

**Develop Your Sixth Sense to Shift Your Consciousness- Dr. Vest
Psychic Homework**

1. General Development of Gifts: Meditate daily!!!!
2. General Development/Confidence Building: Keep a psychic journal. Write down any odd things that happen throughout the day and week. Include the following: a) dreams, visions; b) synchronicities; c) moments when you knew something before it happened; d) feelings you have about people when you meet them; e) any physical or emotional feelings you sense other people having; f) confirmation of predictions and feelings you had; g) any telepathic encounters; h) results of any psychic exercises you performed in class or during week; i) lecture notes from Sixth Sense class; information obtained in meditation
3. Clairvoyance: When you are talking to a friend on the phone, tune into them to see what color they are wearing.
4. Precognition: Practice predicting who is calling you on the phone before you look at the phone
5. Telepathy: Try to send telepathic messages to family or close friends. Ask them to text you if they feel you "calling" them with your mind
6. Psychometry: When you lose an object, try to use your intuition/tune into the energy of the object to find it.
7. Clairsentience: Whenever you find yourself suddenly feeling a strong emotion or a physical symptom (e.g. headache) scan the room and try to determine if the feeling is coming from another person in the room. Try to get confirmation from that person if possible.