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Psychic Skills Exploration & Development (Expanded re-release)

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Introduction:

Welcome to my Free Ebook : "*Psychic Skills Exploration & Development*". Through this book I will be combining the courses I taught originally. The first part of the book is the very basics, the absolute beginnings of learning to understand the other senses, learning to find and meet with your Spirit Guides and more. The Second part is the content from my more advanced course. It includes a lot of development exercises, things to explore, and more.

I am also including a list of FAQ's. These small chapters will be at the end of the book and will cover questions that many students have asked. You may find some of your questions have been answered previously. If not feel free to email me, and as time allows I will be happy to answer some of your questions. I may even include the answers (anonymously of course) to this book or to the website.

There is also a resource chapter at the end of the book with links to great internet sites, other learning resources etc.

Keeping with the feel of the original courses I have still included the class projects, assignments, and exercises. Although there are no "grades" and you don't have to turn them in, please do them for your own growth and benefit. You will learn a lot in the process guaranteed.

It is **highly recommended** that you follow the first part of this book in order, it goes through the first class and then as you move on to the more advanced stuff you can jump around to whatever interests you. The Beginning Psy section is what the rest of the book builds from, so even if you are more adept please work through it first.

Also, please know that there are no experts in this arena, and that we all grow and learn in our own ways. Take what resonates with you from this course, and leave behind what doesn't. Feel free to share this book with anyone you feel may enjoy it. You may even offer it as a free Ebook on your site so long as you agree to the following Terms:

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Important Things to Consider Before Pursuing This Path

I would like to take this time to discuss a few issues that I feel are important to consider. Developing psychic abilities is not the same as pursuing spiritual growth. One does not have to be enlightened at all to use these abilities, this being said it is always important to be cautious about whom you trust, and first and foremost you should learn to trust yourself.

Although I do approach psychic ability from a Spiritual perspective, psychic senses are only one aspect of spirituality. Many people get sidetracked on developing these abilities and forget to explore other areas of spiritual growth. This is a mistake, and that is why I am writing this in big bold print on the front of this book. I encourage all of you to further explore and walk your path, the truth will set you free, but each person's path to the truth is uniquely different. Don't expect developing your psychic skills to enlighten you or make your life easy. Psychic skills alone do not hold the keys to 'magic power' or 'happiness' etc. Happiness is not a quest it is a choice, and work with Spirit is wonderful, but you have to walk your own path. We are all on our personal path to the truth, and many are the paths that lead to it. There are no simple solutions so don't have unrealistic expectations in this area.

Psychic abilities can enhance your connection to the Holy Spirit, to your own inner Spirit and help you to be more receptive to assistance from the Angels, Ascended masters, guides etc., but that brings me to my next important point. Don't give away your personal power!

I was very surprised when I was teaching these classes online, by the number of people who incorrectly answered a question from the first course. The question said ***True or False: Spirits always have our best interest at heart and know more than we do so we should always listen to their direction.***

False is the correct answer, most answered true. I would like to state that it is always important that what you receive feel right to you. Often our ego will tell us what we want to hear and mask itself as spiritual guidance. There is a part of each of us that wants to be in control, when we branch out into these areas, our ego feels challenged, this can lead us to color some of the advice we receive. One of the most difficult parts of the process is learning to be objective when dealing with yourself. This requires a willingness to be extremely honest, facing parts of yourself you may not want to accept right away.

Also, as on earth, sometimes you will encounter many different personalities, not all have your best interest at heart. To be sure you are receiving good advice remember the following: Spirit will never tell you what you have to do, they may show you different options, nudge you in a certain direction, but they will never demand you to do anything. If your spirit guide is a drill sergeant, chances are you are communicating with your own subconscious or ego, and not Spirit

Spirit Guides, Angels, and the Masters are here to support and lend guidance and teaching, they are not going to solve your problems or walk your path for you. Don't have unrealistic expectations, you are here to learn, and they are your mentors, not your mommies. I know many who get angry that their guides don't tell them what they want to hear, or tell them what they should do. A teacher who has your best interest at heart and wants to love you and watch you grow is not going to give you the answers. You are here to learn, and it would be a disservice to you if you were not encouraged to stretch and grow for yourself. Truth is, there is no growth without effort and growing pains. You get the idea ;).

