, subconscious, psychological evaluations of the person coming to the table. Tarot Cards are unique and they're incredibly interesting and why the cards show up in the order that they do are quite entertaining for those of us who adopt the moniker of Reader. Essentially, when you display a card, you are giving them a Rorschach test that they're going to process and understand themselves. I'll go more into this later, but you'll come to understand that this is vital to your ability to actually give good readings.

As for Tarot Cards and their history, the idea has been around for a really long time and can honestly be traced back to Nordic Runes that were used to predict the outcomes and the events that were going to happen or even discern the answers to the questions that the caster asks. This idea of deriving understanding and wisdom from inanimate objects is known as divination and it has been around since civilization has existed. Primitive cultures even used the bones of dead animals, seashells, and even blood as a way of divining guidance from celestial beings. As society developed, the arts of divination were more refined and more manicured to fit the time period.

By the time Tarot Cards entered the scene, they were laden with mythology, iconography, and layers of intricate details to help the Reader understand what it is that they were doing with the cards. There are several kinds of decks and you'll see that there is anything from French, Italian, Romani, and even more eclectic styles that have been manifested recently to incorporate more unique and niche tastes. The truth is, you can go to any new age shop or bookstore and find a section that has decks of Tarot Cards and you'll see things from Steampunk, to fairies, to sex Tarot Cards. It's an industry that is rampant with exploitation, but that doesn't really matter and it shouldn't be that big of a concern to you. What matters is that you find a deck that you actually like. You need to be comfortable with the deck and

feel like it really gives off the sense of what it is you're looking for in your deck. Also, you want a deck that speaks to the clients you're taking in. For example, if you're interested in catering to people who are routinely hosting a Steampunk convention or gathering, then you might consider a Steampunk deck. Really, there's nothing to choosing a deck outside of picking one that you love and that your clients will enjoy. There are various forms of decks, but what you'll find in most stores will have the Major and Minor Arcana in them and in the end, that's all that matters to you. But, once you get a hold of a deck that you've settled on, you're going to need to know what your role is in this. So, let's have a look at what you're dealing with.

## **The Seeker and the Reader:**

When it comes to the art of the Tarot Cards, there are two things that are always going to be present with the deck. There is going to be a seeker and there is going to be a reader. Outside of these two things, a tarot card deck is nothing more than a bunch of artful pieces of thick paper that are being shuffled and played with. So, what is the significance of the seeker and the reader? Well, I want to take some time to discuss the relationship that is going to build off of these two.

For the seeker, the tarot card deck is something that is mysterious and a tool of divination. They come willingly to find answers to the story of their life and very many know next to nothing about what tarot cards are or what it is that they offer. For those people, they are often skeptical on the outside, but driven by curiosity on the inside. They are your greatest critic who desperately wants to crack and be your greatest fan. Getting them into the reading is simple for you, because they're going to come of their own free will. Unless you are pushing your readings for people, this will be your first clear indication of something that is vital for you. Curiosity. And what is curiosity when it comes to the supernatural? Doubt in the finality of the world around us.

This doubt is something that you're going to want to foster and breathe life into as you do your reading. They are here because they want to believe

that there is magic in the world that isn't hidden in the texts of stuffy religions or vanished in the name of science. People are drawn to this belief and this desire to have something that is beyond the normal or the natural and no matter what the world tells us, we're all secretly looking for that proof. That's why they're asking you to read for them. Don't bother wasting any time trying to convince them that you're legitimate or that you're telling them the truth. They're here to judge that for themselves and your words mean nothing to them.

For you, the reader, all you have to do is look at the cards and deal them properly. Simply by knowing the cards and knowing what it is they're used for, you're going to do them justice for the person inside of you. Look at the card, understand what it is and understand what it means in the reverse. As you read what the cards say, you'll be compelled to ask questions of the seeker and that's normal. Go ahead and ask them about their life or anything that is compelled by you to address from the cards. The more you talk, the more hooks you send out to reel them in. They want you to succeed at this and most are looking for any excuse to buy in and go a little deeper. They're just waiting for an excuse, despite what their rational mind is telling them.

For many readers, there's a lot of anxiety and worry in their heads about how they're going to convince their seeker that they're telling them the truth and that they're not going to be able to give them a good reading. I'm going to be totally honest and tell you that they put the strings together and they tie the web connecting every card together. In the end, convincing them isn't your job; your job is to read the cards. I cannot stress that enough to you. You are just a conduit of information, that's all.

When you sit down at a table with a seeker, it's just you and the deck. All you have to do for them is give them a reason to believe that there is something more out there than just the ordinary. Read your cards and you're going to have everything you need to make your seeker happy, even if they don't admit to it.

## **The Major Arcana:**

The Major Arcana is considered half of the deck that you'll be using. Each of them is numbered and contains a scene that is featuring heavily symbolic elements that are correlated to what the card means and the significance of it. The twenty two cards in the deck are each given a distinct name and these are going to be the cards that you recognize from movies and television, rather than the more mysterious and bizarre Minor Arcana. The Major Arcana represents the smaller portion of the deck, but you'll notice that each of these archetypes has something closely correlating to the major events or cycles in life. Here's a brief list of the Major Arcana and their purpose.

### The Fool:

We start at the beginning and so does the fool. The fool is light and free of the burdens and dangers of the world and with that bold ignorance, or naivety, he heads off into the world in search of his place and meaning within this vast place. There are several things that you can take away from the fool and show your seeker:

The fool could mean the seeker is entering a new path in their life or at the beginning of a new journey. They are heading into the unknown and are looking forward rather than back.

The fool is spontaneous and knows nothing of the trials and struggles of the world. They're willing to take the risks that others fail to see or are too afraid to spring for. This is a person who is willing to take the risks and go for anything that's new and fresh to them.

The fool has faith in the world and is untainted by the hurts or cynicism of those around them. They trust others, they give their love, and they do not fear or worry about things beyond their control. While they are open and retain their innocence, they still find a way to live in joy in this world.

The fool is a person who accepts their folly and understands what it is they've done in their life. They take the foolish path and they're not afraid to chase after long shots. They trust their heart's desire and they're more than willing to take a chance on something labeled crazy.



As you can see there's a lot that you can pour into a single card and I'm going to let you use this as a template to build upon the smaller lists that I'm going to provide for you. Remember, be creative and follow the meanings of these characters to their full fruition of the meanings that you can get from them.

### I. The Magician

The Magician is a unique card that is tied to the material world and your ability to properly and creatively utilize the projects that you're given. With your potential that you've recognized, you're able to initiate, communicate, and use your cunning to succeed at the actions you've been given. The Magician is about focusing on your creative desires and having the self-discipline to achieve what you're going for regardless of the risks.

### II. The High Priestess

The High Priestess is a mysterious card and a card that hides all of the mystery that's in life. It's the secret knowledge, the wisdom, and the intuition of the world. It's a card cast in duality and hidden influences that affect the world around us. This is the card that will give deep and primal insight into the issues that need new and interesting solutions to solve them. It's a card that walks a careful line, balancing the world in between chaos and order.

### III. The Empress

This is the card of the maternal entity and the promotion of well-being, creativity in stability. There is strong maternal care, domestic stability, wealth, and true abundance in everything. This is also a great card that brings about a oneness for nature and an opening of the senses to really take in the world around you. This is also a card representing fertility and growth.

### IV. The Emperor

The Emperor is about forceful development and taking goals prisoner. This is about fatherly care and is strongly tied to authority, structure, and self controlled gains. This is a card that expresses a powerful individual,

ambition, and the ability to really accomplish some serious goals. The Emperor likes structure, authority, and regulating the problems of the world.

#### V. The Hierophant

As you can probably tell, the hierophant is a holy and religious person, seeking wisdom from above. With formal education, a strict routine and a good sense of sturdy advice, the hierophant imparts knowledge and wisdom to those looking for teaching and counsel. This is the card of morality, marriage, and a strong, orthodox belief system.

#### VI. The Lovers

The lovers are beings of love, unity, and harmony. These are the choices that we make out of the pits of our stomachs and represent the difficult decisions that we make in our lives. This is the trials and the troubles of commitments and it is tied strongly to the harmony of the world around us. It is the struggle of two paths, abstract thought, and second sight. Of course, it's also about relating to others, sexual desire, and our personal beliefs and values.

#### VII. The Chariot

The chariot rolls over enemies and overcomes the obstacles in our lives. It's about ambition toward goals, decisiveness in thought, and victory through our strength. Of course, all of this comes with struggle in a worldly sense and having the self-control, endurance, and strength to see it done. The chariot works within the boundaries that you have set up for yourself to define your life. The chariot is tied to pushing your will and establishing yourself.

#### VIII. Justice

Justice requires a mind that understands the gravity of decisions, the consequences of choice, and the responsibility of owning your decisions. This is the card that has thought things through for the favorable end to a conflict. Bigotry, prejudice, and hatred mean nothing to this card. It is a card

for litigation and all things legal. It pushes for fairness, clear argument, the direct, best choice, and above all, judgment.

### IX. The Hermit

A hermit is cautious and uses his discretion for wise counsel and knowledge that is taken. Through the isolation of his life, the hermit is calm, planning, and wise. This is a spiritual mentor and a person of silent contemplation and reflection. When the troubles come calling, the hermit takes a step back and ponders for inner resources. Through introspection, the hermit is always searching and seeking guidance in his solitude.

### X. Wheel of Fortune

Through sheer gravity and force, success is achieved and great fortunes sit on the horizon. Luck, coincidence, or just random chance guides this card, but it is cyclical. You are moving forward positively and always changing, this is a card of destiny. It is the turning point that so many people are searching for in their life and the movement toward a new vision that might be sitting in the distance.

### XI. Strength

This is clearly the card of strength, but also everything that it encompasses as well. From self-control, restraint, fortitude, love, courage, and optimism, it is the card that controls our passions for the better. It is a card that demonstrates all the great qualities, whether generosity, resolve, or redemption. Strength is patient and watchful, but it is also compassionate in its victory. Strength is a rock and rocks are forever enduring.

### XII. The Hanged Man

The Hanged Man is a suspended card, the kind of card that gets caught when things are in a period of change. The Hanged Man sacrifices himself, becoming a martyr and willing to submit to a higher cause that is calling him. Whether it is turning the world around or letting go of what's been holding them back, the Hanged Man is turning toward a new direction. The

Hanged Man sacrifices the benefits of the now in hopes of a better tomorrow. This is a card of rebirth.

### XIII. Death

Contrary to what you may think, this is not physical death, but rather the changes in life that give us a new beginning. This is an unstoppable force that brings about an end and forces us to transition our lives. By eliminating the excesses of our life, we invite major changes that bring about the termination of a phase in life. Purposes are shifting, circumstances have changed and a new patterning is coming. This is a card of newness and change.

### XIV. Temperance

Temperance is about finding the middle ground in life and taking the path that is going to keep everyone happy. Whether you are combining your forces and resources for a common purpose, your cooperation and your ability to be diplomatic makes this card your ally. This is a card that seeks out harmony, balance, and good management. This is a card that has the ability to adapt to the circumstances that show up in life.

### XV. The Devil

The Devil is a complex card that has to do with oppression and bondage to one's desires that aren't being met. Whether you are lusting after something that is causing sexual oppression through obsession, or you want to have the material needs of your life met without any resistance, you feel strangled. These desires are mixing with security and fulfillment that you're not having met. This is the beginning of the slippery slope and, with just one push—you might fall.

### XVI. The Tower

The Tower is the darkness before the dawn. This is when sudden, violent, and destructive conflict comes crashing down in life. The changes are major and the consequences of actions have come calling. This is the routine that is now in ruin and dramatically upheaved. Whether you are changing your

occupation or where you live, this card sees great changes on the horizon. However, through all of it, you will be wiser and your enlightenment will be true.

### XVII. The Star

The Star is the light on the horizon, the new hope and the sense of rebirth. The Star heals the old wounds and gives your faith and spiritual life new love to flourish. Your horizon has been broadened and there is protection in the inspiration given by the star. For those who have influence over others, their vigor and confidence will be magnetic. Overall the Star is silent, quiet and it is serene for everyone around.

### XVIII. The Moon

The Moon is all about what is not real and the illusions in life that we believe. If you're in an industry that thrives on disbelief and imagination, this card is a wondrous example of what can be and what will be for you. It is a card that is about inspiration in the unreal, but also feeling that inner fear that feeds these imaginations. This is a card that has strong psychic power that can leave you bewildered and frightened, but it is also a boon to anyone who weaves illusions and imagination to the world.

### XIX. The Sun

For the Sun, the world is free of fear and illusions. This is the card of contentment, good health, a happy marriage, and vitality in all areas of your life. This is the card that helps those in success and those looking for praise, validation, or reward in what they're doing. There is joy and happiness in this card, as well as a strong sense of success. This card experiences greatness in the enlightenment and the assurance that it offers the seeker.

### XX. Judgment

Judgment is hearing the call of life and has a sense of absolution in what it is they need to do. Reborn and ready for the world, this card is using its newfound wisdom and knowledge to make judgments upon the world. This is a card that signifies important pending decisions and a positive change in

the patterns of your life. Things are satisfactory and there is joy in the accomplishments that you've brought to your life.

### XXI. The World

There is fulfillment in the accomplishments of the World. With this card, things have fallen into place and there is a harmony in all the things of one's life that have culminated up to this point. The wholeness of this card is something that's bringing people back to the world and is getting them involved in the life that they have. This is the card of success and the culmination of events. This card gives a sense of oneness with one's life and one's decisions.

## **The Minor Arcana**

The Major Arcana is built upon the big, universal themes of life and the major archetypes that you're going to find all along the way. While these are nice for those who are looking to see the big picture, the smaller details in our lives are a little more practical and a little more grounded in the present. So, if you want to have an intimate look at what's hiding behind the Major Arcana and falling through the cracks, then you're going to want to be introduced to the Minor Arcana.

Thusly named for the influence these cards hold over the minor events of life and the details, the Minor Arcana is the "everything else" of life in the Tarot Cards. While the Major Arcana is the whole forest, think of the Minor Arcana as the trees that you're looking at individually.

This portion of the deck is the majority of your seventy seven cards that make up the standard Tarot deck. In these fifty six cards, you're going to find that there are no icons or archetypes that were found with the Major Arcana. Outside of the Court Cards, there aren't even really names on them. These might seem like a discarded or strange group of cards, but each and every card has significant meaning and each of them is unique to what their icons and drawings mean. Again, think of the images as standard across the

board and a sort of helping guidance to those who are trying to understand the cards. The pictures are your friends, so pay attention to the details.

I would love to go into each of the cards individually like I did with the Fool in the Major Arcana, but that might double the size of this book and double the price you'd have to pay. So instead, I'm going to break up this bizarre and unique deck into the categories that you're going to find in the suits and even detail the significance of the suits themselves. Let's start there, with the suits.

You're going to notice that the four suits might be familiar from your standard card deck, but hold up right there and don't get too excited. Rather than clubs, spades, hearts, and diamonds, these cards are different. The four suits are the wands, cups, swords, and pentacles. Think of the pentacles as coins.

The suit of wands takes its roots back to medieval times and represents the peasantry of society. From the peasantry comes creativity, enthusiasm, will, adventure, risk, and confidence in knowing what you want. This is a masculine suit that really embodies the fire within all of us. Suitably, in Chinese philosophy, this suit represents fire and the forcefulness of it is passionately shown.

The suit of pentacles represents the merchants in medieval society and comes with it an affinity for the material world and the possessions that one wants to acquire in life. As said before, pentacles are representative of coins. It is a suit of practicality and security in your affairs. It is associated with earth for this stability in Chinese philosophy and carries with it a love of nature and the wealth of the earth. It is the cards that have to do most with prosperity of all kinds.

The suit of cups is representative of the clergy in medieval society. It is significantly tied to the spiritual and the emotional world that we live in, having to do with relationships and the inner setting. It is strongly tied with the feminine principles of life and is considered to be water in the Chinese

philosophy of Tarot readings. It flows and sustains us, ultimately being held in a cup.

The suit of swords is directly tied to nobility and obviously the military. For this, it is strongly tied to reason, intellect, and thought. This is the suit that is concerned with truth, justice, and the ethics of your principles that you stand upon. They are open, light, and often associated with mental clarity. For this the Chinese philosophy associates it heavily with air. This is the suit that has to deal heavily with knowledge and wisdom.

Now, in each suit, you'll notice that there are aces, middle cards, tens, and what we call Court Cards. Each of these has a different purpose within the suit that it is a part of. Let's go through each of them so that we have a good idea as to what we're looking for.

Aces are the banners of the suits. They represent everything about the suit in its purest, uncomplicated sense of the suit's meanings. For example, your Ace of Swords is going to be entirely about clarity, justice, your ethical principles, and the reason that has given you the wisdom that you currently have. These are the idealistic standards of the suit.

The logical conclusion of the suit is represented in the Ten cards. Each of these takes those nebulous ideals and brings them down to a pragmatic, consequence based assessment of what they are.

When it comes to the middle cards, they are the shattered fragments of what each of the suits mean. So, take the idealistic and the pragmatic aspects of the Aces and the Tens, and then shatter them so that they are broken up into the individual aspects of the ideals. Take a moment to look at all the pieces of each suit and you'll see that there are plenty of aspects there to divide among the middle cards.

As for the Court Cards, I'm going to be the personalities of the aspects in their living form. The King and Queen represent the adult aspects of the masculine and feminine manifestations of the ideals. The Knight is the teenage aspects of the ideals that are immature and naïve. Finally, the page is the childish and the youthful aspects of the ideal that manifest.



All of these make up the Minor Arcana and will give you readings along side the Major Arcana that are the higher archetypes out there. Each of these can give a more intimate and more unique understanding of the events unfolding in a person's life and change the outlook they have on the events ahead of them. Even if you're looking back on a person's life, the Minor Arcana helps to really dig in deep to what is being said and done.

## **Spreads**

When it comes to Tarot Cards, there are a lot of things that are interesting and unique about the cards, but when you're giving a reading, you're going to have to develop something that is called a spread. Spreads are a pretty big deal when it comes to readers because it helps give a sense of harmony and a sense of energy flow to the cards. Honestly, if you're not into the whole new age movement and you just want to know about Tarot Cards, spreads are how you pitch the reading to your seeker.

If you're more interested in new age and the spiritual side of everything, then you're going to want to know what it is the right energy flow, what the correct patterns for your readings are, and what you need to do to really get the right reading that you need to channel. There is a lot at work on the spiritual side of Tarot Card readings and you're no doubt going to find that certain spreads work for you in a better format.

The thing that both of your philosophies are going to have in common, whether you're into the spiritual aspect or the more pragmatic, psychological side of it, a spread conveys information to your seekers. When your seekers come to you looking for answers and are hunting for the right things, you need a platform to convey that information. Depending upon the layout, you can hit different aspects of their life, go in a chronological approach, or address things in a manner that are more effective with your custom performance.

But here's where things get interesting. There are no official spreads. Seriously, there are thousands of spreads out there and most readers tend to come up with their spread based on what they've learned from their teachers,

the books they've read, or during readings that they've personally experienced with another reader. There are a lot of aspects to a spread that make it extremely customizable for your seekers. Again, by catering to the clients, you can really maximize the desire that the seeker has in reading what it is they want to find out.

For example, if you're getting a job as a reader at a druid or Celtic festival, then the Celtic Cross spread is definitely going to help you tie your reading into the local heritage of those who are attending. Does this sound scummy to you, like you're manipulating your seekers and clients into having more interest in you? Well, consider it a business or advertising practice that you can implement for the success of your business. After all, most of us are looking to get paid when we have a gig.

No matter what your spread is, you can always customize it and cater it to those that are looking for something in particular. Look up some spreads that you're going to possibly want to utilize is a good way to understand what the patterns are and the series that you take when revealing the cards. Honestly, it's about theatrics, building suspense, and giving yourself a route that you can follow when you really want to give a proper reading.

Essentially, spreads are the map that you're going to take with your seekers and it's going to give you the confidence you need to have a route that you're following. The more you research spreads, you'll see that there are layouts, avenues, and significances to each of the cards in a layout, but there's no reason or law for why they're there. You can research the tactics and strategies to spreads and I would strongly build one yourself that you find more useful and more successful in your readings. You're going to need to get creative and ask yourself questions that the seeker might want to know. Really get into the mindset of someone looking for answers and find out the positions available for those questions. Really, this is an exercise of thinking outside of the box and really giving yourself the opportunity to answer some questions that you seriously want to have answers to. Don't be afraid of getting creative and really making something that will be fun and insightful for your seeker.

Here are a few things that you're always going to want to address when it comes to seekers. Everyone wants to know about their career. You want to know if you're in the right job, the right place, or anywhere close to it. Really dig at the core of this question. It's a subject of wealth and material possession. Are they going to be able to afford the life of luxury that they're dreaming and hoping for? They want to know about their sex life, whether that entails marriage, their current relationship, or just how they're going to get the most sex out of life. People want to know how to handle their immediate relationships, whether it's friends, parents, children, or spouses. Finally, there's the really big kicker out there: destiny. Everyone wants to know if they have a destiny and if there is any kind of purpose to their life when it comes to what they're doing with their time.

Really focus on these three items and hit home with them. Your customers are going to want to know all about it. Give your seeker what it is they've come for. Don't be afraid to cannibalizing other spreads that you find to really fit your purpose. It's all about you and the seeker, so get to work on them.

## **The Last Read**

There's a lot of mysticism and excitement surrounding the prospect of Tarot Cards, but there doesn't necessarily have to be. There's nothing about Tarot Cards that is inherently mystical or magical to them. However, there is a lot of insight that they do give into the psychology, life circumstances, introspection, and the reasoning behind the decisions that many people make in life. Because of this, they give off a very distinct and a very powerful mystical vibe to people who encounter them. However, depending upon how you utilize them, they can be used for spiritual practices or simply pragmatic assessments of people.

Think of Tarot Cards like holy objects. The objects are only mystical or powerful if you believe in the material that says they are. You don't necessarily have to believe in the new age movement or discard the belief system that you currently employ to utilize them. In fact, I would encourage

you to realize just how elastic and pliable Tarot Cards are for the beliefs that you have.

They are steeped in mythology and iconography that gives them this rich and beautiful history that you can go into more depth on a daily basis. Whether you are employing the Major Arcana to decipher the major events in a person's life and the archetypes that are represented within, or you're utilizing the Minor Arcana with their attention to details and the minutia in life, you're going to find things out about yourself and others.

The fact that the cards reveal these select and unique truths to the seeker, it's up to the reader to unfold this information to those that are trying to find answers to everything that they're looking for. Your knowledge of the cards is going to give them power and understanding to the seeker. This is a role that is easy to respect and even easier to understand why you should respect them the more you learn. There are seventy seven cards in each Tarot deck and each of them have unique meanings, depending upon the way they're facing, and the reader has to know all of them. This is your challenge as a reader. You need to understand each of these.

So, depending upon what it is that you're looking to accomplish or to do with your Tarot Cards, I hope that you've come to understand a little more about them. I don't want you to think of them as magical talismans that are reading your future. No, they're helping you assess your life and find some direction based on your circumstances and your choices in life. So what do you say? Why don't we have another look at the cards? Let's see what we can learn from them.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to unlock some of the mystery and confusion around Tarot Cards.

The next step is to get your hands on the right deck for you.

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on Tarot Cards. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a *small* favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## Preview of My New Book

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)

## What is Wicca?

So you're interested in Wicca, or maybe you've already started your adventure into the big world of one of the oldest religions in the world. It's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and resurgence in the mystic arts, it wasn't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today,

meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here's what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn't know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we're good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That's why you're here after all? Isn't that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don't be shy. We'll have a nice little chat and you'll see what it really means to be a Wiccan and I'll tell you about the magic that you know in your heart to be real. I'll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

## Concerning Covens:

If you are taking the path that leads you to becoming a Wiccan, you're not like everyone else. You're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you're serious about becoming a Wiccan or delving into any of the neopagan groups, there are many resources.

Thankfully, we've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there's now a way for us to communicate and encourage one another. It's truly a great tool for us to use.

To read the rest click below!

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)**

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

**[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)**



[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy\\_Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep\\_Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

**About Michele**



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

# **Introduction To Palmistry**

The Ultimate Palm Reading Guide For Beginners

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

### **Simple.... Because I Want To Spread The Word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



### **So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## **Table of contents**

**[My Free Gift To You!](#)**

[Introduction](#)

[The History of Palmistry](#)

[Understand Your Hand](#)

[The Lines](#)

[Mounts](#)

[The Hard Sell](#)

[The Wrap Up](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele Gilbert](#)

[Recommended Additional Reading..](#)

## **Introduction**

I want to thank you and congratulate you for downloading the book, *An Introduction to Palmistry The Ultimate Palm Reading Guide For Beginners*.

This book contains proven steps and strategies on how to understand Palmistry (Chiromancy) and all the power to read signs and signals of palms.

Have you ever walked past a fortuneteller's booth and wondered what it was all about? Are you tired of a world that believes in only science or what is observed? Are you tired of atheists and those who believe in nothing but the physical world? Do you have a hunger to see if there is something beyond what we can sense in the physical world? Do you hunger for something more?

Then you have come to the right place for the perfect book. In this book, we discover the ancient art of palmistry, otherwise known as Chiromancy. I will show you the basics of reading lines and mounts and understanding what it is to be a palmist. So, if you want to know more, keep reading and see what it is you can discover inside.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **The History of Palmistry**

So you're interested in the mysterious and the exciting world of Palmistry, well, that's something many have hoped to acquire. There's something exciting and insightful about finding information in the palm of your hand. It's something that many have looked to in hopes of finding something out about the future, about their lives, or about what's right around the corner. After all, who doesn't want some insight into what's just ahead of them or what secrets the future holds for them.

But Palmistry is an art and a science all wrapped up in one. Think about all the times you've been to a fair, carnival, or circus and there are people dressed up like the Romani trying to sell you their divination for a ridiculous price. This is a cultural icon for anyone who is looking into the mystical or the supernatural. The truth is, Palmistry has been developing and permeating every cultures since the dawn of time.

Nearly impossible to pinpoint its true origins, Palmistry has one thing in common among all the origins that we do know of currently. Palmistry is the belief that divination and insight can be achieved through the scrutiny and examination of the hand. All believe that the hand is a mirror by which our beliefs, worries, past, and future are all reflected upon. This tradition has been passed down from generation to generation and when you think of it, it's quite a peculiar belief. Or is it? Think about what it is your hands do. Other than your feet, your hands come in contact with practically everything that is of importance, worry, or terror in your life. Everything you do is done with your hands and the experiences you carry are all upheld with your hands. So, is it so strange that your hands have drawn the attention of so many mystics from all across the globe?

How far across the globe are we talking here? Well, the origins of palmistry have popped up in Tibet, coastal China, Persia, and all the way back to Sumeria, Babylon, and nomadic tribes of Eastern Europe. There are even rumors that the Druids would look to the hands of their foes and friends to divine the truth from what they have done and where they have been.



Hindu astrology, known as Jyotish and the Chinese practice of Yijing both declare the use and the belief of Palmistry. But, no matter where it came from, it has spread like wildfire across the ages. The Greeks make countless claims during the rise of Alexander the Great of encountering palmists sent by the gods. Even in Egypt, palmists were a common place in the Pharaoh's courts to seek the truth of their lives.

By the time the Middle Ages arose, palmistry was given its Christian Name, chiromancy and was dubbed a forbidden art by the Catholic Church. Palmists were hunted down and burned alive as heretics and practitioners of magic if they were caught. Alongside necromancers, pyromancers, hydromancers, aeromancers, geomancers, and any other source of divination that could end in the suffix -mancer was burned alive or executed as worshippers of Satan.

However, like many mystics who were declared enemies of the faithful by the Catholic Church, they endured. Remaining in the East as a powerful source of insight into the future, palmists thrived while the nomadic Romani kept the tradition alive in the West as well as those profiting and thriving in the back alleys of cities and towns, making a quick dime on being able to read the fortunes, futures, and pasts of others through the lines, mounds, and signs in the palm of their hands.

Today, many have relegated Palmistry and the practitioners of this ancient art as something of a charlatan's trade, which is a fair belief. After all, there have been hundreds who have swindled people over and over. However, the art and the science behind reading the palms of others has endured and there is a true practice behind the mysticism, lies, and charlatans. If you're here, I have no doubt that you're looking to understand the mysteries and the secrets of the hand and I'm going to give you a brief insight into what it is you seek. So get ready, take a deep breath, and know that we're just scraping the top of the iceberg here, but it's going to be enough to make you hunger for more. So let's get started.

## **Understand Your Hand**

Now, to fully understand what chiromancy is, you're going to have to understand that it's a complex and significant tradition that has deep roots in the observations picked up from people over generations. Honestly, if there's anything mystical or supernatural about chiromancy in your mind, I'm about to dispel anything that you might have. The truth is: chiromancy is about observation, not about superstitious arts or witchcraft. Unfortunately for all of you expecting your cloak and wand any day now, you'll have to hold off for another art for you to master.

Over the years of studying the hands of people, chiromancers of old have put together an index of understanding what these signs and these markings mean. Of course cosmological beliefs do come into play and whether a person believes in the energy flow of the Universe or the existence of reincarnation will greatly affect what their results are, but overall, the basic foundation of chiromancy is the same for everyone who practices. If you're planning on going and getting your palm read as research for this book or just to try it out, be warned that fortunetellers and chiromancers all differ in spiritual practices and beliefs. If you're going in blinded, you might find yourself getting an earful about something you don't understand or don't particularly believe in. Feel free to ask questions, especially if they're not too expensive or charging by the minute.

Before we jump right in, the Greek mythology has dominated the current trade in chiromancy and you'll find regions of the hand dictated and named after Greek deities and corresponding with the Greek zodiac signs the deeper you go. Each region that is named after a deity in Greek mythology usually has to do with the attributes or dominions of the titular god or goddess. For example, there is a region that has to deal with love, beauty, and sex. This region is named after the goddess Aphrodite. It's stuff like that which will help you when you're walking the path of chiromancy.

So, for people just starting out in chiromancy, there are two things that serve as the foundations of the art and that are lines and mounts. For those of you who have never seen a palmist at work, lines are in the palm of your hand. Look at your palm now and gently cup your hands and you'll notice

the faint lines becoming deep canyons. Now, these are not the only lines that a palmist focuses on. In fact, this is just the tip of the iceberg. Look at the lines in the joints of your knuckles or at your wrists. These are all of significance to a palmist. Even faint lines at the edges of your hands will tell you information that you never thought you'd understand or divulge.

As for mounts, it's easy to understand what they are, because they're the bumps in your hand where muscles curve and define your palm. Take a look at you hand and you'll notice that there is some serious geography in your palm that you probably take for granted all the time. These mounts are divided up by fingers and regions that discuss and explain different attributes that we'll go into later.

Now, there are a lot of other things that go into palmistry that I won't be touching on in this book. I will only briefly discuss fingers, but fingernails, finger prints, and the color of your skin will also play a role in your readings. There are also size differences, shapes, signs, and flexibility that come into play with the palm reading as well.

There are also different readings between which hand is dominant and which hand is not. Your dominant hand is the hand that y9u use the most, this is easily identified as the hand that you write with mostly in our culture, since if you're reading this that means you're literate. Your writing hand is dominant. This represents your conscious mind and has strong ties to your thoughts and your directions in life. Your other hand is tied to your subconscious and is sometimes known as your ancestral hand. This ancestral hand is linked to your bloodline, your past lives, and your spiritual side. Depending upon what the palmist believes, your subconscious hand can represent and tell you many different things.

There are people who also employ a difference based on the actual hand that they're reading. For example, they believe that the left hand is more apt to tell about the natural self, or your inner personage, due to the lateral thinking of the right brain, which controls your left hand. Whereas, the right hand is controlled by the left brain which uses logic and reason, which will divulge your lateral thinking nature, or your outer personage.

This is what a palmist works with and this is going to be everything that you need to know to start identifying regions and parts of your hand that can give you the information you seek. Everything is split up into these regions and these lines. I'm going to start diving into deeper meanings and what each area represents and what you can garner from them as you read the palms of those around you. For guidance and knowledge, you'll want to pay close attention to what I'm about to tell you.

## **The Lines**

Now, let's get down to brass tacks, after all, you're here to learn how to read palms, aren't you? So, where do we start? I think the best place for us to begin is with what's been highlighted in all the movies and TV shows that you've seen Palmistry in. Reading lines is probably the most cliché form of Palmistry that is out there and with good reason. Palmistry focuses heavily on the lines that are found in the creases of the palm. Everything that you need to begin with is going to find

The first line that we're going to discuss is the heart line. This is undoubtedly what most people think is going to explain whether they fall in love or not. Some think that the heart line is all about sweeping romances or bitter solitude, but that's not the case at all. The heart line does have a lot to do with the romantic pursuits in life, but it's more about how you interact with love rather than what's in the future for you. You can tell how a person will approach love and potential relationships

The heart line is your northern most line that runs from the side of your hand to either the mount under your index finger, between your index and middle finger, or your middle finger's mount. This is the top most line that we'll be discussing. For future reference, the mount under your index finger is your Jupiter mount and the mount under your middle finger is your Saturn mount. Now, I'll tell you what that means.

If your heart line is coming out of the Jupiter mount then you are a person that holds the sex of your desire to an impossible ideal, giving high improbability to finding the desire that you seek. Because of this, they are

picky, have high standards, and rarely engage in romantic endeavors. Those with lines originating from between the two mounts are considered more stable, and have an affinity for quieter, more subdued romantic lives. A heart line that starts from the mount of Saturn is all about passion, but doesn't express it very well. This is also the sign of a very passionate and sensual person.

Next up is the head line that runs from between your thumb and index finger, just below the heart line. This speaks to learning communication, your intellectual prowess, and your hunger for information and knowledge. This also has the ability to inform your draw to wealth.

If your head line is straight and clear, you have a very pragmatic approach to life and enjoy the finer materials in life. A long head line represents a smart person with a head that thinks things through and isn't fond of overreacting to situations. They have a good memory. A person with a short head line believes in getting to the point and not wasting time. A straight line indicates someone who is a realist, logical, and doesn't appreciate imagination. If your line is curved or sloping, this is the sign of a romantic person who is strongly engrossed with creativity and the ideals of life. If your head line is faint, then you're going need to work on your concentration and your focus.

Next, we'll talk about life line and contrary to what your friend in the fourth grade told you, it doesn't tell how long you'll live. Instead, the life line that runs around the fleshy ball of your palm, it's all about the energy, strength, and depth of life that you experience. There are signs that can be found that will tell you how long you'll live more accurately, but that's a more advanced reading.

If your life line is long and deep, then you have excellent health and are well balanced in your dealings. A short and deep line will indicate that you're going to be overcoming some physical troubles on the horizon. A broken line means that you're going to have health troubles hounding you for several points in your life. The life line also has a lot to do with the head

line at their point of intersection, but that will be something for a different topic with a more advanced book.

The last line that I want to discuss is known as the Line of Fate, which runs only in a few hands. We have officially reached the lines that are sometimes rare among people and are not always present in everyone's palm. The line of fate often shows itself on the dominant hand and gives a clear indication as to the ambition and the purpose of a person in their life. Again, most people do not actually have a line of fate. This does not necessarily mean that they have no fate or destiny, but rather that it is not expressly written, nor is the ambition that is required for them.

There are a handful of other lines that are of note, the line of health, the line of the sun, the girdle of Venus, and the line of marriage, but these are smaller, fainter, or lines that are not present in most people's hands. Though they differ in their meaning and their purpose, each line has a distinct value in the hand of the person who has them. Right now, as a beginner and a novice in the service of palmistry, these are the lines that you should know and understand most. Commit their value and their purpose to heart and inspect as many hands as you can. You'll be surprised by just how much you can learn from a person, just by looking at the lines.

## **Mounts**

For many, mounts are completely unknown to us and are something of a mystery. There is no exploitation of mounts in movies and on television which means that you probably don't know anything about mounts right now, which will help me dearly. If you're a blank slate, I won't have to carve away all the ridiculous notions, superstitions, and lies that you've probably been stuffed with when it came to lines. It just makes my job easier! So let's get started on figuring out what mounts are.

Well, as I said earlier, mounts are all named after Greek deities which have to do with the close association of Greek mythology. Why Greek mythology? Well, because it's the most popular and popularity in the Grecian tales during the Victorian Era really sold the mysticism. These were

deities that people had heard of, but they hadn't quite come to understand or know really well. In all honesty, they knew very little about them. Not only is it that there is an affinity within Western culture for the Grecian tales, but also the fact that many palmists are also astrologists as well, reading the signs of the Zodiacs and the cosmos. Having the two intertwined is a way of keeping things similar and uniform in the work. Of course, depending upon the actual culture that you're studying from, you'll probably learn that mounts and lines all have different names depending upon the culture. However, in the end, they all remain the same.

As for the names assigned to the actual spots, we're going to stick with the Roman names for the Grecian gods, so Jupiter instead of Zeus and so on and so forth. If you are at any point confused about what a mount has to do with the fortunes of yourself or your client, simply think about the name of the mount. Yes, the names and the locations of each mount is crucial to helping you remember what the purpose they serve is.

Now that we got the nomenclature out of the way, let's talk about why mounts are so freaking important. Well, mounts can tell you a lot about the lines we just discussed if the line originates, passes through, or terminates on a mount, in fact, it tells you a lot. Mounts are all about telling you the value and the importance of what the person's line is telling you. If a line begins on a mount or between a mount will mean completely different readings for you and your client's lines. There are plenty of examples of this, but most crucially for you, a line that begins between and ends in a location will give you the details that people want to see and hear.

Mounts, in and of themselves are the muscles of your hand that run under the skin. These muscles help you grip and hold items in your hands and there are dominant mounts and there are lesser mounts. Whether you have a prominent mount or a subtle mount will tell you everything that you need to know about the information you seek out. The mounts are great at helping you get information that you need to deliver the proper information to yourself and your clients. So, let's have a look at all of the mounts. We'll start at the top of your hand and work your way down.

Your index finger is known as the finger of Jupiter and the mount that's on the opposite side of your knuckle is known as the mount of Jupiter. The mount of Jupiter is the mount that you look to for signs of power, organization, and the ability to lead men. Your enthusiasm and your social capacity to share with those around you is all represented in this mount. If you have a large mount of Jupiter, your ambition, capacity for power, and leadership is all great. For a smaller mount, it means that you are a skilled supporter, in search for a noble cause, and the kind of person that any leader wants fighting in their corner.

Next is the mount of Saturn, beneath your middle finger, the mount of Saturn is right next to the mount of Jupiter and is an indicator of stability, tradition, understanding, and responsibility to do what is right. Those who have a pronounced mount of Saturn are also persons that have a desire to seek the deeper things in life and hunger for wisdom in many possible avenues in life. Someone with a recessed mount of Saturn means that they are lacking in the responsibilities and the stability that others have. They are looking for a fast track through life and are inclined to cheat others for what they think is theirs. If there is no pronouncement or recession, it is a high indication that you are a person that walks the middle path and receives respect for the honor that is there in that journey.

Up next is the mount of Apollo or called the mount of the sun sometimes. When you think of Apollo, you probably think about the arts, music, light, creativity, and spontaneity. All of those are indicators by this mount, those that have a strong mount of Apollo are enjoying life to the fullest and though they may not be artists, they do have a strong aspect in their life that is drawing immense amounts of creativity and energy into their life. Those with no real indicator in their mount of Apollo means that their life is probably dull at the moment or uninteresting to others. They lack the spark that they desire in their life and would be more than willing to experience what all the fuss is about. Those without a mount of Apollo and have a recession are victims of lust and desire the beauty they see in the world but



are unwilling or unable to do what is necessary to incorporate such beauty into their lives, or better yet, create it.

Beneath you pinky is the mount of Mercury and is the indicator of your influence, your prosperity, and your ability to delve deeper into the magical arts of the world. Now, the magical arts of the world these days are indicated as sciences and inventive mindsets, not hocus pocus. So, if you have a pronounced mount of Mercury, then you're probably the kind of person that can talk to others easily, get them to do what you need, and are incredibly crafty. Cunning is a double edged sword, however, so be warned that there is a fine line between cunningly smart and devilish. Someone without a mount of Mercury is not a communication expert and finds themselves being influenced by others in their life. This isn't necessary a bad thing, but they should be warned of the influences of others in their day to day dealings. Someone with a recessed mount of Mercury is a cunning soul and is infuriated by their inability to influence others and is more inclined to cheat or turn to criminal manners of getting their point across, no matter what that point may be.

We are now going to look at the two mounts of Mars and the plain of Mars that lies between them, otherwise known as the cup of your hand. Beneath the mount of Mercury is the second mount of Mars, it is an indicator of responsibility and commitment on a social circumstances and our endurance during the harder moments in life. Someone with a pronounced second mount of Mars will have a strong connection with their social responsibilities as well as any other venue in their life. Someone with a recessed second mount of Mars will undoubtedly feel like a pariah and suffer from the burdens of the trials that they endure in their lives. They will scorn society for the injustices heaped upon them.

The Plain of Mars is how you balance the two mounts of mars and explains our personalities to the world. Look at the lines that run through the plain of Mars. It's the center of our hand and will give you multiple signs that will be discussed at another time. This is where you see how your personality will be shaped by the health, heart, fate, and several other lines in

your life and depending upon the flanking mounts, what that means to the person's life. Know this region, for it will be addressed heavily the more you dive into palmistry and trying to understand this arcane art.

The first mount of Mars is underneath your mount of Jupiter and discusses your courage and where your beliefs are and to what degree you will stand with them. This is also a prime indicator of your energy and the strength that will be drawn from you. This is also an indicator of how you will handle fear or fearsome situations in your life. If your mount of Mars is pronounced, you are a brave soul who will stand strong against what barrages against their lives that they withstand. If you do not have a mount, it is said that you have not taken a stand or perhaps, you do not know where it is you standing in the beliefs of the world. But with a recessed mount, it is said that you are a coward who abandons beliefs and serves only yourself. However, if your mount is over developed and is extremely large, too much courage and too much fearlessness could put you into a monstrous category of your own. You may become a monster who oppresses and discards all others in favor of your own beliefs. Be careful where you stand in life.

Beneath your first mount of Mars is your Mount of Venus, which is the clearest indication of your passions, love, and your overall enjoyment of life. If your mount of Venus is developed, then you are clearly a passionate person who takes the sensual and the romantic aspects of life to a vital part of your heart and keeps it there. For someone who has a flat or hardly any development in the Mount of Venus is looking for something, lost and has yet to find the passion in their life that they would like to be ignited and consumed with. If your mount of Venus is recessed or very poorly developed, then you are lacking in passion and you are a cold soul, someone who is so lost that they've given up searching for love and excitement. Warn these people to reassess their stances and to look for new meaning in their life.

Beneath the Plain of Mars is a fairly uncommon mount that is worth looking for, just because it's an interesting indicator. If someone has a Mount of Neptune, that means that they are an intuitive person, able to read others

extremely well and that makes them charming and charismatic. This is the kind of person that should be in the public and adores the spotlight. Like I said, very few people have it and that just means that they're one of the millions of people who are afraid of public speaking. Those who do have it, however, are a different kind of bold, sometimes able to don a mask of bravery to present themselves to society when they need to.

Finally, beneath the second Mount of Mars lies the last mount that I'll be discussing with you and that's the Mount of Luna. Ah Luna, the source of writers' strength, imagination, a love of beauty, and the strength of emotions; it's a creative hurricane. People with pronounced Mounts of Luna are lovers of the arts and have a strong ability to harness the written word. They have imaginations that push them to ponder things that most others ignore or gloss right over when they're thinking. Those with no Mount of Luna emotionally stagnant, having pops of life here and there, but lack the creativity to see beauty in anything. These people are pulled down in life and need a hand out of it. However, those with a recessed Mount of Luna are extremely emotional, not able to harness them in creative ways and having too much emotion, but it's reactionary. These are people with road rage, crying for no random reason, and feeling like the world is full of luck that's good or bad at the drop of a hat.

With all of these mounts, you might be wondering what's the point of them when it comes to lines. Well, if you have a line that originates in the Mount of Jupiter, then it means that this person is starting with a previously decided form of ambition, drive, authority, and passion that those with a line starting between the Mount of Jupiter and Saturn don't have. Now, that's not necessarily a good thing, depending upon the circumstances and how a person acts with it. A Life Line that is flush with the Mount of Venus is full of love and will have a fulfilling life with passion and romance. They're going to find someone they love.

See how this can effect your line readings? But, there are all sorts of factors that can affect your line reading, but these are the two aspects that are going to be the foundations that you build your palmistry knowledge from.

So, know what your dominant lines are and know what your mounts are. After that, you'll have more intermediate things to get into like bracelets, rings, rarer lines, and markings. There are also fingers to read, but that's all for a different chapter. We're just here for the basics and now you need to know how to sell all of this to a client or a person you're reading.

## **The Hard Sell**

Wait! What do you mean sell it to others? I thought all of this was legit and that I'm teaching you something that's been studied for centuries and handed down as both an art and a science to the practitioners. So what do I mean by selling it to a client or a person? Well, I mean that no one actually believes in any of this stuff.

But, they want to.

We live in a world that has bound the magical and the supernatural up into a box of hocus pocus and another into science. As we learn more and more about this world, that which we cannot explain is relegated into superstition and foolishness, until we do understand it. Chiromancy and palmists have all been relegated into the pack of charlatans that the world wants them to be in for a very long time and there's not time soon that you or I are getting out of there. But, just because people in suits with degrees on their walls tell us that it's not real, doesn't mean that people fully believe it. They tell themselves that the magician in front of them making the rabbit disappear isn't really magic, but deep down inside, they think differently.

Whether chiromancy is real or not is ultimately irrelevant, what matters is whether or not you can pull out that seed of doubt in the real world and foster it into a healthy curiosity. Once you've got them holding out their hands for you, you've won and you'll be able to read them.

Feel like a charlatan? Probably, but that's alright. Everyone before you who has studied chiromancy has been accused of the same thing. Remember that divination is about finding the truth and that's a shared objective with you and your clients. If a person is holding out their hand to you, all you

have to do is start reading the signs and the lines. Start with the lines, read where they're starting, where do they go, and where do they terminate. Don't say much to them, the suspense draws them in all the more.

Figure out what it is the palm is saying to you before you speak and then, when you're confident that you understand what the line is telling you, start to ask questions. See, people come to palmists looking for answers, but what they don't realize is that the answers are within all along. There's nothing that you can tell them from their palms that they don't already know inside themselves. They are either lying to themselves, making excuses, or looking for validation. If you see that they have a Mount of Neptune, ask them when the last time they spoke in front of people was. Let them fill in the details for you where the palm is silent. If they have a strong first Mount of Mars, ask them what passionate ideals they stand for or if they have made sacrifices for their family or the ones they love. Let them begin to tell you the details you want to know. People are more than willing to answer the questions you throw out at them. Why? Because you're asking them from unique positions.

When you ask questions that are direct, such as: Would you consider yourself cowardly or fearful? They want to know what it is you know and they'll give you information so you can see more clearly what you're searching for. People still think of palmistry, and probably always will, as a crystal ball that is cloudy that if they give you more information you'll be able to read more clearly. As for you, class it up, tell them what you see and ask questions as to whether this is accurate or not. If you hit one thing that rings a bell with them, they'll drop down another barrier of doubt and it'll be easier for you to read them, get information from them, and understand what it is their palm is trying to say.

It's a hard sell, because people don't want to believe that everything they've been told is a lie, but they're more than willing to give you some doubt if you can prove yourself to them. So take your time, get a good reading, and toss out questions that draw them in deeper and deeper. Remember, don't advise them to do anything or react in any way. You don't

want them coming back at you with the fury of a scorned person who has made a wrong decision holding you accountable.

Good luck with others and just remember that they really do want to believe in you and are looking for a reason to give you the benefit of the doubt. Give them what they're looking for and don't make anything up. Just read their palm and the truth that is written there. If you're wrong, it's not your fault. You're just the reader.

## **The Wrap Up**

Chiromancy has a long history through the civilization of the world that goes back all the way to ancient times and has spawned from all across the globe. Civilizations have held chiromancy in high regard and it has endured where other forms of divination has faded with time. It has been around for a very long time and that means that you've been introduced to an ancient tradition that has been passed on for ages.

It's not something that is steeped in hocus pocus and lies, but is actually about observation, understanding, and study that can reveal common traits between humans all throughout history. Tied with the legends and beliefs of all those who have studied it in the past, chiromancy lives on and isn't going anywhere. You have been given the basic information and principles that are going to be needed for you to begin practicing and understanding the skills that are available for you to become a chiromancer or palmist.

By studying the lines of the palm and getting to know the mounts, you can infer certain details about the past that will lead you to understanding the future. If you're going to delve deeper into the world of chiromancy, you're going to want to master these skills before you continue on. I would encourage anyone to keep going, to understand everything they can about the art and utilize it to the best of their ability. So what are you waiting for? Get started now and hone your skills so that you can really master everything that forms the foundation of this art. The stronger your foundation is, the stronger your ability to master the intermediate skills will be. So what are you waiting for? Get started now!

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on understanding Palmistry. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## Preview of My New Book

[Body Language 101](#)

[What A Person ' s Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

## Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of learning to understand something we already know and to heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.



So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

## **Weapons of Mass Induction**

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

[Click Here To Read The Rest of](#)

[Body Language 101](#)

[What A Person 's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)

[So I Am Dating A Psychopath: Now What?](#)

[The Mind Of A Sociopath: Your Guide to Understanding The Anti-Social Personality Disorder of Sociopaths](#)

## About Michele Gilbert



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a

national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

## **Recommended Additional Reading..**

**[The Complete Book of Numerology](#)**

**[Palm Reading for Beginners: Find Your Future in the Palm of Your Hand](#)**

**[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)**

**[The Spellbinding Power of Palmistry: Complete Palmistry Course Book with Exercises](#)**

**[Crystals And Healing Stones: A Beginners Guide To Crystals Their Uses And Healing Powers](#)**

## **Additional Recommended Reading**

**[True Tarot Card Meanings: Learn the Secrets of Professional Readers!](#)**

By R. Lloyd Hegland

**[Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth](#)**

By [Benebell Wen](#)

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Warrior Goddess Training: Become the Woman You Are Meant to Be](#)**

[Kindle Edition]

[HeatherAsh Amara](#) (Author), [don Miguel Ruiz](#) (Foreword)

**[Astrology: Understanding Astrology For Beginners: The Ultimate Guide To The 12 Signs Of The Zodiac](#)**

*Spirit Guides And Wicca*

*Box Set*

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

<<< [My Free Gift To You](#)>>>



## **Table of contents**

[My Free Gift To You!](#)

[Introduction](#)



[The World of Spirit Guides](#)

[What is a Spirit Guide?](#)

[Types of Spirit Guides](#)

[This is How We Speak](#)

[The Art of Communication](#)

[Who Are You Really Talking To?](#)

[The Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

[Recommended Additional Reading..](#)

## **Introduction**

I want to thank you and congratulate you for downloading the book, *Spirit Guides: The Beginners Guide To The Spirit World*

This book contains proven steps and strategies on how to understand and communicate with your Spirit Guide.

Have you ever felt like there was something else out there? Something that's trying to get your attention but you're just not sure what or where they are? Well, there's a good chance that you're trying to communicate with a Spirit Guide and they're waiting for you. Of course, there's nothing to be afraid of. Most likely, they're here to make your life much, much better.

In this book, you're going to be given a brief overview of what Spirit Guides are, to the best of our understanding, and what they can offer you in your life. There are techniques and ways to communicate with your Spirit Guide and a few warnings if you're afraid that you've picked up something that might not be friendly.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **The World of Spirit Guides**

So, if you're this far into this book, I'm going to make a few assumptions about you that I think you need to understand before we continue on any farther down this road. The first thing that I'm going to assume is that you're open minded. Why else would you be here? After all, if you're going to read an entire book about Spirit Guides just out of spite or criticism, you should find something better to do with your time. So I'm going to make that leap and assume that you're an open minded sort of person who is willing to accept that the soul lives on, that spirits are real, and regardless of your religious beliefs, there is some sort of higher cosmic power at work through all of us and all things. That's my first assumption and it's pretty weighty right?

