

# ***Course Guidelines for the Psychic Development Book*** by Kerth Barker

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This is for students who are using the book *Psychic Development for Prosperity, Self-Defense & Political Influence* by Kerth Barker

**You have my permission to print out a copy of these course guidelines for your use during the study of this above-mentioned book.**

*All ideologies and theologies, good or bad, are prisons whose walls are constructed of beliefs that you are not allowed to challenge. You were born free, fully capable of psychic ability. As you grew up, a prison was built around you. That prison keeps you from having full access to your psychic powers. The above-mentioned book on psychic development is a tool that can help you to break out of prison. These course guidelines are the plans for your prison break.*

## **CREATING A STRATEGY FOR STUDY**

Other persons have used the materials in this book to develop their psychic abilities. If that is your intention, you need to develop an approach to study that will work for you as an individual.

The persons who developed this system taught their students intensively. That is, the students would be assigned a study partner. They would go to a retreat, located in a remote location, where they would study on a full time basis. That approach would not be realistic for most of the people who are reading this book. And to be honest, for most people, going off to a remotely located retreat to study intensively is really not the most desirable way to develop your psychic skills. I would describe the persons who created this system of psychic development as a benevolent cult of Christian psychics. But I would discourage you from joining any cult. You

would be better off developing your psychic abilities slowly and systematically so that you can integrate your new powers into your present lifestyle.

In developing a personal plan for studying this book, the first question you need to ask is, do you plan to study alone or with another person?

If you know of an interested person, you may wish to study with him or her. If you know of two interested persons, you can form a study group of three. However, in doing this, you need to work with a person or persons who are open minded and good hearted. Persons who are highly skeptical or highly critical will slow down or even stop the study process. Also you need to work with a person or persons who are sober and committed to developing their psychic abilities. Persons who are struggling with addiction issues or persons who are lazy are not going to make good study partners. Unless you can find a qualified person (or persons), you would be better off studying alone. And don't try to put together a large group of students. You are better off working with one or two other persons, if they have the right attitude and disposition.

If you are committed, you can study these materials alone and develop a useful level of psychic ability. There are thirty lessons to this book. Until you reach Lesson Twenty One, all of the course training lessons are such that you can do them by yourself. So even working by yourself, you can develop a significant level of psychic ability.

You probably can't study this course full time. Most people have jobs or educational commitments or family commitments. And if you work with a study partner or partners, you will have to coordinate your schedules to figure out times when you can meet. If your work or lifestyle is stressful, you'll want to figure out times during the week when you are under less stress. This is because you will want to study the lessons and perform the training practices during those times when you feel reasonably relaxed and clear minded. So make plans for your study schedule accordingly. Even if you can commit yourself to only a few hours once a week, that should be enough.

Some of the students who worked full time in the environment of a retreat were able to complete the course in as little as forty days. But most students completed it in about two months or so. However, for most of the people studying this book, completing the course successfully in this short of a time period is unrealistic. And you should not make it your goal to complete the course as quickly as you can.

I advise you to not concern yourself with how long it will take you to complete the course. The quality of your experience as you study the lessons and perform the training drills is more important than the speed at which you study.

If you are studying the course in the correct manner, as you progress through the course, you will find that you spend a decreasing percentage of your time in reading the lessons as you come to spend an increasing percentage of your time performing the training practices. In other words, over time, you will read less and practice more. It is the repetitive use of the training practices that will cause your psychic abilities to finally emerge.

## **HOW BEST TO USE THE TRAINING PRACTICES**

Its a good idea to take notes as you go through the course. In your notes, record what you've learned from the lessons as well as your own ideas. Also keep a record of when and how often you've performed the training practices. Every lesson has a training practice that is described at the end the lesson. Some training practices need be done only once, others repeatedly.

### **Remember this:**

*These training practices are often highly structured, but as you reach and pass through psychic thresholds, you will find that psychic abilities emerge. Once they have emerged, you may find that how you use these abilities is unstructured, or you may find that you develop a structure for using these abilities that is different than the structure of the training practices. However, you should use the structure for the training practices as described until your psychic abilities fully emerge. This is something that may only make sense as you experience the course.*

You may find that some of the training practices described in this book become spiritual practices that you use on a regular basis for the rest of your life. And in some cases you may find it best to use them exactly as described in the book.

The lessons in this book are a means to an end, not an end in themselves. Although the lessons of this book may provide insights and perhaps even be of some interest in and of themselves, if you are utilizing this book correctly, your main focus will be on the performance of the training practices.

## **LESSON ONE**

The training practice at the end of this lesson is one that needs to be done only one time. If you have a study partner, you should share what you have written down.

## **LESSON TWO**

The training practice for this lesson encourages you to check in with your feelings at the end of the lesson. If you don't feel lucid and good about what you have studied, you are asked to reread the previous materials until you do feel lucid. This is something you should do at the completion of each of the following lessons in this book. Don't be in a hurry to speed through the study of the lessons. Reread them if necessary until you feel clear. You don't have to agree with every concept presented in this book. Some of these ideas are put forward only for the purpose of inspiring you to change your limiting attitudes and to think more expansively.

## **LESSON THREE**

The training practice in this lesson describes a simple technique for using an affirmation that will assist in your psychic protection. This is an easy technique to master. You should practice this until you can do it automatically. Once mastered, this technique will take less than a minute to perform. You should start using this affirmation at least once a day, everyday, during the time when you are going through this course. If you choose, you can use this affirmation technique several times during the day. The more you perform this quick and simple technique the better.