If in doubt ASK. A true guardian spirit doesn't care if you ask him/her to identify him/herself, or if you need a little assurance. If you get negative feedback from asking for validation chances are you are not talking to an enlightened being and/or you are talking to your subconscious again. Fear and old programming do funny things to the human psyche, and as you work through these chances are you may face some "demons" from your own subconscious. These are most often your own fears made manifest. Knowing what this is can help you work through these things more comfortably. There is a saying that says "You are what you fear" ...I don't remember the origin offhand, but it does hold great truths.

Spirit will always talk to you with respect, which doesn't mean that they don't tell you how it is, or sometimes share things that you'd rather not hear. There is a degree of integrity like no other, and they expect that respect and integrity to be reciprocated, so approach this with an open heart and mind, gratitude and respect folks:) use discernment, and know that you are in control of your own destiny.

I recommend getting in touch with your soul first, work through any fears or misgivings you may have, we touched on this a bit previously, but many people have a big sense of disconnection from God/ Creator and this needs to be bridged to be the most successful. Cultivate a habit of expressing gratitude and compassion. These two emotions come from purity of spirit and not from ego, remembering to be thankful and compassionate brings humility, and shows your sincerity. This is where our true power lies, in our spirit,

not our minds ;).

Again, lets review....

Psychic abilities and the extra senses are present in all beings. Some choose to develop them from a place of ego, to impress people, or to try to "control" others. Unfortunately, as with any other skill it can be used for noble intentions, and for purposes not so noble.

I choose to pursue psychic skills from a spiritual perspective, where they become a tool along the individuals spiritual path to God and to Self-Realization. I know some write to me and say "I don't believe in God you shouldn't teach that God is necessary". Well I'm sure for these people that is correct, but for my experience, a connection to "God" or what I tend to refer to as "the Universe" is necessary because that is who I am. I believe "God" to be the inherent intelligence and source of energy present within and beyond all beings. I believe we all are connected through the same source ie "God or the Universe". My beliefs however aren't important, they aren't the only ones, and anyone with any belief system can use this course. I won't modify it however ;), so you will get bits and pieces of my own philosophy throughout. I can only share my perspective. If it offends, then this course may not be for you. As with anything in life, take what works for you and leave behind what does not.

I recognize these abilities to have great healing capacity, and to be empowering. That being said developing psychic skills is not synonymous with spiritual growth ... spiritual growth is a life long process embarked on by each individual soul. Some people mistakenly believe that developing psychically will make them more enlightened or spiritual and therefor make life easy. Those who believe this are often in for a big disappointment.

It is also important to say here that it is important not to become distracted by psychic abilities ...again it is only one aspect of development. They are a tool, not the be all and end all. If you get hung up on it you stop growing and then the abilities that were intended to be for your highest good end up sabotaging you. You should be willing to continue to pursue growth in all areas.

Love and blessings, and enjoy exploring the rest of the book :)

Psychic Phenomenon: Gifts, Powers, or Abilities?

In my work as a psychic who seeks to mentor those developing their own skills, I find it important to discuss this subject. I refer to psychic abilities as just what they are - skills or abilities. The other terms, gifts and powers, I find to be damaging as they infer that this is unattainable by others, or that psychic senses are much more “supernatural” than they actually are.

Often I hear others speak of their developing abilities as “gifts”, as though they were so special that God gave them this unique and special ability and not others. Unfortunately, many famous psychics also do this, insinuate that some great mystical super-secret society power has been bestowed on them. This is harmful to those who would love to develop psychically but feel that they “aren't enough” somehow, or haven't been “chosen”.

Are psychic abilities gifts? Indeed they are. Those of us who have developed them recognize that we are blessed, but I also recognize that every breath I take on this planet is also a gift. I also know that we all breathe. Therefore oxygen, while still a beautiful, precious gift that should not be taken for granted, is something that we can all partake in. Psychic ability is no different. Just as everyone can pick up a pencil and write with it, everyone can also learn to develop the intuition to some degree. Not everyone will become a Pulitzer prize winning novelist, or famous poet, but that doesn't stop all of the rest of us from writing, so why should it stop beginners in Metaphysical studies from even trying?

It is amazing to me the number of people who come to me and say “I don't think I am gifted” or “Can you tell me if I have gifts?”. My answer: "Are you standing here, breathing, having a life experience right now? then yes you are gifted". The key is not focusing on lack or what one doesn't have, but appreciating what is. What we believe tends to become self-fulfilling prophecy.