The second thing that I'm assuming is that you're probably interested in the whole concept of Spirit Guides. After all, if you are tempted to believe that there is something beyond this world or that there is more than what is seen, then you probably want to get in touch with it. Well, maybe you don't want to get in touch with a Spirit Guide. Maybe you just want to know what they are or how they affect the lives of those who do have them. That's fine too. Either way, you're here to learn about them and you want to know how they're interacted with. I think that's less of a stretch. You are reading a book after all.

Finally, this last subject that I'm going to assume is that you're looking for more than you could find for free on Wikipedia. Well, you're in luck. I'm going to give you more than you could ever want. In fact, I'm going to give you a book that you can devour and strip the meaty goodness from and digest for a while. But that's just the beginning. We're here to talk about Spirit Guides and this is no small topic, especially for those that are hungry for more than a Wikipedia page of information.

Spirit Guides are not like other new age beliefs that are out there. Like a handful of new age practices, Spirit Guides and the belief in them has been enduring through humanity for ages, since the first civilizations started

recording such things. In fact, it could be said that any form of deity or mythological being is a reference to a Spirit Guide. Regardless, whether you are talking about Native American, Chinese, Sumerian, Tribal Africa or one of the other countless ancient societies that keeps track of Spirit Guides, the answer is always the same. They do exist and there are ways to communicate with them. It's a hard thing to come to terms with when you live in a world that shouts the opposite, but I'm here to tell you that it's something you can experience for yourself and that you can decide whether it's true or not.

So let's have a closer look, shall we?

## **What is a Spirit Guide?**

Before we begin to talk about how you communicate with them or what the different types of Spirit Guides out there are, it's important to have a little time discussing what exactly they are. This is something that you're going to want to have answered well before you begin actually communicating with these Spirit Guides that are out there waiting for you. So, what exactly are Spirit Guides?

You want the simple answer or the complex answer?

The simple answer: We have no freaking clue.

The more complex answer is that you're dealing with something that's dwelling in the spirit world and is at best trying to communicate with you on a mental plane that most scientists don't rightly acknowledge right now. Spirit Guides often try to communicate through sensations, emotional reactions, and subtle gestures through the physical world. What makes them even more precarious is the fact that a lot of them don't seem to be human even. But maybe I'm getting ahead of myself. The point of this is: we have to take Spirit Guides for their word and that means trusting them to tell the truth. Other than that, we can only trust what it is that mediums and channelers have told us, regardless of validity on their part. So, without having experienced for yourself a Spirit Guide, you're stuck leaving yourself in the hands of a lot of trusting others. That's why I strongly encourage

contacting your own medium or a psychic that can help you if you're already experiencing contact from a Spirit.

What we do know about Spirit Guides is that many of them were once humans. Whether you are a strong believer in Buddhist or Hindu principles and ideals, you might say that they have reached the highest Karmic level and have ascended to a whole new level and abide now on a spiritual plane of existence. They no longer take their traditional form, but have the opportunity, should they desire. Many of them take the form of beings that you might be more receptive for. Of course, this doesn't necessarily mean that they take human forms. In fact, they many times show up as Spirit Animals that have been highly exploited by Hollywood through Native American influences. Whoever they are these masters of human understanding and spiritual power often approach people, willing to help.

Another option that they might be is actually that they're your ancestors. Strong bloodlines might have people in your past who have a strong desire to see that you succeed in your actions and opportunities. These ancestral guides present themselves and usually are eager to inform you that you're actually bound by blood.

Another option is that you're dealing with a spiritual being on a whole other level than you are. Some of these spectral beings exist as pure light, others as pure energy, and sometimes, you'll find that they're actually deities or divine beings from other cultures who have taken an interest in you. Of course, they usually seek you out for one of two reasons. Either you called out to them and they answered or they want you to succeed in your mission, goals, or ideas that you are pursuing.

One can also find that Spirit Guides are also truly physical. You can find a Spirit Guide in a shaman, a guru, a priest, or in any other form of spiritual mentor that can help lead you along your way in life. They could take the form of a spiritual guru or they can be a storyteller. These physical Spirit Guides are definitely able to show you the path you need to take in this life. Listen to them and do whatever you can to garner whatever information available to you.

No matter where they come from, there's something very clear about Spirit Guides and that's the fact that they have a very real and very serious interest in the life that you're living and the actions that you're taking part in. Because of this, they're offering wisdom, guidance, and any kind of knowledge that you could possibly need in the coming years of your life. Again, there is no hard evidence and there is no way that you can actually trust what these beings are saying because they offer no evidence. The one thing that we do know is that they can validate their stories and they know exactly what they need to prove their story.

One thing that I want to stress is that many of these beings are benevolent and want to genuinely guide and help you. However, there are beings out there that are malevolent. Regardless of your spiritual practices or beliefs, there are a lot of beings that very much want to cause pain, sow discord, and give you any kind of trouble that they can. These beings will present themselves to anyone who wants to communicate with them and are eager to sow deception and trouble in any way that they can. I'll discuss this later in a chapter about the warnings of trusting the first being that comes your way. It's vitally important that you know this up front before we go any farther.

And with that, you officially know about as much as we know about what Spirit Guides are as the rest of us. I'm going to go into more detail as to what the different types of guides are in the next chapter, but right now, all you need to know about them is that they're spiritual beings that communicate on a purely mental and dream state. Though they exist as spiritual energy and power, they are also capable of manifesting themselves in any form that is required to convey the message that they have to share with you.

Now, let's talk a little more in depth about what they are and the different types that you could encounter on your travels or journeys through the dream or spirit world.

## **Types of Spirit Guides**

Like I discussed with you earlier, there are multiple kinds of Spirit guides and depending upon the culture that is seeking to interact with them. Since

there are so many types of Spirit Guides, it's worth going over what they could be representative of or just the characteristics that are common among them. Of course, the truth could be that all of these Spirit Guides are the same, just manifesting themselves in a different way or just a different understanding of what they actually are. Regardless of their true presence, the result is always going to be the same. They are part of a reality that is not our own and they're looking to communicate with us and that's all we can go with.

What follows are the distinct characteristics of the guides that you could be encountering or that are out there waiting for you to encounter them.

### Enlightened Guides:

These ancestral guides are what I would refer to as masters or spiritual leaders that have reached the highest level of enlightenment or holiness that they could and have found a way to transcend the barrier of death. How they did this or why they did this might be disclosed to you, but what they are here to discuss with you is your life, not necessarily theirs. In fact, there is a lot of speculation that these ascended masters are just helping individuals. Most believe that ascended masters are more of a corporate mindset, looking to help all those that exist in the world and are working toward a better future with multiple people at once. These enlightened guides usually come with messages and warnings. They answer questions, but their objective is clear, to help you on your path to holiness and to ensure that you get the guidance you're lacking right now.

### Ancestral Guides:

These guides are unique in the fact that they may not have the answers that you seek, but they do have advice. They're here to ensure that their bloodline does not wander and that their work and accomplishments in the generations or ages before is not wasted on someone who has no direction and no help in life. A unique thing about Ancestral Guides is that they usually come in the form of protection. They deliver warnings to you and offer advice specifically catered to keeping you safe and keeping you out of

harm's way. They might even manifest signs and omens that keep you from making terrible decisions in the moment. If you have an Ancestral Guide, it's wise to seek what it is that they have in mind for you and to understand why they chose you specifically out of their extensive bloodline to communicate with. See if you can't help them out as they help you out as well.

### Physical Guides:

Many people have stated that in certain points in their life, they have encountered mystics that have no trace and have vanished just as ominously as they appeared. It is these people who have perpetrated the legends that some Spirit Guides actually can physically manifest themselves. These people might take many forms, warriors, saviors, storytellers, travelers, sages, or teachers that happen to encounter you on your journey in life. They impart wisdom and their philosophy that they feel you should be privy to and then they vanish after a duration of time. You may never see them again and you may never want to or have need to see them again. They exist to radically alter your life and to put you on a new path that is better for you. If you encounter one of these Spirit Guides, don't waste time trying to track them down or to hunt after them. Utilize the opportunity given to you to ask questions and to work out things in your life with them. It's a valuable gift that you've been given and you shouldn't waste any time afterwards chasing after something that doesn't want to be found. Not that you could find them anyway.

### Animal Guides:

There are many cultures, not just the Native Americans, which talk about the existence of Animal Guides and their ability to deliver teachings, messages, and serve as educators in the world. Animal Guides are rarely actual animals and most of them talk to the people they are with or appearing to and many of them serve as actual, physical guides along the road through life. Animal Guides are usually interacting with those who have a serious need for guidance in their life or at a crossroad that they need to tread carefully on. They don't look to discuss things in your life that you have questions about, rather they serve as guides and markers in your life. If you



have an Animal Guide who is a coyote, then you're going to want to look for signs in your life of coyotes, no matter where they are or what it is they're on. They're going to be a clear sign for you when you feel like you need answers to the questions or crossroads in front of you.

### Divine Beings:

Many feel that they are being met by angels or deities from past religions or forms. While this is fairly unique, it could be that you're actually encountering these beings or that you're meeting a being that has decided to reveal itself to you in the form of a divine being. These divine beings come in the form of protectors, teachers, and messengers. When you meet them, it'll be hard for you to test them, to see what they really are. It's hard, because how can you tell whether you're talking to the real archangel Michael or the god Osiris? The real answer is that you're not going to be able to tell. Despite actually holding trust in such a high esteem, perhaps you should care more about the knowledge that's available to you from this guide. Honestly, sometimes the truth is irrelevant when it has to do with a person's identity. Especially when that truth offers you nothing.

Spirit Guides are mysterious and they come in many forms and manifestations in your encounters. How you handle them and what you do with them is something that is going to be entirely up to you. Without having a clear answer to a lot of the questions that you have, you're just going to have to take things on faith. Now, since we don't know exactly what Spirit Guides are and that there are a lot of forms that they take, how exactly do we know that they're trying to communicate with us? How do they get through from across different plains and realities? Well, we look into that in the next chapter. To see what it means when these Spirit Guides try to communicate with us.

## **This is How We Speak**

There are a lot of ways that Spirit Guides try to communicate with us and most of them are actually really subtle. For many of us, the only way that

you're ever going to notice that the Spirit Guides are trying to communicate with you is if you're actually starting to look for the signs and the words they bring for you. It's also vital for you to remember that these are beings of a spiritual nature and have their own way of dealing with things in the physical world. So let's have a look at what the Spirits are trying to say to you.

### Dreams:

One of the most obvious that Spirits try to communicate with you is through dreams. The dream world is often a subject of debate among those who have an interest in the spiritual matters of the world, whether it is actually a conduit to the spirit world or whether it is a network in its own sense. Regardless of what the dream world really is, it seems that Spirit Guides are very serious about communicating to their subjects through this medium and that it has become a common place for people to assume that there is no truth to it. For most people, they write of Spirit Guides who approach them through the dreams they have as nothing more than quirky manifestations of the mind. The only problem with this belief is that it ignores the consistency with which others have been contacted by Spirits.

For you, if you think that you're being contacted by Spirits in the dreams you're having, there are several ways that you might be catching on to this. Perhaps there is a being that consistently shows up and has no relevance to the dream that you're having. Not only are they out of place in the moment, they might actually be going against the dream, sticking out and drawing your attention to them. If this is the case, they're probably trying to get you attention and draw you to them. If that's the case, then I would suggest actually approaching them the next time you experience their presence in a dream. Reach out to them and see what it is that they're so interested in telling you.

The hardest part about this is the fact that it's happening in your dreams and that you're not actually likely to remember the dream. Maybe if it's strange enough or weird enough it will stick out, but the chances of that happening are extremely slim. In fact, remembering really crazy dreams are

hard enough most of the time. So, one thing that you're going to want to work on is remembering your dreams and writing them down. You might be more inclined to remember them in that case. Remember, test these beings if you can in your dreams. Tell them to come back before they have your attention or your focus. Tell them to prove themselves. You don't want to listen to random constructs of the subconscious.

### Intuition:

There's something really great in the world known as intuition. My wife has a very strong intuition and there are plenty of women out there who have a strong sense of intuition as well. It's the ability to sense information without having any actual, physical evidence in your hands. It's the ability to pick up information on a psychic level that leads lots of people to understand insight or see what's coming before they ever have information that's worthwhile. There's a good chance that there's a Spirit Guide that is trying to communicate to you through intuition, especially if you've opened that door up for them.

If you've made active communication through mediums or someone else or some other method, there's a possibility that you're going to start feeling nudges and pulls from your Spirit Guide toward what they want you to do in this life. It's doubtful that they're going to give you much more information other than this subtle, sometimes disturbing push and pull from your Spirit Guide. They're going to try and influence you through the subtlest form and make sure that it's you who are making the decisions. Honest Spirit Guides are not in the business of tricking or deceiving those that they're helping. Again, we'll talk about testing and making sure that you're dealing with a genuine Spirit Guide in a later chapter, but for right now. Intuition is probably a Spirit Guide trying to get you to pay attention to something that you've been distracted from or ignoring.

### Signs:

For those that have an Animal Guide or a Spirit Guide who has a definite representation, there's a strong possibility that they will attempt to use

monikers, icons, or symbols as a method of communicating to you in the physical world. We call these signs and omens and they will start popping up everywhere. There's a lot of argument that these signs have always been there and that your sudden awareness is the only thing that has actually changed. Regardless as to why the signs are there, it's simply a matter of noticing them and helping to make decisions through them. Most people will discourage this as superstition, but you've already decided that superstition was not hocus pocus a long time ago. So, if you're trying to make a decision and you're dealing with a Spirit Guide, see if they're trying to contact you through signs in the real world.

Another possibility when it comes to omens and signs are that they're trying to get your attention in general. Many Spirit Guides are not interested in the fact that you have other things on your mind. They're trying to get to you before you completely ignore them and decide that they're nothing more than a reoccurrence. If there's something out there that keeps popping up, that keeps showing its face, and it won't leave you alone, this could be the manifestation of a Spirit Guide that is trying to contact you. If you keep seeing ravens popping up again and again, then perhaps you should start watching them to see what it is that they mean. Look for them in dreams and follow the rabbit down the rabbit hole once in a while.

These are just a few of the ways that Spirit Guides come looking for those that are open to their guidance and their information. If you are experiencing some of these things, then it's a good possibility that they're going to keep trying to contact you. Open your mind to their presence and keep your awareness high. As far as you're concerned, these beings are still going to keep coming. The more you notice them, the more you should test them and the more you should keep trying to find out whether or not these are actual Spirit Guides. See what information they can offer you and keep your mind open. But, how do you talk to them? How do you communicate with Spirit Guides? Well, let's look into the next chapter and see what it is you need to do in order to find out what it is they want with you and what they can do for you.

## **The Art of Communication**

So, you have Spirit Guides who are trying to contact you and they're trying to get your attention before you give up on them. Well, this is only good if you have a way of responding to them, right? After all, you don't want to be limited to just communicating to them in dreams, if you're lucky enough to have one appearing to you in your dreams. No, you want to find a way that you can actually converse and discuss things with them. You want a clear channel of communication and there are plenty of ways to achieve that. I've got three ways that you should communicate with your Spirit Guide and I would actually like you to follow this list in order, rather than doing whichever one you want. It's for your own good.

If you have a Spirit Guide trying to contact you, then here is what I suggest you do:

### **Step One: Contact a Psychic:**

Psychics are the pariahs of the scientific world and many people feel that there is a negative connotation and stigma to having them in your life. People think it's hokey and that it's stupid to trust one, but if you're this far down the road to Spirit Guides, then you've put that behind you. Hopefully you have, because before you ever initiate conversation with a Spirit Guide, you should know fully how to test it and how to understand what it is. There are psychics literally in every city and town in the world and finding one will not be nearly as difficult as you might think it should be.

Find one and ask them if they have any information or knowledge about what to do when it comes to Spirit Guides. If they do, then I would strongly suggest going and having a talk with them. Tell them that you believe that something or someone is trying to contact you from beyond and that you need to have some sort of reference or clarity as to whether or not they're really a Spirit Guide and that they're benevolent. This isn't an unusual request. They're going to know exactly what it is you're looking for and

they're going to be able to help you and determine what it is you should do next.

If you're worried about finding something malevolent or dangerous, a psychic can give you ways to protect yourself and safeguards that you might need. They'll offer a wealth of information and knowledge that you might need later on down the road when you're learning how to manage and deal with your Spirit Guide. If there's ever anything that you feel inclined get information out of your Spirit Guide. Ask your psychic anything that you want to know. There's plenty of information that they can give you and you're paying them for this after all. Don't waste the time and money that you're spending.

### Step Two: Learn to Meditate:

Meditation is going to be the only real road you have to getting any kind of serious answers or truth out of the Spirit Guide that has taken an interest in you. Without a solid core of knowledge about meditation, you're going to end up wasting your time and probably thinking that all of this is just stupid. Take a class if you need to, get some understanding, and find out how to accurately and successfully meditate. If you need to, learn about Chakras, crystal meditation, and any other form of meditation enhancement that you might need to make your chances of actually communicating with a Spirit Guide better.

When you meditate, the chances of calling and channeling your Spirit Guide is going to increase greatly. When you feel the presence of a Spirit Guide, then I would highly suggest that you make sure that the presence is stable. Get a solid read on your Spirit Guide and when you have that, know that your only real communication with a spirit is through thought. Sure, you can try to vocalize with a Spirit and talk to them, but you're not going to get audible responses. That's not how it works. For your first attempt to communicate with your Spirit Guide, you should really just say hello.

Honestly, by saying hello, you'll be initiating the conversation and demanding a response from them. This puts the ball in their court. If they

want to contact you, then they need to speak up. Their reply might come in the form of a positive feeling inside of you or an affirmation in your gut. However they decide to answer, you'll know if it's a real conversation or not. Once they've replied, it's wise to always ask to make sure that it's actually them. Ask them a few questions. Ask them if they have a message they want to deliver to you or who they are. Open yourself up to visualize them and ask them to reveal themselves to you. Don't let them hide in the shadows and keep from revealing themselves to you. This will honestly feel weird at first, but you're going to know whether or not it's real in a matter of no time. I guarantee that to you.

Once you've done this the first time and you've tested the Spirit Guide that's trying to contact you, tell them to meet you again when you meditate. The more you meditate and the more you open yourself up to them, the more likely that you'll be able to have continuous dialogues with them. If you want, invite them to manifest signs in your life to help you make the right decision or ask them if they know anything that they should share with you about the impending future. When you have a regular routine down, your Spirit Guide will manifest itself to you constantly through meditation. You might even find that your Spirit Guide contacts you when you're not meditating, depending upon how open you are to receiving them. The more open you are, the more constant they'll arrive.

### Step Three: Journal Your Encounters:

Seriously, I cannot stress this enough. The value of actually having a record of the experiences and the contact that you have with your Spirit Guide will help you immensely on contemplation and meditation exercises. If you hear something cryptic or a warning, it's good to have record of it so that you might be able to go back and look at the material to get a grip as to how your Spirit Guide is actually handling you. All in all, writing also is a cathartic exercise that helps you clear your mind, sort your thoughts, and understand what it is that you've just experienced. Remember, this is all about getting what you want and what you need to understand out of the experience. If you're experiencing something truly bizarre or very strange,

you'll have a record and an account that you can take to a medium or a psychic at any point in your life.

There are a lot of strange things that can happen when you first initiate contact with a Spirit Guide. Whether this is a spirit from beyond the grave or if it is something else that has been around in the world for a very long time, you'll now have a guide to what you should do next when you encounter your Spirit Guide. Remember to keep your eyes open and to remain alert. The most important thing that I can impart to you right now is that if you are ever confused or worried about what it is you're experiencing, please consult a medium or a psychic for help. This is their livelihood and they're more than willing to help you through any kind of situation that you find yourself in.

## **Who Are You Really Talking To?**

Some of you may be asking the question right now: how do I know that I'm really talking to a benevolent spirit? This is an excellent and a very wise question to be asking. If you're approaching this whole experience with a naïve or oblivious mentality toward what it is you're dabbling with, you should stop now and reconsider what it is you're doing.

The current atmosphere in the New Age movement is to accept that there are not demons, but rather negative energy. However, every culture in the world that believes in the existence of Spirits or something beyond this life on another plane of reality believes that there is a negative or malevolent force as well. These dark spirits have popularly been coined demons in many aspects of society and are something that you should be aware of when you're dabbling with Spirits. Why is this so important? Because demonic forces are always bad for those that unknowingly get involved with them.

The good thing for you is that Spirits seem to operate by a certain law or code in their life. Without actually inviting them in, Spirits have no real means of contacting you. You must initiate the communication for it to succeed in entering your life or having anything to do with you. If you are being pestered by a being in your dreams and you're coming to understand



that it's not exactly something that you want to have around, then simply ask for it to leave.

There is no need to be afraid of dark spirits or the presence that they have in your life. Of all the people out there that they could pester or have an issue with, you're not worth the time if you're ignoring them or actively seeking to get rid of them. They can have plenty of other people who they can torture and make their life miserable. Don't be afraid of what it is they mean. All they want is to influence the life of another and that's it. Don't let them affect your actions or what it is you're thinking.

A great way to weed out whether the Spirit that is making contact with you is malevolent or benevolent is to simply ask them questions. You should ask them what their intentions are. If they say that they are one thing, test them to see if their stories add up. For example, if they claim to be a member of your ancestry, do some research and find out if what they're saying is true. Test their identity in any way that you can. Ask them for tales of their past exploits or what their true intentions in your life are. Make sure that when you're meditating, that you exude a positive mindset and try calling Spirits of truth and honesty to you while you meditate. When it comes to the spirit world, like attracts like and those who have a lighter heart and spirit will draw lighter Spirits to them.

Again, if you ever feel like you've welcomed in something that you regret, go ahead and contact a psychic or a medium who will help you deal with the situation. They are very experienced in this matter and if at any point you're worried, they'll be more than happy to help you.

## **The Conclusion**

When it comes to communing with Spirit Guides, it can be a tricky and confusing world that makes many people question whether it's real or not. However, there are plenty of people who have spoken about Spirit Guides over the course of history and they have been a part of nearly every culture, regardless of trade, communication, or proximity. They have always been with us and as long as we exist, I'm sure that they always will.

In this book, we discussed everything that we know about Spirit Guides, everything from what they are to the kind of manifestations that they present themselves as. We also learned that there are many reasons by which Spirit Guides present themselves to us in our lives and can try to communicate with us for many reasons. Of course, we also discussed the three simple steps that you can take to have a healthy communication with your Spirit Guide. Remember to be smart about it and to follow those steps in order. Finally, we discussed some warnings about making sure you know who or what it is you're communicating with and having a clear sense what's going on.

There's a large, exciting world out there and your Spirit Guide is looking to communicate with you and to offer guidance in any way that they can to you. They have a wealth of knowledge and they're more than willing to share it with you if you open your mind and understanding to their wisdom. Be sure to approach this carefully and intelligently and feel free to contact a medium or a psychic at any point where you feel uncomfortable or nervous.

Thank you again for downloading this book!

I hope this book was able to help you to unlock some of the mystery and confusion behind Spirit Guides.

The next step is to start deepening your understanding the information about the possibility of having a Spirit Guide.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on overcoming rejection. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## **Preview of My New Book**

### **[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)**

## **What is Wicca?**

So you're interested in Wicca, or maybe you've already started your adventure into the big world of one of the oldest religions in the world. It's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and a resurgence in the mystic arts, it wasn't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today, meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here's what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn't know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we're good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That's why you're here after all? Isn't that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows, that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don't be shy. We'll have a nice little chat and you'll see what it really means to be a Wiccan and I'll tell you about the magic that you know in your heart to be real. I'll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the

shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

## Concerning Covens:

If you are taking the path that leads you to becoming a Wiccan, you're not like everyone else. You're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you're serious about becoming a Wiccan or delving into any of the neopagan groups, there are many resources.

Thankfully, we've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there's now a way for us to communicate and encourage one another. It's truly a great tool for us to use.

If you're interested in finding a coven near you or a sect that is active in your area, try getting a physical connection before you try the internet, just for the sake of adventure. Find your nearest new age store, every community has one, and speak with someone there. Every new age shop has connections to every aspect of the new age movement which Neopaganism is a huge part of. So if you're interested, go chat before you get online. But if that's not your style and you're still incredibly nervous, then try [Witchvox.com](http://Witchvox.com). It has a listing for every registered community by state or country. If you don't see your community listed, throw up an ad and see if anyone in your area is interested in meeting and mentoring you.

Now, when it comes to Wiccan groups, there are sects, as I said, like any other religion. You will find that they differ ideologically and that they are influenced by certain members of our founding. It's easy to liken it to popularized Christian sects. John Calvin inspired Calvinism, Martin Luther inspired Lutherans, and John Wesley inspired the Nazarenes. So too do we

have our founders and their various sects. Granted, we're not nearly as harsh on the others as Christians are.

Here is a brief list of the common sects you'll find:

[Click Here To Read The Rest Of](#)

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks:  
Learn Wicca Magic Spells, Traditions and Rituals](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks:  
Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An  
Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And  
Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And  
Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The  
Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation:  
Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To  
Reset Your Diet And Your Life](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more  
restful sleep!](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can  
live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a  
happy pain free life!](#)



**[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)**

**[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

**[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)**

**[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)**

**[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)**

**[So I Am Dating A Psychopath: Now What?](#)**

**[The Mind Of A Sociopath: Your Guide to Understanding The Anti-Social Personality Disorder of Sociopaths](#)**

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a

national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

Recommended Additional Reading..

[Spirit Guides: 3 Easy Steps To Connecting And Communicating With Your Spirit Helpers](#)

[Evidence of Eternity: Communicating with Spirits for Proof of the Afterlife](#)

[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)

[Astral Projection: Expanding Your Consciousness Beyond the Physical - The Essential Guide to Mastering the Art of Astral Travel](#)

[Astrology, A Cosmic Science: The Classic Work on Spiritual Astrology](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

# **Wicca: The Ultimate Beginners Guide For Witches and Warlocks**

*Learn Wicca Magic Spells, Traditions and Rituals*

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert





# Table of contents

[Introduction](#)

[What is Wicca?](#)

[Concerning Covens:](#)

[Tools of the Trade:](#)

[Rites, Rituals, Spells, and Practices:](#)

[Types of Spells:](#)

[That's the Show Folks:](#)

[Conclusion](#)

## Introduction

I want to thank you and congratulate you for downloading the book, *Wicca: The Ultimate Guide For Witches and Warlocks*.

This book contains proven steps and strategies on how to get the truth on what Wicca is all about and a peek inside the Craft.

Sure, there are a lot of TV shows out there and movies that have to do with Wicca or have Wiccans in them, but is it all true? What does it really mean to actually cast spells? I mean, science is a thing and it says that it's not possible, right? Right?!

Well, the truth is, we all want to believe that there are primordial powers out there and I'm here to tell you that there are. Follow me on a guide to the Wiccan faith and ideals where you'll find out that we believe in tolerance and acceptance above everything else. Let me shake off the mystery and the seriousness that plagues the Wiccan people this day and age. I'm here to give you the straight answers you're looking for.

Thanks again for downloading this book, I hope you enjoy it!



© **Copyright 2015 by Michele Gilbert All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## What is Wicca?

So you 're interested in Wicca, or maybe you 've already started your adventure into the big world of one of the oldest religions in the world. It 's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you 're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let 's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and a resurgence in the mystic arts, it wasn 't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca

practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today, meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here ' s what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn ' t know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we ' re good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That ' s why you ' re here after all? Isn ' t that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows, that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don ' t be shy. We ' ll have a nice little chat and you ' ll see what it really means to be a Wiccan and I ' ll tell you about the magic that you know in your heart to be real. I ' ll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

## **Concerning Covens:**

If you are taking the path that leads you to becoming a Wiccan, you 're not like everyone else. You 're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you 're serious about becoming a Wiccan or delving into any of the Neopaganism groups, there are many resources.

Thankfully, we 've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there 's now a way for us to communicate and encourage one another. It 's truly a great tool for us to use.

If you 're interested in finding a coven near you or a sect that is active in your area, try getting a physical connection before you try the internet, just for the sake of adventure. Find your nearest new age store, every community has one, and speak with someone there. Every new age shop has connections to every aspect of the new age movement which Neopaganism is a huge part of. So if you 're interested, go chat before you get online. But if that 's not your style and you 're still incredibly nervous, then try [Witchvox.com](http://Witchvox.com). It has a listing for every registered community by state or country. If you don 't see your community listed, throw up an ad and see if anyone in your area is interested in meeting and mentoring you.

Now, when it comes to Wiccan groups, there are sects, as I said, like any other religion. You will find that they differ ideologically and that they are influenced by certain members of our founding. It 's easy to liken it to popularized Christian sects. John Calvin inspired Calvinism, Martin Luther inspired Lutherans, and John Wesley inspired the Nazarenes. So too do we have our founders and their various sects. Granted, we 're not nearly as harsh on the others as Christians are.

Here is a brief list of the common sects you 'll find:

### Gardnerian:

Founded upon the beliefs of G. Gardner when Wicca popularity was at its height in the Fifties, Gardnerians are by far the most numerous of the Wiccan sects. Established as a matriarchy, Gardnerians are the central figures of the modern Wiccan movement. Most other sects can be seen as off shoots of Gardnerian.

### Dianic:

Founded by Margaret Murray in the Twenties, Dianic is a very feminist version of Wicca that is more akin to the Craft. It ' s very well known that Dianic covens are very political and very active. Some see them as retroactive and misguided; you can be the judge of that.

### Alexandrian:

Formed by Alex Sanders at the boom in the Sixties, Sanders started his work in England which spread to the United States. This sect is much more interested in ceremonial magic (or magic, as we refer to it) and is classified as less political or competitive with other religious groups.

### Celtic:

Founded on the beliefs of the Druidic and Celtic traditions, the Celtic branch of Wicca, I would say, is the largest growing group. If you have to form up with a Coven, then you ' re probably going to find that they ' re more heavily influenced by the Celtic traditions. Many of the members call themselves Druids and are fairly easy to find.

### Eclectic:

This is what I would consider myself and this is what I would consider most of the Wiccans that I have come to know. Sure we each have our preferences and our leanings toward a different denomination, but I do not classify myself as neither here nor there. I am a wanderer, picking up what I know from literature and what I learn from others. I would say that the average Wicca would truly consider themselves Eclectic if they do not belong to a true Coven sect.

### Locational:

There are several sects that are uniquely adjusted and crafted to the location that they are in. Such as the Strega in Italy, Teutonic in Northern Europe, Pictish in Scotland, or the British Traditionalists in England. These groups are more just locational and focusing on the lore and history of that general region. While beautiful and interesting, they usually just offer unique or different perspectives on all other teachings. They 're good to study if you 're truly interested in expanding your view of the world.

Now, do not feel like you need to align with any sect. It 's not a club mindset. I do not hate Gardnerians or Alexandrians, just like they will not hate me or you. All Wiccans are united through tolerance and a curiosity to discover truth that is relevant to you. You will not find anyone stepping on your beliefs or thinking that you are a fool. We are all about acceptance and understanding.

### **Tools of the Trade:**

If you were to sum up a Catholic Priest 's equipment, you 'd say a crucifix, holy water, anointing oils, a collar, and maybe a few other things and you 'd have yourself a Priest starter kit. Well, if you 're looking for that kind of a starter kit for a Wiccan, you 're out of luck. There are a few things that every Wiccan will have, but it really depends upon what they 're practicing.

Again, there are Wiccans that literally just want a deeper attunement to the world around them and want to read the truths of the earth in nature. They don 't practice magic, perform rituals, or do anything like that. There are some that solely practice meditation and crystal work, finding themselves more drawn to Chakra work than anything else. I have a friend that does crystal work and does divination through runes, but considers himself a Wiccan. Again, no magic work. So it really depends upon what you 're interested in doing.

But again, there are a few things that we all tend to have and I ' ll give you a little insight into those.

### Talisman:

It ' s fairly common that every Wiccan or a practitioner in any of the sub-classes of Wicca will have a talisman. Probably the most valued possession that I have is my talisman that I have had for years. My best friend ' s talisman is his wedding ring and so is his wife ' s. Mine is an old token of my past that I have carried with me since I was a child. Every day, I have my talisman on me , with me.

A talisman is a sentimental object that has a strong tie or influence from you. It is used to alter negative energy to positive energy, which is vital and imperative for rituals, spells, meditation, and divination. Negative energy is the death of everything that we are trying to do. You ' ll begin to notice that you ' re off when you don ' t have your talisman with you and that will be a very rare day indeed. If you ' re looking to find your talisman, look at jewelry, which is the most common form a talisman takes. It ' s easy to wear it or have it with you all the time. Think of what it is that has a mystical tie to you that makes your day just feel off if you don ' t have it with you.

If you don ' t have that kind of an object in your life, then you ' re going to need to find one. They ' re not necessary, but they ' re important and we all like to have our own special talisman. I strongly encourage everyone to have a talisman. It ' s pretty much the key to any form of divination work or cleansing your aura.

### Candles:

If there ' s another item that I ' d say you ' d see any one practicing magic would have, it ' s got to be candles. Every spell calls for candles, especially different or unique candles that are specific to any form of the spell that you ' re casting. Colors are of great significance when it comes to a spell. For example, using red candles instead of white candles will produce a different outcome to the spell that you ' re trying to cast and may even cause

your spell to fail. Again, like I said, you 're going to find candles with pretty much every spell that 's brought along.

### Crystals:

It 's pretty fundamental to understand how meditation and auras work when trying to cast a spell. For those unacquainted with crystals and the power that they have, there are countless books that you can find to teach you on the subject. A real quick overview is that crystals are primordial energy from the earth and have different effects upon our energy and aura. Crystals can greatly enhance your natural gifts and augment that which you 're trying to accomplish. Whether you 're using your crystals for meditation and communing purposes or for runes, crystals are fairly common with anyone who is practicing the magic arts of Wicca.

### Salt:

There are so many spells that call for salts that it 's dizzying. I think that I use more salt than I use candles. Salt is a great material for rituals as well and you 'll find different kinds of salts out there. Again, while many spells require various exotic and domestic ingredients, you 'll go through a lot of salt. It 's just a common ingredient. Of course, it 's hard to find black salt just anywhere. You 'll find yourself frequenting new age shops quite often once you begin your journey down the Wiccan path.

Those four items are pretty much what I use most and what I would suggest a beginning Wiccan to invest in. Of course, you 're going to need to research the crystals and do some experiments with them. Any spell is going to call for more ingredients than just salt and candles, and you 're going to have to buy a lot more. Most items that you need are going to be readily available at new age shops and if they don 't have it, most have vendors that will get you what you need. Again, these are just four basic items. If you 're looking to start right now without spending any money, consider meditating and finding your totem. It 's going to prove to be important to you later on.

A note on Athames and chalices. There are a lot of Wiccans that are very hard core, very deep in the covens, and very bent on rituals. They perform



many rituals on the Sabbats and they have a lot of elixirs that they craft for those rituals. Unless you 're really bent on getting into a coven and really developing yourself in the coven, athames are pretty pointless. I 'd also suggest letting your coven bestow an athame upon you.

Also, a lot of people inform me that a pentacle is very necessary to perform a ritual. I 'd say yes, if you also have a time machine and go back to the seventies and the eighties. Maybe it 's just a location thing for me, but I don 't know a lot of people that actually own a pentacle anymore. I have many friends who have a pentacle tattoo, but that 's about it. Wait and see if you 're really going to utilize it if you 're practices before you buy one. I know that back in the day they were pretty big, mostly because they were a propaganda piece.

## **Rites, Rituals, Spells, and Practices:**

Now, what exactly do we do? Well, that 's a complex question. That 's like asking a Muslim what it is they do or a Buddhist what they do? It 's a complex metaphysical study and community fellowship that brings us together in the pursuit of the greater purposes and meanings in life. Of course, there is a lot more mysticism surrounding our beliefs, but I wouldn 't say that it 's any different than any other church or faith. We congregate and we have our traditions that we pass down from elders to the newer members. All Wiccans are about belonging, acceptance, and the pursuit of knowledge. We all hunger for that which we seek and that is to understand the Universe or the God and Goddess. It all depends upon what you feel called to pursue.

I 'm sorry it 's not all orgies and goat bleedings.

Actually, no I 'm not. At least the bleeding part.

For those of you looking for the crazy sex stuff, I won 't tease you anymore or drag you on. Yes, there is a sexual practice known as the Great Rite which is a symbolic rite that is performed to signify the unity of the God and the Goddess. Have I known covens to basically turn this into an

orgy for religious purposes? Yes. Have I known covens that do not? Yes. Mostly the Great Rite is performed with established couples and no one is ever forced to have sex and there is nothing close to rape involved. So we can settle that nagging question for some of you once and for all. It is basically turning your intimate, sexual experience into a religious rite for deeper understanding. That 's all. Nothing weird or creepy, I assure you.

We do party a lot and there 's some significant ceremony and traditions behind them, but mostly they 're great community times and events. It 's known as the Wheel of the Year. We divide the year up into Sabbats, or what some might call holidays, I guess. That 's probably the best way to explain it to you. These Sabbats are different with each coven and there 's significance to each of them, depending upon what you worship and seek to understand. Overall, I usually attend as many Sabbats as I can, just to show my support. It 's a good way to show unity with our brothers and sisters. See if you have a local gathering for one and show up. You 'll have a good time and you 're going to be welcomed for sure.

Now, for spells and rituals, I 'm going to tell you that there is a very nit-picky difference that many Wiccans will rip my head off for trivializing, but basically, they 're the same thing. I 'm going to tell you that if you came up to me asking me to perform a banishment spell and another person came up asking me to perform a banishment ritual, I would be performing the same thing. Sure, there are traditional differences, but I know what you want and I 'm going to do what you ask. Ask the wrong Wiccan and they 'll give you a lecture for hours about the subtle nuances and differences between the two. Lucky for you, I am not one of them.

I suppose I should also mention chants for our Celtic brothers and sisters out there performing the Druidic arts. The Druids are famous for their chants. When the Romans occupied Celtic territory, the Druids would slip out of the forests at night and perform chants upon their forts and outposts. Very spooky stuff, but these days, Druids are a lot more peaceful and in tune with nature. Again, I 'm going to maybe get in trouble for this, but I

consider Chants the Celtic way of saying spell. Send all complaints and diatribes to my agent.

The last kind of specific rituals or spells that I would like to address are charms. Charms are blessed objects that are designed for a purpose in mind. Such as a wealth charm, a beauty charm, a success charm, or any other kind of charm that might be used to augment the wearer. If you 're a bloodthirsty capitalist, this might be the route for you. People will pay top dollar for a charm that doesn 't look ridiculous. Of course, it 's also a trade rampant with charlatans, so good luck.

Now, before we get into the types of spells and some simple spells, we need to have a chat. You are not Harry Potter and you are not Gandalf. You cannot become Voldemort and you cannot abuse primordial powers for your own will without a cost. Understand me that there are very powerful people set to oversee that you do not get away with anything violent, cruel, or excessively selfish. Mostly magic itself will not let you get away with it. There is a price and a cost for everything that you do and it is monstrous. Sure, a lightning bolt might not kill you, but I 've known people to suddenly have a very unfortunate audit for performing improper magic. I 've known people to lose their jobs suddenly because they 're performing foul magic.

So I will answer that question too. Yes, there is dark magic out there. It is a thing and there are those that practice it. But they are weak people who are consumed with troubles and stupidity. You do not want to be one of them, because all good magic is so much better. Love, wealth, success, courage, protection, and beauty are all on our side, so join us and don 't waste your time looking up curses and vexes. It 's a waste of your time. Trust in the Universe and it will be your bastion of vengeance.

Now, where were we?

## **Types of Spells:**

Again, yes, I 'm sorry to interrupt your pursuit of the magic arts, but I feel you need to be warned. There are lots of spells out there and there is a

lot of literature for you to read. You 're going to find that there are so many books out there that it might get troublesome for you to find truth in any of this. I 'm telling you now to contact anyone in person that might help you on your journey. They will help you discern the difference between Barnes & Noble charlatans and the true sources of wisdom. Again, if you try a spell and you find that it doesn 't work, don 't blame Wicca, blame the spell. Keep searching and keep uncovering the truth. You will find the spell that works.

If you show up to a new age shop, you 're going to find a lot of different types of magic that you could possibly perform. There is not a universal magic that everyone taps into. It all depends upon something different. Druidic Chants are not the same as Hoodoo and you should know that up front. Don 't be trying to do everything at once. Again, this is most successful when you consult someone who is practicing to guide you through all of this.

Now, it 's time for the basic overall view of different kinds of magic 's.

### Astral Projection

In the ancient days, Astral Projection was often confused with channeling and it 's often considered a deeper form of meditation or meditational magic. There 's a difference, and I 'll get to that later. Astral Projection is having an out of body experience with a purpose. You are searching for something, sending your spirit through the spirit world or physical world to hunt for something. Lots of spells invoke astral projection and it is super terrifying to experience at first. It is a strange magic that is often confusing. The spirit world often takes on the views we inflict upon it. So often it is hard to know if you are really seeing the physical world or if you 're travelling the spirit world and shaping it as you go. I know a woman who offers her services as a guide for those first trying Astral Projection for the first time. I would consider finding a guide to help you in your initial journeys.

### Banishing Spells:

Banishment is a very powerful spell that is often taught to those looking to learn magic for the first time. Banishing can be used for many purposes, but a lot of the time, it 's used to redress wrongs in the physical world. Banishment can remove negative energies, dark spiritual presences, and hurts that have lingered and festered for years. Most banishing 's that I 've attended have been used on properties that have just been purchased. Not as glamorous as you 'd like to imagine, but it 's always useful.

### Beauty Spells:

Who doesn 't want to look beautiful? Believe it or not, but vanity and beauty are some of the oldest spells that we have. Don 't get this mistaken for love spells. If you 're looking to have someone fall in love with you, you want a love spell, not a beauty spell. A beauty spell is means you 're looking for influence over people in a positive manner. People are more inclined to listen to someone with a beautiful appearance than someone normal or unattractive.

### Blessings:

This is what you 're going to find most often in any Wiccan circle, because in the end, we are all about helping people. We can find you blessings for everything. Blessings are simple spells that are often very easy to practice and master because any magic that is mean to bless someone is always easier to invoke than other magic 's. Blessings are wonderful, sweet spells that you give to people freely without anything in return.

### Charms:

Charms are a combination of different kinds of spells that are focused on talismans or objects that can be given, or more likely sold, to a person. There are a lot of Wiccans that practice magic just for the sake of charms. Whether they give these charms freely or with a cost, that 's on them. There are charms for pretty much everything. From courage to luck to love; you 'll find a charm for whatever problem you have and hopefully it works. I think that charm magic is one of the most powerful magic 's you can partake in

because you 're not keeping the magic to yourself. It 's a selfless magic, unless you 're making money off it, of course.

### Cleansings:

These are often confused with banishment spells and I suppose I understand the similarity. But they are different. Cleansings are scrubbing an area clean where banishment usually involves chasing something out or keeping something away. Cleansings are getting away that residual presence, even if it 's faint. Again, I 've seen this mostly used with material possessions and property.

### Divination:

Honestly, I think this is the most common form of magic that is practiced in daily life of most Wiccans, especially those really into crystal work. Divination is considered a ritual and is used to discern the future or meaning of things through the use of signs and symbols. Most commonly, you 're going to see this with runes and I practice it quite often. Divination is just a glimpse into what the future has in store without spoiling the form and shape of things to come. We just know the intention of the Universe 's path.

### Dream Rituals:

Even as I write this, I 'm hesitant to include it on this list, because I 'm not certain that I believe that Dream work is actually magic. I feel that it 's a deeper form of meditation. Lucid dreaming is a very real thing that is being studied by psychologists and I 'm not convinced that it 's magic, nor did I ever really think that it was magic. But, there are many who do, so I won 't exclude it. Mostly, it 's exploring the dream world with full consciousness to discern truths about yourself and the world. It 's powerful and it 's very interesting to experience.

### Exorcism Rituals:

Though we do not have the same beliefs as the Christian duality in the spirit world, we do acknowledge that there are very real and powerful forces

at work in the world and we look to keep those spirits from harming people. For that, we have exorcism rituals that help remove dark spirits from people that have been sent either through poor choices, dark magic, or just random happenstance. I have never seen an exorcism ritual, nor have I ever found a point where it was needed. Though, I have heard stories and I have heard tales of its use.

### Fertility Rituals:

This is a common ritual, which honestly, I 've found to be a reason for people looking to conceive just to have a blessing when they have sex. It 's a traditional ritual that 's used to bless the conception of a child. It 's nothing sinister or overly provocative. It 's just a means to bless a couple trying to have a child and to encourage them to conceive. There are fertility charms that are often given to those trying to start a family.

### Goddess Rituals:

Consider the Great Rite that I told you about earlier to be lumped into this category because it 's done for the benefit and the acknowledgement of the God and the Goddess. You 're rarely see men performing rituals or spells in the name of the God, but you 'll see it quite often with Dianic covens to perform rituals in the name of the Goddess. Remember that most covens are matriarchal and women have a very strong leadership presence. You 'll see people performing a ritual every now and again in honor of the Goddess, which is very interesting.

### Healing Spells:

I 've got to say that this ranks up there with the top five kinds of spells that I perform and I see performed most often. You see people practicing healing magic all the time and it 's the most common magic that you 'll find being worked among the public. These spells are extremely self-explanatory and that 's that they are used to help people heal physically or

spiritually. They 're often considered blessings and rightly so. Learn healing spells as often as you can. You 'll be using them in abundance.

### Invocation Rituals:

This is another ritual that I haven 't seen too often, maybe it 's a location thing, but here in the northwest, I don 't see a lot of invocations other than to the Goddess. Invocation is often used to call spirits or beings to your presence in order to learn for them or to benefit from their presence. A lot of superstitious people will tell you that it 's dangerous to perform invocation rituals due to trickster spirits looking to confuse you or lead you astray. Again, I don 't know enough people that invoke to get a serious answer on this.

### Job Spells:

Ah, yes, the spells requested by the desperate and the lazy. I do not count job spells as anything other than lies. I 'm going to catch a lot of flak for this, but it 's fodder for the weak minded. If you come to me for a spell to ensure that you get the job you 're going to interview for, just nail the interview. If you 're in a contest with others, I 'll give you a luck charm or spell, but I think job spells are a bunch of lies, but a lot of people believe in them, so they make the list.

### Love Spells, Charms, and Rituals:

Now, next to beauty, love has to be the most commonly invoked magic of all time. People are always trying to get the cutting edge in the hand of the one that they love. I think that love spells are very powerful and should not be used flippantly and I make sure that the person I 'm casting it on behalf of is very committed to the idea of taking care of the one they love before its cast. Messing with the hearts of people is not to be taken lightly and make sure you 're ready for the consequences of casting this spell, performing this



ritual, or utilizing this charm. The Universe will certainly answer unkindly if you screw it up.

### Prosperity Spells:

I don't know if I truly trust in prosperity spells because I don't know an honest Wiccan who would ever use magic for such a selfish purpose as to obtain prosperity through physical wealth. The spells do exist, but I will never perform one because I do not believe utilizing magic to such selfish reasons

### Protection Spells:

Here we go again with the top five most common spells performed. Protection spells are often used on, well, pretty much everything. No matter what you have value of, there is a spell that will keep it safe from harm. Often, protection spells are paired with other spells that are used to cleanse or banish negative energy before protection is applied. I've performed quite a few protection spells than any other spell.

### Psychic Rituals:

I don't have a lot of experience in the psychic arts, mostly because I don't think I'm very sensitive to this type of magic or power. But, there are a lot of people that perform rituals to help boost their psychic power before meditation sessions.

### Sabbat Rituals:

Consider these more like ceremonies than actual spells, but they do have power and are often invocation spells, but they merit their own category, because they're used specifically during Sabbats. They're never used outside of ceremonies and are truly unique.

### Truth Spells:

You ' ll find truth spells are fairly common too, but I don ' t think I ' ve ever found a reason to use one. I know that some Wiccans use them to get the truth from a spouse or partner that they ' re certain is keeping something from them. Be careful what you wish for, that ' s all I have to say.

I know that it ' s not in alphabetical order, but I ' m putting it last because I know a lot of people who don ' t consider it an actual magic, but rather an act of communing, but I think that it merits mentioning so I ' m giving it a special place here at the end.

Earth Magic is the most selfless form of magic that I know, because it isn ' t applicable to people, other than a symptom of the magic ' s effects. Earth Magic is often used to beseech the Goddess to help heal the earth and to understand what is happening with the earth. Constantly many Wiccans are caught up in the environment, feeling the magic that flows freely, letting it speak to them and fill them as they are present in nature. It ' s powerful and it ' s becoming more and more popular among Wiccans.

## **That's the Show Folks:**

So that ' s what there is to the basic truths of Wicca and a classification of the spells that I ' ve learned about, heard about, or seen used in my travels. I also hope that I gave you an understanding of what it means to be a Wiccan and cleared up some of the mysticism that has plagued our faith for centuries. We are a people of tolerance and acceptance and we are not about persecution or cursing others on our own behalf.

If you ' ve read this book and you think that it ' s nothing but a bunch of hocus pocus and hog wash, then that ' s your opinion and I respect it and understand why you might think that. Remember that once I was not a Wiccan either and no one is born with the beliefs they come to hold true. Perhaps one day you ' ll understand differently. I do ask that you don ' t persecute or insult those of us who do practice in your area. We ' re not going to curse your home and family and we ' re not going to burn your church or temple down. We ' re just good people looking out for the betterment of humanity, just like you are.

If you 've read this book and you think that you might be interested in more, great! We 're out there and we 're definitely willing to talk with you and explain more to you. Read more books, there are plenty of them out there for you and you 'll be able to grow more and more on your own if you 're too scared to come find us. But I hope you do. Go to your nearest new age shop and start talking. They 're all extremely friendly and more than willing to chat with you. Maybe one day we 'll meet and we 'll have a great time together.

But no matter what you believe, may the Goddess bless you in all your ways.

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!



## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on Wicca. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

# Preview of My New Book

## [Body Language 101](#)

### [What A Person 's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

## Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of

learning to understand something we already know and to heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?



## **Weapons of Mass Induction**

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

[Click Here To Read The Rest of](#)

[Body Language 101](#)

[What A Person 's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)

[The Mind Of A Sociopath: Your Guide to Understanding The Anti-Social Personality Disorder of Sociopaths](#)

**About Michele Gilbert**



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks fo

## **Tarot: Reading Tarot Cards**

**The Beginners Guidebook To The Ancient Art Of Tarot Card  
Meanings And Spreads**

**Numerology: Mastering The Secret Meaning Of  
Numbers**

**The Beginners Guidebook To Decoding Your Destiny**

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## **Table of contents**

**[My Free Gift To You!](#)**

**[Introduction](#)**

**[What Do The Cards Say?](#)**

**[A Brief History of Enchantment](#)**

[The Seeker and the Reader:](#)

[The Major Arcana:](#)

[The Minor Arcana](#)

[Spreads](#)

[The Last Read](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

[Additional Recommended Reading](#)

## **Table of contents**

[\*\*My Free Gift To You!\*\*](#)

[Introduction](#)

[The Secret Lives of Numbers](#)

[Numerology. What is it?](#)

[The Big Five](#)

[The Personality Number](#)

[Life Path Number](#)

[Heart's Desire/Soul Urge](#)

[Expression/Destiny Number](#)

[Tips of the Trade](#)

[The Last Number](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

[Additional Recommended Reading](#)



## **Introduction**

I want to thank you and congratulate you for downloading the book, *Tarot Cards for Beginners*.

This book contains proven steps and strategies on how to understand and implement the secrets of Tarot Cards into your life.

Whether you've passed a fortuneteller's booth at a fair or a carnival or if you've seen someone reading the Tarot Cards to your favorite character in a movie or on televisions, all of us have been interested in what the truth is behind those strange and mystical cards. After all, is there power in those cards? What are the secrets to understanding them?

In this book, I'm going to give you the glimpse you're aching for behind the curtain to see what's really happening with the world of Tarot Cards. Whether you're looking for the hard truth about them or you want to apply the spiritual aspects of them to your life, I'm here to give you the secrets you're hungry for.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **What Do The Cards Say?**

When it comes to Tarot Cards, it's hard not to think of cheesy scenes in movies or on TV shows that have really butchered and mocked the art of Tarot Cards to death. Fortunetellers are nothing more than Gypsy stereotypes that blatantly insult the Romani way of life and are the closest thing to racism that their culture has or can experience. But behind every enduring legend, there is something deeper that knocks on the door of our subconscious. What is it about Tarot Cards that makes us stop and linger outside of tents at fairs or festivals? What is it about those strange pictures that make us wonder if there is any real power behind them?

