



The Psychic Energy Codex: Awakening Your Subtle Senses

Michelle A. Belanger

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An authoritative manual for psychic development, *The Psychic Energy Codex* explores the roots of modern metaphysical beliefs, including the doctrine of the subtle body in the Western tradition, the origin of belief in the chakras, and core principles behind time-honored techniques such as meditation and creative visualization. Like Belanger's *Psychic Vampire Codex*, *The Psychic Energy Codex* makes esoteric topics accessible and understandable. *The Psychic Energy Codex* . . . - De-mystifies psychic experience, taking a practical, rational approach to phenomena from psychometry to spirit communication with a style that will engage beginners and experts alike - Provides many hands-on exercises that encourage readers to develop their own beliefs based on direct personal experience - Teaches readers the underlying principles of psychic phenomena that can then be applied to any interaction with the subtle world Written in Belanger's engaging, almost novelistic style, the parts of this book that tell her own story draw readers into the possibility that they, too, can develop their own innate abilities.



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