

## Crystal ball projects subconsious images

Dear condetta:

I was given a crystal ball for my birthday, and I don't know how to use
it. I think I am quite psychic, but I haven't been able to see a thing in it.

Can you tell me the right way to use it?

Dear Stacey:

I'm sure you have psychic powers, we all do. The crystal ball is one of many fine tools that can help us use them.

You must realize that the ball itself is not magic and has no power. It simply acts as a movie screen on which you project the mental images that come through your own subconsious mind.

This is called "scrying."

In order to see anything, you must first induce an altered state of consciousness, a trance-like state. You might even call it self-hypnosis. There are certain conditions that you may set up which will enable you to do this more readily.

It is best to be in a semi-dark room, with all light source coming from behind you.

It is important to be completely comfortable and relaxed. Wear loose clothing, and sit on a straight-backed chair so that your circulation is in now ay impaired.

Some people find it helpful to fast for several hours before using the after a big crystal. This is in necessary. However, if you try scrying right after a big crystal. This is in necessary.

no way impaired.
Some people find it helpful to fast for several hours before using the crystal. This isn't necessary. However, if you try scrying right after a big meal, you are likely to go to sleep.
Place the ball on a dark surface (a black cloth works nicely), on a table in front of you, and focus your gaze on the center of the ball. Remove all thoughts from your conscious mind and gaze steadily at that point.
Soon one of two things will happen: either the ball will appear milky or cloudy, or it will turn very, very dark.

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state of the feat o

Med school at OU?

Detroit; and micingan occasion.

But President Donald O'Dowd said it wouldn't be a traditional, "clinically based 'school.

In a state of the university address, Monday to a campus audience, O'Dowd said a modets-iszed, innovative school that would take advantage of existing clinical facilities at area hospitals would make some sense.

And it is conceivable such a hospital will be built in the region, the president added.

OAKLAND University, with its campus near Rochester, has been using \$140,000 state grant to study the feasist of the processing and the such as t

- Developing groups of courses to supplement the traditional liberal arts majors and make these students more marketable.
- Establishing internship opportunities for OU students.

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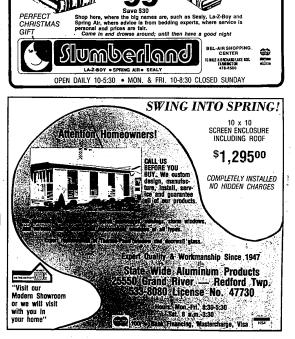
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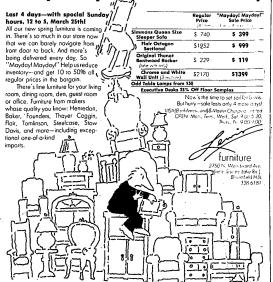
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