Psychic abilities are not elusive foreign phenomenon that only the chosen few can bring forward, they are an innate set of senses, hidden deep within the psyche and soul of each being that must be allowed to come forward. Many people don't agree with this, they believe that because they want psychic abilities that they must already be allowing it and it just isn't coming. This is very untrue. Developing these skills means adjusting to a different reality that what is presently understood and accepted both by society and the individual. The body/mind have a natural resistance to this in place as a protective mechanism. In

order to reach our fullest potential psychically, we have to work at peeling away the barriers. It can take considerable time and effort to allow these abilities to manifest to their fullest potential, and as with anything worth having they require sincerity, persistence, and dedication.

We live in a society that pushes heavily the “instant gratification” syndrome, and this tends to cause many developing psychics to throw in the towel much too soon. When we add the stigma of “being gifted” to it, many don't even try at all. They are falsely led to believe that these abilities just manifest in others who have been fortunate enough to have them bestowed upon them by Creator. News Flash, God/ Creator loves all of creation, so why then would He/She/It only give gifts to some of the Earth's children and not to all? That's not unconditional love, but it is a human condition ;). Every one of you reading this also has psychic ability, and yes it is a gift, but so is everything else.

Another word I hear misused a lot is “powers”. Psychic ability does not give us “power” over anyone, and those psychics who believe it does usually find their careers short-lived, or find that Karma catches up eventually. Any genuine psychic is humble enough to tell people that they too can do what he/she is doing. A good psychics goal is to empower others - not to wield some false sense of power over them. When I hear psychics and/or aspirants refer to their “powers” it is one of my biggest pet peeves. That word implies not only that it is a "super secret society elite thing" again, but also propagates fear and contributes to the already abounding social ignorance surrounding psychic phenomenon. Those who do this to puff up their own egos by portending they have super-hero like “powers” make it difficult for genuine psychics to get established and the outlook for ever being taken seriously in our field becomes even more grim.

I have the utmost respect for psychics and healers as well, who seek to empower others by demystifying this process. John Edward is one prime example of a mainstream psychic who has done a lot of work in this area. Thanks to his work, more people are seeing this as something that is not just a power for the chosen ones, but something anyone with the dedication to do so can develop. I hope that as more of us establish our careers we will also take the “high road” and continue to promote more personal

empowerment and less hocus-pocus. Knowledge is the true “power”.

Formatting Journals to help you through this book and the course contents:

Formatting your Main Journal

For your main class journal, I recommend buying a binder with loose-leaf paper and divider tabs. This allows you to move things around, and easily keep things divided into organized sections. You can add and remove material also.

You will want a journal section for each part of the course. Exercises should be recorded in your journals. Also post to it daily if you are able about any insights you receive etc. You will enjoy referring back to this later on.

Spend some time on your journal. It doesn't have to be expensive, but spend some time making it and personalizing it. Make it special and all your own.

As time goes on through the course you will get very attached to your journal and it will hold reviews of all of your progress. I can tell you that honestly through this process I often neglected my journal, thinking I wouldn't forget certain experiences etc.. and I really regretted later on that I didn't write things down as I worked on them. That practice would have saved me a lot of repetition and heartache, so please be persistent in keeping your progress recorded. You will be glad you did.

Formatting your Dream Journals:

Dream journals are personal and all your own. I suggest having two sections, one where you record dreams, and another where you list your common symbols, recurring themes, anything extraordinary that occurs, etc.

This will be your own window into your soul, and developing your own personal dream dictionary of sorts is far more effective than using a standard dream dictionary. Although some meanings are somewhat universal, that isn't necessarily true.

I suggest a small journal that can be kept easily and unobtrusively by your bedside. This will ensure easy access enabling you to record more of your dream experiences.

If you find that writing dreams down doesn't work for you and you are able, buy a small tape recorder and keep that by your bed. When you wake you can record a

message for yourself. This may also help those of you who forget very quickly upon waking.

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Beginning Psychic Skills Development : Lesson I Learning to Still the Mind

This is the first step in learning basic meditation methods and in preparing yourself to receive the subtle messages of Spirit communication.

Our first lesson delves into learning to relax our conscious mind. Often this is the most difficult part of the whole process, learning to still our thoughts and come to an inner sense of calm & quiet. Remember this is a new habit you are developing and plan on sticking with it without immediate gratification. More than learning to absolutely silence the mind, it is more of a process of learning to take control of your mind/thoughts. Knowing where they go and why, and how to bring them back to center and quiet them as much as possible.