Want the simple answer?

You want there to be power.

Tarot Cards have been around for a long time and they have an irresistible and undeniable power on those that take the reading. Even those who consider themselves learned or the educated who are above such fabled superstitions cannot help but see that there is something powerful behind the cards, whether they want to admit it or not.

Today, I'm here to explain to you just what it is about Tarot cards that make them so unique and so powerful to people who sit through readings. I'll give you a brief history about what it is that has helped the cards endure and survive for so long and in the end, I'll give you a detailed understanding about each of the cards that will give you a basic understanding as to what they are and how you can utilize them in your basic readings.

I truly hope that you're ready to learn, because there is so much about Tarot Cards that you're going to learn and love to hear about. So let's not waste any more time and let's get to it.

## **A Brief History of Enchantment**

Why are Tarot Cards so unique and so generally compelling? Because people think they're magical and they're anything but. The bitter truth that you might not want to hear is that there is nothing mystical and nothing supernatural about Tarot Cards. Now, instead of thinking of that as a negative, look at it through the lenses that I'm going to give you right now.

Tarot Cards are intimate, subconscious, psychological evaluations of the person coming to the table. Tarot Cards are unique and they're incredibly interesting and why the cards show up in the order that they do are quite entertaining for those of us who adopt the moniker of Reader. Essentially, when you display a card, you are giving them a Rorschach test that they're going to process and understand themselves. I'll go more into this later, but you'll come to understand that this is vital to your ability to actually give good readings.

As for Tarot Cards and their history, the idea has been around for a really long time and can honestly be traced back to Nordic Runes that were used to predict the outcomes and the events that were going to happen or even discern the answers to the questions that the caster asks. This idea of deriving understanding and wisdom from inanimate objects is known as divination and it has been around since civilization has existed. Primitive cultures even used the bones of dead animals, seashells, and even blood as a way of divining guidance from celestial beings. As society developed, the arts of divination were more refined and more manicured to fit the time period.

By the time Tarot Cards entered the scene, they were laden with mythology, iconography, and layers of intricate details to help the Reader understand what it is that they were doing with the cards. There are several kinds of decks and you'll see that there is anything from French, Italian, Romani, and even more eclectic styles that have been manifested recently to incorporate more unique and niche tastes. The truth is, you can go to any new age shop or bookstore and find a section that has decks of Tarot Cards and you'll see things from Steampunk, to fairies, to sex Tarot Cards. It's an industry that is rampant with exploitation, but that doesn't really matter and

it shouldn't be that big of a concern to you. What matters is that you find a deck that you actually like. You need to be comfortable with the deck and feel like it really gives off the sense of what it is you're looking for in your deck. Also, you want a deck that speaks to the clients you're taking in. For example, if you're interested in catering to people who are routinely hosting a Steampunk convention or gathering, then you might consider a Steampunk deck. Really, there's nothing to choosing a deck outside of picking one that you love and that your clients will enjoy. There are various forms of decks, but what you'll find in most stores will have the Major and Minor Arcana in them and in the end, that's all that matters to you. But, once you get a hold of a deck that you've settled on, you're going to need to know what your role is in this. So, let's have a look at what you're dealing with.

## **The Seeker and the Reader:**

When it comes to the art of the Tarot Cards, there are two things that are always going to be present with the deck. There is going to be a seeker and there is going to be a reader. Outside of these two things, a tarot card deck is nothing more than a bunch of artful pieces of thick paper that are being shuffled and played with. So, what is the significance of the seeker and the reader? Well, I want to take some time to discuss the relationship that is going to build off of these two.

For the seeker, the tarot card deck is something that is mysterious and a tool of divination. They come willingly to find answers to the story of their life and very many know next to nothing about what tarot cards are or what it is that they offer. For those people, they are often skeptical on the outside, but driven by curiosity on the inside. They are your greatest critic who desperately wants to crack and be your greatest fan. Getting them into the reading is simple for you, because they're going to come of their own free will. Unless you are pushing your readings for people, this will be your first clear indication of something that is vital for you. Curiosity. And what is curiosity when it comes to the supernatural? Doubt in the finality of the world around us.

This doubt is something that you're going to want to foster and breathe life into as you do your reading. They are here because they want to believe that there is magic in the world that isn't hidden in the texts of stuffy religions or vanished in the name of science. People are drawn to this belief and this desire to have something that is beyond the normal or the natural and no matter what the world tells us, we're all secretly looking for that proof. That's why they're asking you to read for them. Don't bother wasting any time trying to convince them that you're legitimate or that you're telling them the truth. They're here to judge that for themselves and your words mean nothing to them.

For you, the reader, all you have to do is look at the cards and deal them properly. Simply by knowing the cards and knowing what it is they're used for, you're going to do them justice for the person inside of you. Look at the card, understand what it is and understand what it means in the reverse. As you read what the cards say, you'll be compelled to ask questions of the seeker and that's normal. Go ahead and ask them about their life or anything that is compelled by you to address from the cards. The more you talk, the more hooks you send out to reel them in. They want you to succeed at this and most are looking for any excuse to buy in and go a little deeper. They're just waiting for an excuse, despite what their rational mind is telling them.

For many readers, there's a lot of anxiety and worry in their heads about how they're going to convince their seeker that they're telling them the truth and that they're not going to be able to give them a good reading. I'm going to be totally honest and tell you that they put the strings together and they tie the web connecting every card together. In the end, convincing them isn't your job; your job is to read the cards. I cannot stress that enough to you. You are just a conduit of information, that's all.

When you sit down at a table with a seeker, it's just you and the deck. All you have to do for them is give them a reason to believe that there is something more out there than just the ordinary. Read your cards and you're going to have everything you need to make your seeker happy, even if they don't admit to it.

## **The Major Arcana:**

The Major Arcana is considered half of the deck that you'll be using. Each of them is numbered and contains a scene that is featuring heavily symbolic elements that are correlated to what the card means and the significance of it. The twenty two cards in the deck are each given a distinct name and these are going to be the cards that you recognize from movies and television, rather than the more mysterious and bizarre Minor Arcana. The Major Arcana represents the smaller portion of the deck, but you'll notice that each of these archetypes has something closely correlating to the major events or cycles in life. Here's a brief list of the Major Arcana and their purpose.

### The Fool:

We start at the beginning and so does the fool. The fool is light and free of the burdens and dangers of the world and with that bold ignorance, or naivety, he heads off into the world in search of his place and meaning within this vast place. There are several things that you can take away from the fool and show your seeker:

The fool could mean the seeker is entering a new path in their life or at the beginning of a new journey. They are heading into the unknown and are looking forward rather than back.

The fool is spontaneous and knows nothing of the trials and struggles of the world. They're willing to take the risks that others fail to see or are too afraid to spring for. This is a person who is willing to take the risks and go for anything that's new and fresh to them.

The fool has faith in the world and is untainted by the hurts or cynicism of those around them. They trust others, they give their love, and they do not fear or worry about things beyond their control. While they are open and retain their innocence, they still find a way to live in joy in this world.

The fool is a person who accepts their folly and understands what it is they've done in their life. They take the foolish path and they're not afraid to

chase after long shots. They trust their heart's desire and they're more than willing to take a chance on something labeled crazy.

As you can see there's a lot that you can pour into a single card and I'm going to let you use this as a template to build upon the smaller lists that I'm going to provide for you. Remember, be creative and follow the meanings of these characters to their full fruition of the meanings that you can get from them.

### I. The Magician

The Magician is a unique card that is tied to the material world and your ability to properly and creatively utilize the projects that you're given. With your potential that you've recognized, you're able to initiate, communicate, and use your cunning to succeed at the actions you've been given. The Magician is about focusing on your creative desires and having the self-discipline to achieve what you're going for regardless of the risks.

### II. The High Priestess

The High Priestess is a mysterious card and a card that hides all of the mystery that's in life. It's the secret knowledge, the wisdom, and the intuition of the world. It's a card cast in duality and hidden influences that affect the world around us. This is the card that will give deep and primal insight into the issues that need new and interesting solutions to solve them. It's a card that walks a careful line, balancing the world in between chaos and order.

### III. The Empress

This is the card of the maternal entity and the promotion of well-being, creativity in stability. There is strong maternal care, domestic stability, wealth, and true abundance in everything. This is also a great card that brings about a oneness for nature and an opening of the senses to really take in the world around you. This is also a card representing fertility and growth.

### IV. The Emperor



The Emperor is about forceful development and taking goals prisoner. This is about fatherly care and is strongly tied to authority, structure, and self controlled gains. This is a card that expresses a powerful individual, ambition, and the ability to really accomplish some serious goals. The Emperor likes structure, authority, and regulating the problems of the world.

#### V. The Hierophant

As you can probably tell, the hierophant is a holy and religious person, seeking wisdom from above. With formal education, a strict routine and a good sense of sturdy advice, the hierophant imparts knowledge and wisdom to those looking for teaching and counsel. This is the card of morality, marriage, and a strong, orthodox belief system.

#### VI. The Lovers

The lovers are beings of love, unity, and harmony. These are the choices that we make out of the pits of our stomachs and represent the difficult decisions that we make in our lives. This is the trials and the troubles of commitments and it is tied strongly to the harmony of the world around us. It is the struggle of two paths, abstract thought, and second sight. Of course, it's also about relating to others, sexual desire, and our personal beliefs and values.

#### VII. The Chariot

The chariot rolls over enemies and overcomes the obstacles in our lives. It's about ambition toward goals, decisiveness in thought, and victory through our strength. Of course, all of this comes with struggle in a worldly sense and having the self-control, endurance, and strength to see it done. The chariot works within the boundaries that you have set up for yourself to define your life. The chariot is tied to pushing your will and establishing yourself.

#### VIII. Justice

Justice requires a mind that understands the gravity of decisions, the consequences of choice, and the responsibility of owning your decisions. This is the card that has thought things through for the favorable end to a conflict. Bigotry, prejudice, and hatred mean nothing to this card. It is a card for litigation and all things legal. It pushes for fairness, clear argument, the direct, best choice, and above all, judgment.

### IX. The Hermit

A hermit is cautious and uses his discretion for wise counsel and knowledge that is taken. Through the isolation of his life, the hermit is calm, planning, and wise. This is a spiritual mentor and a person of silent contemplation and reflection. When the troubles come calling, the hermit takes a step back and ponders for inner resources. Through introspection, the hermit is always searching and seeking guidance in his solitude.

### X. Wheel of Fortune

Through sheer gravity and force, success is achieved and great fortunes sit on the horizon. Luck, coincidence, or just random chance guides this card, but it is cyclical. You are moving forward positively and always changing, this is a card of destiny. It is the turning point that so many people are searching for in their life and the movement toward a new vision that might be sitting in the distance.

### XI. Strength

This is clearly the card of strength, but also everything that it encompasses as well. From self-control, restraint, fortitude, love, courage, and optimism, it is the card that controls our passions for the better. It is a card that demonstrates all the great qualities, whether generosity, resolve, or redemption. Strength is patient and watchful, but it is also compassionate in its victory. Strength is a rock and rocks are forever enduring.

### XII. The Hanged Man

The Hanged Man is a suspended card, the kind of card that gets caught when things are in a period of change. The Hanged Man sacrifices himself, becoming a martyr and willing to submit to a higher cause that is calling him. Whether it is turning the world around or letting go of what's been holding them back, the Hanged Man is turning toward a new direction. The Hanged Man sacrifices the benefits of the now in hopes of a better tomorrow. This is a card of rebirth.

### XIII. Death

Contrary to what you may think, this is not physical death, but rather the changes in life that give us a new beginning. This is an unstoppable force that brings about an end and forces us to transition our lives. By eliminating the excesses of our life, we invite major changes that bring about the termination of a phase in life. Purposes are shifting, circumstances have changed and a new pattering is coming. This is a card of newness and change.

### XIV. Temperance

Temperance is about finding the middle ground in life and taking the path that is going to keep everyone happy. Whether you are combining your forces and resources for a common purpose, your cooperation and your ability to be diplomatic makes this card your ally. This is a card that seeks out harmony, balance, and good management. This is a card that has the ability to adapt to the circumstances that show up in life.

### XV. The Devil

The Devil is a complex card that has to do with oppression and bondage to one's desires that aren't being met. Whether you are lusting after something that is causing sexual oppression through obsession, or you want to have the material needs of your life met without any resistance, you feel strangled. These desires are mixing with security and fulfillment that you're not having met. This is the beginning of the slippery slope and, with just one push—you might fall.

## XVI. The Tower

The Tower is the darkness before the dawn. This is when sudden, violent, and destructive conflict comes crashing down in life. The changes are major and the consequences of actions have come calling. This is the routine that is now in ruin and dramatically upheaved. Whether you are changing your occupation or where you live, this card sees great changes on the horizon. However, through all of it, you will be wiser and your enlightenment will be true.

## XVII. The Star

The Star is the light on the horizon, the new hope and the sense of rebirth. The Star heals the old wounds and gives your faith and spiritual life new love to flourish. Your horizon has been broadened and there is protection in the inspiration given by the star. For those who have influence over others, their vigor and confidence will be magnetic. Overall the Star is silent, quiet and it is serene for everyone around.

## XVIII. The Moon

The Moon is all about what is not real and the illusions in life that we believe. If you're in an industry that thrives on disbelief and imagination, this card is a wondrous example of what can be and what will be for you. It is a card that is about inspiration in the unreal, but also feeling that inner fear that feeds these imaginations. This is a card that has strong psychic power that can leave you bewildered and frightened, but it is also a boon to anyone who weaves illusions and imagination to the world.

## XIX. The Sun

For the Sun, the world is free of fear and illusions. This is the card of contentment, good health, a happy marriage, and vitality in all areas of your life. This is the card that helps those in success and those looking for praise, validation, or reward in what they're doing. There is joy and happiness in this card, as well as a strong sense of success. This card experiences greatness in the enlightenment and the assurance that it offers the seeker.

## XX. Judgment

Judgment is hearing the call of life and has a sense of absolution in what it is they need to do. Reborn and ready for the world, this card is using its newfound wisdom and knowledge to make judgments upon the world. This is a card that signifies important pending decisions and a positive change in the patterns of your life. Things are satisfactory and there is joy in the accomplishments that you've brought to you life.

## XXI. The World

There is fulfillment in the accomplishments of the World. With this card, things have fallen into place and there is a harmony in all the things of one's life that have culminated up to this point. The wholeness of this card is something that's bringing people back to the world and is getting them involved in the life that they have. This is the card of success and the culmination of events. This card gives a sense of oneness with one's life and one's decisions.

# **The Minor Arcana**

The Major Arcana is built upon the big, universal themes of life and the major archetypes that you're going to find all along the way. While these are nice for those who are looking to see the big picture, the smaller details in our lives are a little more practical and a little more grounded in the present. So, if you want to have an intimate look at what's hiding behind the Major Arcana and falling through the cracks, then you're going to want to be introduced to the Minor Arcana.

Thusly named for the influence these cards hold over the minor events of life and the details, the Minor Arcana is the "everything else" of life in the Tarot Cards. While the Major Arcana is the whole forest, think of the Minor Arcana as the trees that you're looking at individually.

This portion of the deck is the majority of your seventy seven cards that make up the standard Tarot deck. In these fifty six cards, you're going to

find that there are no icons or archetypes that were found with the Major Arcana. Outside of the Court Cards, there aren't even really names on them. These might seem like a discarded or strange group of cards, but each and every card has significant meaning and each of them is unique to what their icons and drawings mean. Again, think of the images as standard across the board and a sort of helping guidance to those who are trying to understand the cards. The pictures are your friends, so pay attention to the details.

I would love to go into each of the cards individually like I did with the Fool in the Major Arcana, but that might double the size of this book and double the price you'd have to pay. So instead, I'm going to break up this bizarre and unique deck into the categories that you're going to find in the suits and even detail the significance of the suits themselves. Let's start there, with the suits.

You're going to notice that the four suits might be familiar from your standard card deck, but hold up right there and don't get too excited. Rather than clubs, spades, hearts, and diamonds, these cards are different. The four suits are the wands, cups, swords, and pentacles. Think of the pentacles as coins.

The suit of wands takes its roots back to medieval times and represents the peasantry of society. From the peasantry comes creativity, enthusiasm, will, adventure, risk, and confidence in knowing what you want. This is a masculine suit that really embodies the fire within all of us. Suitably, in Chinese philosophy, this suit represents fire and the forcefulness of it is passionately shown.

The suit of pentacles represents the merchants in medieval society and comes with it an affinity for the material world and the possessions that one wants to acquire in life. As said before, pentacles are representative of coins. It is a suit of practicality and security in your affairs. It is associated with earth for this stability in Chinese philosophy and carries with it a love of nature and the wealth of the earth. It is the cards that have to do most with prosperity of all kinds.

The suit of cups is representative of the clergy in medieval society. It is significantly tied to the spiritual and the emotional world that we live in, having to do with relationships and the inner setting. It is strongly tied with the feminine principles of life and is considered to be water in the Chinese philosophy of Tarot readings. It flows and sustains us, ultimately being held in a cup.

The suit of swords is directly tied to nobility and obviously the military. For this, it is strongly tied to reason, intellect, and thought. This is the suit that is concerned with truth, justice, and the ethics of your principles that you stand upon. They are open, light, and often associated with mental clarity. For this the Chinese philosophy associates it heavily with air. This is the suit that has to deal heavily with knowledge and wisdom.

Now, in each suit, you'll notice that there are aces, middle cards, tens, and what we call Court Cards. Each of these has a different purpose within the suit that it is a part of. Let's go through each of them so that we have a good idea as to what we're looking for.

Aces are the banners of the suits. They represent everything about the suit in its purest, uncomplicated sense of the suit's meanings. For example, your Ace of Swords is going to be entirely about clarity, justice, your ethical principles, and the reason that has given you the wisdom that you currently have. These are the idealistic standards of the suit.

The logical conclusion of the suit is represented in the Ten cards. Each of these takes those nebulous ideals and brings them down to a pragmatic, consequence based assessment of what they are.

When it comes to the middle cards, they are the shattered fragments of what each of the suits mean. So, take the idealistic and the pragmatic aspects of the Aces and the Tens, and then shatter them so that they are broken up into the individual aspects of the ideals. Take a moment to look at all the pieces of each suit and you'll see that there are plenty of aspects there to divide among the middle cards.

As for the Court Cards, I'm going to be the personalities of the aspects in their living form. The King and Queen represent the adult aspects of the masculine and feminine manifestations of the ideals. The Knight is the teenage aspects of the ideals that are immature and naïve. Finally, the page is the childish and the youthful aspects of the ideal that manifest.

All of these make up the Minor Arcana and will give you readings along side the Major Arcana that are the higher archetypes out there. Each of these can give a more intimate and more unique understanding of the events unfolding in a person's life and change the outlook they have on the events ahead of them. Even if you're looking back on a person's life, the Minor Arcana helps to really dig in deep to what is being said and done.

## **Spreads**

When it comes to Tarot Cards, there are a lot of things that are interesting and unique about the cards, but when you're giving a reading, you're going to have to develop something that is called a spread. Spreads are a pretty big deal when it comes to readers because it helps give a sense of harmony and a sense of energy flow to the cards. Honestly, if you're not into the whole new age movement and you just want to know about Tarot Cards, spreads are how you pitch the reading to your seeker.

If you're more interested in new age and the spiritual side of everything, then you're going to want to know what it is the right energy flow, what the correct patterns for your readings are, and what you need to do to really get the right reading that you need to channel. There is a lot at work on the spiritual side of Tarot Card readings and you're no doubt going to find that certain spreads work for you in a better format.

The thing that both of your philosophies are going to have in common, whether you're into the spiritual aspect or the more pragmatic, psychological side of it, a spread conveys information to your seekers. When your seekers come to you looking for answers and are hunting for the right things, you need a platform to convey that information. Depending upon the layout, you



can hit different aspects of their life, go in a chronological approach, or address things in a manner that are more effective with your custom performance.

But here's where things get interesting. There are no official spreads. Seriously, there are thousands of spreads out there and most readers tend to come up with their spread based on what they've learned from their teachers, the books they've read, or during readings that they've personally experienced with another reader. There are a lot of aspects to a spread that make it extremely customizable for your seekers. Again, by catering to the clients, you can really maximize the desire that the seeker has in reading what it is they want to find out.

For example, if you're getting a job as a reader at a druid or Celtic festival, then the Celtic Cross spread is definitely going to help you tie your reading into the local heritage of those who are attending. Does this sound scummy to you, like you're manipulating your seekers and clients into having more interest in you? Well, consider it a business or advertising practice that you can implement for the success of your business. After all, most of us are looking to get paid when we have a gig.

No matter what your spread is, you can always customize it and cater it to those that are looking for something in particular. Look up some spreads that you're going to possibly want to utilize is a good way to understand what the patterns are and the series that you take when revealing the cards. Honestly, it's about theatrics, building suspense, and giving yourself a route that you can follow when you really want to give a proper reading.

Essentially, spreads are the map that you're going to take with your seekers and it's going to give you the confidence you need to have a route that you're following. The more you research spreads, you'll see that there are layouts, avenues, and significances to each of the cards in a layout, but there's no reason or law for why they're there. You can research the tactics and strategies to spreads and I would strongly build one yourself that you find more useful and more successful in your readings. You're going to need

to get creative and ask yourself questions that the seeker might want to know. Really get into the mindset of someone looking for answers and find out the positions available for those questions. Really, this is an exercise of thinking outside of the box and really giving yourself the opportunity to answer some questions that you seriously want to have answers to. Don't be afraid of getting creative and really making something that will be fun and insightful for your seeker.

Here are a few things that you're always going to want to address when it comes to seekers. Everyone wants to know about their career. You want to know if you're in the right job, the right place, or anywhere close to it. Really dig at the core of this question. It's a subject of wealth and material possession. Are they going to be able to afford the life of luxury that they're dreaming and hoping for? They want to know about their sex life, whether that entails marriage, their current relationship, or just how they're going to get the most sex out of life. People want to know how to handle their immediate relationships, whether it's friends, parents, children, or spouses. Finally, there's the really big kicker out there: destiny. Everyone wants to know if they have a destiny and if there is any kind of purpose to their life when it comes to what they're doing with their time.

Really focus on these three items and hit home with them. Your customers are going to want to know all about it. Give your seeker what it is they've come for. Don't be afraid to cannibalizing other spreads that you find to really fit your purpose. It's all about you and the seeker, so get to work on them.

## **The Last Read**

There's a lot of mysticism and excitement surrounding the prospect of Tarot Cards, but there doesn't necessarily have to be. There's nothing about Tarot Cards that is inherently mystical or magical to them. However, there is a lot of insight that they do give into the psychology, life circumstances, introspection, and the reasoning behind the decisions that many people make in life. Because of this, they give off a very distinct and a very powerful

mystical vibe to people who encounter them. However, depending upon how you utilize them, they can be used for spiritual practices or simply pragmatic assessments of people.

Think of Tarot Cards like holy objects. The objects are only mystical or powerful if you believe in the material that says they are. You don't necessarily have to believe in the new age movement or discard the belief system that you currently employ to utilize them. In fact, I would encourage you to realize just how elastic and pliable Tarot Cards are for the beliefs that you have.

They are steeped in mythology and iconography that gives them this rich and beautiful history that you can go into more depth on a daily basis. Whether you are employing the Major Arcana to decipher the major events in a person's life and the archetypes that are represented within, or you're utilizing the Minor Arcana with their attention to details and the minutia in life, you're going to find things out about yourself and others.

The fact that the cards reveal these select and unique truths to the seeker, it's up to the reader to unfold this information to those that are trying to find answers to everything that they're looking for. Your knowledge of the cards is going to give them power and understanding to the seeker. This is a role that is easy to respect and even easier to understand why you should respect them the more you learn. There are seventy seven cards in each Tarot deck and each of them have unique meanings, depending upon the way they're facing, and the reader has to know all of them. This is your challenge as a reader. You need to understand each of these.

So, depending upon what it is that you're looking to accomplish or to do with your Tarot Cards, I hope that you've come to understand a little more about them. I don't want you to think of them as magical talismans that are reading your future. No, they're helping you assess your life and find some direction based on your circumstances and your choices in life. So what do you say? Why don't we have another look at the cards? Let's see what we can learn from them.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to unlock some of the mystery and confusion around Tarot Cards.

The next step is to get your hands on the right deck for you.

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on Tarot Cards. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## **Preview of My New Book**

# WICCA

## THE ULTIMATE BEGINNERS GUIDE FOR WITCHES AND WARLOCKS

-----  
LEARN WICCA MAGIC SPELLS, TRADITIONS  
AND RITUALS



MICHELE GILBERT

## [Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)

### **What is Wicca?**

So you're interested in Wicca, or maybe you've already started your adventure into the big world of one of the oldest religions in the world. It's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and resurgence in the mystic arts, it wasn't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today, meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here's what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn't know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we're good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That's why you're here after all? Isn't that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don't be shy. We'll have a nice little chat and you'll see what it really means to be a Wiccan and I'll tell you about the magic that you know in your heart to be real. I'll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the



shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

## Concerning Covens:

If you are taking the path that leads you to becoming a Wiccan, you're not like everyone else. You're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you're serious about becoming a Wiccan or delving into any of the neopagan groups, there are many resources.

Thankfully, we've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there's now a way for us to communicate and encourage one another. It's truly a great tool for us to use.

To read the rest click below!

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)**

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

## **Additional Recommended Reading**

**[True Tarot Card Meanings: Learn the Secrets of Professional Readers!](#)**

By R. Lloyd Hegland

**[Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth](#)**

By [Benebell Wen](#)

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Warrior Goddess Training: Become the Woman You Are Meant to Be](#)**

[Kindle Edition]

[HeatherAsh Amara](#) (Author), [don Miguel Ruiz](#) (Foreword)

**[Astrology: Understanding Astrology For Beginners: The Ultimate Guide To The 12 Signs Of The Zodiac](#)**

# **Numerology: Mastering The Secret Meaning Of Numbers**

**The Beginners Guidebook To Decoding Your Destiny**

By

Michele Gilbert

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

# My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

## **Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when



they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

# Table of contents

## [My Free Gift To You!](#)

[Introduction](#)

[The Secret Lives of Numbers](#)

[Numerology. What is it?](#)

[The Big Five](#)

[The Personality Number](#)

[Life Path Number](#)

[Heart's Desire/Soul Urge](#)

[Expression/Destiny Number](#)

[Tips of the Trade](#)

[The Last Number](#)

[Conclusion](#)

[Preview of My New Book](#)

[About Michele](#)

[Additional Recommended Reading](#)

# Introduction

I want to thank you and congratulate you for downloading the book, Numerology.

This book contains proven steps and strategies on how to understand and implement the secrets of Numerology into your life.

Have you ever wondered what the divination power of numbers is? Have you ever looked at math and felt like it's the most powerful language in the world and that there is undeniable truth there? Is there a way that you could somehow harness that power to find and understand truth that you're looking for in the universe? Well then, perhaps it's time for you to take another look into the mysterious and the unique world of Numerology.

In this book, I'm going to introduce you to the remarkable and wonderful power of Numerology. Steeped in the traditions that spawn out of the educated and the enlightened places of the world, Numerology has endured the ages with its secret wisdom and its mystical power. Take a deeper look into this strange world and see what truths it holds for you.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

# **The Secret Lives of Numbers**

There's something incredibly powerful and interesting about numbers when you take the time to stop and really think about them. In fact, there are some things that you're probably not aware of when it comes to numbers. There is a beautiful harmony and exquisite composition to the world of numbers and the symmetry of math. The secrets of the universe are held in numbers. No matter what it is you're dealing with, whether musical theory, color, architecture, or even genetics, you're dancing around with numbers and the truths that they're speaking to us.

Many believe that numbers are the purest form of communication and that there is one thing that numbers and mathematics cannot do and that is lie to people. If numbers are lying, it's easy to see. Equations, formulas, and systems all depend upon the validity and the truth of their reasoning to bring home success. So, when it comes to numbers, there is nothing more honest than an equation that works.

But did you know that numbers have always held a presence in the world of the mystical and the supernatural as well? Numbers have fundamentally been something of a debate among people who have sought answers to bigger questions. For example, if numbers do not lie, then can they tell us the truth about God? About the origins of man? The existence of the soul? What about the future? Can numbers adequately and accurately predict everything that is about to happen or ever will happen?

The answer to all of those is yes.

Numbers provide the answers to questions that have been plaguing us since the beginning of time and they're waiting to give us the answers. All numbers request is that we have the knowledge and the endurance to dedicate ourselves to solve the problems that are out there. Everything from random chance, to the projection of diseases spreading is all written in the formulas, systems, and equations of numbers.

For example, the number of Pi is infinite and it is never ending. It is a number that is so vast and so large, that if you substituted the numbers for letters, amidst all that chaos is the story of everything that ever was, wasn't, could have, or could be. In that number is the accurate history of your life's events and the accurate listing of the events your life could have had. In that number is all the information that you've ever learned and that you've ever missed. It's a powerful idea and a powerful number when you think about it.

But, in order to sift through Pi, you're going to have to dedicate more time than you have available to looking through a lot of endless gibberish to find something that may be true or might have been true. So we're here to discuss something a little more arcane and primal that has to do with numbers. We're here to talk about numerology.

## **Numerology. What is it?**

Numerology has been around for a very long time. In fact, numerology has been in existence since mathematics really started to take off. Essentially, it is considered a pseudoscience by today's modern standards and is actually utilized for divination reasons and for finding significance in events that have transpired by correlating them with numbers. While most people claim that this is faulty science and that it is foolishness, there is something undeniably terrifying about the supposed coincidences that numerologists are able to find.

First up, a numerologist is a person that has dedicated their time and knowledge to understanding what numerology is and how to accurately calculate the numerical consistencies in the life of a person and applying them to various charts and resources that can predict and analyze the significance of events within a person's life. Numerologists will sometimes give their readings and their assessments for free, but let's be honest, we all live in a world which goes around by money and most numerologists are not exempt to this fact. You pay them for readings and they will give you your findings. Is this a career opportunity? Not exactly, but it's definitely a way for you to supplement some income into your life if you're really willing to get in deep—deeper than this book is going to go.

As for numerology, it is essentially giving a letter value to the numbers that you add together. It's very similar to very basic forms of cyphering and encryption of messages that you might have done when you were a child, playing as a kid. However, apply this to the meaning of life.

To break down numerology even more, you're going to find that it runs into the problem that most divination and pseudoscience practices find themselves wrapped up in. All of these divination practices are old—like pyramids old. When something is that old, it's bound to evolve along the way through time and be picked up by other cultures. Interestingly enough, when it comes to numerology—like palmistry and Tarot cards—it has found

itself popping up all across the planet. There is a vast and mysterious array of numerology systems and I'm going to go into some of the major systems.

Like most historical divination methods, it started out in three places that can trace its roots back very far: China, the Middle East, and Greece. Since these are three massive hubs and cradles for humanity, it's not hard for people to understand why it has existed there or why it's remembered. All three of these locations have intricate written histories, cross sections within global movement, and a rich religious history. So, with the passage of time, traders, travelers, and soldiers moved across the map over these three areas or from these three areas and thus, numerology has followed with them.

Today, you'll find many forms and methods of numerology out there, but the majority of them take root in one of these cultures. Abjad is the Arabic numeral system that is commonly used in the Middle East today. The Jewish tradition uses their native Hebrew numerals to find the "gematria" of the number. There are also Armenian and Greek numerals as well. There is also Chinese numerology, which has a lot of association with the traditional Chinese medicine. This gives the Chinese method of numerology a very significant and a very practical use when it comes to actual medical practices across the globe.

As far as history has been concerned, numerology had a very real and tangible place within society and the sciences until we had the radical evolution of knowledge, science, and mathematics within the past two hundred years. Whether it was applied to medicine or applied to alchemy, numerology was present in all of the finest academies and learned places in the world. Today, it is relegated to the divination practices that were also used, but it definitely lacks the prestige and the respect that it had once upon a time.

As far as divination goes, there are a lot of methods and there are a lot of things to search for. All of them have to do with finding the truth behind something and using the correlating numbers of a person's life or experiences to find secrets that they need to have brought to light. By pulling



them out of the shadows, they hope to understand something about them. So, let's have a look at some of the uses numerology has in the world today.

## The Big Five

When it comes to numerology, there's something you're going to need to figure out with the most common method that you're dealing with. With modern numerology, you have a system that is spread out horizontally in front of you with the numbers one through nine written out across the paper. Underneath those numbers, you start listing out the letters of the alphabet, essentially dividing them up into nine. In the end, you're going to get a system that looks like this:

1= A, J, S  
2= B, K, T  
3= C, L, U  
4= D, M, V  
5= E, N, W  
6= F, O, X  
7= G, P, Y  
8= H, Q, Z  
9= I, R

These are the listing of each number that is given to you. Now, with this system, you can find out the major numbers of your life. This is the essential pattern and the base foundation that most modern, American numerologists operate with and it's fairly standard across the world, unless you're using the Abjad or the Chinese method of numerology. Of most numerology readings, there are five important numbers that are used in understanding who a person is and what it means for them in their lives. Remember, numerology is a very practical form of divination and really wants to ground itself in the person, not necessarily in energy flow or cosmic importance.

So what are the Big Four that I've teased at? Well, I'm going to go through them one by one and you're going to have an intimate look as to what they are, but right now, I want to give you a brief overview of what each of them are.

The first we'll talk about is your Personality Number, or as those in the know call it: your Outer Personality Number. This number has to do with the kind of information and emotional energy you let into your life. It's not just who you are as a person, but rather, think of it as a strainer that catches things that show up in your life and things that you don't want to let in. It's a powerful filter and knowing that you have it will help you understand problems and situations as they come up in your life.

The second we'll talk about is your Life Path number that we'll be discussing. Your life path is something more intimate and something more akin to your destiny. From your life number, you can figure out where it is you're going with this life and what exactly you can expect along the way as you go about your business. This is the number that will help you determine what choices you should make and what opportunities or challenges that you can expect to encounter along the way.

Thirdly, I'm going to talk to you about your Heart's Desire, or what is known as your Soul Urge. This is a unique number because it's going to tell you what the motivation that is going to be strongest to you in life. This will reveal your likes, your dislikes, your cravings, and ultimately what you should avoid. This will tell you what it is that is going to drastically influence the decisions and questions that you have in life and for yourself. Ever wonder why you act a certain way or what it is you're thinking about most? It's your Soul Urge that has the answers for you.

Fourth, I'm going to discuss with you Expression or what a lot of people call destiny. This is an important number because it tells you about opportunities that are of cosmic or global significance in your life and shows the inner goals you have. It'll also discuss the kind of person that you want to be. There are also readings that will discuss the shortcomings and faults that you have as well as the talents and the abilities that you possess.

Over all, these are the major five numbers that most people look for when they approach their numerologist for a reading and for the interpretations that they're looking for. I'm going to help you find the numbers that you're

going to need and then give you a brief—and I mean brief—overview of what that means for you and where you can go to find out more information about the number you possess. So let's get started with figuring out what your numbers are.

## The Personality Number

Okay, when we're talking about our personality number, we're going to find out what it is we've got going on in our life that is acting as a filter. But, before we get to figuring out what it is we're calculating, there are rules. So, you're going to take your full name, including that pesky middle name, and transcribe the letters as numbers that are consonants. However, the exception is Y because it works as both a vowel and a consonant. So, if the Y in your name is serving as a vowel in the sense that it sounds like a vowel or is being used as a vowel, or when it is the only vowel in a single syllable. For example: Ryan, Carolyn, Mary, and Wyatt are all out.

So if the syllable uses another vowel, it is replacing a J, or it is making the distinct "EE" sound, it's a consonant. So, once you have all the consonants, you transcribe them to numbers and add them up for a sum. Got it? So let's test it out.

My name is Darth Vader, so my Personality Number is going to look something like this:

$$D, R, T, H = 4 + 9 + 2 + 8 = 23$$

$$V, D, R = 4 + 4 + 9 = 17$$

After you've figured out what the total of the consonants are, you're going to add up the totals like so:

$$2 + 3 = 5$$

$$1 + 7 = 8$$

Once you've discovered the total, you're going to keep adding them up until the number equals one of the following: 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, or 22. So that means that we have to add up 5 and 8 now, which equals 13. Since thirteen is not one of the registered numbers, you add 1 and 3 together to get 4.

Darth Vader's Personality Number is 4.

Go ahead and add up the consonants in your name right now and figure out what it is you have for your Personality Number and we'll discuss the numbers next.

There are numerous charts that you can find available to you that will read differently, depending upon the method that you're looking at. I would strongly advise that you find a chart that is deeply and soundly rooted in the Pythagorean numerology system, which means it will utilize 1 through 9. When it comes to 11 and 22, these are called power numbers that others use to figure out what they consider to be extremely rare and powerful numbers. Of course, some people find these inaccurate and switch over to 2 or 4 and sometimes find a better reading or understanding of what their Personality Number is.

Now, concerning the number that you get. It might read something like a fortune cookie to you, but don't just take it for some sort of magical explanation of who you are. Rather, understand that this is the kind of stuff that you pick up on when you're receiving information. It's not just a simple explanation of who you are, but rather what you're more receptive of. So, take your Personality number and see if you're going to find what it is that you're more receptive of and what the negative traits are. Your negative traits are failings you have or things that you have a weakness for receiving.

So, now that we have your Personality Number, let's move on to the next number that you should figure out when it comes to the Big Four. Buckle up for another fun project involving basic math. See, your teacher was right! You would use it some day!

## Life Path Number

Your life number is something unique and interesting with a lot of fun wrapped up in it. When you're figuring out your Life Path Number, you need to realize that this is definitely the most popular number for people to figure out when it comes to approaching numerologists. Seriously, you're paying someone to figure out what is going on with your life that you could figure out with your own use of a calculator if you're extremely lazy. Seriously, you're going to find out how simple and easy this is.

So, to figure out your Life Path Number, it's as simple as adding up the date of your birth. Seriously, it's that simple. Let's do a basic equation so that you can see what it is you're dealing with.

$$\text{May}/5 = 0 + 5 = 5$$

$$06 = 0 + 6 = 6$$

$$1990 = 1 + 9 + 9 + 0 = 19 = 1 + 9 = 10 = 1 + 0 = 1$$

$$5 + 6 + 1 = 12$$

$$1 + 2 = 3$$

The Life Path Number is 3! It's that simple.

So, let's have a one sentence look at what you can experience on a deeper level with your own research.

Number 1: These people are leaders and bring all of those characteristics with them, such as: determination, pioneering energy, passion, and goals.

Number 2: Twos are the peacekeepers and the people in the world who want to work toward harmony, understanding, and build better relationships with everyone around them.

Number 3: These are your basic creative, self-expressive types, those looking to get into something creative or the arts.

Number 4: These are your worker bees and those with their nose to the practical grindstone to get things done through organization, determination,

and perseverance.

Number 5: If you're a number five, there's a good chance that adventure, freedom, and restlessness are things that you hunger for and thrive with as you seek to live in the moment.

Number 6: Sixes are the nurturers and the protectors of the world looking to heal and nourish those that are in their life by helping them through the troubles they face.

Number 7: For all the sevens out there, being a loner and an intellectual is what they love, but they have a weakness for escapism pleasures out there but still live in their minds.

Number 8: Eights are the people learning things the hard way, but learning everything they can along the way, whether it's financial stability that they want, caution, or ethics.

Number 9: These are the natural born leaders, full of charisma, charm, drive, and endurance that ultimately lead to the difficulty of handling the completion and endings of challenges and troubles.

Number 11: When it comes to number elevens, they are highly in tuned to the spiritual, intuitive, and visionary powers of the world that they use to inspire and encourage those around them.

Number 22: This is considered the most powerful number and is given over to strong spiritual power and the ability to deliver that power and knowledge through to other people.

So that is your Life Path Number in a nutshell and I seriously mean that it's in a nutshell. There is so much that you can explore and come to understand when it means that you're going find your road and your path through life. This is really the information that's going to help you really get a good, clear image as to what you are going to do and what you need to do with your life. Take this to heart and really do some research into finding what it is you need to accomplish with this kind of information. Analyze it and really study it to see how you can apply it to your life right now.



## Heart's Desire/Soul Urge

This is the description of the inner you. Remember how the Personality number was really the outer you that explains what it is that you have coming into your mind and your body. This is the information that is coming out of the inside of you. Honestly, they're two sides of the same coin and they both play intricately and purposefully with each other in a way that really makes you come to understand what it is you're receiving inside of you and what it is you're receiving from outside.

After all, think about all the stimuli that are coming at you from all angles. Everything that is coming from within and without is going to eventually make its way into everything that goes through your mind and it'll do you a lot of good to know exactly what it is when you're dealing with. It's all about getting to the truth of who you are and handling the ways you find yourself in situations. So, how exactly do we figure out what our Heart's Desire number is? Well, since the Heart's Desire and the Personality numbers are essentially two sides of the same coin, we're going to do the opposite of what we did with the Personality number. So, instead of working with consonants, we're going to be working with vowels.

So, remember the system and the board that I showed you last time that has to do with the numbers and the letters? Well, we're going to be working with it again. In fact, you're going to find that this is the system that you're going to use most of the time. So, find the corresponding numbers with the vowels in your full name. Remember that Y is a tricky letter and that there are rules for it that constitutes whether it's a vowel or a consonant. So, let's have ourselves another jolly good time figuring out what it is Darth Vader would have for a Heart's Desire number.

So, his first and last names have A, A, and E in it, which makes it: 1, 1, and 5, so 7 is Darth Vader's Heart's Desire number. It's really that easy and you want to make sure that you utilize your middle name as well. Since we're not sure whether or not Darth Vader has a middle name, then we're going to use just these numbers.

Again, I'm going to give you just a few examples of what your Heart's Desire Number could mean for you in just one sentence, so don't think that this is the end or the total sum of what you're dealing with here. In fact, you're probably going to find that there's more and more with every little piece of information that you find out about your specific number. So, here are the bare bones of what each number has to say about you.

Number 1: There is independence within your heart and it's something that pushes you to follow what it is you believe in to really motivate you.

Number 2: Again, peace and harmony are the desire that you want most in your life and that's something you're going to continue working for as long as you live.

Number 3: Inside, you want a good time and you want the party to just keep on going, which is great, since you have an excellent friendly core that resonates well with the people in your life.

Number 4: Structure, stability, and a stable life is what you want to keep with you and not having sudden changes in your life.

Number 5: Freedom, change, newness, and excitement are all things that really charge and empower the world that you live in, so look for that constant state of fun chaos to really build up who you are.

Number 6: Your exceedingly domestic and loving nature makes it so that you're perfectly suited for something where you can really give your everything to someone.

Number 7: The in-depth study, knowledge, and understanding of the world is what draws you toward the world around you, which makes you perfectly suited for building that extensive knowledge you crave.

Number 8: The drive for you is that you crave the meaning of success in all of its worldly glory: power, money, influence, and the life that attests to it.

Number 9: When you search yourself, you'll find that humanity's benefit and the advancement of our society is what calls to you, regardless of the field that you're in.

Number 11: As a power number, wisdom is given to you beyond your own lifespan, which manifests interest in the theological, philosophical, ideological, and the abstract concepts in the world.

Number 22: This is the number that is most powerful and it is the power of creation that urges you to build something that is going to really make a lasting impact in the world.

Those are your numbers for your Heart's Desire or your Soul Urge number. Keep in mind that this is really just the surface of the world of these numbers and that there are so many other resources available to you to figure out what this truly means to you. Take some time to look into it and see if you can't gain some better insight into your own life and some direction that you would like to move toward. I hope that you can really get down and deep inside all the things you're looking to experience with your Soul Urge and Heart's Desire number.

## **Expression/Destiny Number**

This is the final number that I'm going to invest a lot of time in the explanation of and that's not to say that there aren't more out there for you. In fact, there are a lot of numbers that you might consider looking into at another time, which I will spend the next chapter talking to you about. But right now, let's talk about your Expression or Destiny number.

Now, this is a unique and interesting number because it really starts to talk about what it is you're going to have in your life that's an opportunity to really make a difference or do what it is that you want to most. Since this is about destiny, then you're going to find that it's also really heavily tied into what it is you're able to do of major significance to the world and the increasingly large goal that you have to accomplish. Remember, this is intimately tied to what it is you're going to have a drive from with you Personality, Heart's Desire, and Life Path numbers. Again, remember that when we're done computing everything and adding up all the numbers, I'm only giving you the bare bones of what it is you're going to find out here.

So, to find out what your Expression or Destiny number is, you're going to have to combine the numbers of your full name. This is going to be a method that is slowly going to whittle down your name until there's nothing left but a single number for your entire name. So, get to work replacing all of the letters with their corresponding numbers until you're left with a single number and you're going to have your Expression or Destiny number.

Now that we know what your expression number is, I'm going to give you another single sentence explanation of the opportunities and the possibilities that you're going to want to look for when it comes to seizing the most out of what you're capable of getting. Again, this is going to be a list of the opportunities that you're going to need to understand and that you're going to need to look for. So, when you come up against something in life, you need to be willing to look for these following traits and signals of the event where you will be the most successful at the task you're attempting to accomplish.

Number 1: You're going to be looking for events that are ambitious, bold, and incredibly risky, because that's where you're going to thrive the most, so keep your eyes open for the bold and exciting moments in life.

Number 2: When opportunities arise, you're going to want to find the moments that are about negotiation, peacemaking, finding a place to really cooperate with those around you.

Number 3: This is the point in your life where expression and artistic power is going to be needed to really break through to others, especially in a jovial environment.

Number 4: These are the moments in life that need logical, practical, and efficient ways of solving problems that come up in the world around you, which need self-discipline and order to be overcome.

Number 5: These are the moments where you're going to need a visionary, expansionist, or adventurous person to really seize the opportunity and the possibilities that are available to them.

Number 6: If you're facing an opportunity that requires a great deal of responsibility, protection, or nurturing, then this is going to be the opportunity that is calling to you most.

Number 7: These are the intellectual endeavors in life that are going to require the analytical, logical, and knowledgeable to step up and really take command of the situation.

Number 8: These are the pathways to success that require those that have the ambition, leadership, and the drive to really reach for the success that is being offered to them.

Number 9: Does the world need your help in this moment to give of yourself generously to accomplish something that is going to be built for the betterment of society and humanity? This is your situation.

Number 11: These are the opportunities that come up that require someone who is intuitive, knowledgeable in matters beyond the worldly and

really has a grip on the spiritual.

Number 22: This opportunity really requires a person who has a lot of power and knowledge that is the logical leader to really build something out of nothing.

Remember, these are all just the bare bones of the circumstances that you'll be facing and I would strongly recommend looking into more of what your number says about the opportunities that you're going to be facing. So take some time and get to know what these numbers really have to say about your circumstances and who you are as a person. Get to know them personally and intimately, because these are going to be affecting the world that you're finding yourself in now and forever to come. Contact a numerologist if you want an exceptionally good reading that can give you lots of deep information.

## **Tips of the Trade**

When it comes to any form of divination, there's bound to be some work involved. After all, most people that are interested in divination of any kind are concerned with actually making a profit from it, whether it's through currency or popularity or emotional attachment in society. So, if you're looking to get involved with numerology on an actual social level, rather than your own amusement, then there are some things that you're going to need to know about pushing onward to the next level of everything involving numerology and the public expression of your skills.

The first thing that I'm really interested in conveying to you is pushing your education beyond this little amount of information that I've given you. There are plenty of reasons for you to further your information and your knowledge on these matters because you're going to benefit yourself on a number of levels. The first reason you should expand your information is that the knowledge you have is going to make you more confident, more focused, and more credible when you're doing readings for those that you've gotten interested in your talents. Secondly, you're going to want to actually start meeting other numerologists that are going to give you insider tips and bits of information that is going to be available to you exclusively at a professional level that books or websites aren't going to convey to you. Finally, by getting more information, you'll have a deeper understanding of what it is you're doing. Not only are there plenty more numbers that you can learn to calculate, but there are also a lot that you need to build upon with the numbers that I've given you. Your information and your credibility will sky rocket with the more information that you gather.

The second thing that you need to know is that it's easy to cross over into the world of charlatanism. If you want to do this for spiritual, humanitarian, or any other basic, honest interest and that money isn't a concern, you're going to see how easy it is to take advantage of people. Not only are you going to see how easy it is, but you're going to see many numerologists out there are nothing more than charlatans peddling snake oil for their own profit

and that they don't actually care about their customers. People who are searching for truth and knowledge in the numbers, they're searching for something and you're going to need to decide if you're the kind of person that takes advantage of that longing or is genuinely willing to help them on their path. I would strongly suggest that you take the higher road. You can do a lot of good in helping people find clarity in their problems and struggles.

Finally, I want you to know that a lot of people are going to want to know the secrets to what it is you're doing and they're going to want to prove you wrong if they're an unbeliever. I'm going to tell you up front that most of the people are going to genuinely believe in you and have faith in what it is you're telling them, but there will always be jerks out there that want to sneer at you or prove you're wrong. Worse off, there are going to be those that want to know the secret behind what it is you're doing. Unless they're willing to buy a book and read it for themselves, don't waste your time telling them. Persistence will tell you whether or not they're worth sharing this information with them. Think of yourself as a magician. Everyone wants to know the secret behind what it is you do, but by telling them, you're shattering the illusion and the belief that they have in something more.

Just remember to conduct yourself on a personal and professional level that will make people respect and trust what it is you're saying to them. Like I told you earlier, people who are searching for the truths that you can offer them are more inclined to believe nonsense when you should be giving them the truth. Be respectable, be honorable, and make sure that you're doing good by humanity and not taking advantage of them.



## **The Last Number**

I hope that you've had fun coming to understand the work and the mystery behind the numerology world. Remember that this is a tradition that has been built upon the history of mathematics that has gone back all the way to the ancient world and has been built upon the shoulder of the great Pythagoras himself. This is a tradition that has been carried through the years and has been steeped in mysticism and criticism, but has undeniable power in defining the characteristics and the traits of those seeking truth in the world of numbers.

In this book, I have shown you how to determine what your Life Path Number, your Personality Number, your Expression Number, and your Heart's Desire Number, all of which work in harmony to help describe who you are and what it is you're searching for most out of this life. I hope that this information has been enlightening and helpful for you, but also that you know how to help other people to find their numbers as well. After all, you're going to find that there are a lot of people out there that one to know what their numbers are.

Remember, there is truth in these numbers and that everyone is looking to better understand what their purpose is and their place is in the world. We all want to be able to find out what it is that makes us unique and powerful in this world and through the understanding of numerology, we can all find the truth that we're looking for. Remember to keep searching for more knowledge and a deeper understanding of what your numbers mean.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to unlock some of the mystery and confusion around Numerology.

The next step is to get your hands on the right deck for you.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on overcoming rejection. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## **Preview of My New Book**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)**

### **What is Wicca?**

So you're interested in Wicca, or maybe you've already started your adventure into the big world of one of the oldest religions in the world. It's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and resurgence in the mystic arts, it wasn't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much

more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today, meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here's what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn't know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we're good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That's why you're here after all? Isn't that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don't be shy. We'll have a nice little chat and you'll see what it really means to be a Wiccan and I'll tell you about the magic that you

know in your heart to be real. I'll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

## Concerning Covens:

If you are taking the path that leads you to becoming a Wiccan, you're not like everyone else. You're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you're serious about becoming a Wiccan or delving into any of the neopagan groups, there are many resources.

Thankfully, we've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there's now a way for us to communicate and encourage one another. It's truly a great tool for us to use.

To read the rest click below!

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)**

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.



Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!

