



# The Natural Psychic: Ellen Dugan's Personal Guide to the Psychic Realm

By Ellen Dugan

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## **The Natural Psychic: Ellen Dugan's Personal Guide to the Psychic Realm** By Ellen Dugan

Everyone has some type of psychic ability, but the skills that come easily for some may be more challenging for others. However, no matter where you are on the psychic spectrum, *The Natural Psychic* will help you develop and refine your natural talents.

Renowned author Ellen Dugan is your personal guide, helping you to build your psychic repertoire. With humor, easy-to-follow instructions, and no-nonsense advice, this engaging book offers lively lessons on:

- The Three P's:
  - Premonition
  - Precognition
  - Postcognition
- The Five C's:
  - Claircognizance
  - Clairaudience
  - Clairvoyance
  - Clairsentience
  - Clairtangence
- Psychometry
- Group Readings
- Tarot
- Psi-Sensitives
- Ghost Hunters
- Séances
- Ouija Boards
- SLIders
- Psychic Training
- Psychic Hangovers and First Aid
- Psychic Attacks
- Psychic Self-Defense
- Repairing the Aura
- Crystals for Psychic Work

Psychic ability is accessible to everyone regardless of spiritual or religious belief. *The Natural Psychic* is a down-to-earth, straight-up guide that will help you use psychic abilities to enrich your life and expand your world.

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### Editorial Review

#### About the Author

Ellen Dugan is the award-winning author of fifteen books, and is known as the "Garden Witch". A psychic-clairvoyant, she has been a practicing Witch for over thirty years. Well known for her candor and humor, she is a Master Gardener, and is the High Priestess of her Coven in the St. Louis area. Ellen teaches classes both online and across the country on Witchery, Psychic Protection, and Magick. She has contributed articles for over twelve years to Llewellyn's Magical Almanac, Witches Datebook, Sabbat Almanac, and Witches Calendar.

Ellen's popular magickal books have been translated into over ten foreign languages. When she's not working on her next book project, or keeping up with her family (the kids are out on their own, and the youngest is in Graduate school), Ellen likes to unwind by working in her perennial gardens at home with her husband of 31 years. Ellen wholeheartedly encourages folks to reclaim their personal power and to personalize their Spell-craft. To go outside and connect with the spiritual side of nature. To get their hands dirty and discover the wonder and magick of natural world that surrounds them.

Visit her popular syndicated "Blog of Witchery" at [www.ellendugan.blogspot.com](http://www.ellendugan.blogspot.com)

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