You will want to work with this lesson first, until you are fairly comfortable with it before attempting to move forward. This is important so that you proceed step by step and not sabotage yourself by trying to do everything at once. Even if you are an all or nothing type, please do this step by step, taking as much time between lessons as you need. :) You'll be happier with the results if you do.

It is important to learn how to control and be conscious of our thoughts and emotions to be effective as a psychic and/or to be successful in meeting our guides. By being able to control our response to outside stimulus, we are better able to "tune in" to the more subtle frequencies involved in using the extra senses and/or communicating with spirit.

There are a few things to remember:

1) Don't struggle trying to force your mind to be silent, in the struggle itself you create more thoughts and sabotage the process. You should not "latch on" to thoughts either, let them 'float' by you, acknowledging your willingness to release them. 2) If you don't succeed at first don't give up. It takes time to develop a new habit. Don't be hard on yourself if you just don't get it the first few times. .. anything worth doing is worth the effort, and trust me this is worth the effort. the benefits are not just in developing psychically, the benefits of meditation are numerous and include increased energy, clearer thought process, & improved health on many levels. 3) Remember to find a time where you will not be interrupted and a place as free from outside interference as possible. No music, TV, etc. There are times when you can use soothing music, but for the purpose of psychic development it is best to have a very quiet environment. It makes it easier to pick up on subtle energies around you.

As you start, you may wish to select a specific time of day, each day or as many days a week as you can. You will want to start off with a 5 minute time frame which you can increase as you progress. By choosing a specific time of day you are developing a habit, conditioning a response pattern and preparing your body and mind for the process of Meditation.

Once you have become more adept at relaxation and meditation you can remove the scheduled time and increase your meditation time, but for our purposes here, 5 minutes per day at around the same time if possible. Use this time to just deeply relax and become aware of yourself, the environment you are in, etc. etc. Total awareness naturally expands the consciousness.

Remove yourself from as much outside interference as possible.. if earplugs or covering the eyes helps you please consider adding them to your routine.

Learning to Relax the Mind:

Once you are ready to begin, stretch out and release any tensions you may be feeling in the body. You will want to do this exercise sitting and not laying down as we don't want to indicate to the body that it is time to sleep, just simply relax.

Sit in a comfortable but firm chair, not one that you slump down into.. you want to sit up straight with your back against the back of the chair, feet flat on the floor, and arms either rested gently on the arms of the chair, or down to your sides. You should be in an attentive but relaxed position.

Once you are situated take a deep breath in through the nose and breath out through the mouth making the exhale longer than the inhale. As you exhale focus on pushing out any negative emotions, stress, etc that you may have built up within you. Do 3 -5 breaths, whatever it takes to help you start to feel the body relax. Each breath should have you relaxing even further.

Once you have done this just sit with your eyes closed. Try to just focus on the stillness. If thoughts seem to keep coming don't struggle against them trying to push them down... just allow them to come and go gently. Remove yourself from your thoughts and watch them "float" by. You Don' t want to attempt to catch them and analyze them, and you don't want to struggle against them... they just are, you just are. You can also do a visualization. Imagine yourself sitting in a quiet theater, there is a screen in front

of you. On the screen appears anything that you need to know, that your higher self wishes you to know. Don't try to analyze the symbols, colors, or other messages, let them float on the screen.

Here there is no time limits , pressures, or outside influences, this is just you in the fullness of the present moment without regard to past or future. Enjoy being in this moment a while longer and then gradually bring yourself back with a cleansing breath.

Repeat this exercise until you have come to a place where you are comfortable in redirecting random thoughts for a minute or more before moving on. This most likely will not happen right away, so please don't get discouraged. Continue to practice this daily as you can.

As you get into this more you will find the time you spend may naturally increase just because of the sheer pleasure of taking a break from our "busy"ness. That's great and even if you don't get this right away you should start to feel the benefits almost immediately. Even just a minute or two of relaxed silence can change your perspective, give you new energy, and help you think clearer and concentrate better.

You may want to keep track of your experiences in a journal. Although we don't get into serious journaling until a little later in the course, you may want to start now.. just keeping track of your experience, what you achieved etc. When you look back on this down the road you will have a healthier appreciation for just how far you have come. You may also find that you received "answers" or "guidance" that you didn't recognize right away.