## Additional Recommended Reading

### **[The Complete Book of Numerology](#)**

[David A. Phillips](#)

### **[The Numerology Guidebook: Uncover Your Destiny and the Blueprint of Your Life](#)**

[Michelle Buchanan](#)

### **[Numerology & You](#)**

[Yvonne Stanway - Ward](#)

### **[Learning the Tarot: A Tarot Book for Beginners](#)** [\[Kindle Edition\]](#)

[Joan Bunning](#)

### **[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)**

### **[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

# **TIBETAN RITES AND AGING BACKWARDS BOX SET**

*By Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits  
and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

**But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## Table of contents

### [My Free Gift To You!](#)

#### [Introduction](#)

#### [Finding the Rites](#)

#### [The History of the Rites](#)

#### [The Five Tibetan Rites of Rejuvenation](#)

#### [Tibetan Idea of Healing](#)

#### [Conclusion](#)

#### [Preview of My New Book](#)

# Table of contents

## Introduction

Introducing the concept of aging backwards:

CHAPTER 1: The causes of accelerated aging

CHAPTER 2: Slow down biological aging

CHAPTER 3: Looking younger

CHAPTER 4: Eating for health and energy

CHAPTER 5: Becoming more flexible through exercise

CHAPTER 6: Useful additives and herbal supplements

Conclusion – A sound mind in a healthy body

## Introduction

In the Western world there is nothing more mysterious and more confusing to our Western sensibilities and culture than that of the East, especially when it comes to religious practices. In fact, there are so many people in the West that don't really have a firm grasp on what it means to be Buddhist, a Taoist, a Confucian, or any of the other Eastern Philosophies that populate the world. Outside of the ideals of Christianity and the myriad of practices that spawned from the formation of that faith, most of us don't even have a clue what it's all about.

In fact, I'd go so far to say that there are plenty of people practicing Eastern Philosophies that have approached it with a rather New Age flippancy that is usually reserved for buffet lines. Most pick and choose the ideals, tenants, or practices that serve them best and fold it into their custom made faith. Regardless of the approach's effectiveness, reverence, or blasphemy, the result is usually the same. There is a haphazard nature to this approach and there are so many who are looking for more to add to it.

But, perhaps you're not looking for a new spiritual practice that you want to incorporate into your own doctrine or worship method. Perhaps you've heard about the miraculous benefits of something called the Five Tibetan Rites. This is the mystical and strange practice that has been performed for over

2,500 years by the monks of Tibet. It is the spiritual practice that has been reported to invigorate, heal, and calm the body in ways that no other practice can. Whether this is true or not remains a matter of debate. However, the Five Tibetan Rites are a mystery to most people and very few actually know of their existence.

This is the very essence of arcane knowledge. This is what so many people desire and hunger for and I'm going to give you all the information that you're going to need to know about the Five Tibetan Rites. Whether you're a devout, practitioner of the Eastern Philosophies, or you're just curious, I'm going to give you all the information that will be of help to you in understanding and mastering this practice for yourself.

So, let's get to work understanding what the Five Tibetan Rites actually are and what they mean to you.

## Finding the Rites

The past is a fickle and cruel thing in parts of the world. While the sands of time continue to flow, reverence, importance, and value is often subjective to the whims of the ruling power or the populace of the times. In the 1950's the Chinese Government invaded the Tibetan Plateau and caused massive widespread damage, the effects of which are still being felt today and will be felt for ages to come. The Chinese were so destructive and so violent toward the Tibetan people that we are extremely lucky that an entire culture and way of life was not radically extinguished by the Chinese Government.

When the Chinese invaded, Tibet was known as a religious territory, a land of faith and contemplation. It was one of the most densely populated places on the planet for holy sites, devout monks, and pacifists. Prior to the invasion 6,259 monasteries, convents, and holy sites existed in Tibet unharmed and in pristine condition as they had been for thousands of years. When the Chinese government was finished with their invasion only eight locations remained undestroyed. This doesn't mean that some were simply shot at, like propaganda would have the world believe. These locations were leveled and destroyed.

While countless pieces of priceless artifacts, spiritual texts, and historical records were lost in the destruction and the violence, but hope endures. There were many researchers still in the area and black market deals were utilized through a network of renegade Tibetans, underground monks, and criminal avenues that were employed to get some of the information out of the country. Not only were some pieces of the Tibetan history salvaged, but there were many other monasteries in the Himalayas that contained information about many of the Tibetan rituals, customs, and culture.

One of the salvaged pieces of information was something known as the Five Tibetan Rites of Rejuvenation. The story around the Five Tibetan Rites is something ripped straight from the pages of an adventure novel and is quite fascinating. While many people have worked in translation detail trying to piece together what information we have from Tibetan and Indian texts, the majority of the information that they accumulated references the Rites existing back 2,500 years. However, their work was fairly limited being compared to the works of an antiquarian book dealer known as Jerry Watt.

Jerry Watt is the man who decided that combing through the pieces of information that was destroyed in the Chinese assault on the Tibetan Plateau was not going to recover anything substantial. Any information that had been salvaged by this network of renegades and criminals was now being snatched up on the black market by criminals and collectors from all over the world. No, if he wanted to find something of substance, he was going to need to look elsewhere. So, like many historians before him, Jerry went looking to one of the most destructive forces on the planet and that is the history of the British Empire.

The British Empire spanned from their small portion of their island in the Atlantic coast of Europe to dominating the largest empire in the history of the world. Unlike the destructive force of the Chinese Government that had raided and destroyed so much in Tibet, the British were fascinated by their conquered subjects. When the British army invaded a territory, nation, or kingdom, when the army had stabilized the area, merchants and scholars flooded the area to report back to London what had been acquired by the Empire. As a result, every subject on the planet seems to have had some sort of covering by a British academic who took to the field for an adventure to write a book, pamphlet, or paper on the material that fascinated them.

What Jerry Watts eventually discovered was a man named Peter Kelder. As of right now, Peter Kelder is the only man in the history of the world who seems to have met someone who had personal contact with the practitioners of these Rites. He's an indirect witness to these practices and is our best source of information. While there are disputes upon the legitimacy of the booklet Kelder wrote, it has yet to receive any substantial blow to destroy its reputation and credibility among researchers and spiritual experts alike. There was nothing that could be more thrilling than arriving in India and searching for knowledge and information about the supernatural, occult, and bizarre.

At the time, there's something that captivated London and the British Empire about the mystical and the occult world. Christianity was beginning to lose its control and the mystical, pagan, and bizarre had started to infect the people of England and many other elite European cities. So any curiosities that could be recovered, found, or researched were in high demand. This led Jerry Watt to find a man referenced in his papers as Colonel Bradford. Colonel Bradford is an alias and not the man's real name.



Colonel Bradford had heard legends of monks in the Himalayas that had found a sort of Fountain of Youth that had given them immense power to survive for years without aging. The legends of these monks were whispered in the shadows and passed from source to source until Colonel Bradford decided that he wanted to see if there was any truth to the legends that he was hearing. So, heading in to the mountains, Colonel Bradford found himself in the lamasery where they taught him something that captivated the world for centuries.

Known as the Five Tibetan Rites of Rejuvenation, these rituals and practices were shown to him and explained thoroughly while he was living with the lamas in the lamasery. In the end, when Colonel Bradford left them, he brought with them secret knowledge that he delivered to Kelder in the form of his booklet. These skills and practices were highly wrapped up in the beliefs of the lamasery and remained fairly discarded and hidden for a long period of time before it was brought to light and seen of interest. Kelder's booklet became the touchstone to ancient knowledge that has left people baffled and enthralled for years since and it is one of the best-kept secrets in the world.

While the history of how the Five Tibetan Rites of Rejuvenation is perhaps one of the most fascinating tales in the history of searching for lost literature, but it was actually found that truly proves to be one of the most intriguing and exciting pieces of information that we have. As far as the spiritual community is concerned, the Five Tibetan Rites of Rejuvenation holds the secrets of the world. It's one of the most intriguing questions that have captivated the world. How do you evade the passage of time? Can a single person live indefinitely? As far as the lamas of the mysterious lamasery in the Himalayas are concerned, there's a way. Not only is there a way to stay young forever, but they're strangely simple for you to partake in on a daily basis.

So, how are you going to find this fountain of youth? Well, by reading this book, I'm going to give you a glimpse inside the world of the Five Tibetan Rites of Rejuvenation. Now let's get started on the path to eternal youth.

## The History of the Rites

Now that you know the history of the booklet, it's time to have a chat about the actual history of the actions that you're going to be taking part in. There's a lengthy history you need to be aware of that I'm going to make simple and understanding for you in a way that doesn't make you feel like you've just read a textbook.

Why is a history necessary? Well, because in the matter of spiritual disciplines and skills, you need to understand what is actually happening to you. This isn't something you can just slap on your life and

expect yourself to be able to tap into spiritual power. While spirituality is open and available to anyone, there is a strange sort of belief in the world today that spiritual matters can just be picked up or chosen at will without doing any of the necessary preparation, due diligence, or discipline that is required to truly make the spiritual matters a part of your life. So, to better understand what it is you're doing, then you need to actually know why you're doing it, how these skills are going to help you, and why you need to take part of it in your life. After all, once you know about something that can genuinely reverse your aging, according to legend, then wouldn't you want to make sure that you utilize it accurately and that you know what it is you're doing? You want this to actually work after all. So, why should you care about this lamasery, what they have to say and why they might actually know what it is they're talking about? So, in order to understand why these are all important, we need to explore the history of it.

In order to properly understand what it is that these lamas believed, you need to understand that there is a strong tie between Buddhism and Hinduism, in fact, much like Christianity is born out of the tenants of Judaism, so too is Buddhism born out of Hinduism. The tenants of Hinduism share a lot of the basic spiritual disciplines of Buddhism, but in the end, that can all be traced back to the Buddha who gave birth to the Buddhism.

The history of the Buddha essentially comes down to a prince who was born to a privileged and lavished lifestyle at the height of war and civil strife in India, all of which was born within the animosity of the caste system and warring states. When he looked around and saw all of this death and suffering in the world, he decided to abandon the world that he had been born into. He cast off the world of beautiful women, riches, amazing food, and the finest materials that he could ever want or desire. By getting rid of all of these, the Buddha began an adventure to discover what was truly important in life, how to get rid of all the evil in his life, and ultimately, to find out what his purpose and position in the chaos of the world truly was.

In order to do this, he abandoned everything and inevitably discovered what it was that he considered the secret to all suffering in the world. The idea that desire alone dictated the evils of the world and that abstaining from the things you desired and by rewriting the thoughts, actions, and beliefs of your life, you can free yourself, was a revolutionary thought that changed his whole life. In a world of shamen, yogis, and Hindu priests all believing in a predestination of our existence, the power of psychic energy, and the existence of gods and demons, Buddha said that it ultimately didn't matter on a personal, pragmatic sense as far as spirituality was concerned. To him, a man or woman needed only to erase desire from their life and they could find that everything that was evil or harmful in their life could be removed. This was a radical and strange idea that was hard to convince people of at first, but eventually, Buddhism began to spread.

Wherever Buddhism spread, it was not immune or invulnerable to the same problems that face every other religion in the world. As it spread, old faiths of the region began to meld together with the old customs that were serviced as metaphors to the new faith inevitably began to bleed together. As Buddhism spread across India, it picked up practices of the Yogis and Hindus. Crawling over the Himalayas, Buddhism came head to head with the Tao and Confucius in the coming years, but the true epitome of Buddhism's monastic society was based in the Himalayas and on the northern plateau of Tibet. In these areas, it became a vortex of religious beliefs, all of the monks sought truth in the faiths that were washing over the land, tying together the threads of truth that they found among each of them.

What these monks inevitably developed and found was a pure form of faith that was developed upon the tenants of Buddhism, but was expanded upon the questioning of everything. They sought answers, but also acknowledged the truth that was found in the questions as well. Among all of these, they collected immense amounts of information that we might construe as mystical or questionable, but numerous eyewitness accounts question the doubt many of us have. In fact, it demands answers on the part of the doubter.

Essentially, the spiritual history of the Himalayas and the Tibetan Plateau are mixed with a melting pot of faiths, beliefs, and systems that have churned across Asia over the centuries. Of course, this melting pot is genuinely a pot forged out of the ideals and tenants of Buddhism. While you may see similarities with the Five Tibetan Rites and Yoga, you'll find that it's still practiced with the ideals of Buddhism at the heart of it.

So, if you want to know even more about what it was that these monks found to be truthful and the source of spiritual power, then you really need to dive into what it is Buddhism wants for you in your life. It's a vast and intriguing faith that is based upon Eight Steps that you'll be applying to your life in order to govern your thoughts and actions in a more successful way for you and the world around you. It's very interesting and a very unique faith that I would strongly recommend that you take a look at, even if you're a firm believer in another faith. It never hurts to see what it is that others believe in and how similar so many faiths truly are. After all, the core of goodness and morality isn't that vast or unique when it comes to the faiths of the world. It's a great topic to discover and I highly recommend you look into it, especially if you're looking to apply these Five Tibetan Rites of Rejuvenation to your life.

Now, the fact that you know that the lamas in the lamasery that Colonel Bradford was visiting were collectors of knowledge and information pertaining to spiritual matters and had strong influences in Hinduism, Yoga, and predominantly Buddhism, you'll understand why these Rites feel a lot more like you're practicing yoga than you're practicing a Buddhist discipline. Now, without any further history

lessons, let's actually get down to the brass tacks of what these Five Tibetan Rites of Rejuvenation truly are.

## The Five Tibetan Rites of Rejuvenation

Now, without further adieu, let's get into the Five Tibetan Rites of Rejuvenation. These are the ancient techniques that are going to help you change your life and regress the effects of aging and to add somewhere around ten years to your life, if the legends are to be taken as truth. Of course, since I'm not able to compare my own utilization of these habits with the length of my life with and without them, I can't tell you with one hundred percent truth and accuracy, I will tell you that I feel great while I've been doing them. You do feel a sort of inner peace and boiling energy under the skin. You're going to love it.

But, before we get started, the lamasery taught Colonel Bradford that there are seven points of psychic energy that are responsible for the aging process and the sole reason for why your body is either not feeling well or why you're breaking down. As far as they believe, these psychic vortexes are churning extremely fast throughout your younger years in your life and that when you get older they begin to slow. When these psychic vortexes begin to slow your body begins to decay, cellular regeneration, blood flow, and everything else begins to slow, even the elasticity of the skin. The only way to stop this inevitable decay that leads to death, you have to find a way to get these vortexes to start flowing faster and to stop the slowing process. Thus, the Five Rites were developed to get these Five Rites churning and spinning as quickly as possible.

The real question that you probably have right now is where are these vortexes located? To answer that question, the monks spent years meditating and seeking out the best understanding of auras and the psychic flow of energy through the body to come to the ultimate conclusion that these vortexes number seven strong and that they're not exactly where you'd think they were.

The first vortex that you're going to find is located in the forehead in the pineal gland. The second vortex is found at the posterior part of the brain known as the pituitary gland. It's small, about the size of a pea and is at the base of the brain. The third vortex is in the neck, just above your collarbones and might actually be considered the throat, depends upon who you're talking to. Vortex number four is located in your liver. The fifth vortex is found in your sex glands, so either you're testicles or your ovaries. The final two vortexes are located in both of your knees, which are strong locations for grounding your spiritual energy. These are the locations of your vortexes and these are the locations that are going to be affected most by the actions of your Five Tibetan Rites of Rejuvenation.

Now, let's have a chat about the first rite that you're going to perform. With your arms outstretched from your shoulders, you're going to want to spin by turning from left to right until you're slightly dizzy. Does this sound and look silly? Yes, but you're getting your several of your vortexes stimulated by this action and you're getting them activated through this action.

Now, between each of these rites, it's important that you stand straight and just take a few breaths. Now, there are a lot of works and papers written about the importance of breathing with these rites, but one thing that leads many to find speculation with these claims is the simple fact that Colonel Bradford made no mention of this in his reports to Kelder, which would have been a not of importance to him. After all, the British were academics and they were extremely interested in the peculiarities and strangeness of these rituals, so if breathing was involved, Colonel Bradford made no mention of it after living in the lamasery with the lamas for a long duration of time. So, what I gather from this is that it wasn't of importance is simply the application of current meditation techniques to the old skills. Will breathing techniques hurt or hinder the results? I highly doubt it and if you feel the need to look into breathing techniques between these rites to better focus your energy, so be it. However, I want you to know that it doesn't seem very necessary to most academics on the matter.

The second rite is going to require you lay down on a rug and place your hands flat on the sides of your hips. Your fingers and palms flat on the floor with them slightly pointed toward each other. With your feet, you're going to want to pull them up with your legs straight as possible. Think of it as a sort of reverse crunch that is going to be activating your core. Lift your legs up ninety degrees and then keep pushing with your legs to be closer to your head. When you've finally hit the apex of your flexibility, then slowly lower your legs and make sure that you're keeping it in a controlled, flowing motion. You should repeat this exercise until you can feel the energy flowing through you. However, I know a lot of people who interpret that statement as doing it until they're exhausted. No, don't do it until you're exhausted, rather do it until you feel your energy flowing. This should never take longer than five minutes and five minutes is a very long time for you to be performing this rite. Again, when you're done, stand up, take a few breaths, and get yourself centered for the next rite.

The third rite is going to require that you knee down on the rug. When you're kneeling on the rug, place your hands on the front of your thighs and lean forward, curling your head forward so that your chin is touching your chest. When you've accomplished that, slide your hands to your butt cheeks or the backs of your thighs and lean backwards, opening up your chest and leaning your head back as far as you can. Don't go so far that it's painful, but make sure that you're opening up your body. Then lean yourself forward so that you're at the starting position again and repeat the exercise until you've reached a similar state that feels energized and motivated to move forward. Again, there's a moment where you should take your opportunity to stand up again and practice your controlled breathing to

center yourself one more time. Once you've finished with the standing and breathing, it's time to move on to the next rite.

The fourth rite requires that you sit down with your back straight and your legs stretched out in front of you. Placing your hands along your sides, you should put your palms and fingers flat on the ground next to you, then digging the balls of your feet into the ground, dive your strength deep and push yourself up, so that your knees are bent. Your thighs, hips, and torso should all be flat without any arc or bend in your body. You should be supporting yourself with your feet, calves, hands and arms, all of them straight down. Hold yourself in this position for a moment before you slowly lower yourself back to the original position and continue to build a flow of energy and feel it empowering your body. This is probably the hardest rite to start out with and it's difficult to get a controlled flow going with your body when you're starting out. This is fine, but it's important that you build up your strength with this exercise and that posture is focused on. You want the flow to be fluid and strong. If you're shaking or jerking, it's going to affect the results of this rite. So, keep at it, build up your strength and do the best that you possibly can with it. Like always, when you're done with the set, stand up straight with great posture, feel the energy flowing around and through you as you breathe. Then, it's time to move on to the next set for you.

The final rite is going to be familiar to yoga experts as downward facing dog that flows into cobra position. Start out with your hands and your feet as your foundation, pushing up with your hips so that you bend into a triangle. It's extremely important for your posture that your legs are straight and that your arms and torso form a straight line bending from your hips downward. This is called downward facing dog in the yoga world. From here, you're going to want to push downward, controlling the motion with your arms so that your body forms a plank with your torso facing upward and your head leaning back. This is called the cobra position. For a more visual interpretation, I suggest that you actually look up the images to get a better idea. It's a basic move that doesn't require a whole lot of work and finesse in the yoga world, so I'm sure you'll be able to take care of it. Continue to build a flow with these positions and postures until you've hit the point where you feel like you've found the perfect energy flowing through your body.

When you're done with the final rite, stand up and breathe, feel your body relaxing and the energy flowing through you. By the time you're at the end of it, then you should be feeling an energy running through you and the invigoration is something you're going to really feel all around you. You have completed the Five Tibetan Rites of Rejuvenation that are going to flow through your body, revitalizing your seven vortices and giving you a source of prolonged youthfulness. This isn't just energy so that you feel young, there is an actual physiological effect here that thousands of people have witnessed or experienced for themselves.

The final note that I should be mentioning is the fact that there are some who claim that there is a sixth rite. Now, before I tell you what the sixth rite is, I want to be completely upfront with you about the legitimacy of this rite. I'm not sure that I personally buy it. Again, there are a lot of speculation as to whether or not Kelder's book is legitimate or completely accurate about the world Colonel Bradford witnessed and experienced in the lamasery. Again, I want to stress the level of detail that the British academics at the time were accustomed to giving precedence to. If Kelder's book is not complete with the details that were important, then I would stress that the book be taken entirely as false. The authenticity of this book cannot be picked apart. Either it is entirely accurate or entirely false. To claim that it is incomplete would imply that the lamas at Bradford's lamasery were both withholding information and deceiving him, or that contemporaries know better. I'm inclined to doubt in both of those facts. But, there are many contemporaries that believe there is a sixth rite. Take it or leave it according to your convictions.

The sixth rite is essentially going to be a moment where you sit down, meditate and practice several ritual breathing techniques. Now, if this is just a meditation exercise, then I would suggest that you take it at that. Meditation has many amazing qualities to it and there isn't a religion in the world that doesn't practice it as a spiritual discipline. But, I would simply take it as a meditation practice at the end of the Five Tibetan Rites of Rejuvenation and leave it at that. I wouldn't actually incorporate it into the actual practices.

Now, these are the Five Tibetan Rites of Rejuvenation in their complete essence with a sixth added on if you take the word of some contemporaries. Again, take it or leave it depending upon what you believe. However, the Five Rites are famous for their qualities and their powers with those who practice them. It is strongly suggested that you practice the Five Rites at least once a day to ensure that your vortexes are flowing with energy and strongly empowered. There are many people who make sure that they do the Five Rites on multiple occasions throughout the day, especially when they're feeling tired or like there's an energy lull that is hitting them.

The great thing about the Five Tibetan Rites of Rejuvenation is the fact that they're not going to take up enormous amounts of time. In fact, they're going to take up around twenty minutes of your time when you practice them. It shouldn't take you more than twenty minutes for you to complete the rites on their own. You can enfold them into your life whenever you have time for them. So if you're not a morning person, then you're going to find that you can work them in at the end of the day or during a break at the office. Whenever you need to fit them in, you'll be able to. The only reason you won't be able to incorporate them into your life is that you're actively not making time for them. So there's really no excuse for you to take twenty minutes to vitalize your body.

Now, the final aspect that I want to stress to you is the value of healing as perceived by the Tibetan people and the monks living in the monasteries and lamaseries. So, let's have a quick look at why they

believe that these rites are going to change your life for the better.

## Tibetan Idea of Healing

Buddhism is an extremely cognizant and mental faith that requires that you spend the majority of your time changing the ways you think, perceive, and experience the world around you. This is essentially the battle and the struggle that every Buddhist must fight throughout their life. It is the process of removing yourself from any equation that you might face in your life. You need to remove any selfishness, desire, or value on yourself and place it in the world around you. This is a difficult struggle and it's something that requires immense amounts of dedication and work in your life.

From this value, it is believed that if you have the values of your life in the right spot, then your mind will be a healthy place of power and energy in your life that will ultimately fuel your body into a healthy and harmonious place that cannot be torn down. It is believed that those who spend hours meditating and training their minds, their bodies will follow suit.

This is something that many people in the medical field point to today, although they're not directly pointing to Buddhism, they do sight the idea as a basic core. It's the idea that a positive and healthy mind is going to stimulate growth and development where a negative mind is going to hinder and decay the human body so that it doesn't recover from the damages that the body suffers from. So, the application of a healthy mind is incredibly invaluable. This is a vital part of the Five Tibetan Rites of Rejuvenation.

You cannot separate the Tibetan idea of healing from the Rites that you've been shown in this book. You have to be willing to dedicate a substantial amount of time to your mental health if you expect your body to have the same amount of durability, growth, and vitality that we're all seeking from this fountain of youth.

This isn't demanding that you become Mister or Miss Sunshine with the snap of a finger, but it does require that you start to take action and not in a superficial sense. If you want to have a positive change in your mental health, then you need to acknowledge suffering, understand the root source of it, and then focus on how it can be altered or challenged for the better. The goal isn't to run away from suffering, but to understand that suffering is inevitable in this world and that through your actions you can relieve it, stop it, or redirect the suffering into a positive energy that can be utilized for the betterment of humanity. Remember, take yourself out of the equation and utilize yourself as a force of good in the world. That's the key to all of this. Then, when you perform the Five Tibetan Rites of



Rejuvenation, you're not seeking this flow of immortality for your own selfish desires, but to actually help the world around you.

Do some good with the power you've been given and have the right mindset. These are going to be the keys to the success of your time with the Five Tibetan Rites of Rejuvenation. So, you understand that this isn't just a ritual that you can pick up and master, you actually have to practice and tap into the knowledge that the Buddhist monks and lamas discovered and have dedicated their lives to understanding and implementing.

## Conclusion

We live in a world where it's very vogue to pick up parts of spirituality, morality, and religion and kind of then construct your own emotional or spiritual paradigm to follow and dedicate your life to. While this might be an interesting and fun way to approach spirituality in the world, it often waters down or takes away the power required for some really interesting and powerful spiritual beliefs to take effect in the lives of those who practice them. I hope that in this book, I have given you enough history, background, and spiritual implementation for the Five Tibetan Rites of Rejuvenation to take part in your life and to really develop them as part of your life.

In this book, we have recounted the amazing and extremely complex history of finding the Five Tibetan Rites of Rejuvenation. It is a history worthy of its own adventure movie and it is quite possibly one of the most fortunate discoveries in the history of the world, especially in Buddhist literature. Next, we talked about how the history of Buddhism is filled with a drive to discover and find the truth in a world that was full of churning spiritual ideas, and how they incorporated the truths they discovered into their understanding of the world around them. Next, I taught you the Five Tibetan Rites of Rejuvenation and showed you how simple it was for you to incorporate them into your life on a daily basis. Next, you can find the Buddhist ideas of healing as interpreted by the Tibetan monks.

Overall, I hope that you found what you were looking for in this book and that you can now implement the Five Tibetan Rites of Rejuvenation as part of your life. I wish you good luck and hope that these help you in the future as you explore the world and where you fit into it now.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read .But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a *small* favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

## Preview of My New Book

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)

# WICCA

## THE ULTIMATE BEGINNERS GUIDE FOR WITCHES AND WARLOCKS

---

LEARN WICCA MAGIC SPELLS, TRADITIONS  
AND RITUALS



MICHELE GILBERT

# What is Wicca?

So you're interested in Wicca, or maybe you've already started your adventure into the big world of one of the oldest religions in the world. It's a noble quest, as is the pursuit of higher knowledge in any religion. For you to continue your journey, or perhaps to start it, you're going to need to begin somewhere and reading is always the best place to start. So here you go.

To be honest, Wicca has, like every religion, evolved over the long years that it has existed. What started as blind paganism and mysticism has adapted and evolved, tearing apart the cruel ambition, dark rituals, and bloody rites that gave it a sense of barbarism. What is left is the enlightened, adapted version of the old ways that have been passed down for ages. Like most religions, there are sects and factions, all of which have ideological differences that distinguish them. But for a brief history on the faith, I will be your esteemed guide through history.

Let's start at the beginning:

In the early twentieth century, the idea of Wicca was first born. Yes, we do trace our roots all the way back to the foundations of religion itself and it is often said that we are one of the oldest faiths because of this. However, to be quite honest, so do most religions. Wicca itself was founded by the meeting of clandestine groups that some call covens. Wait, let me clarify, we call them covens. Our faith existed in silence and in secrecy due to Christian persecution. Originating mostly from European traditions and resurgence in the mystic arts, it wasn't until the Fifties that we were actually given the name the Craft. This was really the capitalistic boom of our religion, which, from my own personal beliefs, is one of our darker periods. We were much more interested in popularity and attention rather than the pursuit of the Craft.

What you are stepping into now is a much different faith than was previously established in the Sixties and the Seventies after the sensational blossom of our beliefs in the Fifties took root. Today, most Wicca practitioners that you meet are quietly dedicated to the faith and beliefs that they have been taught. Though there are many covens in the world today, meeting and practicing, it is a deeply personalized faith that we follow and it is dedicated to a lot of independent research and development.

Here's what we do not do, or at least to the best of my knowledge. We do not eat babies, we do not worship the devil, and we do not offer human sacrifices. Like I have said before, our faith is extremely popularized by society, no thanks to some of our own members.

Honestly, if you were to meet an average Wiccan on the streets, you probably wouldn't know it. Sure, we draw an element of society, the lost souls, the searching, and the misunderstood. We welcome them and we give them a community, but we're good people and we are not all witches or warlocks.

But, on the other hand, we do practice magic. Yes, I said it. The elephant in the room has been addressed. That's why you're here after all? Isn't that the lure of the Wiccan faith? Magic? The fact that we acknowledge and believe what everyone in their heart secretly knows that the elements and the forces of the physical and spiritual world are very real and present. Sure, we dabble with primordial forces, but with respect and understanding. No, I cannot turn you into a cat and no I cannot kill you with a spell.

Any true Wicca would rather die than use magic improperly, because there is always a price when it comes to magic.

So, have I piqued your curiosity? Are you interested in knowing more? Then come on in and don't be shy. We'll have a nice little chat and you'll see what it really means to be a Wiccan and I'll tell you about the magic that you know in your heart to be real. I'll give a glimpse at the other side of the world, beyond cell phones and the Internet, where the forests loom and the shadows lurk. There are forces beyond all of us and if you want to know more, I will gladly be your guide.

## Concerning Covens:

If you are taking the path that leads you to becoming a Wiccan, you're not like everyone else. You're special, because we do not have Churches, Mosques, or Synagogues on every corner. You will not find temples or university groups, well, you might find a university group or two, but not many. There are a lot of people who like to put on makeup and dress funny and claim to be Wiccans, which makes it hard for newcomers to find a home. If you're serious about becoming a Wiccan or delving into any of the neopagan groups, there are many resources.

Thankfully, we've evolved as a people and the Internet has become a wonderful way for us to connect. After all, Wiccans make up less than one percent of the religious community in America, which makes it hard for our brothers and sisters in Nowhere, Nebraska to commune with us. Thanks to the Internet, there's now a way for us to communicate and encourage one another. It's truly a great tool for us to use.

To read the rest click below!

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic Spells, Traditions and Rituals](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Introduction To Palmistry: The Ultimate Palm Reading Guide For Beginners](#)**

**[Emotional Intelligence: How to Succeed By Mastering Your Emotions And Raising Your IQ](#)**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

**[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)**

**[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)**

**[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)**

**[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)**

**[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)**

**[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)**

**[Body Language 101: What A Person's Body Language Is Really Telling You...And How You Can Use It To Your Advantage](#)**

**[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)**

**[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)**

**[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)**

**[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

**[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)**

**[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)**

**[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)**

## My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!





**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

# THE ANTI-AGING GUIDE TO AGING BACKWARDS

LEARN TO AGE WELL, AGE GRACEFULLY AND  
MAKE IT THE HAPPIEST TIME OF YOUR LIFE



MICHELE GILBERT

# **The Anti-Aging Guide To Aging Backwards**

*Learn To Age Well, Age Gracefully And Make It The Happiest Time Of Your Life*

*By Michele Gilbert*

[Visit My Amazon Author Page](#)

## **Table of contents**

### **Introduction**

[Introducing the concept of aging backwards:](#)

[CHAPTER 1: The causes of accelerated aging](#)

[CHAPTER 2: Slow down biological aging](#)

[CHAPTER 3: Looking younger](#)

[CHAPTER 4: Eating for health and energy](#)

[CHAPTER 5: Becoming more flexible through exercise](#)

[CHAPTER 6: Useful additives and herbal supplements](#)

[Conclusion – A sound mind in a healthy body](#)

## **Introduction**

I want to thank you and congratulate you for downloading the book, “ *The Anti-Aging Guide To Aging Backwards* ” .

This book contains proven steps and strategies on how to slow down your biological clock and even turn it back.

You probably picked this book up because you’ve already had ‘that’ moment, the one where you looked in the mirror and for a second you didn’t know who that person was. We’ve all had that moment, and they happen more often after forty. In your head you are young and blithe, but something unnerving is happening to the outer casket. Sometimes it is happening ahead of schedule, the alarming phenomenon of premature aging.

We all want to look, act and feel good for our age. We want to look younger than our friends. We’d like people to be surprised (in a good way) when they learn how old we actually are!

The minute I find out how to wave a wand and make it happen overnight, I’ll tell you. I promise. But this book will tell you how turn the clock back on your appearance, slow the aging process down, and enjoy good looks and vitality in the future; effectively, age backwards.

Thanks again for downloading this book, I hope you enjoy it!

© Copyright 2015 by Michele Gilbert - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **Introducing the concept of aging backwards:**

There's a lot of pressure on looking young these days. Photo-shopped models, every flaw and blemish removed from their photographs, are presented as normal. Actors and TV presenters insist on special filters being used on cameras. Before and after 'shock' photos show a thirty-year-old publicity shot of

a celebrity, next to a candid camera pic that must make them want to eat their own livers in rage and frustration. The message is loud and clear. If you don't look wonderful, you're a has-been.

Of course that is media in-house warfare, and ridiculous, and everyone knows it is ridiculous. Still, the fact is that we are statistically likely to live longer than our grandparents did. We have access to better food, and better health facilities, and age is not the absolute number it was.

You are as young as you feel, and you don't feel as young as you would like to feel, which is why you bought this book.

Whatever age you are, forty-something and all the way up, you want to reverse the damage your younger self did, make the most of what you are now, and bring the aging process down to a crawl so that instead of aging *faster* than you should, you age more *slowly*.

Just a word, here, about realistic expectations. It *will* take up to a month to feel and see a real difference (although there are some quick fix options for special occasions) and several months for real improvement. However, real improvement is *guaranteed*.

Your body, by the way, is 100% behind you on this. We're told the human body is designed to live around 120 years. Bits of us are capable of more—a healthy heart, for instance, can live much longer than the body it powers—yet young athletes can have heart attacks. We are potentially capable of being healthy and vigorous for a century. You just need to find out how.

# CHAPTER 1

## The causes of accelerated aging

### Sun damage

The sun is vital to our health, but no-one, no matter their colour, can assume their skin needs no assistance. The lighter your skin, the more protection you need. From this *minute* on, use at least a Factor 15 cream every day on any exposed skin. Your skin has had enough sun. Protect it.

### Smoking

Smokers will always look older, because smoking roughens facial skin and puts deeper lines around the mouth. There are ways of minimising the damage to your appearance, but for now make the following immediate changes: smoke outside. Don't smoke the cigarette right to the filter. Consider getting a holder. Cut down.

### Poor diet

The older you are, the more you need to give your body the nutrients it needs to be strong and healthy. The chances are that even if you believe you have a healthy diet, you're not eating the most effective foods.

### Stress

The main way that stress affects appearance is obvious lack of care: you don't have time to spend on yourself. Lack of care, though, affects more than your appearance. Living on adrenaline affects your outer appearance, but also affects your long-term health and vitality.

### Lack of Exercise

Your muscles lose tone, your skin will start to sag, you lose stamina, and energy and strength dwindle. Your posture and ease of movement can affect your appearance by twenty years either way, depending on whether you bounce or shuffle.

### Trauma



Heart attacks, cancer, strokes, pneumonia and serious accidents are all traumatic and affect appearance. How often have you heard that so-and-so has never been the same since? It's hard: but you can get back.

## **Pain**

Aches and pains are part of the aging process, and pain is debilitating. However, don't accept it as inevitable. Track down the cause and deal with it.

## **Loss of fun**

Laughter is the best medicine, and it certainly keeps you young. Life can seem less amusing as you get older. Recover the fun.

## CHAPTER 2

### Slow down biological aging

In this chapter we'll look at the key factors above, expand on some, and introduce others. What you should be eating, for health and energy, has its own chapter. Working towards a sound mind in a healthy body also has its own chapter. In this one we will be addressing the whole plan of action.

To slow down the aging process, we tackle it on several fronts at once. *You want to look good, move well, and feel great.* The key factors are sleeping well, eating effectively, finding an exercise regime you like, and your general appearance. That last isn't just vanity. People react to your appearance and you react to their response. If they see you as tired and older, they will treat you as tired and older and you will *feel* tired and older. You only get one chance to make a first impression. You want to come across as interesting and worth knowing. There's a chapter just on appearance, because it is that important.

#### Sleeping well

Is the biggest key to health. As you get older, your sleep patterns change. You may find you are sleeping less, and perfectly happy on four hours a night. Or you are going to bed earlier and sleeping ten hours a night and feel great when you wake up. You may vary between the two extremes. As long as you are happy with the sleep you are getting, ignore what people say you 'should' be having. It can be hard, though, when you live with someone who is developing a different sleep pattern and in trying to adjust to each other, you both run into sleep difficulties. Talk it through, and go with what suits you individually.

Remember also that as you get older your sleep needs are in flux. Just because you usually like to go to bed at nine, don't automatically go to bed at nine if you aren't sleepy, or think there must be a problem if you are tired hours earlier than usual. A good night is the start of a good day.

Many people do find that sleep is suddenly becoming elusive. They battle to get to sleep, wake in the early hours of the morning, or feel unrested when they wake up. This can be either because they're ignoring the sleep patterns their body wants, or because of stress. Exercising during the day, with perhaps a last stroll at night, waiting until you feel tired, clearing your mind with pleasant thoughts before you drop off, can all improve your chances of sleeping well. If there is a stress factor, can it be

minimized? There's a bit about stress further on. Having a hot drink before you go to bed (chamomile tea is ideal) or reading for ten minutes in bed, can help. Try to avoid relying on sleeping pills.

As you improve your day-time routines and food intake, your nights should improve too. If, though, with all the changes to your lifestyle, you find your nights are getting no better, there are some gentle sleep aids in the chapter on useful additives.

## Eating well

Your dietary needs change as you get older. In your twenties and thirties you can pretty much eat anything and keep going. By your forties, certain foods contribute to middle-age spread. By your fifties, there are some foods you no longer tolerate as well as you did. By your sixties, there are foods you have to actively avoid.

Avoid fad diets, especially starvation ones; the older you get, the more vital a proper dietary regime becomes, to avoid premature or accelerated aging.

Push up the amount of protein in your diet. Don't economize on food—buy the best you can afford. There's an old saying we tend to forget; every dollar spent on the table is a dollar less at the doctor.

Get into a habit of eating smaller meals, more often. There are some general all-round vitamins and minerals you need to add in, if you aren't getting them through what you are eating, and they are listed in the chapter on useful additives. The good news is that if you do have some middle-aged spread to shift and re-shape, this dietary advice does that, too.

## Managing Stress

Stress is an essential part of healthy living. Without challenges and pressures we would lead very dull and sedentary lives. The body copes very well, as a general rule, and you should find being challenged actually makes you feel invigorated and enthusiastic. It is one reason new retirement can seem a bit traumatic, because of the loss of daily challenges. New retirees soon learn they can choose much more interesting ones.

However, prolonged or unreasonable stress can affect your sleep and your health dramatically. Managing stress is *essential* to slowing down biological aging. Sleeping, exercising and eating properly all contribute to effective stress management. Mental attitude is important. It is easy to feel daunted, as 'stress' is such a buzzword these days, but if you can see it as a positive challenge, you trigger the right hormones to help you deal with it. Telling yourself you can't cope is not going to help. Tell yourself you can find a way to cope.

If your stress is work-related and chronic, with no end in sight, talk to your manager and if there is no alternative, look for other employment. This is *your* life and *your* health. You want them to outlast

your job. If you can change or leave the stressful situation, do so. If you can reduce the impact, do so. At worst, reduce other sources of stress. Stop listening to the news, for example, or getting upset about situations which don't directly affect you, and which you can't change.

A great deal of stress management depends on the situation causing the stress. If it is unavoidable and inescapable—terminal illness in a loved one, for example—share the load. There are support groups everywhere, for everything, even if you have to go online to find them. This is also true for **Trauma**. Recovering a positive mental attitude is your best resource to get you on track for the rest of this book. You are a survivor. Lift your chin and be proud.

## Exercise

**Exercise** is not just running marathons, lifting weights and setting impossible targets. In fact, it shouldn't be, because that can actually accelerate the aging process. Introducing healthy exercise is as simple as walking, climbing stairs, ten minutes in the morning to warm your muscles up for the day, occasional workouts to get your sluggish blood moving and bring a glow to your whole system. Well-managed exercise shouldn't leave you tired afterwards, but revitalized, and with a feeling of well-being. Read the chapter.

Ask those bright-eyed rosy-cheeked couples in their eighties what their secret is. They may be too shy to tell you. If you don't have someone currently in your life, I'm not saying you should start instantly dating, because that in itself can induce stress! But if you do have someone, and aren't making the most of that priceless resource, what a waste. Woo your partner as much as you would woo a new person in your life, because where things were good before, they can be again, and the benefits for you both are lifelong.

## Managing Pain

Pain affects sleep, your enjoyment of food, and your ability to exercise, and taking daily pain-killers is not good for your system. Pain ages you, and prolonged pain must be tracked down and dealt with. Regular headaches could mean you need new glasses, for example. We all have occasional aches and twinges, but if your pain persists more than a week, get it checked and sorted. Don't just decide it is a sign of age and resign yourself to it. It will accelerate the aging process if you do.

## Relaxation and fun

Make a point of meeting up with friends regularly, no matter how busy your life is. Take up a new hobby, or go along to watch others doing something which interests you. The exercise suggestions in this book are genuinely enjoyable. Play cards, read for fun, watch television shows that make you smile. Learn to say no to invitations which don't interest you at all, and seek out activities which do.

Include people who make you feel good, and exclude people who don't, even if you have known them for a very long time. You would be lucky indeed to look forward to everything in your life, but at least minimise the encounters that make you feel bored and depressed.

## CHAPTER 3

### Looking younger

Everything you've read so far is going to improve your outlook on life, and your general health, and that will show more with every week that passes.

#### Would you like a quick fix, right now, today, to get you motivated?

- **A haircut.** Consider adding highlights to frame your face, and a layered cut to add bounce.
- **A manicure.** Our hands are the true clue to our age, and you will be working on them a *lot* over the improvement stages, but a manicure improves appearance immediately. Nicely shaped nails, whether buffed or painted, draw attention from the rest of your hand.
- **Whiten your teeth.** Your drugstore will have a paint-on quick-fix. It feels oddly grainy, and your smile won't be blinding, but there will be a definite, confidence-building, difference. (Be warned, red wine and beetroot could turn your smile pink, read the label.)
- **Use eye-whitening eye drops.**
- **Vaseline** is your friend, for the quick fix. Soak your hands in warm water for ten minutes, then gently smooth on Vaseline to trap the moisture for longer. Use a tiny dab of it to sleek your eyebrows and leave a faint highlighting shine on your brow bones. You can even smooth a fine layer on your cheekbones and lips. The trick is not to be sticky, just very slightly shining with health.
- Get fitted for a new **bra**, for an instant improvement to your silhouette. All department stores carry body-shaping **underwear**, take advice and try on different types.
- If this super-quick makeover is for a **special event**, avoid sodium, which can make you retain water, and the gassier vegetables, which can make you bloat, for a couple of days beforehand.

#### Improving your appearance steadily over time.

Don't stick with a **hairstyle** you've been finding boring-but-easy. If you've been dyeing your hair the same colour for years, stop. Your skin has changed; your colour probably needs to change too. As a

general rule, the older you are, the more flattering a softer hair colour is. Discuss options with your hairdresser. You may decide to head towards a completely different style which needs your hair to grow out a bit, and they can start the process with a trim that will start the new shape in the right direction. Give yourself a hot oil treatment at six-to-eight week intervals. Buy a good shampoo. Don't use conditioner every time you wash your hair, it makes it heavy and limp, use it instead every five or six washes. Rinsing your hair in cold water and putting your hairdryer on the cooler setting will give you shinier hair. Brush your hair a hundred times a day for lasting gloss and colour.

Look after your **hands**, and give them twice as much moisturizer as the rest of your body. Have regular manicures, keep your nails looking good, and invest in attractive rings. People *do* notice hands and you can't hide them, so give them something distracting to look at.

**An eyebath** is a great investment for tired, scratchy eyes. Your drugstore will sell the solution with an eyebath. Do it once a week or as needed.

**Whitening your teeth** can be done by your dentist, but there are good kits available at drugstores. You don't want blinding white, but yellow or brown teeth are not flattering. Getting them nearer white is very effective for making you look younger. Buy a good toothbrush and replace it regularly.

**Book a trip to the dentist** especially if you haven't been for a while. Good teeth are essential to good diet. If you aren't chewing your food properly, you aren't getting maximum benefit from it. Go regularly, every six months. By the time you hit your sixties and seventies, you will be either be kicking yourself for skipping the dentist, or grateful for every uncomfortable half hour you ever spent there. The older you are, the more chewing your food properly, and eating slowly, will slow the aging process.

**Sun-cream and moisturizer** are essential, from this day on and for ever more. As nice as a tan can be, if you rush it, you damage your skin for life. Have a beauty salon spray-tan if you are going on holiday to a sunny place, moisturize every day, use a filtering sun-cream, and build the colour slowly on healthy, happy skin. Never use a sunbed. *Ever*.

**Experiment with makeup.** Never use a foundation more than two tones away from your own skin-colour, and blend it in well with a damp sponge. If you've used exactly the same make-up for years, it probably doesn't suit your skin these days as well as it did. Reflective makeup is the older woman's friend: a light-reflective primer under your makeup, and lip gloss over your lipstick, are both remarkably effective. Find a good lip-plumper because lips do get a little thinner as we get older. Watch a few YouTube makeovers for ideas.

As a general rule, the older you get, the less makeup you should wear, because heavy or dark makeup on tired skin is very aging. Give yourself facemasks fairly regularly; there are some wonderful ones

you can make at home, and some good products across the counter. Spend a little more to get the best available.

Get your eyebrows professionally shaped. If you have light brows and lashes, think about getting them tinted.

**Sort out your underwear.** If it doesn't fit well, or is uncomfortable, bin it. Your new look starts from the skin up and your underwear should be both working towards your new look and comfortable to wear.

**Check your wardrobe.** Everything in it should be in a colour and style that flatters you. Hard dramatic colors can be teamed with softer pastels. Soft pink is the most flattering colour of all, especially when worn near the face, but can be insipid; try a soft pink scarf with a favourite outfit rather than wearing pink from top to toe. Good shoes are a must—good looking, and well-fitted.

You will either lose weight or find your body-shape changing, as you follow the diet and exercise suggestions coming up, so don't rush out to invest hugely in new clothes just yet. Buy smart, from now on, so that everything you get works with everything you own already.

**Posture.** Shuffling as you walk, hunched shoulders, and poor posture, all add years to your age. *Good* posture makes you look years *younger* than your real age. This will happen through exercise, but take advantage if there is someone teaching the Alexander technique near you, because perfect posture has a near-miraculous effect on your respiratory and digestive system as well as your appearance.

**Check your bathroom.** Time to get rid of harsh detergents, over-aggressive scrubs, and cheap hair-damaging shampoos. Your laundry detergent directly affects your skin—is yours a good one? If your toothbrush and hairbrush have seen better days, replace them with the best you can afford. Get a good set of bathroom scales and weigh yourself at least once a week. Exfoliate regularly, but use a gentle scrub. It's slower, but it won't take off healthy skin with the dead cells!

**Check your kitchen.** Clear out your freezer and cupboards, and restock from the chapter on food, rather than cramming the new purchases into the same places as the old. You are making a new start and a clear-out is very cathartic.



## CHAPTER 4

### Eating for health and energy

#### Your guidelines

The following are guidelines for the rest of your life.

**Eat slowly.** Chew thoroughly. There's a wide range listed below, but remember, everything in moderation. **Don't eat the same things every day**, repeat favourites after three days. Drink a lot of water, preferably ten minutes before a meal rather than with it. Filtered water is much better than bottled water. One glass of **red wine** is good for you, and so is one cup of **coffee**. Green **tea**, red tea, white tea, and chamomile tea, enjoy freely.

Seasoning is fine (cinnamon is actively good for you) but try to cut back on salt. Even better, switch to sea salt in a grinder.

**Avoid processed food.** That includes things you have probably considered healthy—soy sauce and commercial fruit juice, to name just two that are heavily marketed as essential to health and wellbeing. The more processed a food is, the fewer nutrients remain, and the more chemicals and preservatives have been added. Chemicals and preservatives are good for keeping food from going bad, but they are not good nutrition.

**Anything marked low fat is likely to be higher in sugar.** And over-processed, anyway.

Anything grown **cheaply and in bulk** is grown in a kind of chemical dust made up of artificial nutrients and pesticides. Every animal that is raised commercially is fed that same cheap bulk-produced food. We can't escape the chemicals, but we can reduce our intake and therefore boost our health as far as possible. **Buy organic** wherever possible. Even organic foods are not 100% natural but you probably don't have time yourself to grow everything you want to eat. Anyway, picking off bugs by hand would suddenly make you understand why organic farmers had to find a human-friendly solution.

Eat **real food** rather than replacements, wherever possible. Raw sugar is better than refined sugar. Refined sugar is better than chemical sweeteners. Butter is better than margarine. Cut down your sugar and butter intake rather than switching.

That may go against everything you have believed for years. However, your body was designed to efficiently interact with the flora and fauna that were naturally available. It will take a while before it can easily metabolize alternatives that are stiff with additives, preservatives, chemicals and artificial nutrients.

**Avoid fad diets**, and let calorie counting be your servant, not your master. **Tip:** any packaged snack with a shelf-life of months, no matter how beguiling the low calorie count is, should be avoided. Your body, as I said above, is not geared to cope. It will store the entire snack as fat and send up a message saying *hey, still waiting for food here. Feed me.*

So what should you be eating? Three smaller meals a day, high in protein and antioxidants. Three snacks a day (*not* packaged ones), to boost your energy levels in between. If you are about to change from one or two meals a day, remember they will now be much smaller meals. The good news is that the ideal foods are rather nice.

## Stocking your pantry

**Protein:** eggs, oily fish such as salmon, sardines and mackerel, free-range chicken, and organically-raised beef and pork. Protein is not only animal based. Avocado, chickpeas, lentils, kidney beans, nuts, pumpkin seeds and other vegetarian standbys are useful sources.

**Dairy** – butter, milk, cheese, cream, are all welcome in moderation. Buy organic whenever possible. Greek yoghurt is healthier than most others—compare labels for yourself. Buy natural yoghurt and add your own colors and fruit for favour.

**Real honey** is one of the miracle foods and a good sweetener. However, commercial honey is produced by putting trays of sugar next to hives and is therefore just bee-digested sugar. Organic honey costs a great deal more. Treat yourself.

**Vegetables and salads** are filling and good sources of Vitamin C and antioxidants, good news for your skin and your health. Stock up on tomatoes, bell peppers, broccoli, sweet potatoes, spinach (raw in salad is nicer than cooked) and Brussel sprouts in particular. Avocados are laden with skin-improving nutrients. Anything in season grown organically is more than welcome: buy in bulk, chop, blanch and freeze to extend the benefit.

**Make your own salad dressings** with basics like olive oil and balsamic vinegar; the commercial ones are stiff with ‘permitted’ preservatives. Mayonnaise is made with oil and egg yolks, both of which are in your diet, and is easy to make if you have a food processor. Don’t make a huge batch, it doesn’t last very long unless you add a ton of preservatives, which is exactly what you are trying to avoid.

**Fruit** is a great source of Vitamin C and antioxidants; particularly watermelon, grapefruit, oranges, lemons, limes, guava, strawberries, blueberries, pineapple, mango, grapes, apples and plums. Make a

fruit salad and treat yourself to a dollop of organic cream, or Greek yoghurt. Make smoothies. Dried or desiccated fruit, if you do it yourself, is high in concentrated fructose sugar but useful for snacks.

**Carbohydrates** should largely be covered by your vegetable and salad intake. However, organic brown rice is useful fiber and also a protein source. Potatoes, especially new potatoes in their skins, ditto. Pasta should be kept to a minimum; it is all too easy to slip into using it as 90% of your meal, and there are no benefits to you in doing that, especially as it is often made from commercially-grown genetically-modified wheat which was developed to build rapid bulk in livestock. Unless, of course, you are looking for rapid bulk.

### **Snacks**

A banana, although not listed as a skin-improving fruit, has other excellent qualities and makes an ideal snack. Another ideal snack is slicing an apple and eating it with slices of hard cheese. The combination is delicious and surprisingly filling. Don't cheat and use that oddly rubbery processed cheese, buy organic hard cheese and slice your own.

Hard-boiled eggs and slices of cold chicken and cold meats are also handy snacks.

Nuts are excellent snacks, particularly **almonds and peanuts**. Buy them in their shells where possible. Avoid the salted ones.

### **Occasional treats**

Coffee, red wine, and dark chocolate are all actively good for you if taken in strict moderation.

### **Drinks**

Drink a lot of water to brighten your skin and sluice your system. Ideally, drink before a meal, rather than during, for maximum digestion efficiency. A cup of coffee a day is beneficial. Tea is good, and the white, red and green teas are very good. A glass of red wine in the evening aids digestion. Chamomile tea before bedtime aids restful sleep.

