



Written By Swetha Lodha Of MysticBoard.com -- Visit [www.MysticBoard.com](http://www.MysticBoard.com) Now

# Psychic Power The Antidote For Depression

By Swetha Lodha Of MysticBoard.com



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# Introduction

Though human beings have advanced to the extent where they analyze the possibility of the existence of water on Mars and moon, the truth remains that almost everyday at some place or the other something happens that can hardly be explained by the general cause-effect theories. When reason and rationality stumble, intuitions and psychic powers sail smooth. Lack of a scientific basis in black and white is what keeps it away from being accepted as authentic. But knowing the effectiveness that the psychic power has already contributed, none can deny the healing abilities of the psychic vibes or the paranormal power. Most amazingly, appropriate use of the psychic power can also help a human recover from mental depression and anxiety.

# Psychic Powers To Cure Depression

Clairvoyance, Clairaudience, Clairsentience and Claircognisance -- are four forms of ESP or Psychic Ability to see, hear, and feel and know an object, circumstance or an event by paranormal means. Hundreds of unexplained events take place all around us everyday and in most cases meaningful explanation about the event comes from an unlikely source ... Psychic Reading.



Did you ever stop to think if there is any relationship between the paranormal abilities and your health? Stress, strains, tensions and depression, all are part of our daily

lives. But the question is can psychic powers and abilities help us cure depression?

A concrete and a definite relationship exists between depression and the spiritual growth or paranormal powers. It is our utmost depression and frustrations that make us think about some of the deep rooted questions related to the underlying meaning and the purpose of our life. And ultimately it is because of our emotional suffering that forces us to reach a spiritual understanding that connects us with our spiritual source.

# Characteristics Of A Psychic



Psychic developments alone give birth to depression for a number of reasons. Psychics are highly sensitive people and they possess the capability of 'picking up' the feelings of others without even realizing it. As they remain psychically open, their energy levels may also be drained out because of other people or astral influences, and all

these leads to depression. Like depression, anxiety is also a common problem that can affect people with paranormal powers.

Psychics naturally gain more awareness of all that is affecting them on a subtle level. They also learn how to channel spiritual guidance and healing, how to control their own psychic boundaries, and how to set their own vibration tone. When they learn about the law of attraction, they realize that they create their own realities, which frees them of the hopelessness and despair that drives depression. By accepting that we have created our own discomfort and disease, we reclaim our personal power to create a new well-being instead.



# Application of Psychic Power

To shed some light on the natural methods for healing depression, there are innumerable ways of doing so. By practicing the following few things you can explore your own vibrations and raise you psychic powers thus facilitating the healing of your body, mind and soul:



1. Meditate regularly.
2. Eat light and healthy vegetarian food.
3. Practice
4. Practice hypnotherapy.
5. Prayer and regular practicing of psychic skills strengthens your aura, thus enhancing your energy level.
6. Cleanse your aura of the astral influences.

# Psychic Power Help

The psychic power help section of this e-book introduces to you the unique software and learning tools. These psychic aids as well as the learning tools will not only help you develop the psychic power in you, but also teach you how to use your psychic power in order to live and help others live a better life. Some of the psychic tools you are suggested to try are listed below.



## A Helping Hand

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These psychic development programs will help you grow and use your psychic powers. These softwares will help you test your psychic power and sharpen them too.

MB Psychic Development Suite

<http://www.mysticboard.com/mb-free-psychic-development-suite>

MB Psychic Test Software

<http://www.mysticboard.com/mb-free-psychic-test-software/>

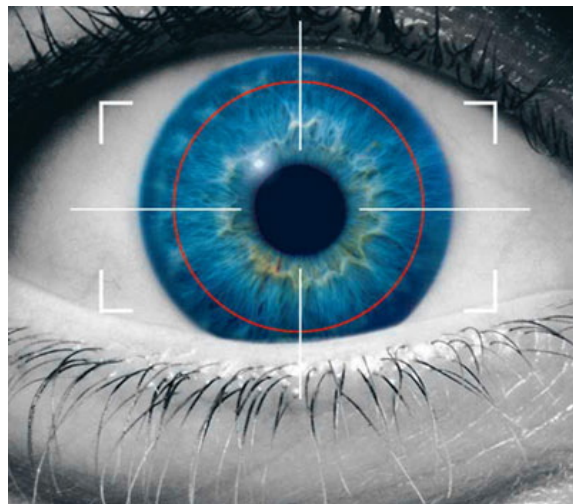
Here is a learning tool with the help of which you can learn the basic of psychic study and psychic healing.

MB Psychic Dictionary

<http://www.mysticboard.com/mb-free-psychic-dictionary/>

# Conclusion

It is true that psychic power is more innate than acquired or learned. Mastery in using the psychic power needs proper understanding of the power, effects and uses of the psychic. Psychism is more about feeling and realizing than debating and trying to prove its effectiveness. If you have a psychic mind, at least, if you feel that you do, do try



the programs mentioned above. You will not only learn to use your psychic abilities but also be able to learn the terms and words related to the world of psychics.

# Author's Box

Anything related to the realms of the psychics is Swetha's subject of interest. Visit Psychic Forum of Mystic Board at <http://www.mysticboard.com/psychic> to post your queries and share your views related to the psychic abilities of human beings.

# Resources

Psychic Forum of Mystic Board

<http://www.mysticboard.com/psychic>

MB Psychic Development Suite

<http://www.mysticboard.com/mb-free-psychic-development-suite>

MB Psychic Dictionary

<http://www.mysticboard.com/mb-free-psychic-dictionary/>

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