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Lesson II: How Does Spirit Communicate?

In this lesson we will learn various ways Spirit uses to communicate some of which you have most likely experienced and not even been aware of! Spirit & psychic communication can manifest through a variety of different means. In this lesson we will explore the different psychic senses, as well as other communication methods used by Spirit :).

First lets begin with some basic Terms:

Spirit Guide:

We all have at least one. We all have at least one who is with us from the day we are born . Most of us will also have some who will come and go at various stages in our lives. Their purpose is to aid us in one area, and when we have completed that life lesson they move forward as we do.

Spirit Guides can be different things... A ball of energy, Ascended Masters, Guardian Angels, Spirits who have or have not incarnated here before, animals , and more. I believe that "spirit" manifests for us in the way that is most comfortable and acceptable to us based on our backgrounds. We will see spirit manifest for us in forms that we are familiar with and comfortable with – which is why many people have experienced visions and inspirations from a variety of sources throughout various cultures.

Clairvoyance:

"Clear Sight" takes the forms of images or symbols shown to us through the third eye or minds eye. It is through this method that Spirit conveys imagery to us.

Clairaudience:

"Clear Hearing" Each person will experience this a little differently, but it is like hearing thoughts, or very fast whispers. Sometimes you will be able to make out letters or syllables, other times you will hear sounds like bells, or a dog barking... something that you hear in the mind and not the physical ears that contains a message. This is often at first hard to distinguish and many wonder if it is their own inner voice or truly the voice of Spirit. In our later lessons we will cover some ways of learning to distinguish.

Clairsentience/Empath:

"Feelings" This is also experienced in different ways and most of you have experienced this to one degree or another and just didn't recognize it. Ever walked into a room and just not felt right?? or someone gave you "bad vibes".. or vice versa you were instantly drawn to someone because their presence was soothing ? That's clairsentience or as it's

more commonly referred to: Empathy or being an empath. Empaths are often called to do healing work, and can feel the needs of others and respond with various forms of energy healing. In mediumship or spirit communication, It also allows you to feel emotions of those you communicate with and sometimes even physical symptoms or characteristics of another. You can "feel" their personality, or their favorite things.

Meditation:

The process of relaxing the body and mind and being fully within the present moment. Although

meditation is practiced in various religions, etc.. it does not have to be an intensely disciplined religious practice to be beneficial. Anyone can benefit from even just a few moments meditation. It's benefits are not just for "psychic" or spiritual development, it aids the mind/emotions as well.

Meditation is a process that relaxes the body and mind, allowing us to be receptive to messages from Spirit, and to our more subtle psychic senses.

In the First Lesson you began to learn a little bit about a very basic beginning form of meditation that allows you to still your mind and be within the moment. As you practice this more, the easier it will become and soon you will begin to be able to incorporate other forms and types of meditative work.

For now I want to concentrate on some other types of Spirit Communication you may have experienced and not been aware of!

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Have you ever noticed that sometimes a completely unrelated thought will seem to just "pop" into your head for no apparent reason? Have you ever awakened, or just all the sudden had a song or piece of a song start repeating itself over and over in your head? Have you ever had a dream of a loved one who has passed or a dream where you "traveled" and it was very lucid, ie felt extremely real at the time? Have you ever in your peripheral vision noticed a squiggly light or catch a glimpse of a flash of something passing beside you but when you tried to focus on it with your physical senses it was gone? Have you ever taken on a rapid and inexplicable burst of emotion happy or sad?

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Often these are forms of spirit communication which are so subtle we scarcely notice, if

at all. Particularly with songs I have found that when people begin to pay attention to the words of songs that pop into their heads there is often a message contained therein from Spirit or as direction from their Higher Self, and that is their way of sort of giving it to you "subliminally".. ;)

Another common communication is when we receive guidance/visits via lucid dreams. If you are looking for guidance try asking your higher self or guides to communicate with you through your dreams. Keep a journal by your bed so that you can record your dreams as soon as you wake. You will find after awhile that you will notice patterns and remember more of what you experience while asleep. Dreams are powerful tools and wonderful sources of information. Different types of dream experiences and dream journaling methods are also covered a little later on in the book.

For now start trying to be more conscious of seemingly random thoughts, and interruptions to your thought patterns. Often Spirit whispers to us and we don't even notice it, dismissing it as imagination or folly. Sometimes these seemingly random events are our "higher selves" the part of us always linked directly to our source, giving us guidance and encouragement.

