

# Katonia House

Katonia House  
7 Buller Road  
Laindon  
Basildon  
Essex  
SS15 6BA  
UK

Many thanks for your Develop Telepathy DVD order. The DVD contains pdf files for 6 ebooks, 24 mp3 audio files, and 3 videos (in both windows media and quicktime format). To access all the files place the DVD in the dvd drive of your computer then click on the 'start' menu, then right click on 'my computer', then right click on the dvd icon and then either 'open' or 'explore'. You should then be able to view all of the files. Click on whatever file you wish to view/listen.

The ebooks will really help you to understand what Telepathy is, but it is not essential that you read these before starting the main program.

First there are 3 Develop Telepathy relaxation audios. These are essential to get your mind relaxed and focus. However you do not need to listen to these all the way through, as you will find that with practice you will need less time to relax and focus your mind.

Next are the Develop Telepathy Chakra Energy Frequency audios. These audios contain the special frequencies needed to balance and align your own chakra energies, which are essential to enabling you to tap into the Universal energy. It is best if you listen to the audio recordings using headphones to get the full effect. Complete Chakra Balancing Workout Sessions 1,2,3 & 4. Third Eye Enhancing Frequency. Crown Enhancing Frequency. Chakra Balancing Video.

There are a total of 10 Advanced Telepathy Subliminal Affirmations sessions. These audios can be listened to at anytime of the day and are used to reinforce the idea to your subconscious mind that it is okay to develop your Telepathy powers.

Remember that some of the recordings use silent subliminals and reverse speech, which means that you will not consciously hear the words being spoken, but your subconscious mind is still able to interpret them.

The Affirmations Subliminal Videos work in a similar way to the above audios, to reinforce to your subconscious mind that it is okay to develop your clairvoyant powers, but because it is visual as well as audio the effect can be far more powerful.

Please note video 2 is the same as video 1 except that all of the visual and audio affirmations are subliminal, and you cannot see or hear the affirmations. Remember though that your subconscious mind is still able to interpret them. It does not matter which one you listen to and what order you listen to them. Try and listen to one every day.

Next there are a total of 5 Telepathy Binaural Beats Brainwave Entrainment audios. You will need to listen to the audio recordings using headphones to get the full effect. All of these audios contain special frequencies which help develop your telepathic powers.

The most important part of the package is the Telepathy Development Deep Hypnosis Meditation Sessions. These are 2 totally different and self contained sessions and it is up to you which one you prefer to listen to. Try and listen to one of them every other day. Good Luck!



Paul White (Katonia House Publishers <mailto:katoniahouse@hotmail.co.uk> )