Alcohol generally, especially spirits, does increase facial redness and capillary damage, which accelerates the appearance of aging. Cut it back, or cut it out, to slow down the process.

## **Your day**

**Breakfast** Don't skip breakfast. Within an hour of waking, your body needs fuel, and keeping it properly fuelled all day will put a spring in your step and improve your health overall. The best breakfast for slow-burning energy, especially in cold weather, is oatmeal porridge, served with cream and a drizzle of real honey, but it isn't to everyone's taste and making it properly takes time. Some people do far better on a protein breakfast, and it can be the quickest option, if you keep cold meat,

hardboiled eggs or cheese, on hand. Fruit is not the best start to the day, as it spikes your blood sugar. Eating breakfast is one of the most important weapons in the war against accelerated aging.

**Mid-morning snack** can be as simple as a banana and a glass of milk, or a handful of nuts. Stop whatever you are doing, though, to eat it slowly and savor it, even if you are at your desk.

**Lunch** should combine protein and bulk. A big salad with tuna and egg, home-made mayonnaise and home-made croutons, is a good example. Eat slowly. Chew well.

**Mid afternoon snack** could be sliced apple and cheese, or a small bunch of grapes, or add a few nuts. It is often a time when you start to flag, so a fructose boost from fruit works well.

**Supper** should ideally be early evening, or at *least* two hours before bedtime. Again, protein and not too heavy on the carbs—your digestion is on a 24-hour clock but don't overload it.

**Late night snack** is not essential, and if you don't feel remotely hungry, don't force yourself. However, if you are a bit of a night owl and it seems a long time since supper, a snack keeps your body nutritionally balanced while you are asking things of it. Cheese late at night can cause nightmares; generally avoid indigestible foods and try not to eat less than an hour before bedtime. It can be a treat, too. A strawberry smoothie with a teaspoon of honey? One or two squares of dark chocolate? Blueberries with Greek yogurt?

Chamomile tea will improve your sleep.

## CHAPTER 5

### Becoming more flexible through exercise

There are hundreds—*thousands*—of exercise books, videos, and routines. This chapter has a few tips, some general advice, and ten exercise suggestions.

When you're walking any kind of distance, bend your elbows and pump your arms for extra benefit.

Stretch before and after exercise.

Ten minutes of stretching every day, holding each position for ten seconds and not hurrying generally, will improve your flexibility one hundred-fold. Simple yoga stretches are the best for these.

While waiting for your bath to fill, swing your arms, do some knee-bends, twist your torso from side to side. Remember '*I must I must increase my bust, the more the better to fill my sweater*'? Very good for firming up the bust-line. Pull faces while you're doing your simple exercises. It isn't a workout as such, but it quickens your blood and feels surprisingly good.

Gardening is great but it is nearly impossible to set a regular regime of lifting, bending and stretching from one session to the next. It can't be your only exercise and anyway you'll enjoy it more, and manage more, if you are generally fit.

Doing more exercise does not automatically improve your health or slow down aging. In fact, it can have the opposite effect, putting unnecessary strain on your system. Work smarter, not harder.

Resistance training takes less time, and delivers better results. Water-based exercise, for one example, is *twice* as effective as the same movements on land.

Slow down your strength-training exercise moves, and hold for seconds longer, for maximum benefit.

Take a hot bath following a workout (or a strenuous gardening session) to improve circulation and ease off any residual soreness.

Social exercise will challenge you more than exercising alone, and is more fun. Walk with a friend, join an exercise group (yoga, Zumba, line-dancing), play tennis or lawn bowls.

Swedish massage, especially after exercise, is excellent for reducing inflammation, and muscle improvement.

Which exercise interests you?

1. Yoga isn't intensive, but it is very body-friendly. The stretches, smooth moves and unhurried action make it a stress-buster, along with improving muscle tone and flexibility.
2. Walking has the obvious advantage of ever-changing scenery. Borrow a dog, if you don't have your own, and roam. It is a great stress reliever into the bargain.
3. Power-walking (pumping your arms and speeding almost to jogging pace, but with one foot always on the ground, unlike running, where you leave the ground mid-stride) is considered by some to be more effective than either jogging or running for muscle tone. It is also lower impact, so there is less chance of injury or joint strain.
4. Swimming, if you have joint problems but want to build muscle tone, is excellent. Chances are the local pool will be advertising a water-based exercise class, too.
5. Zumba, line, swing, country, belly and ballroom dancing are all fun, sociable, and boost your enjoyment levels.
6. On the subject of dancing, teach yourself a stripper routine. There are YouTube tutorials, and you may find yourself laughing breathlessly more than dancing, but stripping routines (you can keep your clothes on!) are intricate and intensive, difficult to learn, and intriguing. Warm up well first.
7. Housework, or clearing the shed or garage, is a good time to put on dance music and dance while you work, adding an element of lightness to a chore.
8. Cycling can be the serious stuff in the full kit, or fitting a basket to the handlebars and cycling to the shops.
9. Martial arts – there are many types, and you can progress at your own pace, become ambitious or just enjoy the mental balance and physical confidence that comes with mastering even the basic moves.
10. An astonishing number of couples are finding that sex after menopause is in fact the best it has ever been. Something for younger readers to look forward to.

## CHAPTER 6

### Useful additives and herbal supplements

The healthiest dietary regime in the world would include everything you needed, but few of us can achieve that. There are so many herbal supplements and additives on offer that we would all rattle like pill-bottles if we took them all, not to mention having the most expensive pee in the world.

- Vitamin C is particularly good for older skin, and good for boosting the immune system.
- Cod's liver oil capsules keep joints supple and flexible.
- Echinacea throughout the winter will boost the immune system and help protect against colds and 'flu

#### **For sleeping difficulties:**

St John's Wort is good for depression-related mood and sleep disorders. The only disadvantage is that it must be taken over time for best results, as it has a cumulative effect. If you have chronic sleeplessness it is a real help, but if you have an occasional bad night it won't work as a one-step solution. (It also can't be taken if you are on the Pill, as they don't interact well.)

Bach remedies have the advantage of being easy to take, quick-acting, non-addictive and not too soporific. This makes them ideal if you realize at three in the morning that you aren't going to get back to sleep naturally. A few drops will relax you and soothe you back to sleep, unlike a sleeping pill, which will knock out most of the following day.

#### **Also consider:**

Some people swear by general-purpose multi-vitamins as an overall boost. Others insist Selenium is a must, as it is a potent antioxidant and repairs tissue damage. As long as you don't get yourself into that rattling-when-you-walk situation because you are taking so many extras, go with what works for you. However, keep it down; no more than five a day. A healthy diet covers nearly all the bases.

Although calcium is recommended as one gets older, it should always be taken in moderation, as it has side-effects including gas, constipation, confusion, kidney stones and muscle weakness. If you include enough dairy in your daily diet, you shouldn't need more than a tablet a week unless specifically advised by your doctor.

If you have a genetic history of kidney stones, a daily tablespoon of apple cider vinegar is a good idea. It is also effective if you have a tendency to those sudden agonizing leg cramps which seem to appear more often as we get older.

Don't forget to buy that eye-bath at the drugstore, and rinse your eyes regularly.

## CONCLUSION

### A sound mind in a healthy body

A healthy diet is a huge first step in maintaining mental acuity, exercise drives oxygen to the brain, and sufficient sleep adds quality to your waking hours.

Now that you are going to be looking good, eating well, and walking with a spring in your step, the last and most important step is to ensure you'll be enjoying the quality you have added to your life. Mental agility, good memory and general alertness are genetic gifts, but there are exercises even for the brain.

Avoid frustration and stress by avoiding contentious issues, especially if they don't directly concern you. Stop watching the world news if it frustrates or upsets you, just keep up with the headlines. However, read local magazines and newspapers and keep up with local issues.

If you use social media (Facebook, Twitter, etc.) don't follow every link that presents itself. There is a growing belief that story-hopping is accelerating mental confusion and reducing our ability to concentrate. Ask yourself if you really want to know or are just mildly interested. Only follow the link if you really want to know. Reduce the time you spend on your social media to an hour at most.

Read for pleasure. There are millions of novels out there, join a book-club or re-read old favourites to get back into it if you no longer read much. Reading is relaxing, but also excellent for engaging concentration. Cozy whodunits are ideal light entertainment as they reward concentration if you can solve the mystery before the end.

Do crosswords, and mental agility tests like Sudoku. Play cards, even solitaire. Bridge players seem to keep mental acuity longer than anyone else. Board games like chess and draughts will stretch your brain. For that matter, any game that requires concentration and logic is good for you, and thanks to the internet you can pit yourself against players all over the world.

Learn a new language, or learn to play a musical instrument.



Watch intelligent quiz programs on television. Don't leave the television on in the background; only switch it on to watch a favourite show, as the constant background distraction does lead to mental confusion and the inability to concentrate.

Find old favourite songs on the internet, and enjoy the nostalgia. Songs (like smells) are powerful memory triggers and bring back happy times.

Smile.

Thank you again for downloading this book!

I hope this book was able to help you to live life to the fullest.

The next step is to get to work. And every day, in every way, get better and better.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

Thank you and good luck!

## **Preview Of My New Book**

### **Crystals And Healing Stones: A Beginners Guide To Crystals Their Uses And Healing Power**

For thousands of years, crystals have held a sacred and honored place among those who seek spiritual enlightenment, transformation, peace, and power. With this book, you ' re going to get a quick look at some of the more common crystals that you ' ll find at any local crystal shop and what they represent to those looking to do chakra work, meditation, or just carry them with them.

There are limitless possibilities when it comes to crystals and the power they provide. Let this book be the first step on an adventure of a lifetime as you experiment and study the unseen truths of the world. Watch your life transform through the power and energy of crystals and see what secrets you can unlock .

CHAPTER 1: What You Should Know Up Front

CHAPTER 2: Agate

CHAPTER 3: Amazonite

CHAPTER 4: Amethyst

CHAPTER 5: Aventurine

CHAPTER 6: Carnelian

CHAPTER 7: Chrysocolla

CHAPTER 8: Citrine

CHAPTER 9: Fluorite

CHAPTER 10: Garnet

CHAPTER 11: Hematite

CHAPTER 12: Howlite

CHAPTER 13: Jade

CHAPTER 14: Jasper

CHAPTER 15: Labradorite

CHAPTER 16: Lapis Lazuli

CHAPTER 17: Malachite

CHAPTER 18: Moonstone

CHAPTER 19: Peridot

CHAPTER 20: Quartz

CHAPTER 21: Topaz

## More Books by Michele Gilbert

Below you'll find some of my other books that are popular on Amazon and Kindle. Simply click on the links below to check them out.

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy](#)

# **Communication Skills Box Set**

## **Listening Skills**

### **Introduction**

**CHAPTER ONE: The Art of the Ear**

**CHAPTER TWO: The Ballad of the Man Who Wouldn't Listen**

**CHAPTER THREE: Avoiding Misunderstandings**

**CHAPTER FOUR: The Slave of the Machine**

**CHAPTER FIVE: The Accusation of Not Listening**

**CHAPTER SIX: How to Inspire Interest**

**CHAPTER SEVEN: The Way of Intimacy**

**CHAPTER EIGHT: The Core of Communication**

### **Conclusion**

## **Instant Charisma**

### **Introduction**

**CHAPTER 1: The Art of Engagement**

*The Perceptive Approach*

*Body Language*

## **CHAPTER 2: Making Conversation Enjoyable**

*A Good Conversation is Hard to Find*

*Conversation Made Easy*

## **CHAPTER 3: What You Shouldn't Do**

*Don't be oblivious of the situation*

*Don't try too hard*

*Don't use aggressive body language*

*Don't be afraid of silence*

*Don't talk too much*

## **CHAPTER 4: Leaving an Impression**

*Conclusion*

# Listening Skills

*Master The Art Of Listening And Communication  
Skills For A More Confident Life*

By

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

**But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## **Introduction**

I want to thank you and congratulate you for downloading the book, "Listening Skills: How To Master The Art Of Listening And Communication Skills For A More Confident Life"

This book contains proven steps and strategies on how to properly listen.

Tired of people labeling you as a forgetful person or blowing up on you for checking the score instead of listening to their story about work or a dream they had? Well, there's a reason for that. It's because you're not



listening to them. Now, I know what you're thinking, listening is easy. Well, you're wrong or you wouldn't be 'that person' who everyone thinks lives in their own little world.

In fact, no matter who you are, we can all learn to listen better. Why? Because active listening is going to revolutionize your life. It's going to change the way you see others, the world around you, and how successful you are. No joke. If you want better intimacy with lovers or friends, better progress in your career, more sex, or just to be smarter and wiser; then start listening. So how exactly do you learn how to listen better? After all, you probably thought you were doing it right all along. Well you haven't been. The first step is reading this book and right now, So it looks like you've taken the first step. So keep going.

Thanks again for downloading this book, I hope you enjoy it!

**© Copyright 2015 by Michele Gilbert - All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **CHAPTER ONE:**

### **The Art of the Ear**

Have you ever heard someone repeat the old saying that religious people have been using since someone drifted off while they were speaking? God only gave us one mouth and two ears so that we would listen twice as much. Well, I'm not an overly religious person and I'm not sure that I have the answers to the Cosmos or the greater questions in life, but I do have a response to that. It's pretty much true, in a sense.

If there is one thing that can drive a man or woman insane is the scenario that no one will listen to them. Ever want to communicate something only to have someone completely miss what you're saying? It's enough to make your hands clench into a fist and your blood boil. There's a reason for this.

There are many who believe that the greatest desire of the human being is to be understood and the key to being understood is communication. Communication brings us together, binds us, inspires us, educates us, enlightens us, and relaxes us. It's the way intimacy is build and it's the way validation is given. Without communication, we are entirely isolated in a world that we don't entirely understand and that can be stifling and terrifying to man. But the key to communication is that there are three aspects to it. Thought, vocalization, and interpretation. One is the art of the mind and how

to think of things. The second is the art of the mouth and how to coin those thoughts into a medium by which we can share or test these thoughts. But for us, the focus is the art of the ear, receiving the words of others so that they might inspire our minds or that we might help them.

While we spend copious amounts of time shackled to our minds and often feel the urge to spread our ideas, thoughts, or questions; we are very diligent in neglecting the art of the ear. Our ability to truly listen and understand others is very hard, because it's something we don't always want to utilize and that becomes a problem. If you don't listen to your friends, your coworkers, or your wife; then you're destined for failure in your relationships.

That's why the art of the ear is vital for you to understand if you want to boost your relationships. So here's the rub for you. If you want to energize, invigorate your relationships, then you're going to want to take this book and study it closely because there is one thing that I can promise you. The more you utilize your ears, the more you will inspire and influence those around you to keep coming back. Those who listen more than they talk give off the aura of wisdom, intelligence, and more than that, it isn't a lie. It isn't wrong. Do you understand that? People who listen more than they talk are wise and they are intelligent. Because in the end, you'll understand that there is more to the world that you can learn by listening and the more you learn the smarter you are and the wiser you'll become.

If you want to be a sage person and to experience life without actually having to go through the suffering and the pain of hurts and wrongs; then start listening. People will be inspired by you, they will come to you, and they will invest their lives with you if they know that you're willing to truly listen to them. This is something that you're bound to find out if you just take the time to study the art of the ear.

So whether you want to inspire your coworkers, influence those around you, or find that deeper level of intimacy with your spouse, then take notes, keep an open mind, and start utilizing the things you learn here the moment you put this book down. I guarantee that you'll start seeing the differences immediately in those around you.

## **CHAPTER TWO:**

### **The Ballad of the Man Who Wouldn't Listen**

Now we all know someone in their life that wouldn't actually listen to them, but more importantly, we all know someone who has screwed up their life royally by not listening. Sooner or later, there's a person who gets their life completely into the dumps, sucked down in the muck until there's nothing that can really save them all because when it boils down to it, it comes down to not listening.

Seriously, that guy or that girl, they tank the perfect relationship, they lose the dream job, or they lost a friend because they were too busy not listening to actually open their ears and save themselves in time. I look at this as some of the most avoidable sufferings and sorrows in the world. There are a lot of people out there who sink their lives because they don't deal with what's going with themselves. They don't deal with the simple fact that they are the people screwing up their lives and they assume that it's some cosmic joke that they're suffering.

Do not be this man. Do not be that woman. Be the person who is present in their lives. Be the person that knows what's going on in their day to day events and avoid the suffering that's needlessly enters some peoples' lives. I want you to take a moment to see if your life for what it really is. Moments.

Life is full of moments. Moments of silence, moments of excitement, moments of stress, and moments of opportunity, and countless other moments. For each moment that you experience in your life, there are people around you or you are alone. Now take stock of those moments in your day to day experience, seeing how much time you spend alone, how much time you spend with people, and when you're with people, how much time do you spend actually listening versus waiting to talk to them.

For people who sink their lives because a lack of communication, the reality is that they're probably not actually listening to the people around them. They're not listening to their spouses, to their friends, to their coworkers, or the average people that they run into day to day. When you're with them and communication is initiated, do you simply wait as they talk, forming your next sentence, or do you take the time to digest their words, pondering them before you respond? How do you navigate conversations?

Seriously, take a moment to think it over!

Are you a person who actually listens? Do you know how to listen? Or are you one of those people who don't listen and watches time and time again as miscommunications, 'forgetful' moments, or being on the wrong page consumes your relationships and leaves you alone and misunderstanding how things got to this point? This is an honest question that you need to ask yourself. Are you a person who doesn't know how to listen? Because if you know the answer to that, then you know that you can change it.

Remember that other old saying: the first step to solving any problem is acknowledging that there is one. Remember that? Well I think that one has truth to it as well and that you can seriously take charge of your life by actually adjusting the way you listen to people and good news. The first step

down having a richer, deeper communication in life is by reading this book. So you're already on the right path, so keep going.

## **CHAPTER THREE:**

### **Avoiding Misunderstandings**

One hundred percent of the time there's a misunderstanding is that there was not clear communication. That is a fact. There is no way that there can be a misunderstanding of both people are fully communicating, dedicating one hundred percent of their thoughts and their focus on the person they were talking to. This isn't a magical or secret in life. If you're not focusing on what someone is saying to them, you're not going to absorb what they're saying by audible osmosis. That's not a thing.

What is a thing is listening.

Feel like you're reading a book about reinventing the wheel? That listening is easy and that only a moron couldn't do this? Well an average statistic that is thrown around by psychologists is that on average, 75% of the time we're supposed to be listening, we're actually distracted or preoccupied which leads to the big lie that you 'forgot' what that person told you. Did you know that the majority of people listen in order to respond to what is being said to them, not to actually understand the information they're receiving? That's not listening. Did you know that on a list of major and prominent problems polled from husbands and wives across America, regardless of gender, sexual preference or age, that better communication is always in the top five things that people would like in their relationship? We're talking overwhelming majorities here. But wait; let's drive this home professionally as well. Did you know that during interviews, most major corporations study applicants for listening skills to determine whether they

have truly developed communication skills rather than knowing how to respond to an interview or work an interview?

Let's talk about forgetting now, for a moment. And let me throw some sarcastic quotation marks around it. "Forgetting." Catch my drift? The truth is that the majority of the things you "forget" that your wife/husband told you, or that appointment to hang out that you blew off, or one of the countless things that slipped through the cracks, probably ended up there because you weren't actually listening to that person when they were talking to you. You weren't focusing on them. You didn't misunderstand them and you didn't forget them. You just didn't invest a priority in them. That might sound cold, but you gave a text, someone attractive walking by, thoughts about something else, or any numerous distractions priority over what was being communicated to you. Seriously, think about it. Sure, there are times you genuinely forget, because it gets steam rolled by other things, but most of the time it's actually you "forgot."

So reinventing the wheel might be exactly what we need right now.

The key to avoiding misunderstanding is to hack off the mis and actually understand someone. Understanding is not hearing what they're saying and processing that into how to fix it, how to respond to it, or how to multitask while in a conversation. Understanding someone is focusing on them and giving them one hundred percent of your thought and mental power. By actually focusing on them, your mind is going to be processing things like, reasons behind it, how to apply this to your life/morals/schedule/etc., their intentions, and how this is actually affecting them. By focusing on a person and truly hearing what they're telling you, you will pick up far more information than you would by simply trying to form your response and thinking of when they're talking as dead time to postulate. No,



understanding requires focus and mental dedication to what is being communicated to you.

Try this on your next conversation. Actually listen to the person you're speaking to. Invest your focus on them and actually listen to what they're saying, how they're saying, discern why they're saying it, and why this is important to them. No one communicates worthless facts and statements, even when it seems random it's not. You can learn so much about people by what they say to you. So when you communicate with someone next, focus on them and understand them.

## **CHAPTER FOUR:**

### **The Slave of the Machine**

Welcome to the twenty first century! Welcome to the future. Here are your zillion social network accounts. Here's your home email, your shopping email, your work email, and a thousand different online accounts. Here's your cellphone and hundred contacts that are going to text you daily or annually. Here are your updates on your favorite movies, sports teams, bands, etc. Here's live streaming of television everywhere and here's a billion distractions that your grandparents' minds didn't have to combat and struggle with for attention. Welcome to the mental meat grinder.

We are slaves to technology. It's plain and simple and technology is a lovely master or mistress. No question about it. But it is murder on your physical, flesh and blood relationships. If you need proof of this and don't necessarily want to look in the mirror, then head to the nearest coffee shop or restaurant and when you've sat down and got comfortable, look around. You will notice how many people are on laptops, checking their phones, talking on their phones, or simply playing games on their phone. There's nothing

about this that is healthy, especially when you're with other people. In fact, you'll even see groups of people, all of them on their phones.

Now, yes, phones are great tools and resources to make life easier, but they shouldn't govern your life. If you can't experience conversations without having your phone out or being able to be in the moment, then you have a problem. Now, don't be scared or feel like you're alone here, because there are thousands that have the same problem as you and it's the fact that so many are leashed to the virtual world. So there's definitely a problem, but what does that mean? What should you do about this to break free?

Well, with anything, it always starts with baby steps and this baby step is to acknowledge that there are vital resources that we utilize with our cellphones and then there are frivolous resources that we use. Know the difference. If someone is trying to call you from your work, then that's important. So is a phone call or text from family, loved ones, or close friends that need you in the moment. Everything else, it's excessive and it's recreational. So take a moment and see what's vital and what isn't when it comes to your cellphone.

Once you know what your priorities are, then it's easy to see where you can cut back. Know that you have dead time to look at sport scores, news stories, band updates, movie trailers, etc. Think about all the time that you have alone to go over that stuff and organize your life accordingly. That way, when you sit down with others, it's easy for you to take the next step.

And that step is to focus on the person you're with. Don't waste this time with someone because they're in that moment with you for a reason. Either they love you or they like you, or they need you, and they're there to experience something with you, not let you whittle the time away checking

your Facebook. In reality, unplugging is one of the best things you can do for your life and the relationships around you.

In the last chapter, we discussed how important it is to be focused on those that you're with and how you really need to invest the mental energy in truly understanding a conversation to get the most out of it. So cut away the distractions that are poisoning your ability to truly be there with the people around you. You'll immediately notice the difference and so will others. It's just good manners and it will really start to bug you when you notice that others don't have the same level of respect.

So don't be a slave to the machines in your life. The Internet is bringing the world closer and closer with each passing day, but at the expense of those right in front of you. Show some respect and start to unplug. You'll see the difference almost immediately in the relationships around you and closest to you. People will feel more valued if you sit next to them and turn your phone off, or at least on vibrate. Baby steps remember. Baby steps.

## **CHAPTER FIVE:**

### **The Accusation of Not Listening**

Everyone in their lives has been accused of not listening and that's usually the beginning of a fight or a problem that could have been avoided, much like we've discussed earlier. So we've learned why listening is important in this book. How not listening can lead to unwanted and unneeded complications. How focus is vital to actually communicating clearly and fully with others. And we also discussed the importance of unplugging and truly being present in those conversations in your day to day

life. Now, let's take a moment and discuss why people get angry when you're not listening.

We know that it happens. If you need proof of it, next time you're with your spouse or partner or person of interest, just sort of zone out. You will watch the wrath of that person descend upon you with unholy speed and vengeance. Of course, do this at your own peril. Actually, just take my word for it and save yourself some hurt.

But why? Why do people care so much whether you're listening or not? Especially if what's being communicated is really trivial or pointless. Let's be honest, people usually don't like hearing about dreams they weren't in or weren't very interesting. They don't like hearing about tedious work stories that really don't have a point. We don't actually care about what happened in traffic. But that's not the point.

You should. Especially if you're in a committed relationship, because that person is invested in you and has allowed you access to their life. People who talk to you have some sort of investment in your life as well and they want to share the events of their lives with you because they feel an intimacy with you that they don't find in others. This is usually an exclusive club that you're in and you should handle it with respect. They care about you and they want you to know that something happened to them.

No matter how tedious you think it is, it isn't. If you're hearing a work, traffic, or other story that you're not in, they're not telling it to you because you're their diary. They're telling it to you because they have an emotional investment in the event that unfolded in their lives. This is being told to you for a reason, so listen to them, and focus on the details of how and why they're telling you this.

Because in the end, that's what being a genuinely good person is.

Let's boil that sentence down a bit and come at it from another angle. If you're just approaching every relationship and conversation in your life with the "What am I getting out of this?" approach, then you are a selfish person and probably need to work on your basic humanistic presence. Most people will consider you a jerk because all you care about is proving a point, venting, or thinking of how to respond to someone, not actually caring in their situations and their problems. Don't be that person. Seriously, do not be that person.

The person talking to you needs your help wants you to fulfill something, have the support of a friend, or they love you and want to experience life with you. All of these reasons are perfectly valid ways to go about your life and you shouldn't forsake them lightly. In fact, you should relish the fact that you are communicating with people and act accordingly.

So why are people trying to communicate with you? Because they're investing their lives with you and that is a rare honor that shouldn't be taken lightly. So why are they mad when you're not listening or letting your mind wander from distraction to distraction? Because you are disrespecting their investment and showing them that the level of trust, interest, or love that they have placed in you is not equal and that you have more important things on your mind.

This is never true, so don't believe it, but that's what you're communicating to them. You're just being lazy and disrespectful whether you are doing so intentionally or not. So if you're still wondering why this matters, then reread this chapter before moving on and start implementing what you've learned before the next step. So start showing some respect, love, and interest in those around you.

## **CHAPTER SIX:**

### **How to Inspire Interest**

So now that you have some foundational steps in how to become a better listener. How do you apply this professionally? Maybe you don't have a spouse that you want to reach a deeper level of intimacy with. Maybe you're more of the career driven/oriented people of the world and you need people to stop thinking that you don't care about their ideas. Maybe you need to be seen as more of a team player. So how can listening put you on the path to having a more fruitful and successful business career?

Easily.

More than ever, listening is crucial in the world of business and that's because people are being consumed by the technology boom. With more email and texting, the art of having a successful face to face is getting eaten away by people checking their email and watching for texts. Meetings are more and more popular and that means sitting in small rooms with a bunch of men droning about things that may not concern or interest you, but paying attention gets noticed.

So here are some ways to use active listening to blow up your career into a new tier of success:

#### **I. Active Listening:**

When it comes to bosses, there's nothing they love more than knowing that the orders they're issuing and the tasks they need done are getting accomplished by people who are fully committed, fully understanding, and on their team. By standing by silently nodding, that means nothing to your boss. Engage in the discussion. Ask questions, raise your hand, and make

yourself known and that you're invested in the task at hand. Your boss will notice your enthusiasm and interest. Don't ask stupid questions, however. Ask real questions that will give you a deeper understanding or will help you accomplish your task better. This is known as active listening. Show your boss that you're engaged.

## II. Stop, Collaborate, and Listen:

Vanilla Ice has it right. When it comes to your coworkers, do not seek to dominate, but seek to accomplish. By listening to the ideas and interests of your coworkers on projects without the intention of converting them to your cause, they will feel closer to you. Not only will this give you the edge in understanding where your coworkers are, who is as invested as you are, or who has the truly better idea; but it will build closeness between you and those you work with. Having a network of equals is handy, especially as you all move on in your careers. So build that energy and that sense of community between you and your coworkers.

## III. I'm not an employee. I'm an asset:

There's a difference between employee and asset. Do you know the difference? Employees are expendable. Employees are replaceable. Remember the art of the mind, mouth, and ear? Well the ear feeds into the mind and that leads to knowledge. That leads to power. Remember that saying: Knowledge is power? Well that one is true too. If you want to learn, become more valuable, and become invaluable, then start listening and absorbing as much information as you can. This will show your boss that you know what you're doing, you're invested in your company, and that you're willing to do what is necessary to keep pushing forward. That's how you're going to distinguish yourself from your coworkers.

## IV. The Power of Three:

Okay, so once you feel the strength and the foundation in all of these three, combine them and watch what happens. Not only will your boss feel like you're competent and if you do your assignments to perfection, you will be; but your coworkers will be inspired by you because they feel valued by your investment in listening to their ideas, and you will be an indispensable asset to the company. All of this will come together with a powerful effect. If you perform accordingly and do a wonderful job at all of your tasks, then you will be unstoppable and you will be seen as the ultimate team player. Unleashing one of these tasks will benefit your life, but combining the three of them will make your professional life profoundly successful.

Don't expect immediate results, but do notice the changes with every conversation. As you talk with more and more people, fully communicating with them, whether your employer or your coworkers, you'll see changes in how they act around you. So start making the changes on Monday. Make your professional life something that is truly invested and beautiful and people will notice.

## **CHAPTER SEVEN:**

### **The Way of Intimacy**

Maybe you're not really worried about your career or you're in a place that you love, but your problem is that you're one of the people who wish that they had better communication in your romantic endeavors. If that's you and your partner or spouse is constantly furious with your forgetfulness or your drifting, then that might be one of the more stressful things happening in your life. But that's okay, because there's definitely a way to fix that. Listening can drastically transform your life and relationships and here's how.



It breeds intimacy.

That simple. A successful relationship isn't measured in years together or amount of sex or even how happy you are. A successful relationship is defined solely on the level of intimacy that has been achieved by the couple. Why intimacy? Because everything follows behind intimacy. Want more sex? Get intimate. Want to have a long marriage? Get intimate. Want to feel happier and satisfied with your relationship? Get intimate. Intimacy is the indicator that you are doing things right. We all know what intimacy is and if you don't, you'll recognize it when you feel it. It's the sense of oneness, the closeness of souls, the need to talk, even if it's about nothing, the urge to rip their clothes off, to harness tender moments, and a million other wonderful experiences. All of this passes through the gates of intimacy. So how do you inspire greater intimacy? How do you take the way of intimacy?

### **I. Start actively listening:**

Just like the professional session, it all starts by actively listening. Understand that your spouse, partner, or boyfriend/girlfriend wants to feel like they're valued by you and in order to show that, you need to be engaged when they're talking. Ask questions, support them, and make them a priority. If you're distracted by something important, share it with them so they don't feel undervalued. Actively listening to the person you love will tell them that you're a priority to me. That's a way to draw someone closer to you and its genuine.

### **II. The Art of Anticipation:**

By knowing what's important to the person you love doesn't just magically happen. You don't absorb their troubles, worries, likes, loves, and dreams by just standing next to them. You only learn these things by listening to them and that helps you know when something important

comes up in their life or if something rough is on the horizon, you can be supportive for them. This shows them that you know what's going on, you care about their struggles, and that you're there with them in their day to day events. No one wants to be alone and they love you, so love them back.

### **III. Reciprocation Encourages:**

By knowing that what they've told you and what they say to you is important to you, your loved ones are encouraged to draw closer to you and to continue their pursuit in investing in you. You want this, because that closeness is how intimacy is born and that shows them how much you love them. So if you want your loved one to keep sharing their life with you, listening and showing them that you're there, that you're with them, it'll only breed more intimacy. So encourage them to keep sharing and keep showing them that you love them. It'll only get better and better.

By pursuing the way of intimacy, your relationships will feel like they're only burgeoning more and more with every day. You will find new things out about your closest friend and companion. You will understand them and anticipate their needs. By building and investing in your spouse or partner, you'll be distinguished in their mind. They will tell you that you're the only person they've ever dated who truly listened to them or understood them. It's a sad truth that they might be right. So show them respect and love and show them that they're not disposable, that you truly love them and are invested in their lives. This will breed all the intimacy for a successful relationship.

## **CHAPTER EIGHT:**

### **The Core of Communication**

There are many who have studied language, communication, and listening to fully express the importance and the necessity of listening. The more we come to understand how humans communicate and how ideas are spread, the more important listening becomes to us. Listening is more than an action. It's a cognitive process of dissecting, digesting, comprehending, and establishing thoughts and events as valid or invalid in our lives. Only by listening can our lives open up to newer and more wonderful possibilities than we originally had. In truth, listening is the core of all communication.

So you've learned why listening in communication is important, some steps to start listening better, and how it can improve your relationships and your career, so start employing what you've learned. Hopefully you already have. You'll be able to see the changes in your relationships because people will treat you differently when you listen more than you speak. They will feel like they're in the presence of someone smart, wise, and sage. They will seek your opinions, your thoughts, your responses, and your viewpoints on matters. Listening is how you grow in wisdom and intelligence and you'll be surprised at the own effects on your life.

Now, before we part ways, here are some last tips.

First of all, take baby steps. Sure, some people are going to drone on about things that feel meaningless and in the end, it probably is. But remember that everyone shares something for a reason. By listening, you can probably discern the reason for their discontent or interest in what happened.

Secondly, be aware of how much you're speaking or where your mind is. Remember that distractions are the enemy and that sometimes we're our own worst enemies. If you feel like you're dominating the conversation, step back and listen to them. Start asking them questions to encourage them to

talk more. Remember that the way to keep you from talking too much is to ask more questions. People love answering them and sharing.

Thirdly, unplug. Seriously, if you ask anyone who has done it and they'll tell you how vastly their life has increased and grown in richer quality. It's not a conspiracy. You'll feel happier, find focusing easier, and realize that you have more time to invest in others if you unplug. Take some baby steps or go full on cold turkey; whatever you need to do, but cut back in some form. It will make your conversations deeper, richer, and listening will be so much easier.

Finally, envision yourself as the person that you want to be. IF you want to be a better person through listening, then picture it and start acting like it. Sure, it might feel like you're playing pretend for a while, but that's how change starts. By taking on the personality of a person you want to be, you will inevitably become that person. So picture who you want to be: A better listener. And then start acting like it. Don't give up on it and as you watch the changes happening in your life, you'll be encouraged to continue on in this journey.

So if you're here at the end, looking for one thing to take away after skipping through the entire book, then take this away. Start listening to the people in your life, because they're investing in you and they clearly care about you.

Now please go back and read the book.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you understand the importance of listening

Now, you know some key strategies for keeping your communication with others healthy and vibrant.

.

Remember to continually invest in open and honest communication skills and really listen..



The next step is to take action ...

Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked many other books on listening skills.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please [Click Here](#) to leave a review for this book on Amazon?

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

## **Preview of My New Book**

### **[Meditation For Beginners: How To Meditate For Lifelong Peace, Focus and Happiness](#)**

#### **CHAPTER 1 - What is Meditation**

I sit here trying to focus on my writing and my mind hums like a runaway train. My mind seems to be in a never ending race – running towards what, I don't know. But all I know is that I need to calm down and slow down. I indicated this to my friend recently and he suggested that that I engage in meditation. Meditation; I did not think it possible to meditate among all the noise and distractions that seem to permeate every fibre aspect of living. As the reader of this eBook, you may be having the same kind of thoughts. However, it is for this very reason this eBook has been written, to explore the practice of meditation and discover what is possible when we think not.

We are often burdened with the stresses of everyday living. It does not mean that it is all negative stress, for when you love, when your family is in harmony, or when your team is upbeat about the project it is working on at work, these are all positive actions. They also put some pressure on you for your time, commitment and involvement. In fact, these are happy times for you. There are, however, the negative stresses also that seem to overwhelm our every waking thought and make us feel out of control. But this is the stuff life is made of, and probably it is what makes the world go round. Just imagine this as a roller coaster ride, bumping and swinging you all over the place. Some things are even beyond our control, like sickness, death, loss of

job, fears, the demands of family, and the need to take care of ourselves. For this we need a place of peace where we can conquer and tame the inner self, place brakes on the runaway train of our minds, and bring back balance and stability to mind and body.

Many times you may have seen persons engaged in the practice of yoga. They sit still, maybe with crossed legs and eyes closed, and may appear to be in deep concentration. It is as if they are “not here”, and are very far away. They are engaged in meditation. Meditation is part of an old Buddhist tradition for one to control the mind, by bringing it into a state of consciousness and calm, relieving it from the clutter and the din of distractions that constantly seek its attention. You will find that although you have not made a conscious effort of it, you often are engaged in meditation. When you sit and watch the birds hopping from branch to branch or courting with each other, or at the sea shore you gaze across the horizon, or you view the green cascade of trees on the hills in quiet amazement, you are in meditation mode. It is only when you are “out” of that mode that you realize how far off your thoughts had gone. Once your mind is drawn to be one in concentration, it is meditation.

Singh (2015) describes meditation as getting in touch and communicating with our inner self. Meditation is you communicating with you. It is the cleansing of the mind, being viewed in the same way as the act of the cleansing of the body. The Meditation Society of America (2014) describes meditation as a three step process. I like the fact that meditation is learning to use the mind to develop the skill of being mindfully aware of what gets in there, without judgement, and accepting it with compassion and patience. It means that the meditative mind accepts that there are negative things that will enter the mind. However, it recognizes it, accepts it, understands what is happening and deals with it in a positive and sympathetic manner. In this way, the negative things cannot hurt you because your mind controls them.

Meditation is all about a positive response to your inner thoughts and gaining insight. The word meditation is said to come from the Latin words *meditari*, which means to think or dwell upon or to exercise the mind, and

*mederi*, which means to heal. In Sanskrit, meditation means wisdom. When you meditate you emerge a wiser person. Your way is clearer.

### **Use of Breath in Meditation**

The most basic element of most forms of meditation is the use of breath. Breath is used to focus the attention of the thoughts of the mind with the realization that our thoughts are easily diverted from one place to the other. The meditation technique focuses concentration on the flow of breath through the nose, by altering the depth, rate or pattern of its inflow and outflow to reach a meditative state. The breath is used to develop mindfulness in the person and is also used to transcend different levels of meditation for ecstasy and bliss.

### **Use of Mantras**

Another element of meditation is the use of mantras or sounds. Mantras can involve the hum or repetition of words (chant) that represent the values with which society holds dear, such as Love, Truth and God. Simple rhythmic sounds are used to break into the concentration of the mind and help to point the thoughts towards a particular object. It also sets the mood for the mind to accept new things. An example of a mantra in Kundalini meditation is “Sat Nam”, meaning “Truth is my Identity”. According to Singh, chanting this mantra awakens the soul.

## **CHAPTER 2 - Misconceptions about Meditation**



Many times you have come across persons to whom when you mention the practice of meditation, they will say “Oh, I’ve tried it before, but it did not work for me”. Or, you may hear one say, “I failed at it” Failure in meditation has occurred because persons may have gone into the practice with the wrong idea about what it is or with the wrong attitude in what they want from it. If your need for meditation is only what you can get out of it, you may have a selfish need. Meditation is more than that. So before you start your practice, let’s talk about what meditation is not.

[\*\*Click Here To Read The Rest Of  
Meditation For Beginners: How To Meditate For Lifelong Peace,  
Focus and Happiness\*\*](#)

## **More Books by Michele Gilbert**

Below you'll find some of my other books that are popular on Amazon and Kindle Simply click on the links below to check them out.

**[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)**

**[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)**

**[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)**

**[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)**

**[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)**

**[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

**[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)**

**[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)**

## **How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.**



# **Instant Charisma**

*A Quick and Easy Guide To Talk, Impress And Make  
Anyone Like You*

By

Michele Gilbert

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

**My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every

week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

**But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## **Introduction**

I want to thank you and congratulate you for downloading this book. You have made your first step towards becoming the kind of person you have always wanted to be. And what kind of person is that? Well, the type of person who can meet new people, break the ice, make connections, and instantly leave an impression in any situation. This may seem like a tall order, but by using time-tested strategies and perspectives from some of the most influential and respected individuals, in no time you will be striking up conversations and using your new-found charisma to enhance your interactions and get the most out of socializing.

Presented in this book are strategies for initiating conversations and letting everyone you meet know that you are a stunning conversationalist. You will learn how to engage people in any situation. You will learn how to make a conversation a pleasant experience for everyone. You will learn some common mistakes to avoid. And finally, you will learn some foolproof strategies for connecting with individuals and leaving a lasting impression.

So, if you are ready to take charge of your interactions and begin making lasting impressions on everyone you meet, then let's get you started on a path to instant charisma.

Thanks again for downloading this book, I hope you enjoy it!



**© Copyright 2015 by Michele Gilbert - All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

# **CHAPTER 1**

## **The Art of Engagement**

Survey after survey has confirmed that public speaking is more feared than death. Some individuals may even experience physical maladies in apprehension of speaking publically. However, for some, speaking to a new acquaintance can be just as frightening. And, even if one lacks the apprehension that some may feel when speaking to someone for the first time, they may find their conversation skills are lacking and insufficient for their social needs. They may find themselves walking away from an encounter embarrassed and unsure of how the other person feels about them. These feelings can be very disheartening and can even lead one to avoid new encounters. Furthermore, conversational ineptitude can have many negative consequences.

What people think of us based on our interactions is extremely important to us in a variety of ways. In a professional sense, we benefit greatly by being a part of an information network. We discover useful information about opportunities, openings, ways to enrich our skillset, and countless other things. In our personal lives we also benefit by being in a well-connected network. Some of the same benefits we get from being well connected professional remain true for our personal lives. By having a healthy personal network we open ourselves up to rewarding and fulfilling relationships that can change our lives for the better. However, developing and maintaining a healthy personal and professional network hinges on your ability to engage in effective conversation.

As humans, our ability to interact and communicate with other humans is critical. This has been the case since the dawn of time and remains to be true

today. Put simply, communication is necessary for our survival. While our methods of survival have drastically changed since the Stone Age, our need for communication has remained. Nevertheless, in our current environment of instant global communication, our face-to-face communication skills are taking a back seat to our electronic communication skills. However, face-to-face communication will never lose its importance.

Just like any skill, communication can be improved by learning new techniques or strategies, and by putting this newly learned information to work by incorporating it into our daily lives. The very first thing you must understand when it comes to conversation is how to engage with people. Engaging with people you have never met, or even with those you have known for many years, requires you to be proactive. Often, you must be the first to initiate the interaction. Having to be the initiator may be a source of anxiety for some. But, if you keep an open mind and keep focused on your personal reasons for wanting to improve your communication skills, then all that is left is to absorb the strategies presented in this book. After that, you will possess everything you need to increase your charisma and be an effective communicator in any situation.

### ***The Perceptive Approach***

The key to engaging with anyone at any time is being able to read a situation. Much like you read a book or advertisement, your brain is constantly “reading” everything around you at all times. Much of this, however, is going on behind the scenes. Millions of years of evolution have made our brains quite effective at taking in and processing information at lightening quick speeds. But, there are many things our brains read that we are aware of. When we look at someone for the first time, our brain makes a series of judgments. Is this person a threat? Are they a suitable mate? This is

totally out of our control. However, we make a lot of judgments based on our knowledge, experiences, or how we have been socialized.

You should put both of these processes (i.e. your conscious judgments and subconscious judgments) to work as you approach someone. What can you tell about someone by just looking at them? Well, if you develop this skill, then you will be able to garner a lot of information about someone before you even shake their hand. Some people are naturally perceptive, inclined to be able to discern how someone is feeling or even their personality traits by simply looking at them. However, don't fear if you are not naturally perceptive. You can get better by practicing.

Go to any public space, like a bar, restaurant, park, or even a library. Pick a spot and sit down with a book or magazine. Take time and examine (covertly, of course) those around you. Try to deduce as much as you can about them. What does what they are wearing or how they carry themselves say about their personality? Do they look tired or overworked? Are they confident, shy, angry, or indifferent? How do they interact with others? Avoid coming to extreme conclusions or making firm judgments when the information is incomplete. And even though being able to discern information through observation is a valuable skill, making rash judgments can have adverse effects and lead to embarrassment and misunderstanding, exactly what you are trying to avoid.

Once you have sharpened your perceptive eye, put your skills to use. When you approach someone, you will now have an advantage you didn't have before- the advantage of knowledge. When you enter in to a conversation with a better idea of how your conversation partner is feeling or thinking the benefits will be instant and twofold. Firstly, you will have a more informed view of how you should interact with your conversation target. It doesn't make much sense to interact the same way with someone

who is jovial and with someone who is tired and in a bad mood. Secondly, by catering your conversation to the feelings and personality to your conversation target you will be communicating an interest in them in a positive, organic, and genuine manner. There is nothing more distasteful than someone who creates false interest for the sake of conversation. It may be effective in the short term, but many will detect your lack of sincerity and their impression of you will not be a good one.

### ***Body Language***

Besides your perceptive abilities, engaging with someone is greatly aided by an awareness and use of body language. Everyone knows that body language makes up the majority of our communication. This is almost cliché in any conversation it appears. However, the truth of the statement is undeniable. As mentioned above, our brain makes a series of quick judgments whenever we encounter someone. Our brain does all this based on what it reads. And what it reads is primarily the body language of the individual. How they stand, the orientation of their facial muscles (or from another point of view, their emotions), and their eye movements are all processed instantaneously so that we can make a judgment on what to do.

Conversely, the target of conversation is doing the exact same thing as you approach. Everything from your posture to your smile makes an instant impression with someone. Put this scientific reality to work for you and use your body language to your benefit. Entire volumes could be written on the subject of body language and how to use it to reach desired effects. However, starting out, the best thing you can do is simply to be aware of your own body language. By being conscious of your own body language, you will likely express your emotions and intentions much more clearly through your body.

Also, besides simply having an awareness of your body language, you can take practical steps to conveying positive body language. As mentioned above, posture is incredibly important, but why? Well someone who exhibits a strong, erect posture exudes confidence and self-assurance. Furthermore, a good posture enables your voice to have more strength. While vocal strength is a quality normally desired for more formal public speaking situations, strength of voice also carries with it control over one's voice. This, of course, is very important when speaking to someone for the first time. Other than a strong posture, a genuine and full smile is another practical strategy you can employ to engage with others.

As our brains read other individual's faces, we are apt to mimic their facial expressions. There are specific cells in human brains that facilitate these reactions. These cells are called mirror neurons. They are the reason smiles can seem to be contagious, or that an angry scowl can put a damper on your mood. It has even been suggested that sociopaths and other individuals who lack the ability to emphasize and relate to other individuals may have something wrong with their mirror neurons. Put simply, when you smile it puts the person to whom you are smiling at greater ease. But if you feel that your smile is lacking, then simply practice. You are well aware of how a genuine smile feels on your face. Try to mimic those movements with your facial muscles in front of a mirror. After all, every muscle in our body can be trained and improved. So, why not your facial muscles, as well? However, all the positive body language in the world can't help you if you don't know what to say after saying "hello" for the first time. Next, let's try and understand the principles of what makes a good conversation.

## **CHAPTER 2**

### **Making Conversation Enjoyable**

There is almost nothing worse than being in a social situation where you have no clue what to say, the conversation dwindles to silence, and then you part ways feeling embarrassed and hoping you don't run into them again. Fortunately, an unpleasant situation such as this can be avoided by understanding what makes a good conversation and how to make a conversation worthwhile for both you and your conversation partner. If you consider your social skills to be lacking, this may seem like a daunting task. But just like every big problem, breaking the problem into smaller and more approachable problems is a great strategy for overcoming.

#### ***A Good Conversation is Hard to Find***

What makes a good conversation? Firstly, what is a conversation? It is a word that everyone knows the meaning of, yet fails to consider the implications of its meaning. When you converse with someone you are engaging in an act of communication. Communication, in turn, is a process of sending and receiving information, implying the involvement of more than one individual or entity. When fireflies make their early-evening displays, they are communicating. Their communication, however, isn't as complex as a discussion about politics or theoretical physics. Nevertheless, it meets the qualifications of communication. The point here is that communication is evident all around us. Communication is natural. So, then why does it seem to be so difficult for us humans to communicate sometimes?

There are several factors that make communication between humans difficult at times. Firstly, language is a complex mechanism. Some



individuals have better command of the language in which they speak. Some know the precise words to convey what they are attempting to express at any turn of the conversation. Others, however, do not. Secondly, socialization is a key element to understand how we interact with each other. Some individuals grow and develop in a more social atmosphere, prompting them to develop social interaction skills faster, while others are less socially developed. Thirdly, our ability to communicate hinges on our ability to receive and process information quickly. Sometimes we forget that the brain is a physical organ. Its process is all physical in nature. So are our thoughts and speech. This means that we can suffer from physical limitations when it comes to communication. This could be as severe as a neurological disorder, but also could be as minor as your brain not being as effective at communication when experiencing a stressful social situation. These are some general reasons why conversation can prove difficult, but most of these problems can be easily addressed. And, keep in mind that just because you don't have any of the abovementioned issues, that doesn't mean that your conversation partner doesn't.

### ***Conversation Made Easy***

So, having now understood some basic principles of conversation and the reasons it can sometimes be difficult, you will now learn some excellent strategies for improving the quality of your conversations. Firstly, a good conversation doesn't start when you meet someone, but well before. The best conversationalists are those who have something to say. If you find that when you converse with new people or past acquaintances and you feel like you never have anything to say, then you need to gather material for conversation. The best way to do this is to continue to educate yourself. Stay up-to-date with the news, go see a new movie, listen to a new album, or go see a new art exhibit. People instinctively are interested in new things. If you

are well familiar with what is up and coming and recent you will be interesting because people will have a tangible aspect to associate you with.

But what if who you are talking to isn't interested in the new movie or album? Well, outside of traveling time or seeing into the future, it is impossible to know what another individual is passionate about *before* you get to know them through conversation. However, you know exactly what *you* are passionate about. If you pursue your passions honestly and intently you will always be interesting. People enjoy talking to someone who is passionate. This piece of advice comes with a small caveat, however. It is okay to be passionate about your interests and be comfortable talking about those things to others. But, avoid talking about your passions that may be controversial in a first-time meeting. Also, don't talk about your passions solely. The reason you should pursue your passions is that those who are active participants in their own lives are intrinsically more interesting. But, don't forget that other individuals have their own passions and interests. Think of a new conversation as a way to express your interests to a new person and learn about theirs, as well.

Besides staying current and pursuing your passions, there are a few other things you can do to ensure your conversation will be pleasant and enjoyable. Most people think of a conversation as a back-and-forth process, but in action, they treat it more as a staged performance, where they are an actor on stage and the person with whom they are speaking is the audience. Avoid this type of mentality. If you approach conversation as a laundry list of things you need to say before the conversation ends, then whomever you are speaking to will feel as if they are being *spoken to*. Instead, make sure the conversation is inclusive by making the goal of conversation to be about mutual understanding and learning, rather than a free, unsolicited informational session about yourself.

Furthermore, treat the conversation as a living thing. If you didn't follow the advice in the last paragraph, then your conversation will likely have the feel of an infomercial sales pitch. Avoid this by treating the conversation as a dynamic entity, one that is subject to change. In short, give your conversation some breathing room by letting it flow. To let your conversation flow, don't be set on controlling every aspect of it. Don't go at it with certain ends in mind other than to get to know someone and let them get to know you. If you are intentionally directing the conversation, it may have an off-putting effect. This could lead to your conversation partner not wanting to open up and participate in the conversation. If you find this part of your conversation skills lacking, then try to listen and take clues from your conversation partner. Another great method for keeping a conversation natural and flowing is to ask questions. Ask your conversation partner questions from time to time. By putting the ball in their court, you share the control over the conversation and also keep it from becoming stale.

There are countless things you could do to improve your conversational skills. Utilizing these basic strategies is a good first step towards becoming a better conversationalist. However, the greatest and most effective thing you can do is to practice. With practice, you will become more skilled at paying attention to the cues your conversation partner gives you. The only thing that really separates the poor or mediocre conversationalist from the great conversationalist is the commitment to getting better and amount of practice invested.