Try paying attention to all of these things for a week, while continuing to work on your relaxation meditation. Record anything in a journal that you observe.

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Lesson III Protection

This lesson is very brief, covering the basics of energy protection and learning to block negative influences.

As you learn to develop psychically it is important that you learn to protect yourself from any negative energy, namely your own out of nervousness or fears you may have about branching out into these new and uncharted territories ;).

Everyone will have a different ritual that they develop which will work for them and that is great. In this lesson I will cover the basics and ask that you come up with and make a record of (for yourself) what you feel comfortable with. I also want you to Explore areas that cause fear? Why do you think this occurs? It is important to remember that fear is not our enemy. Often we try to repress fear, fighting against it because we are ashamed of being afraid, or feel it makes us appear weak. Fear is a natural human emotion that also serves a protective function. It is when we don't manage our fear, that fear becomes bothersome, because it starts to control the person. That is why I really push the readers of this book to confront fears. Often fear wears many different masks too, so it is important to learn to distinguish what is underlying our emotions.

Using your journal explore your feelings about "spirit" and "psychic phenomenon". Be truly honest with yourself. There are no wrong answers and you don't have to share your "assignments" from this book... this is for you. It's aim is to help you to grow and deal with any blockages that may stand in the way of your development. If you need to discuss this assignment contact me, or join my discussion group. I am sure nothing you are feeling or experiencing is abnormal and it may help to talk about it.

For now - on with a basic protection ritual.

The first thing you will want to do is make a declaration of intention to God/Goddess/Higher Power according to your belief system, and your Spirit guides. Make sure that you request to only communicate with your Higher Self, Spirit Guide or teacher and no one else. Be thoughtful, thankful and courteous at all times. It is important that you approach Spirit with the same respect they give to you. Remember your Guides love you unconditionally and will never give you more than you can handle...even when you wish they would ;). Spirit will never speak to you in a negative manner nor will they ever tell you what to do... If you experience this you are most likely subconsciously scaring yourself (or telling yourself what you want to hear) so just try to relax.

The next step is to sit in your chair again, just as we did in our relaxation exercises in lesson One. Get yourself into your relaxed state and visualize a golden white light coming down from the heavens. It descends down upon you through the crown chakra (top of the head) and slowly works its way down through your entire body, carrying away any negative emotions and pushing them out of the soles of your feet.

As this light pushes out through the tips of your fingers envision it forming circles around you and surrounding you in a bubble of light. All negative emotion has been pushed out into the ground to be recycled by the universe, and you are surrounded by loving protective light. When you are within this you are safe from negativity. You don't need to allow fear in , this is your safe space.

Once you have done this and are feeling relaxed and all "warm and fuzzy" you are ready to begin with your practice exercises which begin in the following lessons.

You may wish to open and close with a prayer, one that you know or one that you write yourself. Always open and close your meditations/exercises with gratitude and respect.

This is able to be highly personalized. Other people visualize wearing a cape or halo of light. Some encase themselves in a pyramid of light.. whatever works for you and whichever you enjoy... I encourage you to explore the net or other books/resources and read/review the methods of others. Take what you are drawn to from those and then develop your own ritual. This will allow you to feel safe and secure.

Have fun with it, learn to have faith in yourself and know that fear is unnecessary. If you are of pure intent and invite only positive energy in, only positive shall come to you. If, even after doing your ritual you feel afraid then the time is not right and I encourage you to go back to your journaling and to explore your fears further. Bringing them out to clear them away is the best way to proceed. There are exercises in the book and other sections also on dealing with fears (we all have these!) that you can review.

Also, taking part in discussion groups is another way to explore your fears and progress with others on similar paths. Remember you are not alone!

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Lesson IV Developing the Psychic Senses

In this lesson we will cover ways in which you can begin to practice developing the psychic senses. You may choose which exercise within this lesson you would like to work on first, but for now please work on only one at a time so that you can retain complete focus. This lesson may take you several weeks and should be used in conjunction with the activities you are practicing from the previous lessons. My goal is to get you to incorporate all of these things slowly but surely until they become as old habit..

First things first before beginning any exercise here make sure to do your protection exercise covered in the previous lesson. If you skipped it, [go back and review it](#) ;).

****NOTE**** All of these abilities will be covered more in-depth in the next part of the book where there will be more exercises etc. but for now please start with these only.