## **LESSON FOUR**

The training practice for this lesson is a form of what is called automatic writing. (Although for many it becomes automatic drawing.) Try this at the end of the lesson, and see how you feel about it. You will be asked to try this technique again at the end of Lessons Six, Ten and Thirty. Your first attempt at automatic writing may produce a good result, but it's possible that it may instead produce a bad result or no results. If the first result is unsatisfactory, don't worry. What you will find is that as you go through the course, your experience of the automatic writing technique will change. When you make it to Lesson Thirty, the result you will achieve with automatic writing will be remarkable.

## **LESSON FIVE**

The training practice described in this lesson complements the affirmation technique taught in Lesson Three. This Lesson Five meditation technique is similar in nature to the affirmation technique of Lesson Three. But this meditation technique may take longer. Practice it on a regular basis when you can. Only good can come from this.

## **LESSON SIX**

The training practice for this lesson is yet another form of automatic writing. If you still aren't getting positive results from doing this, it may be that you haven't yet removed the blocks to your psychic abilities. Later lessons will help you to remove such blocks.

## **LESSON SEVEN**

The training practice for this lesson is usually done once. But if done correctly, it can be life transforming.

## **LESSON EIGHT**

The training practice for this lesson is an ongoing journaling practice. It's something you can do every day, if you can find the time. During the time when you are developing your psychic abilities, the more frequently that you can do this, the better.

## **LESSON NINE**

The training practice for this lesson is a simple practice that can be done at the end of every day. If, during the time when you are developing your psychic powers, you do this daily review, it will stimulate the development of such powers. It systematically changes the way that your brain and memory system works.

## **LESSON TEN**

This is another application of automatic writing. If you have been studying the previous lessons, and doing the training practices on a regular basis, by now you may find that this technique is starting to show some positive results. If so, you might start to experiment with this. Try different applications of this. Your own automatic writing results might start to become more meaningful than the study of the lessons in the book.

However, if this technique is still not producing meaningful results for you, don't worry. Subsequent lessons will unblock your psychic powers and develop your mental abilities. This will eventually result in your ability to achieve positive results from the automatic writing technique.

### **LESSON ELEVEN**

If done correctly, you will only need to do the training practice for this lesson one time.

### **LESSON TWELVE**

The training practice for this technique may take some time to master. However long it takes, and however many days it takes, make sure that you master this technique before going on to the next lesson. This training practice is somewhat involved and takes time to practice, so it's likely that it's not something that you will wish to practice on a daily basis. But that's up to your judgement. Even if you only practice it on an infrequent basis, it will significantly enhance your psychic development.

### **LESSON THIRTEEN**

The training practice from this lesson, as well as its applications, may not be easy to comprehend. Read and reread this lesson as much as necessary. Whether or not this training practice becomes a regular meditation practice for you, it's important to master it before going onto the next lesson.

### **LESSON FOURTEEN**

The training practice for this lesson is yet another journaling technique that you should practice on a regular basis during the time when you are developing your psychic abilities.

### **LESSON FIFTEEN**

The training practice for this lesson should be done as often as reasonably possible.

### **LESSON SIXTEEN**

The training practices for this lesson may not be relevant for all students; when they are, they are usually done only once.

## **LESSON SEVENTEEN**

The training practice for this lesson is usually performed only once.

## **LESSON EIGHTEEN**

The training practice for this lesson is somewhat complex. Make sure that you master it before moving on to the next lesson.

## **LESSON NINETEEN**

The training practice for this lesson describes an approach to prayer and meditation that can be done on a regular basis.

### ***Note:***

*You have reached a point in the course where you have learned many different training practices. Instead of moving on to the next lessons after completing this one, you may wish to spend your study time each week going over the training practices that you've already learned until you feel that you have fully mastered all of them. Continue to do this until it feels right to move on to the next group of lessons.*

## **LESSONS TWENTY, TWENTY-ONE & TWENTY-TWO**

Most students find that these three lessons comprise the major psychic threshold of this course. The successful completions of Lessons Twenty and Twenty-One are essential to being able experience the training practice for Lesson Twenty-Two, which is particularly complex and demanding. As such, you may find that you wish to do the Lesson Twenty-Two training practice at a time when you have, at least, several days when you, and your study partner, can dedicate your time to it.

## **LESSON TWENTY-THREE**

The training practice for this lesson teaches a simple divination technique. Once you've mastered it, you may choose to master different forms of divination. This book doesn't teach astrology, but if you are interested in becoming a professional astrologer, you might wish to move into that field after completing this lesson. This book doesn't teach controlled remote viewing technique, but if you are interested in becoming a professional remote viewer, again, you might find that upon the completion of this lesson you might wish to pursue its study.

## **LESSONS TWENTY-FOUR, TWENTY-FIVE, TWENTY-SIX & TWENTY-SEVEN**

A *psychic defender* is someone who uses psychic abilities to protect other people as well as himself or herself. These four lessons and their training practices are essential to becoming a psychic defender. However, becoming a psychic defender is not something that most psychic practitioners wish to achieve. Dedicated psychic defenders tend to be an elite group. Some psychic defenders are also experts at martial arts and weapons training.

## **LESSONS TWENTY-EIGHT, TWENTY-NINE & THIRTY**

These three lessons along with their training practices are interrelated. Once you have completed Lesson Thirty, you will be learning not from this book, but from the greatest of all spiritual teachers.

## **APPENDIX:**

Although this appendix does describe a technique that has been used by some Christian psychics, you are not being encouraged to use that technique, so there is no training practice. The story told in this Appendix is merely for inspirational purposes.