## CHAPTER 3

### What You Shouldn't Do

Sometimes it is easier to express what someone *shouldn't* do. This is especially true for conversation. In fact, the list of *don'ts* is certainly much longer than any list of *dos*. The reason for this is quite simple. While there are some hard rules in conversation, everyone is an individual with a unique personality. One strategy may work for one individual with a certain personality, while another individual using the same strategy may falter. However, there are some things to avoid no matter who you are and no matter your personality type. Avoiding these 5 common mistakes will ensure that your conversation is enjoyable and, more importantly, memorable for good reasons.

#### ***Don't be oblivious of the situation***

Being aware of your place and setting is essential in any conversation. Striking up a conversation at a library or in a workplace is completely different than striking up a conversation at a bar or a sporting event. Although, this advice may seem obvious, transgressions against situational decorum can have very bad effects. For one, it will show your conversation partner that you are oblivious to social cues. And, that is not the sort of message you want to convey right off the bat. Another aspect to this common mistake is to not contradict the dynamics of all the individuals present. If the target of your conversation is with a group, then don't neglect the group for sake of the individual. Instead, use the situation to your advantage. A discussion at a library can easily shift to interests in literature or really any topic. A discussion at a sporting event or bar with live music can equally be used to your advantage to begin the conversation with at least

some common ground. A discussion within a group, rather than in a one-on-one situation can remove a lot of pressure.

### ***Don't try too hard***

Above, you learned to try to make your conversation flow by making it a mutual effort. Similarly, don't make the mistake of trying too hard. You don't want your conversation to seem forced. This makes a conversation seem wooden and uninteresting. It is natural to feel as if you should be saying something, yet not feel words naturally flowing from you. In this situation, focus on listening. While your conversation partner speaks, don't think of what you are going to say next, but listen intently. By providing your attention you will free yourself from overacting or focusing too hard on figuring out what to say.

### ***Don't use aggressive body language***

Earlier, you learned about the use of body language. Don't forget that body language is used when we threaten and intimidate others. Try to use welcoming and non-confrontational body language. Avoid excess eye-contact. Also, make sure you respect the physical boundaries of those with whom you speak. By using your smile, a reasonable physical distance, and open and friendly gestures you will present an air of trustworthiness and pleasantness. Remember, these types of qualities will ensure your conversation goes well.

### ***Don't be afraid of silence***

A good conversation is all about balance. While excess silence in a conversation can seem awkward and be undesirable, the lack of silence can have the same effect. Furthermore, if you are speaking yourself to breathlessness, you are likely speaking too much. Don't be afraid to pause every now and then. Pauses in conversation are perfectly natural and often serve to emphasize our speech.

### ***Don't talk too much***

Lastly, avoid talking too much. Give your conversation partner ample chances to speak. The last thing you want is a one-sided conversation. Also, you can't talk and listen at the same time. Focus on doing one at a time and you will be well on your way to becoming a great conversationalist.

## **CHAPTER 4**

### **Leaving an Impression**

If you have absorbed everything in this book so far, then you will already have a good idea of what makes a good conversation. You will also understand the sorts of things that will ensure the quality of your conversation is above average. Furthermore, you are aware of the most common mistakes that people make when engaging in conversation with new and old acquaintances alike. Now, the last thing you must learn is how to leave a good impression. If you follow all of the advice in this book so far, you are already halfway there to understanding the principles of making a good impression.

The first step to making a good impression is having a good first encounter. After all, you only are allowed one first impression with a new person. Make it count by following all the principles outlined in this book. Sometimes things do not go as well as planned, however. Just remember impressions cannot be replaced, but they certainly can be improved upon. If the first encounter did not go as well as you desired, then try and understand what went wrong and give it another go. Try and make light of the situation and continue to be easygoing. This will show strength of character

The next step is to be conscious of not only your needs, but also the needs of your conversation partner. This could be as simple as giving attention to what they have to say while they are speaking. Or, it could be as important as give them vital information, like a job opening or other types of information they may find beneficial or valuable. In fact, if you enter into a conversation with a “winner takes all” mindset, and you intend to win the conversation, then your conversation partner will likely have little interest in

continuing to speak with you. Instead, approach conversations with a “win-win” attitude. Focus on how each of you gain benefit from the interaction. This simple shift in mindset can have amazing results, making your conversation partner comfortable and sure of your mutually beneficial intentions.

Lastly, don’t put all your focus on the actual words you are using. While what you say is important. It is unlikely that whomever you are speaking to will remember precisely what you said to them. They will likely only remember the highlights of what you said. If they have an exceptional memory, then they may remember a few phrases. Nevertheless, it is extremely unlikely that anyone you will speak to will remember everything you said when they speak to you. However, they will remember how you made them feel. This is a very useful piece of conventional wisdom. Focus on making your conversational partner feel at ease, appreciated, and understood. This is by far the greatest thing you can do to ensure that you make a lasting impression.



## Conclusion

I hope this book was able to help you understand the principles of conversation that may have eluded your interactions until now. Utilize these skills for the benefit of yourself and those around you. Don't be surprised by the benefits awarded to the charismatic!

The next step is to put these principles, strategies, and ways of thinking to work for you today. Remember, everything presented in this book can be acquired through simple understanding and diligent practice.



Thank you again for downloading this book!

I hope it was able to help you to feel more comfortable around people and be able to let your true self shine through with winning and impressive conversations.

The next step is to take action and not procrastinate!

Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on listening skills.. So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please [click here](#) to leave a review for this book on Amazon?

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

# Preview of My New Book

## [Body Language 101](#)

### [What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

## Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of learning to understand something we already know and to heighten our

understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

## **Weapons of Mass Induction**

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

[Click Here To Read The Rest of](#)

[Body Language 101](#)

[What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

P.S. You'll find many more books like this and others under my name

Michele Gilbert.

**Don't miss them... here is a short list.**

[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)

[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

**[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)**

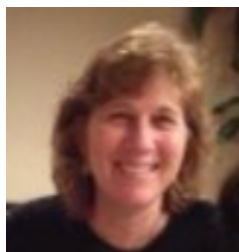
**[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)**

**[Psychic Development: Your Guide To Unlocking Your Psychic Abilities](#)**

**[So I Am Dating A Psychopath: Now What?](#)**

**[The Mind Of A Sociopath: Your Guide to Understanding The Anti-Social Personality Disorder of Sociopaths](#)**

## About Michele



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled

to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books



# **The Love Box Set**

## **Love Yourself First!**

[INTRODUCTION](#)

[CHAPTER : 1 A LOVE LIKE NO OTHER](#)

[CHAPTER : 2 DEPROGRAM AND REPROGRAM](#)

[CHAPTER : 3 ACCEPTANCE](#)

[CHAPTER : 4 INVESTMENT](#)

[CONCLUSION](#)

## **Rejected!**

[My Free Gift To You!](#)

[Introduction](#)

[CHAPTER 1 – The Reality Of Rejection](#)

[CHAPTER 2 – Transforming Rejection Into An Opportunity](#)

[CHAPTER 3 – Short And Long Term Solutions](#)

[CHAPTER 4 – Practicing Introspection](#)

[CHAPTER 5 - When You Still Care](#)

[CHAPTER 6 – Celebrating Your Strengths](#)

[CHAPTER 7 - Addressing Your Challenges](#)

[Conclusion](#)

[Recommended Additional Reading..](#)



# **Love Yourself First!**

*Become A Magnet For Love*

By

Michele Gilbert

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

# My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

## **Simple.... because I want to spread the word!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when

they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

# Introduction

I want to thank you and congratulate you for downloading the book “Love Yourself First... And Become A Magnet For Love”

This book contains proven steps and strategies on how to see you in a new and exciting way, allowing a new stage of self-love to bloom. By learning to love yourself once again, you can achieve emotional well-being and open yourself to the love of others.

In each chapter of this book, you will learn effective strategies to reconsider some of the beliefs you have about yourself. You will learn to purify your life of negativity, remove unhelpful influences, and reprogram your mind to better achieve a state of self-love. You will learn strategies for accepting who you are as a person. You will learn to apply strategies to invest in your own well-being. These strategies will help you learn to be the person you always wanted to be.

Most importantly, by utilizing the strategies in this book you will learn what it means to love yourself.

Thanks again for downloading this book, I hope you enjoy it!

**Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# Chapter 1

## A love like no other

All our lives we are bombarded by cliché love stories in books, television programs and movies. From the time we are children, we absorb story after story that revolves around the act of falling in love. From the looks of our most treasured stories and fables, it would seem that love really does conquer all. However, when it comes to our personal lives, sometimes the stories of our youth fail to capture the emotional realities which leave us feeling unfulfilled.

But all too often there is no Prince Charming to come sweep us away and resolve all of our issues. And even if Prince Charming does find his way to you, can you be satisfied if you have feelings of self-doubt and inner-lacking? The fairy tales will have you believe that all you need to be complete is for someone new to come into your life. However, this kind of thinking is not only promoted by entertainment media, but also by advertising.

“Wouldn’t a brand new car make you feel complete and in control?” the advertisement asks. “Here, eat this new hamburger, don’t worry about how you feel. Just fulfill your hunger!” These types of advertisements are widely used. Why, is this so? Well, simply, because they are quite successful. By playing on your desire for self-fulfillment, advertisers shift your focus from self-improvement to acquirement. In short, they use your innate desire to love and be loved in order to encourage you to buy their product. This philosophy has extended to many areas of our day-to-day existence. We have all been taught this way of thinking that promotes the idea that happiness and fulfillment comes from obtaining new possessions.

But it is not just possessions that are supposed to fulfil us according to this philosophy. Our relationships too become a matter of acquirement, rather than partnership. Instead of meeting someone who shares and supports your passions, you are taught that a husband or wife is what you do before you

buy a big house, have children, and then buy a minivan, and then buy cars seats, and toys, and college tuition...The endless list of purchases goes on ad infinitum. Instead of practicing a philosophy of emotional fulfillment, we practice emotional purchasing, making our life decisions based on what is fashionable, current, or on sale.

All in all, this philosophy is a philosophy of replacement. Let's call it the "Prince Charming Fallacy." The Prince Charming Fallacy is the belief that our problems can all be fixed if only something, or someone, comes into our life and fixes it for us. In the previous example of advertising this fallacy is easy to spot. When a soda commercial shows a scene of people sad and displeased with their current situation totally invigorated and made joyous when presented with a popular brand of soda, we all know that it takes more than soda to make people happy. Have you ever seen a spontaneous dance routine break out in the streets because someone started handing out free soda or breathe mints?

Even though the Prince Charming Fallacy is easy to spot in advertisements, we still fall prey to its charms. Why is it that we insist on trying to cure the source of fulfillment with things that only, at best, provide temporary relief? Well, because we have been taught to through years and years of social programming. We have been taught that it is far easier to treat the symptoms rather than the cure. Unhappiness becomes a disease of an insufficient bank account or lackluster wardrobe. However, the true sickness is one of the heart, and cannot be repaired by making purchases, or even by a dream man or woman sweeping into your life.

The truth is, the only way we can be truly happy and satisfied with life is to love ourselves. And, only by loving ourselves can we invite the love of another. And, furthermore, be capable of reciprocating that love. Reciprocation is a necessary ingredient in any loving, healthy relationship. Without reciprocation, our relationships become a cycle of dependence that never ends well. These imbalanced relationships leave us longing for more, or even worse, questioning ourselves. If this occurs, we may even begin to question our own self-worth, whether or not we *deserve* to be loved.

But what does it mean to love oneself? It doesn't help that in the English language one word *love*, does so many jobs. I *love* my wife. I *love* my new shoes. I *love* to volunteer. Each of these sentences has vastly different connotations. So, when you hear, read, or say *love myself*, which *love* are we talking about here?

To love oneself starts with removing the negative influences, ideas, misconceptions, and false assumptions about yourself. By banishing these mental and emotional hang-ups once and for all, you will experience a radical empowerment. It is only through becoming aware of these factors that you will gain control over these influences. Along with reorganizing your beliefs and ideals about yourself, you must learn self-acceptance. Loving someone else is about accepting who they are as a person, including their flaws and shortcomings. This remains true for loving oneself, as well. After acceptance comes investment. The easiest way to see what a person truly loves is to see how they spend their time. If we want to love ourselves better, we must set aside time for self-development.

These three strategies will ensure a vigorous self-healing process that will lead you to a space of self-love, ultimately preparing you for fully accepting the love of another. Not only will you achieve greater emotional well-being, but you will also become someone who can radiate love to the heart of another. By employing these strategies you will find yourself a healthier, happier, and ultimately more secure individual.

## Chapter 2

### Deprogram and reprogram

The Prince Charming fallacy is just one example of how we have been fooled to see ourselves and the world at large in a certain way. Negative influences, preconceived notions, and unfounded assumptions all play a role in influencing our self-image and, in turn, how we feel about ourselves. If these factors remain in our psyche, unchallenged, they increasingly become harder and harder to reverse. However, it is never too late to cleanse ourselves of this negativity. The benefits of removing this negativity from our minds becomes apparent very quickly, as these feelings contribute significantly to our lack of self-love. They are the prime inhibitors to a healthy emotional state. Consequently, a poor emotional health takes a toll on our relationships, or can even prevent relationships from forming in the first place. So, if you are dealing with self-love issues, then the first place to initiate the healing process lies within your own deeply held beliefs about yourself.

Imagine your mind is like a computer. A computer is a complicated machine. It has electronic components, called hardware, that allows programs, called software, to complete various tasks. Similarly, your brain is the hardware that allows your mind, the software, to complete tasks. However, just like a computer, your brain can be infected with bad programming. Abuse, neglect, and trauma can cause damage to both your physical brain and your mental state. However, even things like popular culture, religious beliefs, opinions of loved ones, and life experience can shape our minds and how we see and experience the world. Sometimes these influences end up dictating how you feel about yourself. Unfortunately, often we are not even aware of some of these things lurking beneath the surface of our minds. And just like a computer infected with a virus, our minds fall prey to these invisible, but very real, threats.

So how do you make yourself aware of this faulty and unhelpful programming? How do you free your mind of these unneeded and unbeneficial ideas? Well, you must deprogram what has been programmed into your

mind. And like a computer technician, who must identify suspicious files before removing them from a computer, you too must identify these ideas within your own mind in order to remove them.

First, begin by considering any assumptions or preconceived notions you may have about yourself. *All my relationships end badly. I always screw up every relationship I'm in. It's always my fault. I am not good enough. No one would ever want to love me.* It is not enough for you to read that all of these things are untrue. It is also not enough to have people you love and trust tell you that these things are not true. The absolute only thing that can dispel these notions is your willingness to identify these emotions as unhelpful and unnecessary, and to replace them with their positive counter parts. A simple activity to help you accomplish this feat (and it is quite an accomplishment to discipline your mind in this manner) is to write down as many of these disparaging thoughts you can think of in a journal. Write down any negative thought you are prone to having. Even write down those you used to have, but no longer think about. Chances are, even though those forgotten thoughts don't plague your conscious mind, they may still be wreaking havoc in your unconscious mind. And remember, this part of the process is not just about deprogramming these burdensome and unhelpful thoughts and emotions from your psyche, but also *reprogramming* your mind to work better for you. You accomplish this by becoming aware of all these thoughts that have been silently holding you back from fully and unconditionally loving yourself.

Once you have a list of assumptions and negative ideals about yourself, take each thought or idea and write out the positive form of the thought. *No one will ever love me* becomes *Many people will love me. I always screw up* turns into *I've learned from my mistakes.* These simple shifts in perception about yourself will induce the gradual changes needed in order to bring about emotional well-being. Surround yourself with the positive re-imaginings of your past beliefs about yourself. Become a sticky note poet, fashioning one-liners carved from previous self-doubts. Not only will this serve as positive reinforcement for your commitment to loving yourself better, but it will also build your confidence as you slowly reclaim parts of yourself that had given up. By reclaiming and transforming these ideas you are effectively cleansing your mind of unnecessary baggage while granting yourself feelings of empowerment.

While freeing yourself of false ideas will go a long way towards ensuring you transition into a life of self-love, these exercises may be in vain if you are continually subjected to vicious reprogramming at the hands of someone who is intent on keeping you in an unhealthy emotional state. Put simply, not only should you evaluate the ideas you hold about yourself, you should reevaluate the relationships in your life. Are some of these false beliefs about yourself supplied by someone close to you? Are you constantly or even occasionally, being put down, belittled, insulted, or even neglected by someone close to you? If so, consider that this person or persons may be responsible for a lot of the obstacles standing between you and a life full of self-love and emotional well-being.

Sometimes we have to deny people entry into our lives. This can be a hard decision, but if it allows you to fully love yourself, then it is the right decision. However, readjusting your thoughts and ideals, and reevaluating your relationships will be a big first step towards being able to fully love yourself; it is only part of the journey. The next step in the process involves accepting yourself as another person might.

## Chapter 3

### Acceptance

Just as your ideas about yourself can be a hindrance on your path to self-love, and just as some relationships can prevent you from fully loving yourself, your acceptance of yourself is a critical factor in your quest of self-love. However, accepting yourself may be very difficult, especially if you have fallen prey to a lot of the ideas we just discussed. Nevertheless, self-acceptance is a necessary part of coming to love yourself.

But how exactly do you accept yourself? Is self-acceptance something that just happens, or is it learned? Here is the thing. People who seem as though they are really comfortable with themselves can be really insecure. Also, those who have a lot of self-confidence and self-assurance can still at times doubt themselves and even experience bouts of depression. The moral here is to be realistic about your expectations. You cannot expect yourself to be a perfect person. You cannot hold yourself to an unrealistic or unreachable standard, or you will only set yourself up to fail. However, a looming question still remains. How do you accept yourself? Practicing self-acceptance is just the same as accepting anyone else.

When we are young children, we are only able to see the world from one perspective- our own perspective. As we grow and mature we begin to realize that others have desires just like we do. And by the time we are teenagers we are already caught up in a delicate balancing act that pitches our interests and needs against those of others around us. But for any of this to work we must understand and practice empathy. Empathy is the ability to understand and share the emotions of other. When we attempt to see things from another point of view, it grants us a deeper understanding of our own unique perspective. By seeing our actions through the viewpoint of another, the consequences of our actions take on a whole new dimension of depth. In other words, our actions no longer become simply about achieving goals for ourselves, but they also become entwined with the lives of others.

Nevertheless, even though we learn to judge our actions through the perspective of others, all too often, we neglect this powerful tool, and focus instead on our own point of view and desires. However, for our purposes of developing and nurturing self-love, you can utilize some of these techniques to boost your understand of yourself. In this part of the strategy you will be incorporating ideas of empathy. However, you won't be directing this empathy towards another individual, but towards yourself. In short, try to see yourself as another would see you.

At first, this exercise may seem pointless, or maybe even scary. The purpose, however, is to get an accurate, objective look at yourself. This may be difficult, but after having considered what false ideas you may have harbored against yourself, this is perhaps the best time to take part in such an exercise. But no matter how difficult this exercise is, its benefits are twofold. Firstly, by looking at yourself from another's viewpoint you will become aware of your shortcomings as a person. And once you identify these shortcomings, you can work on transforming these shortcomings into personal strengths. This will not only renew your self-confidence, but will also make it that much easier to love yourself. Secondly, you will get an intimate view on how you can become a more approachable and open person. By observing yourself from an outside perspective, you can make informed changes in order to be the type of person you would like to get to know. If you can one day soon look into the mirror and say *You're the type of person I've always wanted to meet*, then, chances are, that many other people will feel the exact same way. And the real beauty of this exercise is that you are in full control of yourself. When you interact and meet other people, they are their own individuals only they can change themselves, and no matter how much you desire them to change, only they can make the changes. Similarly, when "meeting" yourself from an outside perspective, you are doing as someone with the power to change the thing you don't like.

There are many ways to see yourself from an outside perspective. The easiest way is to seek the opinion of others. However, be careful that you have loving, and trusting friends or family that are not only supportive of your path to self-love, but also will be honest. Avoid the opinion of those who had a hand in continuing the lies that led to your self-doubt. But, you don't need the opinion of others to see yourself from an outside perspective. You



can use your imagination. Write a letter as if you were sending it to someone you have never met. How would you describe yourself? What would define your identity? Your career? Your dreams? Your failures? Write a short one-page biography about yourself. Try and get a feel for what defines you as a person. Don't be shy. Don't refrain from leaving out the less than glorious parts. It is perfectly fine to have room for improvement. However, don't gloss over the things you do well. By covering every angle, you will have a more accurate picture of yourself.

Once you have a decent picture of who you really are as a person, begin to look for areas that you want to change. Without taking the time to understand who you are as a person, attempting to change who you are can seem like a gigantic hurdle and a challenge fraught with many difficulties. But once you get an in-depth view of yourself, you will begin to see areas where you can make small improvements. Often we can only see big problems. When we look in the mirror, we see a whole life that is problematic. Big problems usually require big solutions. Big solutions can be hard to come by sometimes. However, if we break our problems down into a more manageable size, then big solutions are no longer needed, only manageable solutions. This type of perspective is invaluable for approaching most kinds of problems, but especially for approach self-love and self-improvement.

Yet, although deprogramming and reprogramming , along with self-acceptance will go a long way towards invigorating your ability to love yourself, it is not all you will need in order to fully reach a state of emotional well-being that will allow you to love yourself and invite the love of others. You also need to invest in yourself.

## Chapter 4

### Investment

Investing in yourself is perhaps the easiest step of this process. However, it is the most important because it ensures the *continuation* of the self-love process. Just like any relationship, the relationship you have with yourself cannot grow and flourish if you neglect it and refuse to invest in it to make it better. Self-investment is easy because it involves pursuing things that you care about. Our passions define us. When you deny your passions it is no surprise that you are unhappy. Furthermore, when one part of yourself denies the rest of you something enjoyable and fulfilling, it is no wonder that you have self-doubt and are unable to experience self-love. In short, when you deny your passions and neglect investing in yourself you are at odds with your own existence. One part of you has desires, while another part of you denies yourself those desires because of refusal to experience new things, fear of failure, or simply inaction. Nevertheless, there are several benefits to investing in yourself.

Firstly, if you aren't investing in you, then who will? People are attracted to success and confidence. These terms don't always interpret to money and wealth, so don't confuse success with material wealth. Each individual should have their own measure of success. You know you are successful when you have goals. Set goals for yourself and work towards them. Without goals, then only way to achieve anything is by sheer chance. Besides the attractiveness of being a goal-setter and achiever (not to mention the confidence and self-assurance which accompany these traits), by taking the initiative and investing in yourself you let others know you are on a path to self-improvement and won't settle for second-best. This will have the effect of separating the wheat from the chaff in your life. Those that respect and admire you as an individual will stick around, and lesser people will be blown off by your newfound self-respect.

Secondly, by taking an active role is who you are as a person and who you wish to become, you will regain self-confidence and self-assurance. These

qualities will attract high-caliber individuals. Self-love promotes self-confidence and self-assurance. Each of these qualities all feed each other. Besides these obvious benefits, getting behind the wheel of your own life gives you the power to ensure that those who enter your life will be positive influences.

Thirdly, by investing in yourself you ensure that you are constantly opening yourself to new experiences. Not only will this increase your self-growth, but it will also expose you to new people and ideas. By having more choices of people to associate with, you will ultimately have more say in what kind of life you wish to live. Furthermore, having more options in life is never a bad thing. But besides meeting new people and encountering new ways of thinking, pursuing options for self-development will train your mind to constantly better yourself. This is one of the most useful and helpful habits you can cultivate.

Like these, there are many other ways to invest in yourself. However, part of the journey will be for you to discover your own methods to self-improvement. But no matter where your journey of self-improvement takes you, having reclaimed your own mind and achieved emotional well-being, you are in a position to shape your life in any way you wish. Also, you are in the best position to experience the love of another. It is in this state of emotional well-being that we are the best candidates for a romantic relationship. Only when we love ourselves can we truly love another.

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on the importance of loving yourself. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

# Preview of My New Book

## [Body Language 101](#)

### [What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

#### **Talk to the Hand**

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal communication, regardless of whether we know it or not. It's the art of

learning to understand something we already know and to heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

## **Weapons of Mass Induction**

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

P.S. You ' ll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

**[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)**

**[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)**

**[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)**

**[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)**

**[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)**

**[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)**

**[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)**

**[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)**

**[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)**

**[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)**

**[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**



[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)

[So I Am Dating A Psycopath: Now What?](#)



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a

national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!



# **Rejected!**

*How Rejection Can Change Your Life For The Better*

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

**But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

**Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## Introduction

I want to thank you and congratulate you for downloading the book, *“Rejected! How Rejection Can Change Your Life For The Better”*

This book contains proven steps and strategies on how to cope with rejection when we’re struggling to find our balance again.

In a perfect world we would be popular at school, effortlessly successful academically and professionally, and, as adults, sharing our lives with someone who was not only lover but best friend and cherished companion. Life would be interesting but, more to the point, it would be secure.

Rejection is terrifying, no matter what form it takes, at school, at work, at home or at play. It shakes our conviction that we are worthwhile, valuable, wanted: if it continues, it shatters confidence long-term.

This book is about finding yourself through rejection, whatever form it takes. Everyone suffers it, sooner or later, because the perfect world doesn’t exist. Some are hit harder than others, and some don’t realize that rejection can be the making of a new and better future.

Coping with rejection is largely about coping with insecurity, setting new goals, and setting forth on a new path with confidence, skills and a strong sense of purpose. Buying this book is that first step!

Thanks again for downloading this book, I hope you enjoy it!



**© Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

# **CHAPTER 1:**

## **The Reality Of Rejection**

If you expected the rejection or not, there's a physical reaction which is incredibly unsettling. Whether you asked someone out and they said no; your manager called you in to say you were losing your job; your relationship ended; or you applied for something you really wanted and were turned down, your reactions will include some or all of the following, and the strength of them will possibly surprise you.

- You flush hot, then go cold
- You are suddenly unable to speak
- You stop breathing, then gasp for air
- You want to run, or lash out verbally or physically
- You feel abruptly sick, and realize your heart is hammering
- You may also, paradoxically, feel a wave of relief

The body reacts instantly, and then the mind kicks in. You go into a state of shock which is quite literally comparable to the shock of having been in an accident: shaky, disoriented, and, because your body has instantly protectively redirected extra blood to your vital organs, cold. How long this stage lasts depends on the degree of the shock. It can be seconds. It can be weeks. It can affect your concentration, your memory, your ability to think clearly, your appetite, and your ability to sleep.

Eventually the symptoms abate, usually replaced with gloom and lack of vitality. This stage also takes time, depending on the nature of the rejection. While a 'grieving' period is important, it is also vitally important that you don't let it become habit. No rejection is ever worth losing your vitality for and the longer you let rejection rule your life, the more likely it is to happen again. Go through this again? No thanks.

Part of what we address in this book is recognizing *why* we are rejected, especially if it is happening again and again. Youngsters may be trying to make friends with the wrong types, or win over a difficult teacher. In business salespeople in particular have to cope with rejection all the time. In love, people go for the same type of partner because that is familiar, without realizing each relationship will end in the familiar way. This is a book—ask any writer about rejection. And so on.

The reality of rejection is that it affects our sense of wellbeing. The bigger our reaction, the more important it is to address it, rationalize it, and move on in a more positive way.

In this book we look at turning rejection into opportunity; short-term strategies and long-term changes; the value of introspection; dealing with stubborn emotion; celebrating our strengths; and designing our positive future. The last chapter even covers a brief section on rejecting others, because ironically, suffering rejection ourselves makes it much harder to deal it out.

Life will continue to say no. Maybe you ask a friend to go to a film and he / she says they are doing something with someone else: perhaps you are passed over for a promotion you thought you would get: even a hitchhiker, thumb up on the side of the road, and is rejected by every car that hurries by. The only way to avoid rejection is to never put yourself in the position where others can affect you. That's, unfortunately, no life at all. The trick is learning how to balance your life and direct it in the right way.

The last reality to bear in mind is that you're coped with rejection from birth, when you were expelled by the body which had formed your whole existence from the minute of conception. You've been trained all your life to cope. You will.

## CHAPTER 2:

### Transforming Rejection Into An Opportunity

As every door closes, a window really does open. In the first place, few rejections are all bad. Being let down, overlooked, discarded, or replaced hurts fiercely but in the long run, usually turns out to have been the best thing that could have happened. Not everyone remembers feeling relief, or will fiercely deny it, but rejection is often a relief. An untenable or unpleasant situation has ended, despite your best efforts. Take learning from it and move on.

*Every* rejection frees you from a situation, a relationship, even a misconception. *Every* rejection is a learning opportunity. Rejection isn't failure. Giving up is failure.

It's a given that your favorite actor, author or artist got rejected repeatedly. Every successful entrepreneur knows the sting. The most blissfully happy couple you know was individually passed over by earlier potential partners. The richest, happiest, most successful people you know, all of them, built themselves on it.

So how do you turn this feeling of bewildered shock and failure around? Situations differ, of course. The **child in tears** because of not being invited to a classmate's party is facing a different situation to the person made **redundant** despite exemplary performance. The unexpected, unwanted **divorce** can't be compared to the youngster who has **applied for thirty jobs**, attended endless interviews, and still can't get employed.

Rejection is rejection. It's all about picking yourself up and looking at your options.

**The child**, for example, can be coaxed back to smiles with a private outing or a toy, but the better solution is to try to find out why it happened. Try to avoid incorporating your own insecurities or resentments! Had the two

children quarreled recently? Was the party for strictly limited numbers? Were there—it still happens—race or religion issues? With a child, it is a case of rebuilding their feeling of security, but also incorporating the understanding of the rejection into that security. There's *always* a reason. It may not be a good one, or one you agree with; be supportive and loving but ultimately realistic.

Rejection early in life is an important part of growing up, and how you handle it is a huge factor in a child's adult life. It is difficult for a parent not to over-react, or even know how to react, when their child is suddenly facing rejection. Until you know the cause, don't rush to judge. After all, your child could have become a bully, without you even realizing it. This rejection—like all rejection—could be the best thing that could have happened, tipping you off to a problem that can be solved in good time and make for a happier childhood.

This book is not for children, primarily, because there are some excellent ones specifically for children written by experts in child psychology. However, don't dismiss your child's hurt as unimportant, or rely on the quick fix of a treat. Let the child know that you know it hurts, that you know your love in this instance isn't enough, and that you will find ways to move forward. This validation and positivity combine to help a child's lifelong reaction to handling the rejections every life brings.

**Redundancy, or being fired**, always hurts, and the later in a career it comes, the more it hurts. If there is a pay-out, that's a positive. If the career was one you loved, and excelled in, that passion will have made a mark and finding something else may not be as alarming as it seems. Quite often, though, it was a way of life that was endured, a set of golden handcuffs that can be shed with relief. There are roads less taken that are now open to you. Take a deep breath. Take another. Start looking at options, with an open mind.

I know a woman whose husband literally took to his bed when he lost his prestigious, albeit stressful, job as a stockbroker. After three months of him

still slopping round in PJs she asked if there was anything he had wanted to do when he was younger. Long story short, he's now in a role that is vastly less prestigious, and pays a much smaller salary, but he's happy. Money isn't everything. A happy life is priceless.

**Divorce, or the end of a relationship**, leaves deep scars in confidence. There's also the loneliness factor, and the hole in your life left by the departure of the other person. The worst thing you can do is attempt to fill the gap too quickly, however tempting that may be. However, retreating and shutting off all human contact isn't the answer either. You have been, for however long or intense a time, part of a couple, and are now suddenly an individual again.

Allow yourself a mourning period—there are chapters covering that—but for now, remind yourself of opportunities now open to you. There are more than you think. Taking up a hobby previously deemed too time-consuming is one. Learning to play a musical instrument, or bridge, or getting involved in local activities or politics, ever felt an interest there? By all means start meeting people, through date sites, but don't expect an instant replacement relationship because even if it happens, it will be for the wrong reasons. Look rather to make friends, expand your interests, and improve the quality of your social life.

As for the last example, the person **applying endlessly for jobs** and never getting past a first or second interview; are you even looking in the right place? It can be hard, especially if you are specifically qualified, to accept that what you think you want isn't really what you need. Sometimes you have to aim lower, to eventually hit higher, and sometimes you need to aim in a different direction altogether.

It can be worth going for assessment tests, to see what your strengths really are, and changing your focus slightly. The change can sometimes be radical, and need re-training, but the rewards will be life-changing. Equally, the assessment can confirm you are in the right direction, and that in itself brings confidence. Sometimes, especially when the comment most often made is

your lack of experience, it is worth taking temporary, part-time or even volunteer jobs in your chosen field. Six months or a year of experience makes a huge difference.

There are a couple of situations below about transforming rejection into, at the very least, positivity.

*Situation:* you applied for a job or a promotion which seemed tailor-made; so perfect for you that being turned down is an unexpected shock.

*Response:* send a thank you letter to the interviewers. There are two reasons for doing this. Firstly, and not frankly very likely, the person who did get offered the job may turn it down, and your name will therefore be fresh in the minds of the interviewers as a replacement. Secondly, writing a pleasant and intelligent note actually makes your mind-set positive. Thank them for their time, tell them how interesting you thought the opportunity was and how impressed you were by the organization, and ask that they keep you in mind if something similar comes up. It pays off maybe one in a hundred times, but that's one chance you wouldn't otherwise have had. It is also a positive reaction, and positivity is the best defense against the feeling of rejection.

*Extreme example:* you suggested to your new partner that the relationship was ready to progress further and they ended things instead. A brief note saying what you had enjoyed about the relationship, that you hoped they, too, felt it had been interesting and fun, and you wished them all the best in the future: would it make any difference? To your partner's enduring memory of you, oh yes. It's frankly unlikely to start things up again, but neither would a tear-spattered outpouring of rage and disappointment; and guess which one will leave you feeling better about yourself?

*Situation:* you applied for an opportunity you really wanted (a job, a training course, membership of some organization) or submitted a proposal, and refusal came back citing your lack of suitable criteria.

*Response:* be grateful. If this is something you really want, they have shown you the way to go forward. Either accept that your hopes are unrealistic and unachievable, and replace them with realistic goals: or learn the skills you need to apply again.

*Extreme example:* you applied to join a group climbing a mountain, and were rejected because you don't have climbing experience. Join an amateur climbers group. Through that, as you gain experience, you will find other, more challenging groups. When you apply again, you will be able to cite your memberships and experience.

Transforming rejection into opportunity boils down to three things.

1. You can give up: or you can analyze the rejection, *check your goals are sound*, and then try again. And again.
2. You can accept the rejection as a challenge and a need for improvement.
3. You can take it personally: or you can accept that this time, someone else had the necessary spark, or was the outside factor. Back to #1 and #2.



## CHAPTER 3:

### Short And Long Term Solutions

All the positive thinking in the world doesn't banish that initial shock instantly, and it takes time to feel positive again after a serious rejection. This chapter examines the ways of boosting what is, when all is said and done, your severely bruised self-esteem.

Accept that some degree of depression is normal. Nobody expects you to put down the phone, or the letter, or walk out of the boss's office, and laugh merrily. That wouldn't be healthy, and to even pretend to laugh it off is a huge strain. You need some serious me-time, be it an hour, a day, a week. By the end of the me-time you should be starting to see glimmers of sunshine through the clouds, and the clouds should start to clear more quickly with every glimmer.

Never turn back to the clouds. You absolutely do not want to wallow in misery, which is alarmingly addictive; the more of a grip it gets, the harder it is to shake. Rejection, like every other form of bad news, goes through the five familiar stages: denial, anger, bargaining, depression and acceptance.

Talk to a good friend, or a close relative (not a colleague, not a new partner, no matter how sympathetic, because the odd thing about rejection is that it never seems such a big deal to others). Someone who has been around for a long time is best, because they can remind you of the person you were, long before the rejection factor ever mattered. Don't abuse the listener privilege with frequent tearful phone calls; even ask them to tell you if you're going on too much.

It is no-one else's business. Don't spread your woes over social media, it nearly always sounds whiny and could crop up again at a very inconvenient time: the internet never forgets. Keep it out of the workplace, and also resist the urge to rant to people you don't see very often, because this *will* pass,

and when it does you will barely remember the dark place you were in, but that will be how they remember you.

Rejection is rarely personal. That's why it is hard for colleagues or new friends to understand your feelings of betrayal. Do something else. Distract yourself. Don't go straight back to whatever you were doing, because you'll be hurting. Go for a walk, watch a film, and go away for a weekend. Housework or gardening is remarkably effective, because there is an instant and visible result.

Accept that you have lost what you thought was secure: denial is not going to help, and trying to ignore what has happened will not reverse what happened. Anger, sadness, and disappointment are powerful feelings. Let them come. Then let them go.

Be nice to yourself. Buy yourself a gift, or a little pampering. Plan a treat for a few days ahead.

Be nice to someone else. Phone someone who likes getting phone calls, and don't talk about your situation, just let them chat. Run errands for someone who can't get about much. You could even make sandwiches for a beggar. The main thing is to shrug off that aura of self-pity and the surest way of doing that is to think about doing something nice for someone else.

When you're smarting, rejection seems to be everywhere. *It isn't*. A friend who won't meet you for lunch hasn't rejected you, they just said no to lunch. A failed job application isn't rejection. In fact if it was a really good job, there are lots of other applicants, all in the same boat. Friendships, even relationships, can start well, and then fall apart. It didn't work out. That's all. Things often don't. No need to blame someone for 'rejecting' you.

Things won't always go your way, life has no guarantees. You will never get everything you want! Don't dwell. Move on. That door is shut. Look round for the window. It's there.

If you really can't let go, distance yourself for a while. Change your surroundings and circumstances, as best you can. Even a weekend away will

lend you perspective.

At worst, you will need to consider professional help because negativity is life-draining. Rejection can and should spur us on to better performance, but it can also make us timid and cautious and, ironically, more likely to be rejected. Reversing this and restoring confidence can be a slow business, but is essential. The steps below are all longer-term steps back to a balanced life.

Give yourself an occasional mood boost and a break from your thoughts with books, music, and TV / movies that you know you enjoy. Don't overdo it, or you will lose the effectiveness.

Research conscious coping strategies you can learn, such as affirmations, positive thinking techniques, and goal setting

Improve your physical health with intelligent diet, effective exercise, learning relaxation techniques, and improved your sleep patterns.

Psychological adjustment can need professional input; the process of changing your attitude from seeing rejection as a negative to seeing it as an inspiration is an important, but difficult, breakthrough.

Try to stand outside your situation as though it were affecting someone you don't know very well, and give advice to that person. It is so very easy to give advice. You might tell you to keep active, and get involved in new interests. Consider a new career, or study to get extra qualifications which will improve your prospects. Work at rebuilding and improving friendships, to increase your social life. Stop being hard on yourself, you have great qualities. Treat yourself occasionally.

Now follow your own advice.

## **CHAPTER 4:**

### **Practicing Introspection**

The term introspection means, as you might expect, to look within, to examine one's thoughts and feelings. In the chapter above I mention you should try to stand outside your situation and give advice as though to a stranger. This is the absolute opposite—delving deeply into your inner self and closely studying what you find there.

Of course we all do this after a rejection, look endlessly within for the 'fault'. Intelligent introspection doesn't look for blame. You are looking for improvement. None of us are flawless, or ever will be, but the urge to be the best we can is fired by rejection. Look at the decisions you have made, good and bad. Decide how you would handle them if the situation came up again. Validate the ones you realize, in retrospect, were correct. Don't flinch from the ones that were wrong. Look at them and learn from them.

Never to reflect on your actions is a kind of denial. Spending too long poring over them is a form of wallowing. The very worst habit you can get into is endlessly digging through your emotions, memories and thoughts at night, when you need to be sleeping.

Instead, set aside time for introspection, and I recommend playing music in the background which will last for an hour, two at the most. When the music ends, so does your internal analysis. You should find yourself calmed and motivated by the session. Jot down any good ideas you found in the process, and follow them up.

## CHAPTER 5:

### When You Still Care

You've followed all the advice given so far, you are keeping yourself active and are even feeling happy and confident, but when it comes to the next opportunity you realize you are too afraid to take it.

Of course you must listen to your instincts, if you feel this is simply a new trip down the same path, but where you instinctively believe this is a better path, but are too hesitant to follow it, you need to take stock again.

Restored confidence doesn't happen overnight. However, do this checklist, and make sure you can tick off every item.

1. Did you cry it out? A stiff upper lip is all very well but crying releases chemicals that otherwise contribute to stress. You have to feel the pain fully before you can release it. You have, after all, suffered a loss of something you believed was yours: a job, a friend, a love, an opportunity. That hurts. Crying—ask any toddler—relieves pain. I personally howl like a wolf. I wouldn't want anyone to see me doing it, but it's immensely cathartic. Release the storm, or the tears and fears will dam up and leak out at inconvenient times in the future.
2. Have you made a positive plan, or plans, for moving forward? Whether it is improving your lifestyle, gaining new accomplishments, following new interests, you need a positive focus for your thoughts.
3. Have you sorted your perspective out? If you are still carrying the subconscious conviction that the rejection was personal, or you were *solely* to blame, which is *never* the case, your confidence will inevitably be affected. Instead, when you know where the problem was, and have taken steps to ensure your part in it is not going to recur, you feel empowered.

4. The door closed. Have you found the window? Have you even looked? Seeing the original rejection as a blessing in disguise, and one which freed you, is important.

5. Are you keeping physically active? Physical wellbeing plays a huge part in confidence. It puts a spring and bounce into your step which translates through not only into your general attitude, but the instant reactions of others to you. This doesn't have to be hard physical exercise: walking, yoga, even putting on dance music at home and dancing while you do your chores, all contributes to wellbeing.

6. Are you eating properly? Taking the time and trouble to eat properly, rather than binging on comfort food or ignoring food altogether, will be rewarded with a grateful mood boost from your body.

7. Are you still dwelling on the past, like a sore tooth probed by your tongue despite your attempts to stop? Try a positive affirmation. Visualize a box and give it a name. Put every negative related thought in the box. Promise yourself a session of introspection to go through the box. If the thoughts are frequent, maybe you should look at #1 of this list again.

8. Some things in this life you can change. Some things you can't. Have you accepted this, and learned the difference between the two?

9. This rejection only matters to you, not to anyone else. Others affected by, for example, your divorce or redundancy, will have their own reactions to handle. Your *positivity* will help them. Your *negativity* helps nobody. Even those who care about you will only be anxious that you are hugging and nurturing the pain, resentment and / or anger, they won't understand what you are feeling. The longer you let it fester, the less understanding they will be that you are choosing to poison your own life. That is, in itself, another rejection. Don't be that person.

## CHAPTER 6:

### Celebrating Your Strengths

One thing that rejection directly attacks is our self-esteem. We feel unwanted, angry with ourselves for having been stupid, betrayed by our expectations and a whole slew of other very unpleasant and negative sensations. *Ouch*. It takes time for our hey-wait-just-a-cotton-picking-minute response to kick in.

Some situations, such as stressful jobs or abusive relationships, attack our self-esteem constantly. When you are in a place in your life where your shortcomings are constantly pointed out, where you rarely if ever get positive feedback, where the things you do well are taken for granted, this becomes a serious problem. My advice to you would be to get out of that situation, by the way! But sometimes life isn't that clear-cut.

If you are in that place, you have one obvious strength: you are extremely tolerant! List your strengths. In a work environment, start with the basics. Are you a good timekeeper? Reliable? Do you get the job done? Do you understand and follow all the systems? Support the team? Over the last five years, have you been involved in any successful projects? Implemented any successful innovations? That should start you on your work list. Add everything you can think of, however minor: this is your private list. Refer to it for your annual review, and keep your public work record updated – it speaks for you, and it never forgets anything.

On the personal front; when did you last take on something outside your comfort zone, and do a fair job of it? Do you take an interest in family, neighbors, colleagues, and friends? Are you supportive? Are you kind? Do you keep your mind active and do things to improve the quality of your life? What family projects / activities have you been involved in over the last five years? What have your personal achievements been? The list certainly won't

grow overnight, you'll be adding to it for ages. Every time you do, it is a celebration.

The personal front is definitely harder to quantify, and asking a friend or relative for input can be discouraging, because they can look absolutely blank. However, even keeping your home habitable and any pets clean, fed and exercised, is beyond some people, so those are strengths. A talent for DIY, or interior decoration, ditto. Green fingers in the garden, definitely. Raising children, oh yes. Being a reliable friend, one who listens and offers advice or actual help rather than criticism, or cancels arrangements at the last minute, is an important one to list. Being able to stop and smell the roses is strength: one to cultivate, if it isn't already on your list.

Anything you are complimented on is strength. It can be hard to remember compliments, so often we get embarrassed and wave them away. Think back, though. Add them to the list.

Get feedback on items on your list. Be warned, some feedback may surprise you, and even highlight problems. For instance, you may feel you are always supportive, yet a friend or relative says you're prone to see the other person's point of view a little too often.

Maybe you do: the trick is to treat others as you like to be treated. If, during your rejection journey, you preferred your listeners to say the rejection was understandable, you don't need to change your own support levels. It is much more likely, though, that you will!

Whatever feedback you get, don't argue fiercely; rather take it away for a little thoughtful introspection. Otherwise you won't get any more feedback from that person, and we do need outsider perspective on our actions.

You're already pretty amazing; don't feel under permanent pressure to improve in every area of your life. However, one of your strengths is the ability to evolve and grow. *Really* celebrate that one.

One action that can be quite fun is to keep a jar separate for all your happy moments. Every time something good happens, or was successfully



achieved, even an unexpected chat with a long-lost friend on the phone, scribble a note and pop it in the jar. If you can remember to keep it going, reading those scribbled notes is a great reminder and boost when you need one.

## CHAPTER 7:

### Addressing Your Challenges

**This is your life.** You are responsible for your own happiness, your own health, your abilities, your successes and your failures, and your ability to move onward. No-one else can take that responsibility unless you let them, and who, really, is the best person to decide what is best for you? Take advice, sure. But take responsibility.

We can see abilities in others; we don't always realize our own. Even when we are praised or acknowledged we don't realize this is outside perception of our strengths, because we take them for granted. **Learn to accept praise.** Don't automatically discount it, wondering how you could have done better. Improving all the time is a praiseworthy ambition, but take the time to appreciate the sweetness of the moment.

Sometimes we hunger for unrealistic praise, because we have unrealistic ambitions. **Set your challenges just beyond your reach,** not in the stratosphere. When you have achieved them, set the next ones slightly higher. More, better, faster, is all very well, but if the stratosphere is your eventual destination, you will reach it more surely in a series of jumps than one doomed leap.

**Learn to let go.** It is human nature to wish that life would go to plan, or that situations which seemed ideal have gone, but change is irreversible. Cherish your memories, don't sour them. Take what was best out of the situation or opportunity which has gone forever, because you will build on that. Take what was worst, and put it into perspective. Learn what you need to learn, and move on.

Part of change is making it beneficial. Sometimes you have to **change the company you keep** as well. You may have had friends for so many years you no longer notice the quality of the friendship, but if you realize they are

being negative, and it is affecting you, you have to put a distance between yourself and that negativity.

**Don't let fear or resentment hold you back.** Part of moving on is facing the negativities of the past and overcoming them. The past is the past, unchangeable; it is a stepping-stone to the future, not a weight slung around your neck.

**Dealing out rejection** is incredibly difficult if you have just experienced it yourself. If it is necessary—and you must be sure you aren't just lashing out yourself, in reaction—it is one of your most tasking challenges. However, learn to say no. If you're invited on an outing or holiday you can't afford, say no. Don't apologize, or endlessly explain, just say *I'm sorry, it's not do-able, I can't, but have fun*. If someone offers a job you don't want to handle, say no. If someone wants support you really can't offer, say no. *Maybe*, or *let me think about it*, or *I'll get back to you*, or trying to be so nice that your actual refusal is lost in the flood of words, is not going to change the eventual outcome.

They will be hurt, and you remember all too clearly how that hurt feels, but if it is something you cannot do, it has to be no. By all means be specific, if your input will be of benefit. Rejection, remember, is a growth opportunity. When turning down work (or support) because it is unsuitable, but could be improved, you can be detailed. Here, your own recent experience is a benefit. Think what it would have helped you to know.

# Conclusion

## Designing Lifestyle

Rejection nearly always creates a state of change; an ideal opportunity to tweak your life towards what you want. Same old life? Small changes? Drastic ones? Your life. *You* decide.

Look at your life as it is now. Are you happy where you are living, what you are doing on a daily basis? Have you ever hankered towards different goals, even if you gave them up long ago? Some of those old dreams are worth hauling out and re-examining. The important thing about designing your own future is to include the things that make you happiest, the most important dreams, and the prospects which entice you the most. Look ten years into the future, and think where you would like to be, what you would like to be doing.

Travelling regularly? Could you combine that, perhaps, with a hobby you enjoy? Here's an example: you enjoy singing. Possible solution: join a choir that tours abroad a couple of times a year. You'll notice I didn't suggest starting an international rock group. You can set your ten year plan as high as you like, but when you can see the path immediately ahead of you, you are more likely to follow it!

If you have a passion for sailing, and are good at math, you could take a course in navigation. Crew is always in demand on yachts, and your brand-new certificate could make up for your lack of experience.

If your photographs have always been praised, take a photography course, or one in Photoshop. Your hobby could become a source of extra part-time income, could even become your life.

The biggest advantage of pursuing your favorite activities more seriously is also, of course, meeting fellow enthusiasts.

Your choices don't have to be conventional. They don't need to be set in stone, either. They are guidelines, paths to follow, and paths can be crisscrossed by other paths leading in new directions. Until you start walking, you will never know. There's an old saying that it isn't possible to want to be something it is impossible for you to be. Nice thought. Not entirely true, but a nice thought!

Put serious thought into this, because the first things that occur to you are not necessarily the best plans. When you have your plan, you will know, because looking at it will thrill and motivate you.

There are no guarantees. Be flexible, be open, and let your instincts guide you, not your fears. If an entrancing alternative turns up which fits as well, or even better, into your long-term goals, *you* are the one in charge. *You* decide.

Some of your friends and family are going to be alarmed, even horrified. Listen to their concerns, check your plan, decide what suggestions were sensible and which changes need to be made, and then forge on. People can care for you and yet still try to trip you up. If you need to distance yourself from the most negative of the people who care for you, do it.

When I was made redundant after ten years with an international corporation, I had two choices. Pick myself up, put the cash into the mortgage, and look for another job; or strike off on the path less travelled. I'd always had two dreams. One of those was to be a stand-up comedian. That path, once I started researching it seriously, sent me skittering back in a flustered panic. The other was to be a full-time writer. It took a couple of false starts and was a bit of a learning curve but I found a work-life balance which includes a practical part-time job which covers the mortgage, have published several novels (under a pen-name) which are attracting good reviews and starting to sell well, and can honestly say the three years since I left the corporation have been the best of my life. Not the safest, not the most secure, definitely not the most lucrative and frequently a bit hair-raising, but that redundancy was the best thing that ever happened to me. I

didn't want the door to close, at the time, and I went through all the panic stages, but the window has led to a world I could barely, at that time, imagine.

## Conclusion



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on overcoming rejection. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

# Preview of My New Book

## [Body Language 101](#)

### [What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage](#)

## Talk to the Hand

I don't know about you, but when I watch shows like *Lie to Me* or *Sherlock*, so often, I really, really wish that I could be that good. Heck, after I watched *The Mentalist* for the first time, I was studying everyone. I stared at footprints trying to see if I could tell whether the person walking was right handed or left handed. Not only is this super impractical for me as an actual skill, but it's super addicting. The thing is, it's all about studying people and watching them, but there's a science to it. I may not be out there catching criminals red handed for having a nervous tell, but it has helped me read situations and understand things that I previously missed.

So sure, you might not catch your arch-nemesis, but you might be able to understand things a little better with a little study of body language. And that's why I'm here. Body language is not just for detectives out there looking to catch murderers and thieves. Body language is the key to understanding the unspoken words that our body is communicating so heavily without our knowledge. Not only will this help you understand and relate to people better, but it'll make it so that you are aware of your own presence to others.

Nonverbal communication makes up the majority of our communication and most of us are clueless to the actual comprehension and understanding of it. That means that those who do not invest time in learning what to say in our nonverbal appearance are missing so much. But the truth is, we don't miss all of it. We have come to silently absorb and understand nonverbal



communication, regardless of whether we know it or not. It's the art of learning to understand something we already know and to heighten our understanding and acceptance of what's being communicated to us. It's tricky, I know, but it's not impossible to understand.

What I'm going to tell you in this book is going to make sense to you and a lot of it is going to feel familiar, like you already knew that. Well, the reason for that is that you you've been picking up these silent transmissions for years, you just haven't acknowledged them or put a name to some of the habits you've already taught yourself.

