



The Spiritual Guidebook

A comprehensive guide to understanding and mastering healing and psychic techniques. Tap into your intuition, your heart and soul, and be amazed at how your innate intuitive skills unfold and develop in surprising ways.

The Spiritual Guidebook is a fully comprehensive look into the metaphysical world and simplifying some of the most complex aspects of psychic development and techniques. Written for the novice and practicing intuitive, The Spiritual Guidebook holds the key to mastering the mystic arts and understanding how to fully develop into becoming a true psychic in the modern age.

The Spiritual Guidebook includes information about:

- Opening and working with the third eye and other chakras
- Understanding divination tools including tarot and scrying
- Psychic symbols, crystal healing and aura reading techniques
- Code of ethics and guidelines for spiritual practitioners
- Tried-and-true meditations and exercises to develop your skills to their peak

From foundations in psychic sensing to working with divination tools, learning how to work with crystals, reiki and healing energy, to the higher levels of mediumships, channelling, shamanism, quantum physics and sacred geometry, The Spiritual Guidebook has it all and will expand your psychic knowledge and intuitive healing abilities in ways you never imagined.

Key Highlights for Media

- Anna was recently named the title of Australia's Psychic of the Year 2017 by votes through the International Psychic Association
- **Easy-to-use guide to heightening psychic ability and working as a professional intuitive, The Spiritual Guidebook is written for people ready to begin their professional practice and spiritual journey**

About the Author

Anna Comerford is a trained psychic medium and spiritual teacher who holds Bachelor degrees in education and health sciences and runs the School of Higher Learning, frequently running workshops and courses in hypnotherapy, palmistry, reiki healing, psychic mediumship, tarot reading, crystal healing, yoga and intuitive astrology. Many of her courses have been certified with IICT (International Institute of Complimentary Therapies). Anna enjoys guiding others to get more meaning, purpose and joy from their life.

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By Anna Comerford

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