So stick around and start to see if you can't agree or relate to some of the information you're going to receive. But more importantly, I want to address your homework before we start getting into the gritty, deep stuff. For instance, I want you to start watching people around you.

Observation is the birth of understanding and without a true sense of observance or a keen eye for noticing the little things, you're not going to pick up on some of these traits. When someone is talking to you, you're going to need to start watching them. Notice how they're standing, note the posture, have you looked at their eyes, what about the overall harmony of their face, and what are they doing with their hands? All of these things need to be running through your mind to really catch what is being conveyed to you. But not just watching their body, note the tones they're using, and the words that they're selecting. These are all going to tell you what sort of body language comes with certain attitudes and emotions. It all ties together and it is all relevant when it comes to understanding body language. So start opening your eyes and let's have a look at what they're trying to say to you.

Are you ready?

## **Weapons of Mass Induction**

Though Sherlock Holmes often touts his use of deductive reasoning, it is actually the opposite that we're going to focus on with you, because right now, you're a student. For those of you that do not know, inductive reasoning starts with observations that slowly build a pattern that you will then form into a hypothesis until it is proven right or wrong. If you're right, then you have a theory.

For example, Kayla touches her hair a lot when she talks to Hot Mike, but not when she's talking to anyone else. So, every time I see Kayla talking to Hot Mike and she's touching her hair, that might be a cue that she likes Hot Mike. So, until I'm proven wrong, I'm certain that I have a theory that when a woman likes a man, she'll touch her hair unconsciously.

Viola, you have just jumped from observation to theory until proven wrong. Of course, when you're Sherlock Holmes level, you'll be using the art of deductive reasoning which starts at a theory and then tested with a hypothesis and observations until you have a conclusion. I think it's time for another example to prove this one to you.

[Click Here To Read The Rest of](#)

[\*\*Body Language 101\*\*](#)

[\*\*What A Person's Body Language Is Really Telling You... And How You Can Use It To Your Advantage\*\*](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

**Don't miss them... here is a short list.**

**[Wicca: The Ultimate Beginners Guide For Witches and Warlocks: Learn Wicca Magic](#)**

**[The Introvert's Advantage: The Introverts Guide To Succeeding In An Extrovert World](#)**

**[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)**

**[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)**

**[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)**

**[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)**

**[Adrenal Fatigue: What Is Adrenal Fatigue Syndrome And How To Reset Your Diet And Your Life](#)**

**[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)**

**[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)**

**[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy pain free life!](#)**

**[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)**

**[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy pain free life!](#)**

**[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)**

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)

[So I Am Dating A Psycopath: Now What?](#)



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a

national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

# Mindful Eating; Mindful Life

*How To Stop Overeating, Lose Weight And Live A  
More Balanced Life*

By

Michele Gilbert

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to  
seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?



## **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

## **Simple.... Because I Want To Spread The Word!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



## **So are you ready to claim your weekly Kindle books?**

You are just one click away! Follow the link below and sign up to start receiving awesome content

Thank you and Enjoy!

## **Introduction**

I want to thank you and congratulate you for downloading the book, *Mindful Eating; Mindful Life*”

This book contains basic steps on mindful eating, an ancient technique that will teach you to break the habitual magical cycle of over-eating and help you to start controlling your nutrition plan and habits.

In this book we are offering explanation of the basics of the technique. By reading the book you will be able to learn how to practice the basics of the technique in order to get the balance back to your plate. You will learn how to savor and appreciate your food. It is not a diet, you won't have to restrict yourself and torture yourself in order to lose weight that you will gain as soon as you stop with your unhealthy dieting regime. It is your new way of life!!

Thanks again for downloading this book, I hope you enjoy it!

## **Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All

trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **What is Mindful Eating?**

Eating is a natural activity for satisfying hunger. However, in our diet-obsessed culture, eating is often mindless and consuming. When we are unhappy and unsatisfied we tend to over-eat. Mindful eating is a useful, ancient practice that is effective for stopping the love-hate relationship that we create with food.

Mindful eating is basically eating with intention and attention. Your intention should be caring for yourself, and, you should focus your attention to noticing and enjoying your food and its effects.

Mindful eating is much more than just eating slowly, without being distracted. This is the most crucial feature of eating mindfully practice, but, on the other hand mindful eating is a special way and practice of eating, which should become your daily routine:

- You should be aware of your physical and emotional cues
- You should be able to recognize the non-hungry triggers of eating
- Learn how to satisfy your needs using other ways than eating
- You should chose food for both enjoyment and nourishment
- Eat until you feel you have satisfied your hunger
- Use the fuel you have consumed to live the vibrant and active life you want to

This broad application makes mindful eating a powerful tool for developing a healthier, happier relationship with food.

Many people who struggle with food react mindlessly to their unrecognized or unexamined triggers, thoughts, and feelings. In other words, they are repeating past actions again and again-feeling powerless to change. They indulge in over-eating, because it feels good every-time, but for the short period. Mindfulness increases your awareness of these patterns and creates space between your triggers and your actions, a much needed time to examine your wish to eat.

Whenever you notice that you feel like eating just pause and ask the question, “Am I hungry? Observe your thoughts. Instead of reacting

mindlessly, mindfulness gives you the ability to respond to the urge in a way that is the healthiest for you. That is how mindful eating empowers you to finally break old automatic or habitual chain reactions and discover options that work better for you.

In order to show you the benefits of some techniques, first let's define what it is. If you can recognize these habits, you are a mindless eater, like most of us:

- Do you eat until you are too full, and then feel guilty?
- Emotional eating – Do you eat when you are bored, stressed or anxious rather than hungry?
- Do you graze on food without really tasting it?
- Do you munch on snacks while zoned out in front of the TV, computer or video games?
- Do you eat a meal at the same time each day whether you are hungry or not?
- Do you skip meals, even though you are hungry, not paying attention to your hunger signals?

If the answer to any of these questions is yes, then the technique presented in this book is suited for you. Maybe you don't realize that your eating habits are not healthy or good for you, but in the long run, you will notice the alarms that your body will send to you. It is always better to create healthier habits as soon as possible. If you are unsure of this routine of mindful eating and what it is, let us present you the benefits.

- This is not a diet; it is your new life style. Fast diets don't work!
- The technique decreases stress, which in turn, reduces emotional eating, which then prevents you to gain unwanted weight and health related issues.
- It is a scientifically researched technique, which has only advantages.
- It heals a wide range of eating issues.
- It will help you manage your weight without starving or restrictions.

## Why We Overeat

Think back to the last time you ate so much you felt absolutely stuffed and guilty afterwards. Were you eating a huge cake on the birthday party? Loading up on turkey and other goodies at Thanksgiving? Or were you at home alone, maybe at the end of a tough day, or during the lonely weekend? How did you feel afterwards? Were you annoyed that you gave yourself a stomachache, without any need? Or were you tormented by guilt or shame? It happens to all of us that we sometimes get carried away with the celebration, special dates and the amount of foods that we like, but if this is your day-to-day routine, every time when you feel annoyed, sad or lonely, than you are a compulsive overeater.

People, who compulsively overeat, use food as their only way of coping with negative emotions and feelings. As a result, they often feel that their eating is out of control, and they can't stop the magic circle of mindless eating. They think about food all the time, though they feel guilty, ashamed, or depressed after eating. That is completely different from what someone feels after, eating a big Thanksgiving or Christmas meal. After the celebration meals, you might feel full, and have the same belly ache, you could even regret having had that last slice of pie, but you're not consumed with shame and guilt

In some cases, people simply overeat out of mindless habit and boredom. An example of it is sitting down with a bag of chips or peanuts in front of the TV at night. But in most of the cases, it's the result of underlying emotional problems. Having a negative body image can play a big role, but other factors can be a trigger for developing this condition. For many people, compulsive overeating is part of a cycle that starts with a restrictive [diet](#). You might begin a diet because you want to improve your body image, but it could be hard for you to stick to it, because food is your coping mechanism. Eventually, you hit a breaking point. After you have starved yourself, you start overeating, and that will prolong the start of your diet for tomorrow. Then, the guilt and shame set in, and the restrictions and dieting process begin again.

If you are not a type of dieting overeater, then you are probably in some way addicted to food. There is no doubt that eating can stimulate the release of feel-good chemicals in the brain. Still, food is not an addictive substance. What gives us joy is not the food; it is the cycle of over-eating. That is why the term eating addiction is more suitable than the term food addiction.



# **The Benefits Of Mindful Eating**

Mindful eating is a powerful practice that can offer you many benefits. It is not an unhealthy instant solution that will promise you to “lose weight within 7 days”; it is a mindset, the way of life. What mindful eating does offer is a long-term solution to help improve your relationship with food? It takes more of a “slow and steady wins the race” approach to health and wellbeing. Practicing mindful eating can oftentimes be challenging as you become more aware of your habitual eating patterns. With focused effort, you too, can reap the many benefits of learning to eat more mindfully. You should listen to your body, have a goal in front of you and move towards it.

## **The technique empowers you with a Choice**

As we have explained in the previous part of the book, when you over-eat you feel that you are losing control. Mindfulness is the anti-dote to routine, habitual patterns, things you do without a reason. Being mindful while you eat helps you step out habitual behavioral patterns and allows you to discover the newfound power of choice. We all have the freedom to choose, but we have to be aware in order to do so. This simple benefit can be a cause of other positive benefits influencing everything from weight levels to habitual eating patterns.

## **Mindful eating teaches you to eat based on your needs**

We are all constantly triggered to eat due to reasons that are totally unrelated to physical hunger, and actual bodily needs. The practice of mindful eating teaches you how to become more aware of these “external triggers” to eat. Some examples of external triggers that we’re largely unaware of are the time of the day, eating because someone else is eating, eating because you turn on the TV, or eating because it’s raining. With mindful eating, you can learn how to manage your internal cues of hunger and fullness, and use the information your body is sending to you in order to drive your eating patterns rather than non-hunger related cues. It is not bad to eat when someone else is eating, or when you are not hungry, the mindfulness process is not about the strict control, and it is about your awareness of the process.

## **Develop trust in yourself**

How many times have you felt like you just couldn't trust yourself around food? Perhaps you've flexed your 'give-in' muscle one too many times and now you don't trust yourself to eat "normal" or "regular" portion sizes of food. Practicing eating mindfully tunes you into your own inherent wisdom and you start to trust yourself to make the right decisions about what your body needs and what is most important to follow them.

### **Craving control**

Mindful eating will help you with cravings. If you sometimes feel like you HAVE to eat something, then you know exactly what I mean when I describe that familiar "urge" or "impulse" to eat. This is one of the main feature of mindful eating – to interrupt the impulse – the automatic pilot you've become habituated to and allows a moment where you can be present enough to make a choice, to stop and think are you hungry at all and why you want to eat at the exact moment. Mindfulness is like placing a speed bump between you and the food of your desire and allows you to insert conscious choice into the equation.

### **Weight management**

Being guided by internal as opposed to external cues enables you to naturally manage your weight, due to the fact that you will only eat when your body asks for food. Weight management becomes easier as we learn to stop eating before you feel stuffed or become aware of triggers to eat and choose not to eat when you're not hungry. When you feel present with what you're eating, you also feel more nourished and satisfied. This is a key element to sustaining a positive relationship with food and weight management.

## **An Example Of A Mindful Eating Ritual And Basic Tips**

We will now on one example explain you the process of mindful eating. By practicing this it will become your daily routine which you will incorporate into your eating habits.

When you serve the dish eat slowly and pay attention to every taste. For example, you got a bag of raisins. Take one out of the bag and keep it in your hand. Hold the raisin in the palm of your hand and focus on its weight. Take a close look at it. Focus on every detail and try to notice any unique features of it. Explore it as a whole but focus on every part of it. Hold the raisin in your fingers and flip it. Feel the texture. Move it up to your ear and gently squish it. Does it make a sound? Think about the sound and your sensation of it. Place it under your nose and breathe in the aroma. Think about it. Notice all your thoughts about the raisin and pay attention to what you think. Do you like it or dislike it, how does it make you feel? Bring the raisin to your lips and place it there. Focus attention on your arm and hand approaching the lips and the texture of the fruit on your lips. Place the raising in your mouth without chewing it, pay attention to how it feels. Pay attention to which side your tongue pushes the raisin. When you took your time, prepare to chew it. Take two or three gentle bites into it and feel the taste that emanates. Do not swallow it and keep chewing it as long as possible whilst your whole mind is focused on the taste. Roll the raisin in your mouth and notice how the texture and shape had changed. At the end swallow the raisin and feel how it moves through your organism to your stomach. Sense how your whole body feels after this act. Notice your thoughts about what you have done. The purpose of this exercise is not eating; it is a way to train your presence and your concentration. You can do this from time to time combined with other exercises that we have offered. Feel free to make up your own mindful exercise plan, but remember stay focused and in the present, whatever you do.

Food is much more than nutrition; it is an act and a ritual. It is about friends and memories, family, life and love. It's in an experience of luck, it is savored. Did you ever wonder why it is so hard to diet even though you have a goal in front of you? It is exactly because of these features of food. In order to eat mindfully you should try to eat healthy, but also build a relationship with your food. When you do this, you will cut toxins and build a more positive attitude towards life. How you eat is tied to how you feel and vice versa.

**Remove the toxins from your diet!** Avoid processed food, salt, saturated fats, white sugar. Concentrate on the more natural ingredients.

- Think about what you want to eat before ordering or preparing a meal. Think about your cravings, what is the reason of it? If you ignore your emotions you will feel better when you eat a burger or ice-cream, but after the pleasure is gone, you will feel empty again. As with any other mindfulness technique you have to think about the present and what you want and why.
- Love your food, because it is not about what you put in your mouth it is about the whole act of eating. Make an atmosphere when eating. Serve the food nicely, feel the scent. Take your time to enjoy the food with all your senses.
- Pay attention to your breath as you eat. When you slow down, you open up. Become more aware of your body and how it reacts to what you eat. If you feel overwhelmed during your meal, stop and breathe deeply and slowly. Pay attention to your stomach as it expands and contracts.
- Avoid white food. No matter how spiritual you feel there is something about the food you eat. Your body absorbs sugar very fast. When said sugar it is basically all the carbohydrates. So, you don't have to cut them out completely, just be aware. You are going to feel pleasure because your body will anticipate the coming of fat that will be stored. You want to eat white flour, sugar and rice? They taste great and provide comfort? Cut them out and you will find new mindful you!

## **Additional Tips To Start The Mindful Eating Routine**

Mindful eating begins before you put your napkin in your lap, when you... start the day with a guided meditation. Take a good posture in the chair or on the floor, but you have to be sitting. If you chose to sit in a chair, your feet should be on a floor, loosely crossed, in a lotus position, or kneeling, anything is fine. The important thing is to stay in the same position till the end of the process and to be stable. When you have decided which posture suits you best you should follow your breathing. It will happen that your attention wanders, and you lose focus on your breathing. Follow the thoughts that are coming to your mind, but after a while return to following the breathing process. Don't stress about your poor attention, just remember, you will wander and come back. After some time the wandering periods will grow shorter. With a little practice the results will appear. Just keep doing it! Schedule meals when you're moderately hungry, not ravenous; plan a healthy, balanced menu; set the table with care, take a few calming breaths and then nourish yourself.

### **Don't Worry, Be Mindful**

There are some people who eat an orange but don't really eat it," says Thich Nhat Hanh, a Vietnamese monk and meditation master. "They eat their sorrow, fear, anger, past and future." Instead, whenever your minds wanders off your plate, notice where it's gone and gently bring it back to the table. You should quiet your mind before even starting the meal.

### **Get to Know Your Hunger**

There are people, usually extreme dieters who are, was well acquainted with ravenous, but don't recognize lesser degrees of hunger. When you learn to attend to the range of hunger cues (from hints of irritability and fleeting thoughts of food to downright crankiness and a single-minded focus on finding sustenance), you will start to lose weight with unprecedented confidence. Asking yourself not only if you're hungry, but how hungry you

are, inspires intelligent, nutritious choices and keeps you from that impulsive, no-foods-barred state.

### **Are You Full Yet?**

We've all noticed the feeling of fullness that occurs 20 minutes too late when the blood sugar rises as our internal signal to stop eating. I'm sure you've also noticed you can eat a lot in 20 minutes, especially when stressed. Learn first to pay attention to the subtler, early cues (increasing tightness across the abdomen, decreasing pleasure in food), then practice asking yourself 'Am I full yet?' and spare yourself the discomfort and self-loathing associated with loosening your belt.

### **Get Support**

These principles are simple, but putting them into practice, meal after meal, day after day, takes, well, whatever it takes. This book was designed to help you get to know the basics of mindful eating routine. Mindful eating is not something that can be prescribed step by step it is something that you will learn on your own. These basic steps offer you the starting point, now it is up to you to train yourself to be a great mindful eater and re-start your quality life.

## **Conclusion**

Thank you again for downloading this book!



I hope this book was able to help you learn the process for mindful eating and to help you to be more conscious about the food you eat and why.

The next step is to put these strategies into practice. Don't procrastinate!

Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on the importance of mindful eating and weight loss. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click Here](#)

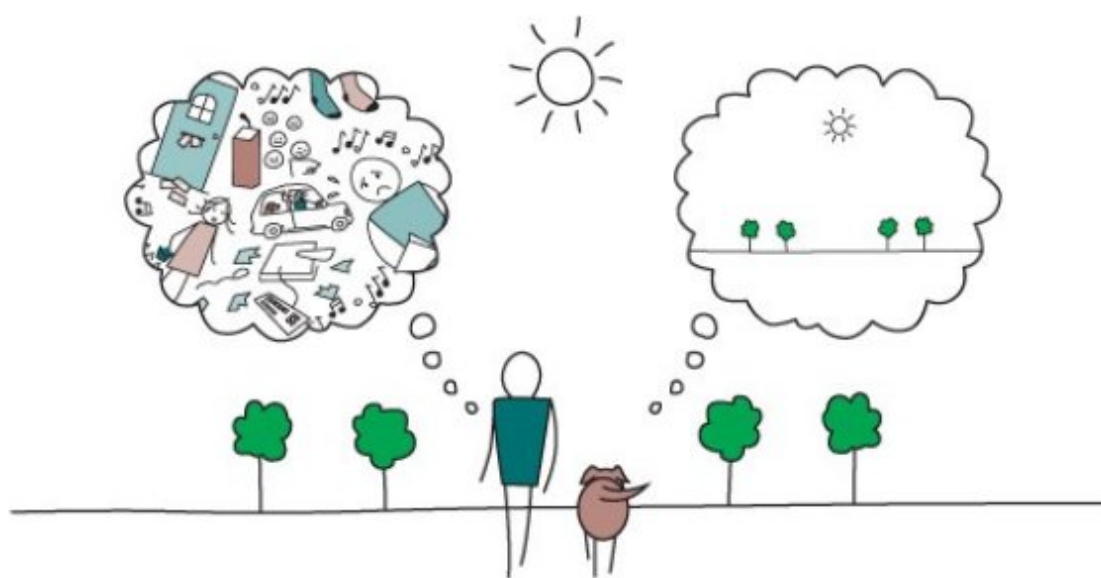
The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!







Mind Full, or Mindful?

# **Practicing Mindfulness**

*Everyday Habits And Rituals To Help You Achieve  
Inner Peace And Live In The Moment*

By

Michele Gilbert

[Visit My Amazon Author Page](#)

## **Copyright 2015 by Michele Gilbert- All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **Introduction**

I want to thank you and congratulate you for downloading the book, *"Practicing Mindfulness; Everyday habits and rituals to help you achieve inner peace and live in the moment"*.

This book contains proven steps and strategies on how to practice mindfulness, a technique that brought peace to millions of people across the globe.

In this book we are offering explanation of the basics of the technique. By reading the book you will be able to learn how to add simple exercises to your everyday life which will help you feel stress-free, relaxed and help you in making your choices more wisely. The technique will help you with emotional or physical problems, but also prevent them and live a balanced life.

Thanks again for downloading this book, I hope you enjoy it!

## **What is mindfulness?**

Have you ever been in a situation where you have started your daily task, finished it, and could not remember anything about what you have done? Have you driven to some place, arrived at the point, and can't remember any fact about your journey there? The answer is probably yes. This is what is happening with almost every person living in our modern age. We do things automatically, we are on auto-pilot, and that is called "mindlessness". We are preoccupied with everyday worries, about work, home, family, finances and other conflicting demands, so it is easy to lose awareness of the present moment.

The problem with this auto-pilot mode is that it blocks our ability to be present in our own lives and that is why we usually tend to forget all the good things happening around us. We do not pay attention to the messages that our body is sending to us, but also, we poison ourselves with unwanted fears and worries.

Mindfulness is a way of paying attention to our thoughts and feelings and seeing clearly what is happening in our lives in order to avoid stress, fear, anticipation etc. This method will not help you eliminate the pressure you are feeling, but it will help you to learn how to react on the problems in a calmer manner, which is useful for solving everyday problems.

This technique in general helps people to:

- recognize and stop habitual reactions
- respond more effectively to everyday problems
- see situations more clearly and reasonably
- become more creative and productive
- achieve balance at home and work

## **The basics of mindfulness**

*"Mindfulness means paying attention in a particular way, on purpose, in the present moment, and non judgmentally"*

Jon Kabat-Zinn

Mindfulness practitioners learn practical ways, to pay attention on purpose, using different meditation practices and movements. After some time, with a little practice when they have mastered the techniques, they are able to stop the habitual reactions completely and experience the present moment as it is. Unwanted thought do occur and distract our attention, that is why we tend not to remember the situations we go through, but mindfulness will help you to let the thoughts slide through your consciousness without any judgment and retaining focus on what you do. As with any other technique practice is required, and the more you practice the more successful you are going to be in using mindfulness techniques.

Mindfulness is for everyone wanting to control their life and their emotional state. Remember, mindfulness is not a religion, and you can believe in anything you want to and still practice the techniques that we are going to present you in this book. This technique has its origins in the East, but nowadays it is a mainstream activity successfully practiced by westerners too. Scientific data show the correlation between living a stress free and relaxed life and practicing different kinds of meditation techniques. The most used mindfulness techniques in the West are MBSR and MBCT, and we are going to present them to you in the further text. These techniques are now used, even in traditional medical practices as a healing tool for different types of physical and emotional disorders.

Mindfulness has its origins in ancient meditation practices. The founder of modern days techniques is Jon Kabat-Zinn, who opened a Stress Reduction Clinic at the end of 1970's. Since then a growing number of people was involved in learning mostly MBSR techniques in order to reduce stress and treat anxiety, sleep disorders, chronic headaches and chronic pain in general, depression, sleep disorders etc.

**The ABC of mindfulness**

**A stands for awareness** - The goal is to become more aware of what you are thinking and doing, which leads you to get in touch with your mind and body.

**B stands for "being" present within your own experiences** - The goal is to avoid, the above described auto-pilot and habitual reactions in order to avoid feeding your own day-to-day problems.

**C stands for seeing things** - The goal is to learn how to respond more wisely and relaxed to the situations you are faced with. By creating a gap between the experience and our reaction to it, we can slowly and gradually start to be able to make wiser choices.

## **MBSR or Mindfulness based stress reduction**

Since Jon Kabat-Zinn introduced the technique it has evolved into a common form of complementary medical treatment techniques, such as acupuncture for example. Researches based on detecting the influence of MBSR showed that the pain-related drugs utilization was decreased among the people practicing it, and also the increase of self-esteem and a more positive attitude towards life could be noticed.

The technique is based on the combination of mindfulness meditation and yoga. The duration of the learning process is traditionally around 8 weeks and the crucial part consists in acquiring knowledge related to ancient healing techniques. By practicing this method an individual becomes more aware of the body and mind unity, and due to the fact that the mind is seen as a point where the stress is produced, by this technique people start to be able to control the reactions that undermine the well-being and emotional equilibrium.

If you want to dedicate your time and motivation to this technique the best way to do it is to seek a professional that will teach you the basics. But, for those of you who want to try out the techniques on their own, we have prepared a few exercises that you can try out without any supervision. The following exercises may seem simple, but in fact they are not. They have to be done with intention, focus and strong concentration in order to be beneficial.

The presented techniques are not time consuming and they can be done anywhere. They can be of a great help to break your stress cycle and keep you relaxed. The basics are to start paying attention on how do you feel. Stop and focus on yourself. Are you worried and stressed? If the answer is yes take a deep breath, let it out and stretch. A great way to practice mindfulness is by listening to someone very closely or focusing your attention to the world around you. When driving on a bus or train, just look through the window and focus your attention on the objects passing by. You can do this also during a walk. Try to focus attention on what you see and then what you hear. It is amazing how many new things you will start to



notice, and how much you are going to reduce the unwanted thoughts haunting you.

When you achieve the state of mindfulness you will actually become present, you won't think about past or worry about future. In this state you can make plans for future, but avoiding additional stress and worries. One of the benefits with these techniques is that you are going to be present a certain period of time which will in turn help your mind and body to slow down and relax. The use of binaural beats music can help you focus and slow your brain waves, so when you feel tired and want to take a break you can try out with listening to this type of music. Lie down and listen to the sounds for 20 minutes and you will feel completely stress-free.

Exercising is a crucial part of reducing stress process and health improvement. In stress, your body is flooded by unwanted hormones, and movement helps you returning the balance back to your body. Find an excuse to work out every time you feel stressed out and tensed.

There are a couple techniques that allow you to move your body while focusing on your breathing, such as Tai Chi, Chi Gong and Yoga. They are known as exercises that connect mind and body.

These exercises are hard to be explained, so we will offer you a link to a video that shows the basics of Chi Gong.

**<https://www.youtube.com/watch?v=wz1Z623qnPY#t=29>**

Breathing is crucial. The act of breathing is so basic to us humans that we don't think about it. The process, when ignored, will be automatic. With conscious effort you can focus your attention on breathing, alter it, or even stop it. The simple act of paying attention and taking deep belly breath and letting it out slowly can have a prosperous and profound effect on your overall state of wellbeing. This exercise you can do anywhere at any given moment.

Some people find counting breaths really helpful. This technique is based on the grounds of ancient Yoga technique Pranayama. One of the ways to practice it is to take a deep breath in to the count of 4, hold one count, and then exhale to the count of 4.

There is also, a well-known 4-7-8 breathing exercise. This exercise simulates the natural nervous system tranquilizer. When you try this technique out for

the first time it will seem really hard to achieve, but after regular practice it will become easier.

As with any other MBSR practice you should stay focused and relaxed. If your body starts to interrupt the exercise let it be that way, you should not force yourselves. The exercise is done in 4 rounds and below you will learn the steps of one round:

- Sit up straight. This is the basic position.
- Place the tip of your tongue against the back of your front teeth and keep it there.
- Breathe in through your nose, count to 4 whilst doing this.
- When you have had a deep breath hold the air in your belly and count to 7.
- Exhale through your mouth for 8 counts. You should make a "whoosh" sound out loud whilst doing this.
- This is one full breath. In order to achieve a state of total relaxation, as mentioned above, you should repeat the whole cycle 4 times.

In order to achieve the best results you should repeat these 4 rounds 4 times a day. It is not time consuming, and you can do this during your working hours or leisure time. After a period of one month you can increase the amount of rounds to 8.

One simple way to relax; besides focusing your attention on objects or sounds or breathing is the so called body scans exercise. Lie down with your eyes closed. Slowly scan up your body up and down for soreness and pain. If you notice a sore spot, focus your attention to it, and breathe in and out as you are breathing into the spot you have discovered. After some time you will feel how the spot becomes more relaxed. You can also try to imagine healing white light on the spot, radiating until you feel better.

There is also mindful eating technique. When you serve the dish eat slowly and pay attention to every taste. For example, you got a bag of raisins. Take one out of the bag and keep it in your hand. Hold the raisin in the palm of your hand and focus on its weight. Take a close look at it. Focus on every detail and try to notice any unique features of it. Explore it as a whole but focus on every part of it. Hold the raisin in your fingers and flip it. Feel the texture. Move it up to your ear and gently squish it. Does it make a sound? Think about the sound and your sensation of it. Place it under your nose and

breathe in the aroma. Think about it. Notice all your thoughts about the raisin and pay attention to what you think. Do you like it or dislike it, how does it make you feel? Bring the raisin to your lips and place it there. Focus attention on your arm and hand approaching the lips and the texture of the fruit on your lips. Place the raisin in your mouth without chewing it, pay attention to how it feels. Pay attention to which side your tongue pushes the raisin. When you take your time, prepare to chew it. Take two or three gentle bites into it and feel the taste that emanates. Do not swallow it and keep chewing it as long as possible whilst your whole mind is focused on the taste. Roll the raisin in your mouth and notice how the texture and shape had changed. At the end swallow the raisin and feel how it moves through your organism to your stomach. Sense how your whole body feels after this act. Notice your thoughts about what you have done. The purpose of this exercise is not eating it is a way to train your presence and your concentration. You can do this from time to time combined with other exercises that we have offered. Feel free to make up your own mindful exercise plan, but remember stay focused and in the present, whatever you do.

## **MBCT or Mindfulness based cognitive therapy**

These techniques are most commonly used in treating depression, especially relapse episodes. It helps people stay free from depression once they have recovered from the episode. These important studies showed that the results achieved by this technique are equally effective as the use of antidepressant drugs and could be the best way to treat yourself naturally and thus avoiding drugs. Even people who did not have any specific emotional problem did feel better after practicing MBCT. This technique is the mixture of CBT (cognitive based therapy) and meditation. CBT is considered as a most effective way in treating stress related problems, but after introducing MBCT the method lost its popularity and made a place for the second technique.

We will offer you the crucial parts of both therapeutic treatments in order to underline the most crucial differences

### **MBCT**

- I have a thought
- Little emphasis on positive vs. negative thoughts
- Promotes a new way of living with painful affect and challenging circumstances instead of avoiding them
- Noticing thoughts
- Focusing on thought process
- Making a difference between thoughts as thoughts vs. states or facts
- Allowing the thoughts to pass through your mind without avoiding, changing or fixing
- Focusing on your way of being in the world

### **CBT**

- I am
- Attention is focused on identifying negative thoughts and beliefs
- Promotes a new way of looking at painful affects and challenging circumstances

- Answering back on the thoughts in order to convince yourself that they are not negative
- Focusing on thought content
- Distinguishing functional and healthy thoughts from negative ones
- Testing and challenging negative beliefs and inviting new interpretations of it

The best way of achieving good results is consulting a professional therapist. By practicing this technique you will learn the same things as through MBRS, but there are some long-term skills that you will acquire. You will be armed with a knowledge regarding depression or any other condition as an illness. It will make you be able to recognize when the symptoms are re-appearing and to prevent them and deal with them.

This therapy is often used in conjunction with different types of therapies when the case is serious, in order to achieve complete and rapid healing. You will have to revert to the methods in time of stress or anxiety in order to prevent the condition to re-appear.

## **Mindful meditation**

This technique could not be simpler. Take a good seat, pay attention and when your attention wanders return. We will now explain to you the basics of the meditation process that will help you if practiced every day.

First step is to find a right place in your home to do the routine. It should be very quiet. It should not be dark, so you can leave the lights on or if you do it by day allow the natural light to get into the room. If you feel comfortable you can sit outside, but it has to be a quiet place without many distractions.

Decide how much time you want to spend meditating. It is better if you have a clear idea of how long will you practice. At the beginning the optimal time is 5-10 minutes. With time you can start meditating twice as long until you reach the point where you can meditate 45 minutes to an hour without being distracted. Use a timer. Many people do the sessions in the morning and evening or one or the other. If you feel that you don't have time, or your life starts getting busy, you should not give up, doing some, even less than you did before, is better than doing none.

## Posture

### 6 Steps to Being Upright and at Ease

1

Take your **SEAT**. Whatever you're sitting on—a chair, a meditation cushion, a park bench—find a spot that gives you a stable, solid seat; don't perch or hang back.

2

If on a cushion on the floor, cross your **LEGS** comfortably in front of you. (If you already do some kind of seated yoga posture, go ahead.) If on a chair, it's good if the bottoms of your feet are touching the floor.

3

Straighten—but don't stiffen—your **UPPER BODY**. The spine has natural curvature. Let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.

4

Place your upper arms parallel to your upper body. Then let your **HANDS** drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch. Too far back will make you stiff. You're tuning the strings of your body—not too tight and not too loose.

5

Drop your chin a little and let your **GAZE** fall gently downward. You may let your eyelids lower. If you feel the need, you may lower them completely, but it's not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.

6

Be there for a few moments. **SETTLE**. Now you can follow the next breath that comes out. You've started off on the right foot—and hands and arms and everything else.



This picture offers you a detailed explanation on how you should do the technique. Take a good posture in the chair or on the floor, but you have to be sitting. If you chose to sit in a chair, your feet should be on a floor, loosely crossed, in a lotus position, or kneeling, anything is fine. The important thing is to stay in the same position till the end of the process and to be stable.

When you have decided which posture suits you best you should follow your breathing. It will happen that your attention wanders, and you lose focus on your breathing. Follow the thoughts that are coming to your mind, but after a while return to the following of the breathing process. Do not stress about your poor attention, just remember, you will wonder and come back. After some time these wandering periods will get shorter. With a little practice results will appear. Just keep doing it!



## **Mindful diet**

Food is much more than nutrition; it is an act and a ritual. It is about friends and memories, family, life and love. It's an experience of luck, it is savored. Did you ever wonder why it's so hard to diet even though you have a goal in front of you? It is exactly because of these features of food. In order to eat mindfully you should try to eat healthy, but also build a relationship with your food. When you do this, you will cut toxins and build a more positive attitude towards life. How you eat is tied to how you feel and vice versa.

**Remove the toxins from your diet!** Avoid processed food, salt, saturated fats, white sugar. Concentrate on the more natural ingredients.

- Think about what you want to eat before ordering or preparing a meal. Think about your cravings, what is the reason of it? If you ignore your emotions you will feel better when you eat a burger or ice-cream, but after the pleasure is gone, you will feel empty again. As with any other mindfulness technique you have to think about the present and what you want and why.
- Love your food, because it is not about what you put in your mouth it is about the whole act of eating. Make an atmosphere when eating. Serve the food nicely, feel the scent. Take your time to enjoy the food with all your senses.
- Pay attention to your breath as you eat. When you slow down, you open up. Become more aware of your body and how it reacts to what you eat. If you feel overwhelmed during your meal, stop and breathe deeply and slowly. Pay attention to your stomach as it expands and contracts.
- Avoid white food. No matter how spiritual you feel there is something about the food you eat. Your body absorbs sugar very fast. That said sugar is basically all carbohydrates. So, you don't have to cut them out completely, just be aware. You are going to feel pleasure because your body will anticipate the coming of fat that will be stored. You want to eat white flour, sugar and rice? They taste great and provide comfort? Cut them out and you will find new mindful you!

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you start living a mindful and happy life.

The next step is to practice mindfulness.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

[Click here](#) to leave a review for this book on Amazon!

Thank you and good luck!

# **Narcissist And The Introverts Advantage Box Set**

## **Help! I'm In Love With A Narcissist**

[Introduction](#)

[So There's This Person...](#)

[O Muses](#)

[Hunting Narcissists](#)

[So Where Did They Go Wrong?](#)

[Sex and Narcissism](#)

[The Secret Narcissist](#)

[The Sinking Ship](#)

[The Cycle](#)

[Conclusion](#)

## **The Introvert's Advantage**

[Introduction](#)

[So What Is An Introvert Anyway](#)

[The Common Misconceptions Of Introverts](#)

[Introvert versus Extrovert](#)

[Advantages of Introverts And Why You May Want To Be One](#)  
[Being A Comfortable Introvert In An Extroverted World](#)  
[You Are Not Alone...Famous Introverts](#)  
[Dating Tips And Introverts In Love](#)  
[Extroverts Defined](#)  
[Conclusion](#)

# **Help! I'm In Love With A Narcissist**

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits to seek  
a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

## **Introduction**

I want to thank you and congratulate you for downloading the book, “Help! I Am In Love With A Narcissist”

This book contains proven steps and strategies on how to fully comprehend and understand the basic traits and issues of those who are narcissists and how to deal with them in daily life.

Ever known someone who is just a little too full of themselves? Maybe they’re a narcissist! How are you going to be able to identify a narcissist? They’re among us and there are tons of them out there. So how are you going to know the difference between someone who has a bit of an ego and someone who is a true, full blown narcissist?

Well, by reading this book, you’re going to be able to differentiate those who are narcissists and those who are just a little annoying. You’ll be able to handle them in your day to day dealings and know everything there is about

this head case that affects so many people out there. Hey, you might even discover that you're one...

So are you ready?

Then let's begin the Journey ...

**© Copyright 2015 by Michele Gilbert All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only



and are the owned by the owners themselves, not affiliated with this document.

## **So There's This Person...**

So you've met this person who seems to have it all together, it all figured out, and the cat's in the bag. They're the kind of person who steps into the room with the presence of a floodlight and when they leave, it feels like they took the oxygen with them. They're captivated by all the boring stuff you've crammed into your calendars and call a life, but more importantly, they make you feel great. Every word you say is scooped up and filed away in their brains because they're actively engaging with you. They're making you feel like you're the only person in the room.

I mean, they're dedicated to themselves. They've been grooming themselves impeccably, or maybe they've moved beyond that. Maybe they've transcended the need to look good and they're just all about their intellectual prowess that they're willing to share with you—YOU, mere mortal! This person is the one person you know that could sell snow to an Inuit.

Sure, they might talk like they're trying to sell you something, or you might get the chills when you shake their hand, but come on, they're really great! They're a riot to be around and there's no way that you're just going to give up on hanging out with someone this cool.

But after a while, it might grate against you. After all, you watch as they move from one person to the next at parties, dancing around like the social butterfly that they are. It might start out as jealousy that you're not getting the majority of their time. It might bother you that all that special treatment that they gave you is just their average operating mode, which they treat everyone incredible, regardless of whom they are or what their lives are like. But after a moment, the jealousy is going to fade, because there's a truth hiding in there that is just nagging at you—clawing at you—to get out.

This might be because you're picking up on something no quite right about them. It means that you might be picking up on a subtle reality that's lurking behind those charming eyes and that million dollar smile that's starting to rub you the wrong way more and more. It's something more and most likely, you're picking up on the fact that the person you're bothered by might be a narcissist.

Of course, there are Narcissists and there are narcissists. A subtle difference in writing that makes all the difference and we're going to talk about both of them in this book. There are people out there that are really full of themselves. They're people who make life difficult for themselves and for those that are working with them and there are ways for us as regular people to deal with them. There are ways around them and there are ways to truly identify them.

After all, you don't want to peg Cool Jim as a Narcissist when he just has an over inflated ego. So where do you start? Well, reading this book was a great decision, because we're going to figure out together if Cool Jim is really someone you should be avoiding or if this is someone that you should just try your hardest to ignore and maybe just avoid at parties. In the end, we're going to find out what it is that you're dealing with.

So, want to go hunting for a narcissist? Or is it a Narcissist?

## **O Muses**

So, once upon a time, the Greeks decided that there was a story that needed to be told. It was the tale of how a river god and a nymph decided to get together for a little tryst that resulted in the birth of an exceptionally beautiful young man you was declared as Narcissus. Now, this wasn't a man who was just 90's Brad Pitt gorgeous, but the male version of Helen of Troy. He drove the ladies and the men crazy. People wanted him and they wanted to be him. There's something about this guy that really made people go wild. They wanted him and when you're a hot commodity, demand tends to turn to

worship and worship does something nasty for the people who aren't ready for it.

Narcissus had a commodity that was in high demand. That means that people were all over him and the desire for him is what inevitably drove Narcissus to a dark, cold place that made him resentful and spiteful of those that loved and desired him. As they flocked to him, Narcissus became a tool and a douche. He was rude and mean and cruel to everyone that came after him. In essence, he came to believe exactly what they told him he was a little too much.

Seeing this, the goddess of revenge decided that it was time to bring him down to reality after his cruelty and rudeness toward others. So while Narcissus was out hunting all manly and such, he came across an enchanted pool that the goddess of revenge made just for him. Well, when Narcissus found the pool, he gazed into it and found his reflection and fell in love with it. For the first time in his life, Narcissus found in love with someone, only that it's himself. Gazing into the pool, night and day passed as he gazed at the reflection in the pool.

Then, before anyone can tell him what an idiot he's being, his selfish love is rewarded with him falling into the pool and drowning because he couldn't take his eyes off himself.

There's a lot that can be taken away from this story and there's a lot that is freakishly familiar with what's going to follow in these next few chapters. So there's this happy little moment at the end of this chapter that I get to tell you why this story is important and it's going to be great. So here you go:

I.) Narcissists are glorified. You're going to find out that they're not always gorgeous or breathtaking, but they're glorified in some sort of aspect that they feel is superior in one way or another. Sometimes they are superior. Sometimes they're beautiful, handsome, smart, funny, or any other trait that might be glorified, but it doesn't have to be a true factor. Sometimes they just perceive that they're glorified. No matter whether it's real or not, their self-worship is building a sense of glory that they think it's real.

II.) Narcissists do not love or admire those that fuel their inflated sense of glory. By fueling the beast, you're just giving them more for them to climb higher and higher on their dangerous journey of self-inflation. They won't thank you for the love and the attention that you give them. They only care about themselves.

III.) It's a doomed path that they're on. There is nothing great or mighty about what they're doing or how they see themselves. Their self-glorified beliefs and ideals are going to take them down troubled paths and they're going to reap the rewards of their folly. They're going to crash and burn and if you're too close to them, you might get nuked in the shockwaves.

## **Hunting Narcissists**

Narcissists are out there. They're among us and they're walking around just like normal people. Now there is a lot of research out there that describes the current atmosphere about how many narcissists are out there. There's around four percent of the population that are considered Narcissists, clinical and diagnosed. That means that there are a lot of people out there that have severe Narcissism, but that's not really throwing into account those that have mild cases that are just full of themselves.

I'm counting all of them. They're all Narcissists right now and I'm going to give you everything you need to see and spot a Narcissist:

### **Their Qualities are Timeless:**

A lot of people want to point to Instagram, Facebook, Selfies, or one of the million other social media platforms that are out there are perpetrating narcissism in the general public. Lots of people want to point to these mediums; they think that this is the clear sign. Sure there are a lot of Kanye Wests and Kim Kardashians out there that now have a platform and a soapbox to start showing it to the people of the world. Now they just have a way for people to see them for all they're hoping for. So now they think that

there's an acceptable way for people to air their laundry for people to eat up and we're all too stupid that we buy into it.

Don't think that this is new, like so many people are willing to do. The number of narcissists has not increased or has not multiplied by the invention of the internet. They're just congregating there, like a colony for the needy and desperate. There's nothing new to narcissists. You're just living in the unfortunate time period where there's no hiding or filtering narcissists. So, a great way to see if the person you know or are possibly dating is a narcissist or Narcissist is to see if they have an online presence that reeks of selfies and self-importance.

They're not going anywhere and they'll be here forever, generation after generation. There's something new about them and they'll always be there.

#### It's a Spectrum:

I told you earlier that there are Narcissists and that there are narcissists. There's a huge push to make narcissism a clinical condition, which not all psychologists are buying into. That being said, it's not something that you are or are not. We all fall along the line of somewhere between drowning for trying to kiss your own reflection and having a healthy sense of worth. So it's not something clinical that you're going to get medication for. You might need to see a therapist if you're reading this and think you're a narcissist, but that's about all they're going to do for you. So it's not like when you label someone a narcissist, you're labeling them with a yellow N and they're all banes to society.

#### Ask Them:

One of the interesting things about narcissists is that unlike other mentally destructive or those dealing with strange mental disorders are that narcissists tend to know what they are. Not only do they know what they are, but they often embrace that this is just a fact of life. Since there isn't a whole lot of issues with people being narcissists, people tend to just accept this as a

quirky trait that sometimes flares up. No, that's not the case. But, thankfully they're going to be more than willing to take credit for what they are.

Seriously, it's a strange phenomenon that psychologists are looking into.

So just go up to them and ask them if they think they're a narcissist. Sure, they'll laugh about it, but they'll probably say yes. You know why? Narcissists don't really see it as a negative trait, nor will they, no matter what you say. Because in the end, you're just jealous you're not them. Or so they'll try to convince themselves.

### They're Charismatic:

This is a fact: a lot of narcissists are jerks. That's a fact. They have abrasive personalities that make you dislike them because they place their own ego before anyone else and this is a constant cycle that they partake in. It's vicious and it doesn't relent for anything. But therein lays the problem of narcissists. If they were just jerks, they'd be easy to spot and we'd avoid them.

What makes them so elusive is that they're also charismatic, which means that they have an enormous social presence. They have this, because narcissists want the glory that they're seeking. They want the fame and the attention that people are often willing to shower them if they show off. When they make someone angry or get too abrasive for some people, they take note. They'll blow it off and spin it so that they look like the truly wounded party, but they'll register that they got a negative response and act accordingly in the future. They want that attention, so they're going to do whatever they need to get it. This builds a really charismatic persona that is infectious and alluring to many people. But at the same time, they're still jerks and they're still fat headed. See how much of a paradox they are?

### Everyone is a little Narcissistic:

Unfortunately, this is true. We all have this drive and this ambition to seek out the glory and the praise we want to validate our existence. This is most noticeable in children who feel the need to report their success and their

victory to their parents and friends, regardless of the act. Ever notice how children tell their parents that they went to the bathroom like it's a huge victory, even though they've been potty trained for over a year? It's because they want validation for their good behavior and in the case of narcissists, their perceived 'good' behavior.

Narcissists just haven't come to fully understand that they don't rule the world, they aren't the center of attention, and that they really aren't God's gift to mankind. So, here's the good news. You were once a narcissist, which means you should be able to at least know and acknowledge the traits of one. Do they act like a child? Do they think the world revolves around them? Is there a definite need for validation? When validation is not given, do they throw tantrums, accuse the other party of being wrong or stupid, or do they spin things in another light to get that validation? These are simple questions you can ask yourself while observing them.

### We Worship Narcissists:

The sad thing is that narcissists are only seen as negative presences when their field of influence doesn't need them. For example, a plumber who is a narcissist is seen as someone who is just full of themselves and is actually pretty annoying. We want to deal with those narcissists. But the sad truth is that when we see a celebrity with severe narcissistic traits, such as Kanye West, people idolize and praise their actions. Their actions are equally odious, regardless of their employment, but fame tends to elevate them in the minds of society.

So, is your narcissist respected, successful, or influential to those who are seen as having power in your world? Because if they're not, then you shouldn't be having this dilemma of: is this person a narcissist? If they are not successful, wealthy, or carrying some measure of social clout, then it's obvious that they're a narcissist. But if they are any of those things, then it might be trouble discerning. Most likely they are. Success breeds a sort of validation regardless of whether it is earned or given. People in positions of

power without humility or respect for the road they have traveled often fall into the narcissistic web.

### They are on the Hunt:

All narcissists are on the hunt for something shiny. Narcissists, regardless of gender, tend to use their given authority or what influence they have to try and secure a sexual advantage. They're going for sex and they're going for it hard. Narcissists want to enjoy the act of pleasure and they only care about themselves. Some are looking for your validation by you telling them how great you are and that's the only reason you're going to receive any pleasure in the act. They will dress provocatively and they will engage in hook ups far more often. If the person in question is looking for only a short term relationship or can't seem to hold onto one, it's probably because they're a narcissist.

They are thrilled—over the freaking moon—to know that most narcissists are seen as more attractive and more charismatic than others. They love this. There's a sort of glamour that comes with being a narcissist and this always translates over into sexuality. See, Narcissus was only interested in himself, but that's not the case with narcissists. They want the other sex to notice them and they want the power they get from the thrill of sexual conquest.

### Smart is Sexy:

But, you don't have to be a sex god/goddess to be a narcissist. In the growing age of intellectual prowess, smart is the new sexy. Narcissism is taking root in the academic communities of the world at a growing rate with the expansion and the increase of education. Those who perceive themselves as gods or superior due to their academic achievements and their intelligence also fall prey to their own spell. Many of the academic elites of the world are being pampered and nurtured to see themselves as the next evolutionary step in mankind's future. They see those around them as inferior and stupid, giving no regard to them.



So, are they sexy because of their brains? Are they powerful because of their academic history? Are they using this to lord over people, to draw them in? Then they're probably a narcissist.

### Manipulation is the Name of the Game:

If you were given the powers of a god but had no subjects to rule over or have worship you, would you want the power? It's a question that truly reveals a narcissist, because most narcissists would reject the offer. They want validation and they want praise for what they do, so in order to do that, they show off. They show off their abilities to those around them, but they're like someone desperately trying to make juice. They're going to squeeze that pulp and grind it until they get every last drop and in this scenario, the juicer is manipulation.

Narcissists will manipulate you into confessing that they're right, that they're superior, or that they're the best. When they give you the greatest sex of your life, they're going to ask you for an assessment. If they get into an argument, they're going to want to hear you say that you submit to their persuasion. When you refuse to play along, they're going to do anything in their power to get you to do what they want.

So if you're dating someone you think is a narcissist, do you find yourself telling them that they're pretty/handsome/sexy but it never actually being a thought coming from your mind? Do you feel like you're taking a trip through Inception every time you feel those words escaping your lips? There's a reason for that. They're asking you questions that feed them answers that they want to hear. You're just a pawn in the game to praise them and you keep falling for it.

Are these all starting to sink in a little too deep? Are they hitting home and you're starting to realize that you know or are possibly dating a narcissist? Does it also alarm you that sociopaths and psychopaths also contain a lot of similar traits that narcissists do. I love these little sayings: Not all narcissists are psychopaths, but all psychopaths are narcissists. For me, it's alarming to hear something like that. I prefer those statements to be a

bit more ambiguous, but it's a close enough assessment to merit mentioning. So you can identify a narcissist, now what?

## **So Where Did They Go Wrong?**

This is a fair question, because it answers the deep driving need that you have inside of you right now to know whether or not there's any redemption for people like this. Where did they go wrong and is there any way to fix this? Sure, there are lots of ways to fix this and we all know exactly when things went wrong. They went wrong with your childhood and this is the sort of earth shattering thing that we all went through. You went through it, I went through it, and Kim Kardashian went through it. Everyone did, just some of us didn't come out the right way.

When you're a baby and a child, you see the world as ego-centric. Everything revolves around you because that's what every newborn, infant, toddler, and child deserves. Every new life deserves parents that show them that they are safe and that they are the focus of their lives and their attention. The only problem is that doesn't last forever. We are raised to believe that we can do no wrong, that our parents want to know when we pooped correctly, or when we got an A on our tests. And our parents keep feeding us the signals telling us that we're special little snowflakes and that they want to know that. It's not a lie either. As a parent, I can tell you that my children are the center of everything I do. But there comes a point when that ends, because the world isn't like that.

This is the harsh reality of adolescence. We rebel as teenagers because our entire paradigm is shifting along with our bodies. We enter middle school and we see for the first time in our lives that no one gives a crap about you without having invested time and energy into your life. Sure your friends care, but only because they invest their time and energy into you and have it reciprocated. Teachers maybe care about you and those who do are still getting paid to care about you. Your parents care about you, but they lied to you and told you for most of your life up until that point that you

were the center of reality. Everything comes crashing down and as high school comes to an end, we step up from the ashes and realize that each of us have to make it in the world by the merits of our own character and drive. Or we don't and we just do whatever we want. Regardless, we all learn the same thing: the world owes you no favors and respect/wealth/love is all earned.

Narcissists are completely absent for this part of life.

That's why we see so many wealthy or upper class members of the world exhibiting traits that are narcissistic. Narcissists are told from day one that they are the center of the world and that they can do no wrong and that message is never stopped. In fact, when parents wear out their welcome in the narcissist's life, they seek that validation elsewhere. The only way to know that you're on top of the world and that you're the best is if someone tells you that you are. That's the ugly truth that they come to learn, willingly or no. They will claim that they've 'earned it' which they might have, but not to the degree that they believe. Narcissists all go through this and believe that the world owes them the favors that the rest of the world has already come to learn.

But the good news is that narcissism is kind of a ticking time bomb for those that are experiencing high levels of it. They're living in a fantasy and inevitably, they're going to realize that their life is not what they believe it is. Sometimes this comes with harsh awakenings and cruel realities that come crashing down. Like drowning in their own reflections, humility finds them out and they begin to see what they've done to society. Of course, this doesn't necessarily mean that they lose their wealth or their fame, they just see life differently.

Sure, this isn't the case with everyone, but most narcissists eventually grow out of their narcissistic phase and write it off as them 'growing up.' This is in complete disregard for the damage they do to people along the way. It is not a phase and it is not just childish naivety. It's hurtful and it is destructive. They refuse to see the bones scattered around the pool they've been gazing into all this time.

So in the end, we've all gazed into that pool, but most of us had the good sense to look away and get on with dealing with reality. Narcissists still haven't looked away.

## **Sex and Narcissism**

Narcissism is about getting validation through control and manipulation. We've also just learned that narcissism is strongest in youth. It's hard to find elderly narcissists that aren't suffering from something more severe than narcissism. In fact, it's almost impossible. So inevitably, sex becomes a huge part of the narcissist's lifestyle. It's the easiest way for them to find the validation that they hunger for and it's the easiest way for them to maintain control.

When we look at the draw of narcissists, it's because they have something that's extremely rare. They register really high on impossible levels of most people's attractive scale. You want to have them because they are truly a marvel to behold and that's what gives them control over you. When people seek therapy for getting past a narcissistic former lover, it's usually because they have a drug addict mentality toward them. They want more and more and they're willing to do whatever it takes to get that person in their bed.

Narcissists like that you and I are willing to do that. It gives them control, it gives them validation, and it gives them little need to actually manipulate us because we're doing all the manipulating ourselves. So, many narcissists will take on this vampire type personality of hunting down prey that worship them for a short while before discovering the deeply selfish, ego-centric lifestyle that they're living. They use up their victim and then they move on to the next. They want the praise and they want it from someone who will give it to them often. If you're willing to praise how gorgeous they are or how great they are in bed all the time, then you'll be able to keep them around a little longer. But in the end, they're still going to want to move on.

This is a trait that's common in both men and women. They want to be told how pretty they are, they want to be told how sexy they are, they want to be told what incredible lovers they are, and if you're not willing to give it to them, someone else certainly will. Which is true, by the way. There are two ways that narcissists usually hunt in the dating world and all of them require that you have sex with them. They want the sexual activity as a way to express their dominance and to enforce their superiority. This comes in two forms.

They are way out of the league of the person they're with, at the moment. These kinds of narcissists will prey upon those who think themselves unworthy of having someone like them. This is most common in men. It's a vampire type and predatory demeanor because they want the person they've deemed worthy of them to truly praise who they are. They want to manipulate them and control them and they pick a target they perceive as weaker than them. We've all seen this. A guy who is easily a ten hitting on someone who thinks they're a four or a five. This usually leads to the narcissist forming a sex addiction along the way.

The second form we see this in is quite possibly the exact opposite: they are exclusive daters. These are the guys that are picking up supermodels, beach babes, or gym bunnies and having a great two weeks having crazy sex with them before moving on to the next one. Strangely enough, this is commonly associated with men in the media on TV shows, but it's actually the more common hunting strategy of female narcissists. Women who have developed narcissistic traits are more common to be exclusive in dating men that they only see as their slightly sub-equal. Again, this is not a stretch for our imagination. We've always known of a beautiful woman in our sphere of influence that constantly dates great guys but finds a reason to dump them.

Sex plays into narcissism like ice cream into milkshakes and you really can't separate the two. A mature narcissist is easily identified as a playboy or a cougar. If you've noticed, a common theme among narcissists is that they exhibit extremely juvenile or immature traits that they should have moved on from ages ago, but they're still stuck in this strange sort of cycle that they

can't break. In the end, this catches up to them when the narcissistic trance over their life begins to end. Many will be racked with guilt and remorse over the many that got away. This is a regret that will inevitably come, but not for many years. So don't wait for them to get wise.

## **The Secret Narcissist**

Disclaimer up front: there are no secret narcissists. What I mean by secret narcissist is the narcissist who is hiding the reality from themselves. Remember how I told you that one easy way for narcissists to identify themselves is to just ask them whether or not they're one? Well, these narcissists haven't had anyone ask that question. If you're reading this book right now and are starting to think: Oh God am I one? Then there's a good chance that you're a secret narcissist.

Surprise!

You've been hiding from yourself for years.

An easy way to decide if you're a secret narcissist is by simply asking those around you if you're a narcissist. People are going to be hesitant at first to tell you the truth, mostly because narcissists love to acquire sycophants who will drool over them night and day. Or, the people around you might also be narcissists who don't see anything wrong with your or their behavior. But, you will find someone that you know who will be willing to tell you the truth. Everyone knows someone who is brutally honest and they're the person that you need to go up and ask.

If you can't find that person, look at your sex life. Have you been treating the dating scene as your own personal buffet and those people you've slept with are nothing more than you own personal tissues to use and throw away. This is an extreme narcissistic personality trait and if you answer yes, then there is absolutely no question that you're a narcissist.

The good thing is that this is completely up to you. Sure, you might think you need therapy and there's nothing wrong with that. But the truth is, you are having a paradigm shift and that means you're just facing some harsh truths. People work their way out of narcissism all the time and you can too. All you have to do is start acting like a decent human being. It's not that hard. Trust me. Everyone does it.

Secret narcissists are only a risk to themselves because this is truly hurting you more than it is hurting anyone else. You are building a repugnant reputation that is going to catch up to you one day. The cost of the lives that you've been using like one ply toilet paper is going to need a reckoning one day and those people are going to be far from happy. Sure, you've left a wake of broken souls and bitter ex's in your past, but it's you who is going to have to live with the consequences of that and no matter what you're telling yourself right now, no matter the lame, heartless excuse you're hearing inside your head, it will catch up to you.

So now what?

How do you save a narcissist?

## **The Sinking Ship**

By their very name, narcissists are doomed. They are on a sinking ship and they don't know it, just like Narcissus didn't. If you are dating someone right now who is a narcissist. You only have one of two options and the second option might be your only one if the first option doesn't work out. If you're a narcissist reading this right now, then you're in luck, you're on the right path and there's a lot of hope for you.

But, you dating one, here's your first option: tell them. For the love of God, tell them. Narcissists are not hearing the truth and they are not living in reality. They are blinded by their own beliefs and their fantasy. They need someone to tell them that they're being destructive and that they are ruining lives. You won't shatter the walls, but by telling them and showing them the

truth, you're going to plant a seed in their mind that is inevitably going to start spreading out its roots and it's going to erode the whole thing. You might be that seed that needs to be planted so desperately.

The second option is: walk away. Narcissists will ruin your life. They will manipulate you, belittle you, hurt you, and destroy your own self-esteem for their own needs. They're going to harm you psychologically and they are ruining all aspects of your life that is connected with them. Since they usually have short relationships and you've managed to hang on this long, there's something inside of them that truly does like you. Congratulations, but once you've confronted them, they're probably going to give you hurtful accusations, cruel excuses, and want you to leave anyway. So be prepared to leave them in the dust and if that happens, good for you. You deserve better and right now, they're living like human filth. Turn the page on your life and start a new, glimmering future.

Narcissists only change when they come to these realities and these brutal truths and decide for themselves that they want to change. You cannot make them see this and you cannot force this reality upon them. They have to do it. So hopefully those reading this next part are there.

Now, if you're a narcissist, look at those two options in front of you and realize that this is what you've left the levelheaded people in your life. They have to fight you and confront you, or they have to walk away. If you don't start to change your life right now, your ship is going to sink to a bitter, dark place and you're going to be alone at the foundations of your life. Everything is at stake here. People do not want to put up with someone who thinks that they're an infallible, living god. That's not healthy, it's not productive, and it hurts them.

So what do you do?

Realize that you're a dime a dozen. Not only are beautiful people everywhere, but they come in all forms and shapes. My wife registers a hard fifteen on a scale from one to ten, but I'm easily a seven on my best of days, but she sees me as a hard fifteen too. Beauty is superficial and complex at



the same time. What people see as sexy is going to change because it's organic. Realize that you really aren't God's gift to the opposite gender and just have a realistic view of who you are. Yes, you're beautiful, but you don't need to have weaponized it.

Secondly, you need to stop using people. This is going to be the hardest part. You've broken a lot of hearts and you've broken a lot of spirits in your adventurous wanderings. You have a great gift, whether it is your mind or your body, but you've used it horribly. You've gone to the dark side and it's a long road back. By making amends and apologizing to those you've hurt, you can do a lot of good and a lot of healing. People are going to want to yell at you and scream, but you're going to take it, because you've done this. If you're too scared to do that, then just stop dropping bodies in your wake. Clean up your act and do right by people.

Finally, start over. Start over with everything that you can. Get rid of everything that led you to this deadly point in your life. You're not a victim of anything more than the fantasy that you built for yourself. People are not going to feel bad for you or sorry for you. This is your doing and it's time to face the reality of that. So don't let the past hold you down. Cut free as much as you can and start new with any part of your life that you can.

It's a long road for you, but you're more than capable of doing it.

## **The Cycle**

Narcissism will never go away. It lingers for a long time in those people who suffer from it right now and for many entertainers and politicians, it might never leave, but for most, it does. It's a dangerous mental state that leaves countless people hurt and wounded without those doing the damage aware of what they've done. They live in a fantasy and that's all they know until they're ready to accept reality.

But for those of us out there who know the signs of a narcissist, we don't drink the punch. We don't dive into their charismatic personalities and we

take them with a grain of salt. By not giving in to the luster that they shine our way, we destabilize them and make them feel threatened because they see the smoke and mirrors shifting. The best way to stop a narcissist is to refuse to play along. Do not be impressed, do not be in awe of them, and for the love of God, do not idolize them. It's dangerous for them and it's harmful for those around them, so don't feed the beast.

It's easy to get overwhelmed by the numerous online sites and celebrities that are running amok with narcissism, but it's all temporary. These infuriating celebrities or sites will run their course and there is always a bigger fish. That much we know to be true and it will be that way until the end of time. Eventually, the spotlight on them will fade and the consequences of what they've done and who they are will inevitably sink in for them.

If you're dating a narcissist right now, you've held on for longer than most do. Shake up their world if you want to keep them. Confront them about it and if it all comes falling apart, you're better for it. You're free to continue on with your life. The fundamental truth is that no narcissist changes by force. They have to want to change and you might just be that agent they need. If it doesn't come apart and they see themselves for who they truly are, maybe they'll look away from the reflection. Maybe they'll decide to come back and experience life with the rest of us.

Of course, they have to see that it's all an illusion before they decide to.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to understand a little more about narcissists.

The next step is to do see if these things apply to the person you're thinking of.



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on life with a narcissist. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a *small* favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

To your success,

Michele

## **Preview of My New Book**

[The Verbal And Emotional Abuser: Recognizing The Verbal Abusive Relationship And How To Defend Yourself](#)

### **CHAPTER 1**

### **Understanding an Abuser**

Humans are complicated and complex beings. From the very moment of our birth, we interact with countless other people. How we turn out as unique individuals is a result of numerous unseen factors like genetics and subtle environmental cues. We also are shaped by the social environments in which we grow and mature. Which one of these factors affects our development more is a matter of contention among psychologists and scientists alike. The nature v. nurture argument shows no sign of letting up anytime soon. These essential realities of our identity and how we become who we are cannot be denied.

However, sometimes an individual, for a myriad of reasons, can evolve into an abusive person. It is a well-established fact that many abusive individuals are products of abuse themselves. David M. Allen, M.D. says “While it is important to realize that not all abusers were abused as children, and that many if not most people who are abused do not go on to become abusers themselves, child abuse is most likely the single largest factor - biological, psychological, or sociological - for later adult abusive behavior.” In this respect, many abusers are victims of abuse and cannot be judged without keeping that simple fact in mind.

If someone close to you is verbally abusive, then there is a strong likelihood that at some point during their life they experienced physical, verbal, emotional, or sexual abuse. If you are in a position to do so, it might be beneficial to discover more about why the abuser close to you behaves in the manner in which they do. They may be reluctant to open up to you about these experiences, as the experiences have caused them a lot of trauma and pain. If they are open to the possibility, then suggest seeing a therapist. If they are willing to seek professional help, then be supportive in their pursuit to find healing. But if your attempts to understand the abuser close to you are fruitless, and they are unwilling to seek professional help, then the only thing left to understand is how abusers become the abusive individuals they are.

Although abuse during childhood is a common trait of abusive individuals, as mentioned before, it is not present on every case of an

abusive individual. However, just because an abuser wasn't abused physically doesn't mean there wasn't any dysfunction in their upbringing. Familial dysfunction can manifest in many various forms. For example, emotional abuse can be very subtle and hard to spot. Furthermore, subtle emotional abuse can sometimes be repressed or difficult to remember. Emotional abuse is not always as obvious as yelling, insulting, or threatening speech. Emotional abuse can take the form of passive-aggressive speech, unhealthy comparisons ("You're not as pretty as your sister" or "If only you were as smart as your brother"), or even emotional neglect.

Abusive manifestations like these, especially passive aggressive speech and emotional neglect, can take their toll on a young child. But they may not have a conscious bearing on their mind. Or, in other words, these abusive behaviors may have been interpreted by the abused as normal behavior. In fact, they may blame themselves for this behavior. This self-blame is true for the physically abused, as well. It is important to understand abuse as a cycle. Abuse is a cycle that often repeats itself. It may change forms or focus, however. For example, an abused child may continue the cycle of abuse during adulthood, but not by abusing another, but by abusing themselves in the form of alcohol or drug abuse and self-harm. Knowing all this, it is possible that even the abuser in your life is willing to talk to you about the abusive experiences in their past, they may not know the full extent of the abuse.

If this is the case, then the best strategy is to try to understand as much as possible about the nature of their upbringing. How was their relationship with their parents? Often, abusive individuals were influenced negatively by the presence of a narcissistic individual. Due to the controlling and emotionally manipulative qualities of a narcissist, children raised by narcissists are sometimes subjected to emotional or physical abuse. However, it is important to note that not every narcissist is physically, or even emotionally, abusive. There are a multitude of personality disorders that a parent or close loved-one might have that could contribute to a child's abusive behavior later in life.

Unfortunately, you don't have to be a narcissist or have a personality disorder to cause damage in a child's life- the kind of damage that goes on to influence their actions as abusers. Neglecting a child emotionally, while not necessarily abusive, can be very detrimental to a child and can contribute to later abusive behavior. So, what is neglect? Well, neglect can be as simple as not acknowledging the child's importance. For the neglectful parent, they can simply not put a priority on the time they spend, if it exists at all, with their children. People who spend more time in the office than with their children can put their children at risk for emotional immaturity. This immaturity can preclude them towards being abuse. However, don't forget that some parents are intentionally neglectful and make it a point to disregard their children's emotional needs. In these cases especially, a child's emotional development can shed light on why they have become abusers themselves.

Without a doubt, an abusers childhood and upbringing have a lot to do with why they behave in an abusive manner. However, childhood abuse is not the only source for an abusive individual's behavior. Drug and alcohol abuse are significant factors, as well. There are also many factors like genetics, hormonal imbalances, or even nutritional deficiencies that can increase aggressive behavior. However, every individual is different. As mentioned elsewhere, each of these common traits of an abusive individual could be present in someone who has never engaged in abusive behavior. All in all, what distinguishes an abuser is their abusive behavior that is directed towards themselves or others.

## **Chapter 2**

### **THE CONSEQUENCES OF ABUSE**

Understanding why someone might behave in an abusive manner is the first step towards liberating yourself from these individuals. If your partner is the abusive individual, then there is an added level of urgency to the matter. However, in situations such as these, it is not merely enough to understand why or how they became abusers. It is equally, if not more important, to

understand what happens to ourselves as a recipient of abuse at the hands of our partner or someone close to you.

[Click Here To Check Out The Rest Of  
The Verbal And Emotional Abuser: Recognizing The Verbal Abusive  
Relationship And How To Defend Yourself](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

Don't miss them... here is a short list.

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy\\_Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

**The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!**

**The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup**

**The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!**

**How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.**





Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

Thanks for reading!



## **Psychopath And Sociopath Box Set**

# **So You're Dating a Psychopath: *Now What?***

[Introduction](#)

[So You Found Someone... Odd...](#)

[Is it a Sociopath?](#)

[The Point of No Return](#)

[The Nature of the Beast](#)

[What To Do](#)

[Getting On With Your Life](#)

[Conclusion](#)

## **The Mind of A Sociopath**

[Introduction](#)

[Wasn't Sherlock Supposed to be Cool?](#)

[Explain Yourself!](#)

[Gordon Gecko or Jason Voorhees?](#)

[The Checklist!](#)

[The Hunter Becomes the Hunted](#)

[Watson Moved on with His Life](#)

[Conclusion](#)



# **So You're Dating a Psychopath:**

## ***Now What?***

*By*

*Michele Gilbert*

[Visit My Amazon Author Page](#)

Dedicated to those who choose to stretch beyond their own limits and to seek a more abundant and fulfilling life.

Your thoughts are creative.



Michele Gilbert

# My Free Gift To You!



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

But why would I do something like this?

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

Simple... Because I want to spread the word!

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free). This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time. Once the timeframe has passed, these books will revert back to their normal selling price. That's precisely



why you will benefit from being the first to know when they can be downloaded.



So are you ready to claim your weekly Kindle books?

You are just one click away!

Thank you and Enjoy!

## **Introduction**

I want to thank you and congratulate you for downloading the book, *So You're Dating a Psychopath: Now What?*

This book contains proven steps and strategies on how to fully comprehend and understand the basic traits and issues of those suffering from psychopathy and how to deal with it.

There are thousands of people out there that are afflicted with psychopathy, as many as one in twenty five. So what happens if you think the person you're dating or are involved with is a psychopath? By picking up this book, you're on your way to identifying and handling the situation accordingly. It's a scary topic and we're here to help.

This book will help you distinguish the difference between psychopaths and sociopaths and why they're similar. You'll be given inside knowledge into how psychopaths tick and what they truly are. There will be a step by step guide on how to get out of a relationship if you're in one with a psychopath. It's all right here, waiting for you to discover.

So are you ready?

Then let us begin the Journey...

**© Copyright 2015 by Michele Gilbert All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only

and are the owned by the owners themselves, not affiliated with this document.

## **So You Found Someone... Odd...**

So here's an interesting situation. Life hasn't been so great. Work is fine and your finances are pretty good, but your love life isn't exactly the greatest thing ever. But there's something on the horizon. There's a guy or a girl that you can't help but feel is absolutely perfect. They're the missing piece. They're the best thing that you've ever found. But there's just something off. There's something that just doesn't seem right to you.

They seem odd.

Now, that's something that just doesn't seem right to you. It's something that really makes you question whether you're looking to sabotage this yourself or if you're really seeing a problem. The issue is that it's so ethereal; it's so nebulous that you're not sure what it is that is wrong with this person. You just look at all the peaces of your relationship and you think that maybe it's you. Maybe it's you who is ruining this.

But maybe it's not.

Sure, that's a valid point, a lot of people do sabotage the relationships they're in and taking the moment to look at your own approach to your relationships is an important step in figuring out whether you're the root of this strange feeling you're having. But let's say that you're a reasonable person and that's exactly what you do. You come to the conclusion that it's you and that there's a pretty great person in your life and you should be grateful for them. But, in the end, you're not the person who is sabotaging this. No one is sabotaging this, there's just something off.

Maybe it's because the whole thing is a lie.

That's right, an illusion that's being projected.

So here's the deal, you need to be certain before going beyond this point. You have tried everything, you have searched yourself and your mysterious

partner, and this is the end. There's no going past this point. This is the Point of No Return. After this, you're going to see an ugly truth. Beyond this point, you're going to come to one of two conclusions. The first conclusion is that you're absolutely insane and paranoid. You're the person here who needs to get real and see that you've got a problem. But, the other conclusion that you're probably going to come to is unnerving and terrifying.

The person you're dating might be a psychopath.

That's the horrifying truth that you might come to. Psychopaths are out there and they are living in society, just like the rest of us, living like the normal people we think they are. The most recent studies say that there is somewhere around twelve million psychopaths out there among us. They get this from four percent. Four percent of the population, that's four out of a hundred. One in twenty five. The reality of that is going to sink in when you think about it for a moment.

Are you dating a psychopath? How can you tell?

Now, if you really think that you might be dating a psychopath, then go to the next chapter. Go to the next chapter and see if your suspicions are true. However, if you think that there's something else that might be wrong, that you're not dating a psychopath. Then be warned, this is the point of no return, because you're going to find out some hard truths about yourself in this book if it turns out that you're wrong. So here you go. Here's the rabbit hole. Here's the point of no return for you.

## **Is it a Sociopath?**

Alright, if we go one step forward, let's take a moment to see if there's something you think you know or if you need to know. There's a difference between psychopaths and sociopaths. There's a huge difference and you need to know what you're dealing with, so let's clear some of the murky waters that might be messing with your read on the situation right now. So let's get down to brass tacks. What's a psychopath and what's a sociopath?

Well, without spoiling the rest of the book, let's just take some time to talk about what sociopaths are. Sociopaths are about as common as psychopaths are and that makes them just as scary. Like psychopaths, they're social butterflies and they're extremely good at reading people. Sociopaths are found all over in society but often do not concede to one group that they are most prevalent in. They cannot form emotional attachments with people and also lack the traditional value system that psychopaths also lack.

In the end, there's a reason why psychopaths and sociopaths are mistaken for each other. However, there is an extreme difference that makes psychopaths infinitely more terrifying.

Sociopaths have a skewed value system, which means that there is a preexisting value system, but that it is not normal like most people. With serious therapy and a conscious effort to change, sociopaths can be given a chance to change who they are. Psychopaths need invasive help and sometimes surgery to change who they are. This value system means that sociopaths can often be catered to or made to see what they are doing is wrong in often a bizarre or paradoxical way. If you can genuinely negotiate with the person you suspect of being a psychopath and barter with them on giving you up, then they're probably a sociopath.

Now here is the real difference that should be alarming to anyone dealing with a psychopath, only a very small number of murderers or serial killers are listed as sociopaths. In the end, sociopaths may think terrible things or how easy it would be to harm someone, but rarely do they perform. When dealing with a sociopath, the risk to yourself is very high, but it is still lower than if you're dealing with a psychopath.

Those are the two main differences between a psychopath and a sociopath. One, a sociopath has a value system, although it is seriously faulting or lacking in moral alignment. Second, a sociopath will only rarely move to harm you physically. So before we continue on, here are two things you know up front about psychopaths from what sociopaths' lack.

First, they do not have a value or moral system.

Second, they will harm you and do not filter violence.

This means that when we go forward and you're certain that the person you're dealing with is a psychopath, then you need to keep these things in mind for your own sake. Things are serious when you start diagnosing people as psychopaths, so be prepared for the consequences of what this means if you are truly involved with a psychopath.

Alright, let's keep moving.

## **The Point of No Return**

Okay, so you're fairly certain that you're dating a psychopath. You're like ninety percent sure. You're so certain that you're reading a book about psychopaths to see what a psychopath truly looks like. You're that certain. Okay, fair enough. So here's what I'm going to call the point of no return. You're so certain that you're here and that's totally fine. You should feel completely okay with that.

So here's what we know about psychopathy.

### **It's Common:**

Here's a few numbers for you. If you're a guy reading this book, thinking that your wife or girlfriend might be a psychopath, then there's a good chance that they're not. Studies indicate that one percent of women are actually psychopaths. However, if you think that the mysterious man in your life might be a psychopath, the numbers are in the favor of men. Three percent of men are considered to be psychopaths. Those numbers are fairly terrifying.

Psychopathy is a common condition among people and these are people who are out in the world, roaming around like you and me. This isn't something that you should be afraid of. Pretty much all of these people have no idea that they're psychopaths themselves. It's just good to know that there are numbers out here about this. So, don't be afraid, just know: they're out there. It's common enough to be alarming, but don't be scared of it.

### They Don't Know What They Are:

Most psychopaths are undiagnosed and have absolutely no idea what they are. That means that they're wandering around, completely clueless of what they are. There are plenty of ways for you to pick up on if the person you're dating is a psychopath, but we'll come to that later. What you need to know about this is that the person you're probably thinking is a psychopath, they probably have no clue. Now, if you find out that they do know they're a psychopath, then all bets are off. Get rid of them and run for the hills as fast as you can.

Now, if the person you're dating is incredible, is everything you're looking for, and is a wonderful person, they just show off some strange and disturbing traits, then have mercy on them. Have some kindness and decency in your heart and try approaching them. Break it to them nicely. We'll go over this in a later chapter, but keep this in mind. Just because the person you're dating is a psychopath, that doesn't mean that they're going to chop you up and eat you for dinner.

### It's Worked Out Pretty Well So Far:

Here's the problem with psychopaths and telling them that they have a problem. Before they've actually committed a crime, psychopathy has probably given them an edge in the world. Sure, it's a debilitating disorder and it makes them a danger to themselves, those they know, and society, but that doesn't mean that it hasn't given them an edge. A lot of great successes in society have been psychopaths and a lot of shrewd, cutthroat businessmen are psychopaths. People who have a vision of what they want and pursue it wholeheartedly without having any remorse about who gets burned or hurt along the way, they're probably psychopaths. Now, this gives them the advantage of being extremely efficient, ruthless, and successful. So, be aware of what you might be stripping from them when you bring up the fact that they might be psychopaths. It's going to be a hard sell.



### It Is All a Lie:

Here's the hard truth. Now, you really want this person to be what you think they are: charming, warm, friendly, driven, and passionate; but the reality is that psychopaths usually are not this way. The truth is that the person you think that you've fallen in love with is probably nothing more than a portrait that they have painted custom for you. Psychopaths, whether they know what they are or not, know that society has standards and ideas that they want and they've identified them early on. They know that you're looking for something specific and like an article of clothing; they've put on everything you want and need. If you feel like the speed in which you discovered things about what they love and are interested in feels almost magical, that might be the case.

Lying and manipulation is the key indicator of a psychopath. They have no remorse, no fear, and their empathy is flipped on like a switch inside their brains. There is nothing real about the persona they've built for you and there is probably no knowing who they really are, because most psychopaths don't know themselves who they are. They know only their desires and their wants and that dictates exactly who they are. Outside of their wants, they probably do not know who they are. It is a hollow emptiness that they try to fill with accomplishments and successes, little victories that they've achieved.

You may just be another little victory that they're trying to tuck away and if that's the case, there may be no going back.

### Why this is the Point of No Return:

Do not be a Harley Quinn and do not love your Joker without thought or without consequence. When it comes to psychopaths, they are destructive. They build worlds that are not real and when they tear them down, it is devastating and it is harmful. Psychopaths can act violently without fear or regret and there is a lot at stake in your life other than your physical personage that they can target. This means that you're going to need to be

careful from this point on out if you're certain that you're dealing with a psychopath.

The reason why this is the point of no return is that everything I've just told you adds up. They don't know that they're a psychopath, they're not going to want to change, and everything that they know about themselves and you know about them is a lie. The most tempting thing you're going to want to do with this information is confront the person you're suspecting of being a psychopath, but I'm telling you not to.

I'm telling you to fade away. Don't be bold, don't be dramatic, and don't be hostile. Just tell them that you're not into this relationship anymore or that you're just going to need some time to explore you. Find a simple, understandable reason for needing to separate and make it amicable. Because, this is the point of no return. You're not going to be able to salvage this and love is not going to conquer this. In fact, things are probably going to get worse if you don't do as I suggest.

So that's why this is the point of no return. That's why all of these things add up to a really big problem and if you're sensing that's something's wrong and you've exhausted all the possibilities up to this point, then you might want to take a deep breath and see if you want to keep going. If you think that the key to all of this might be that there are a lot of lies in your home and life, then you're probably dealing with a psychopath. Seriously, dear reader, this is the harbinger of the end for you.

## **The Nature of the Beast**

So what is a psychopath what do they look like and what should you be suspecting from the future? These are all fair questions and these are all people that we should want to be able to identify in our lives as we go around. So I've got a list here that will hopefully narrow some of the specific traits that you're looking for down. Have a look and see if the person you have in mind is racking up the check marks for you

## A Lack of Fear:

This manifests itself in a whole bunch of ways. A lack of fear can mean that they're willing to take risks and gamble things that are often of high value that others will not risk. This doesn't mean that they're successful or that they have a penchant for victory, but rather that they stand out. This might bring them success in the business world for being "ballsy" or "having the guts to do what's necessary" but that's not really a good thing when it's applied to every aspect of their life and it is. A true psychopath will gamble anything because they are not afraid of the response that is registered or applied to them.

So this means that they're extremely high risk. This can be appealing at first, because it can show them as carefree and reckless even or it can mean that they're adrenaline driven. They might be into extreme sports or gambling, which gives them a bad boy/bad girl appeal. Again, just because you're into extreme sports or gambling, doesn't mean you're a psychopath. It's just a trait that they have. This is going to show up, again, in every aspect of their life. They're not going to be afraid of consequences that would make you or I stop and hesitate. No matter how big or small, a psychopath won't flinch.

There are examples of when they will show what look like signs of being afraid. Psychopaths are excellent manipulators and when you're watching, they're going to put on the show for you. If they know that you're on to them or that they need to act afraid in certain moments, they will. This is just a show and the moment you're out of sight, they'll switch it off.

All of this is caused by a part of the brain that studies are beginning to reveal as the source of this problem. It all stems from the amygdala, which is a part of the brain that regulates fear. When you stop and break down fear, it's just interpreting the consequences of loss. By judging something as valuable, the thought of losing it is comprehended by our mind as fear and that's all regulated by the amygdala. So by having an abnormal amygdala or having a tumor growing there as many do, this interferes with their lives in

the manifestation of psychopathy. So without fear, they're willing to risk everything and give up everything.

### Why Fear Matters:

Fear is a good thing. Fear is probably the one thing that helps regulate your life better than any other emotion that you have. Fear is what tells you your priorities, your values, and your concerns. Fear keeps you safe and alive. Though too much fear often hinders and cripples us, a life without fear is infinitely worse, because a life without fear means that you have no value and this is what is revealed about psychopaths.

They have no value.

There is nothing in their life that they're going to consider worth being afraid of losing. A psychopath is smoke and mirrors and when you get to the bottom of it, they lack value and respect for things. This fearlessness is a clear indicator that there is something wrong with them. Without this, they are often incapable of love, care, and will disregard the feelings of others to achieve whatever it is that they've set their mind to conquering.

The only thing that they do value is the illusion of value.

### The Great Lie:

Now, here's where things start to get tricky, and they're extremely tricky with psychopaths. The one thing that psychopaths all have in common is the drive inside of them. Their lack of value and connection to things or entities around them creates a vacuum inside of them that they're desperate to fill. Whether it's through violence toward people or the acquisition of things they think will slake their thirst for more, Psychopaths are living under the illusion that there is something out there that will make them happy.

Most commonly among psychopaths, this mirage they're chasing is professional success. Psychopaths will fixate upon something that they think they need. It might be you, that promotion, a new beach house, or a myriad of other things that they have made their objective. They will pursue it to achieve their goal by any means necessary and the moment that goal is

achieved, they move on to something else. Unsatisfied and disappointed by their previous objective, a psychopath will often show his hand at the moment where you're no longer what he/she wants anymore.

### Anger:

Now, if a psychopath has accomplished his/her goal in acquiring you as a boyfriend or girlfriend, then you're going to start noticing some things. The first and foremost is anger. It starts out as frustration and irritability, but it will quickly develop into more if you're not careful. Picking a fight with a psychopath is the worst thing you could do, because they're going to be all in. Remember, no fear or value. If you're noticing that obstacles in this person-you're-suspecting's way are provoking outrage or just outbursts, these are definite psychopathic attributes. Of course, make sure that the situation doesn't warrant it. If your partner explodes because they got undercut in a promotion or just lost a huge client, anger is an inappropriate, but understandable response to this. We're talking about someone forgetting to send a memo or them getting a stain on their shirt at lunch before a meeting. If this provokes a hostile, angry response, then there's a problem.

Of course, psychopaths have a whole slew of ticks and this is just one of them, one that you're most likely to take note of at first. This second sign is far more insidious and destructive.

### The Lies:

Psychopaths know that there is something off about them, but they're not overly concerned about it. What they're afraid of is being seen as different or someone recognizing that there is something wrong about them. So in order to hide this, they begin constructing an intricate web of lies that goes very deep.

In order to define yourself as a human being, you need to know what it is that you stand for and value in life. Meditation, contemplation, and spiritual pursuits often lead us to the core of our lives and touch what it means to be truly you. However, without value or something that you stand upon, you

cannot truly know who you are or what it is that means the most to you. Without that, you're left hollow and wanting. So a psychopath is truly left hollow and needs to compensate. So they begin to build a personality to replace the one that they do not have. This takes on the form of lies and half-truths.

Like I told you earlier to have mercy and be understanding about the person who might be a psychopath in your life, but be willing to see them for what they are, this is why. Everything you know about them, or you think you know about them is a lie. Your relationship's foundation is a lie. Their actions are motivated by a desire to get you—to acquire you, not by love. This web of lies that they've spun goes deep into their core being and you cannot find true intimacy with them because there is nothing there. They do not have something for you to connect with. You're grasping at phantom hands.

So if they're all lies, smoke and mirrors, then how can you tell? How can you tell that they're a psychopath? If they're that good at lying, is there really a way for you to ever truly know? Yes and here's how.

### The Charm and Seduction:

Psychopaths know that they need to put on a face for society and that means that they're students of behavior. They have been watching and reading people since they first realized that they don't quite fit in. This means that they have a hand crafted and sculpted personality without any of the flaws that you or I have. This means that they're extremely charming and seductive when you're talking to them. They're the freaking Borg of society. With every failure, they regroup and try again with another victim. They tailor their responses and reactions to everything until it's a formula that they can apply to anyone that they meet.

If the person you suspect of being a psychopath is charming and seductive to you, knew all the right moves and knew exactly what to say, that's a really bad sign. There isn't a single psychopath out there that can't make you like them, or worse, fall in love with you.

This is manipulation at its finest and it will run deeper and deeper into your life if you let it and soon, they'll start jerking on the cords they've hooked into you and see if they can make you dance.

### They Want to Test the Waters:

So they're so charming and so wonderful that they've hooked you in and one thing that all psychopaths do is want to know that they're succeeding. They don't want unreadable data. They need to know whether they're wasting their time or not and that's only visible if they can register some kind of a response out of you. The response that they love most and they like to try the best is pity.

To see if you are actually buying into the lies that they're selling you or to see if you're caught, they need to manipulate you. They need to see if they can trigger some kind of response and pity makes them feel good at the same time, furthering their goals. It's a threefold maneuver on their part. They're testing the strength they have over you at this point, establish an emotional victory on their part, and make your emotional investment deepen with them. Essentially, they're pulling you deeper down the rabbit hole that they've built for you.

These little pity movements are going to happen whenever you might fight with them, might discover a lie, or might suspect something is amiss. They'll reestablish their dominance and their security with you by accidentally hurting themselves, being wronged some way in society, or do something perceived as heroic that causes them agony or suffering. If you're finding yourself feeling bad or pitying this person, then you're probably being manipulated and tested by a psychopath.

This will clash with the next trait I'm going to reveal to you that often gives them the stance of being a martyr in your or their eyes. They are often 'wronged' by those around you. Often justice or consequences of their actions will be spun as wrongs committed upon them. All of this is being used to see how you will react and how invested you are in their lie.

Of course, this can happen on multiple levels within their minds. They can be subconsciously doing this to you or they may be openly and knowingly manipulating you. It's usually somewhere between knowing and it just being what they do at this point in their life. Just be aware of it.

### King of the World:

Here's a sad and scary fact all rolled up into one: psychopaths are often highly intelligent. This usually comes in the form of untapped potential or underutilized potential. They're smart and they know it. They might just be smart in a narrow field, or what they're specifically interested in, or everything, it really depends upon the person. The point is that they're smart and this breeds an unavoidable trait within someone who is both highly intelligent and someone who lacks a moral standing.

It's a god complex.

Depending upon the severity of the complex that they have, they will often see themselves as superior to everyone, including you. They will take any chance they can to demonstrate their intelligence to you with subtle stabs toward how you're not. Again, this is going to really hit home when they're playing the pity card. They will come across as victims, martyrs and various other forms of the unjustly wronged of society.

There is going to be something disappointing and alarming by how smug and superior they're going to see themselves. They're charismatic, fearless, and they're smart. This gives them the flare for the dramatic and that's going to really highlight their superiority. They're the best, they're the most dangerous and they're going to make sure that you know it.

### Fallen Gods:

Because this is completely unrealistic, because last time I checked, there isn't a king of the world, they have unrealistic goals. So if you're looking for signs that you're dating a psychopath, are they always failing? Because they set themselves on the pedestal and think that they are gods, psychopaths are always going to find themselves failing. They can't shoot for the moon,



because they might be smart, they might be charming, and they might be great at lying, but they're not everything they see themselves as. This is a recipe for disaster and it shows.

They fail constantly because their goals are not realistic and their goals are not going to work for them. In truth, there's nothing that's going to work out for them when they work for things they can't succeed at. See how this feeds into their pity/martyrdom desires? They shoot for these lofty, idealistic goals and then they fail horribly then spin that into seeing if you're going to feel sorry for them. Of course, they're also going to get angry about how they fail or how everything gets in their way. It's horrible. It's manipulative and it feeds a beast that will never be satisfied and you're just a gear in the machine.

They see themselves as fallen gods and they're looking to you to validate them and it's all a lie. You're being turned into a victim and you don't even know it yet.

## **What To Do**

So if this list of everything terrible and dark that's all about psychopath is shooting of red lights like you're in some shady part of Amsterdam, then you're definitely wondering right about now what it is you're supposed to do about all of this. Either you're discarding this book or you're freaking out. Take a moment, if you're freaking out and let this just sink in. It's okay to be terrified and it's totally okay to feel a little overwhelmed by all of this. But in the end, you're going to have to make some tough decisions.

First of all, you're going to need to tell someone you trust about what you think you've discovered. No matter what happens to you from this moment on, you're going to need a rock to help you. If you at any point feel in danger or scared by what's happening to you, then you need someone who can get you out of there no matter the time or situation. You need to have that rock, that stability, and that dependability.

Second, you need to start making your exit plan. Let me tell you something right now and get it through your head without any doubt in your mind:

You cannot fix this!

You are not qualified because you need to understand that. There is no fixing this, there is no salvaging this, and there is nothing in the cards that you can play to save this. This is a sinking ship and it's going down, they don't know it and you don't know it. This ship is going down and no matter what you're hoping to do; it's not going to work out for you. If you confront them, they will get violent or they will lie to you. They are going to manipulate you and deceive you into believing that they'll change, but they'll lie to you all along the way. There is no fixing this and you do not have the resources to even try for it.

The third thing you need to know is that psychopaths are violent by their angry nature. There is a vast difference between sociopaths and psychopaths. We're dealing with a psychopath here and when their backs are against the wall, the main difference between psychopaths and sociopaths is that they will hurt you. They will harm you and they will not think anything about it. They will harm you and you need to be aware of that. You need to be prepared for that possibility, so avoid it entirely. Do not confront them. Do not tell them that they are psychopaths and do not confront them about this. That's not a fight that you want to get into this.

Fourthly, be prepared to do whatever is necessary. Psychopaths are liars, as we've established. They're more than willing to do whatever is necessary to deceive those who are invested in them. They will tell you that they're getting better, but unless you put a GPS tracking device on them, there's no way to know whether or not they're telling the truth. Assume the worst, because they're a psychopath. So when everything goes south and you know that there's no coming back from it, then you need to be willing to do whatever is necessary to get out of there.

When you're away from them, there's really no knowing what they're going to do. They might just let you go. Their goals might have moved on to someone or something different. When it comes to dealing with psychopaths, you're going to need to be ready to call the police, to call friends for help, to move if you have to, or do whatever is necessary to get on with your life. That's this final, fourth point for you. Be prepared to do whatever you're going to need to do to get away from this psychopath.

## **Getting On With Your Life**

You have had the worst luck of anyone who has ever walked this earth and that's the sad fact that you've been entrapped in the web of lies spun by a psychopath. It sucks, I know. But that doesn't mean that you're the only person out there who has suffered from this and there are people out there that can help you. You are not alone.

Remember that there's a whole bunch of people out there who can help you and there's a lot resources at your disposal for getting to the point in your life where you feel safe to move on. I will tell you this right now, do not remain sentimental or tied to this person in any way. Think of them as poison infecting your life right now. You need to get it out as quickly as possible and that can only happen if you're willing to do whatever is necessary.

If you find yourself forgotten by your psychopath, then you're extremely lucky. You're able to move on rather easily. It's nice to be in that kind of a position because you'll be rather easy to get away from them.

However, if you're dealing with someone who is not very happy with losing you, then you're kind of stuck with a tag along monster for a while. Here's what you need to do.

If they show up, call the police. Don't mess around with this one. Call the police at any sign of your personal psychopath. The police will show up and help you at any point. It would be smart to start the application for a restraining order if you feel worried about yourself and your safety.

Psychopaths will not just focus on you, they will utilize the fact that you do care about people. They will harm or work to harm anyone or anything that you value. They're willing to play dirty and they're willing to harm anything you love. So get a restraining order if you feel in danger. Don't wait for something terrible to happen. Be proactive about it. Protect the things you love.

If they're not turning violent, but you just can't shake them. Try manipulating them away from you. Unfortunately for psychopaths who are so willing to lie and manipulate those they know, they're also super easy to manipulate. Cater to the things that they often focus on. By this point, you should know that they're interested in achieving their goals, so try to turn them on to their other goals and desires. Get them to focus on things other than you. Try as hard as you can to get them interested in something else.

Finally, just be willing to protect yourself and get away from them. Psychopaths are not humorous or a joke. If you truly think that you're dealing with a psychopath, then you need to be willing to do what is necessary to get your life back in order. It's not going to be fun or easy, but I promise you that you'll be able to find a point where you can escape the horrors and the troubles of living and dealing with a psychopath. Eventually, you're going to be able to find a point in your life where you can move on. It'll be hard work, it'll be scary, and it will be absolutely worth it.

Take a deep breath and do what you need to do.

## **Conclusion**

I hope this book was able to help you to understand a little more about Psychopaths.

The next step is to do whatever it is to see if you're dating a psychopath and now you know how to get away!



Before you go, I'd like to say thank you for purchasing my book.

I know you could have picked so many other books to read on life with a psychopath. But you took a chance on me.

So A Big thanks for downloading this book and reading it all the way to completion.

Now I would like to ask a small favor.

Could you please take a minute or two to leave a review for this book on Amazon?

[Click here](#)

The feedback will help me continue to publish more kindle books that will help people to get better results in their lives.

And if you found it helpful in anyway then please let me know :-)

Thank you and good luck!

To your success,

Michele

## **Preview of My New Book**

[The Verbal And Emotional Abuser: Recognizing The Verbal Abusive Relationship And How To Defend Yourself](#)

### **CHAPTER 1**

### **Understanding an Abuser**

Humans are complicated and complex beings. From the very moment of our birth, we interact with countless other people. How we turn out as unique individuals is a result of numerous unseen factors like genetics and subtle environmental cues. We also are shaped by the social environments in which we grow and mature. Which one of these factors affects our development more is a matter of contention among psychologists and scientists alike. The nature v. nurture argument shows no sign of letting up anytime soon. These essential realities of our identity and how we become who we are cannot be denied.

However, sometimes an individual, for a myriad of reasons, can evolve into an abusive person. It is a well-established fact that many abusive individuals are products of abuse themselves. David M. Allen, M.D. says “While it is important to realize that not all abusers were abused as children, and that many if not most people who are abused do not go on to become abusers themselves, child abuse is most likely the single largest factor - biological, psychological, or sociological - for later adult abusive behavior.” In this respect, many abusers are victims of abuse and cannot be judged without keeping that simple fact in mind.

If someone close to you is verbally abusive, then there is a strong likelihood that at some point during their life they experienced physical, verbal, emotional, or sexual abuse. If you are in a position to do so, it might be beneficial to discover more about why the abuser close to you behaves in the manner in which they do. They may be reluctant to open up to you about these experiences, as the experiences have caused them a lot of trauma and pain. If they are open to the possibility, then suggest seeing a therapist. If they are willing to seek professional help, then be supportive in their pursuit to find healing. But if your attempts to understand the abuser close to you are fruitless, and they are unwilling to seek professional help, then the only thing left to understand is how abusers become the abusive individuals they are.

Although abuse during childhood is a common trait of abusive individuals, as mentioned before, it is not present on every case of an abusive individual. However, just because an abuser wasn't abused physically doesn't mean there wasn't any dysfunction in their upbringing. Familial dysfunction can manifest in many various forms. For example, emotional abuse can be very subtle and hard to spot. Furthermore, subtle emotional abuse can sometimes be repressed or difficult to remember. Emotional abuse is not always as obvious as yelling, insulting, or threatening speech. Emotional abuse can take the form of passive-aggressive speech, unhealthy comparisons ("You're not as pretty as your sister" or "If only you were as smart as your brother"), or even emotional neglect.

Abusive manifestations like these, especially passive aggressive speech and emotional neglect, can take their toll on a young child. But they may not have a conscious bearing on their mind. Or, in other words, these abusive behaviors may have been interpreted by the abused as normal behavior. In fact, they may blame themselves for this behavior. This self-blame is true for the physically abused, as well. It is important to understand abuse as a cycle. Abuse is a cycle that often repeats itself. It may change forms or focus, however. For example, an abused child may continue the cycle of abuse during adulthood, but not by abusing another, but by abusing themselves in the form of alcohol or drug abuse and self-harm. Knowing all this, it is possible that even the abuser in your life is willing to talk to you about the abusive experiences in their past, they may not know the full extent of the abuse.

If this is the case, then the best strategy is to try to understand as much as possible about the nature of their upbringing. How was their relationship with their parents? Often, abusive individuals were influenced negatively by

the presence of a narcissistic individual. Due to the controlling and emotionally manipulative qualities of a narcissist, children raised by narcissists are sometimes subjected to emotional or physical abuse. However, it is important to note that not every narcissist is physically, or even emotionally, abusive. There are a multitude of personality disorders that a parent or close loved-one might have that could contribute to a child's abusive behavior later in life.

Unfortunately, you don't have to be a narcissist or have a personality disorder to cause damage in a child's life- the kind of damage that goes on to influence their actions as abusers. Neglecting a child emotionally, while not necessarily abusive, can be very detrimental to a child and can contribute to later abusive behavior. So, what is neglect? Well, neglect can be as simple as not acknowledging the child's importance. For the neglectful parent, they can simply not put a priority on the time they spend, if it exists at all, with their children. People who spend more time in the office than with their children can put their children at risk for emotional immaturity. This immaturity can preclude them towards being abuse. However, don't forget that some parents are intentionally neglectful and make it a point to disregard their children's emotional needs. In these cases especially, a child's emotional development can shed light on why they have become abusers themselves.

Without a doubt, an abusers childhood and upbringing have a lot to do with why they behave in an abusive manner. However, childhood abuse is not the only source for an abusive individual's behavior. Drug and alcohol abuse are significant factors, as well. There are also many factors like genetics, hormonal imbalances, or even nutritional deficiencies that can increase aggressive behavior. However, every individual is different. As mentioned elsewhere, each of these common traits of an abusive individual could be present in someone who has never engaged in abusive behavior. All



in all, what distinguishes an abuser is their abusive behavior that is directed towards themselves or others.

## **CHAPTER 2**

### **THE CONSEQUENCES OF ABUSE**

Understanding why someone might behave in an abusive manner is the first step towards liberating yourself from these individuals. If your partner is the abusive individual, then there is an added level of urgency to the matter. However, in situations such as these, it is not merely enough to understand why or how they became abusers. It is equally, if not more important, to understand what happens to ourselves as a recipient of abuse at the hands of our partner or someone close to you.

[Click Here To Check Out The Rest Of](#)

[The Verbal And Emotional Abuser: Recognizing The Verbal Abusive Relationship And How To Defend Yourself](#)

P.S. You'll find many more books like this and others under my name Michele Gilbert.

Don't miss them... here is a short list.

[Stop Playing Mind Games: How To Free Yourself Of Controlling And Manipulating Relationships](#)

[Instant Charisma: A Quick And Easy Guide To Talk, Impress, And Make Anyone Like You](#)

[Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing](#)

[Practicing Mindfulness: Living in the moment through Meditation: Everyday Habits and Rituals to help you achieve inner peace](#)

[Sleep Tight: Overcome Insomnia and Sleep Disorders for a better more restful sleep!](#)

[Stop Back Pain Now!: Back Pain Remedies and Treatments so you can live a pain free life!](#)

[The Arthritis Pain Cure: How to find Arthritis Pain Relief and live a happy\\_pain free life!](#)

[The Headache Pain Cure: How to find Headache Pain Relief and live a happy Pain Free Life!](#)

[Stop Panic Attacks and Anxiety Disorders without Drugs Now!: Overcome Panic, Stress and Anxiety and live a happy\\_pain free life!](#)

[The Breakup Recovery Guide: Advice for Surviving Heartbreak, Letting Go and Thriving in an exciting new life!](#)

[The Friendship Guide to Finding Friends Forever: How to Find, Make and Keep Quality Friendships After your Breakup](#)

[The Credit Fix: Leave behind credit card debt and poor credit scores and get your life back!](#)

[How To Stop Being Jealous And Insecure: Overcome Insecurity And Relationship Jealousy.](#)



Michele Gilbert was born and raised in Brooklyn, New York. Drawn to literature and writing at a young age, she enrolled at Brooklyn College and majored in English. After graduation Michele did not begin writing immediately, instead she embarked on a career in the finance industry and spent the next thirty years on Wall Street.

Serendipity struck when she least expected it. After ending a long-term relationship, Michele found herself lost and unsure what the future held. She began to read books on grief and loss, looking for answers. Those led her to delve deeper into the Law of Attraction and its power. What resulted was remarkable. Not only had she begun to heal, she had also rekindled her former love of writing and discovered her life's purpose.

The years have taken her through many twists and turns, but she learned valuable lessons along the way. Today she publishes books-mostly self-help and metaphysical in nature-and feels compelled to share her knowledge with those facing similar experiences. Her greatest hope is to inspire others and show them ways to overcome adversity and gracefully accept life's inevitable low points.

Going forward, she plans to incorporate more teachings of self-help, finance and meditation. Regular meditation is very beneficial to her progress as she forges a new life. Morning rituals and positive incantations are other practices Michele embraces; they are very restorative in daily life.

As an avid hiker, Michele and fellow club members often hike the picturesque Jersey Pine Barrens. She is a history buff, voracious reader, baseball fanatic and a foodie. She also proudly supports Trout Unlimited-a national non-profit organization dedicated to conserving, protecting and restoring North America's Coldwater fisheries and their watersheds.

Michele currently resides forty minutes from Atlantic City and the Jersey Shore. She makes her home with a Blue Russian rescue cat named Jersey, though she isn't exactly sure who rescued who.

Michele really enjoys publishing books that can make a difference in people's lives. If you have any suggestions or would like to have a specific topic covered in a future book, please send an email to [michelegilbertbooks@gmail.com](mailto:michelegilbertbooks@gmail.com) and we will get back to you.

**Thank You!**

**My Free Gift To You!**



As a way of saying thank you for downloading my book, I am willing to give you access to a selected group of readers who (every week or so) receive inspiring, life-changing kindle books at deep discounts, and sometimes even absolutely free.

Wouldn't it be great to get amazing Kindle offers delivered directly to your inbox?

Wouldn't it be great to be the first to know when I'm releasing new fresh and above all sharply discounted content?

### **But why would I do something like this?**

Why would I offer my books at such a low price and even give them away for free when they took me countless hours to produce?

### **Simple.... because I want to spread the word.!**

For a few short days Amazon allows Kindle authors to promote their newly released books by offering them deeply discounted (up to 70% price discounts and even for free. This allows us to spread the word extremely quickly allowing users to download thousands and thousands of copies in a very short period of time.

Once the timeframe has passed, these books will revert back to their normal selling price. That's why you will benefit from being the first to know when they can be downloaded for free!



**So are you ready to claim your weekly Kindle books?**

If you would like to go back to the Table of Contents page and check out all of the additional books

[>>> Click Here<<<](#)

If you would like to go back to the beginning of the  
book

[>>>Click Here To Get Back To The Beginning of The  
Book<<<](#)

# Emotional Intelligence

Learn Better Communication  
And Raise Your Interpersonal  
And Leadership Skills

MICHELE  
GILBERT