Developing Clairaudience:

Often learning to distinguish the voices of our guides from our own inner voice is difficult. This exercise will work on gradually learning to make this distinction.

What we want to do first is the protection mentioned above. Once you are ready to begin express to your Guide that you want to begin to learn to hear their messages. You are going to begin using yes and no questions, simple ones that you both know the answers to. Ask the question and listen to your own inner voice, and the voice of your guide as he/she answers. At first you may have a difficult time distinguishing this, that's alright. This takes practice so just stick with it.

Continue to do this as often as you are able, for a few minutes a day until you are comfortable in your ability to distinguish yourself from your Guide. Remember not to get antsy and try to jump ahead before you are ready ;). Spirit is happy to go through this learning process with you and the growing pains are part of the territory... you will get there so don't get discouraged if it doesn't happen right away .

Developing Clairvoyance:

Begin by using your protection ritual. Once you are relaxed and ready to begin state

your intention to your Spirit Guides and let them know that it is your intention to learn to develop second sight.

Come to a state where you are completely relaxed and request that they show you symbols... whatever pops into your mind first take note of it. What is it? what does it look like? how does it make me feel? Take mental note and after you are done with practice write them down.

Another method to this exercise is to get a symbol of your own... I will use a strawberry for my example.

As you pull the image of the strawberry into your minds eye begin to pay attention to the details. What does it look like? What makes it distinctive? If you could touch this how would it feel? Using your "imagination" in this manner helps you to exercise your sense of second sight. Showing you how to look deeper into the images in your mind.

Once you have practiced these methods for awhile and are comfortable in your abilities you may move onto the final lesson where you will take a journey and meet with your spirit guide.

Developing Clairsentience:

There are more exercises on developing this later on, for now I want you to concentrate on paying attention to your feelings more closely in general. During the day take notes of any times that you feel a "mood change" and see if you know why? How do you feel when you are in certain places? Have you ever walked into a place and had a strong feeling? what was it? Spend time getting to know your own feelings, learning to distinguish what is "yours" from what you may be picking up from others. Many Many empaths have no idea that they are clairsentient... they often pick up on moods and feelings, even disease, and don't know where it came from. Ask yourself have I ever had a sudden shift in mood or sudden illness that I couldn't tell where it came from? Try to recall who you were around and where you were prior to this. Spend some time documenting these things in your journal. This will help your development later on.

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Some Exercises:

The following are three exercises I would like you all to do for yourselves. As I said in the beginning of the course, I teach psychic development as one aspect of our Spiritual journey. Sometimes by exploring deeper, we are able to release blockages, and uncover hidden talents, motives etc. Each of these exercises will require you to journal the results so get your pen and paper handy, make your way to a quiet place free from outside noise and take at least 15 minutes for each exercise. My hope is that you learn a lot from them about yourself and your journey, where you are heading, and why you feel the way you do.

Exercise #1 Know Thyself

With your pen and paper make your way to a quiet room with a mirror. Sit down in a chair in front of the mirror and look at you. You are going to have a conversation (it doesn't have to be out loud) with you.

Pay attention to what you notice. Do you easily look at yourself and face yourself head on? or do you avoid your own gaze? How do you feel? Shy? Embarrassed? Empowered? Good, bad etc... Take note of all these feelings and write them down.

Ask to speak to your higher self , and hold your own gaze. Look into your eyes, the depths of your soul and start to get to know this person. Ask Him/Her to work with you. This connects you to your Spirit, the Truth of who you really are outside of all this material, physical stuff. You aren't here to look at a reflection , you are here to look into your own soul.

Spend 15 solid minutes here and go with the flow of what happens. If you find it hard to look at yourself for 15 minutes ask yourself why? What don't you want to see? What makes you uncomfortable? If you feel good, great, probe into that further... find out what makes this other aspect of yourself tick. Don't be shy, dig in and start exploring the depths of your soul...it's your purpose for living.

After you are done Journal your experience , what happened, how you felt what you talked about...

Repeat this exercise as you are able it is a great growth exercise and will help you learn a lot of things about your immense Spirit that you had forgotten or never knew that you knew ;). Make a commitment to yourself to do this exercise at least 3 to 4 times over the

next year and record it in your journal. At the end of a year, go back and review the experiences you had. You will be shocked by what you read ;).

Exercise #2 The Power of Words

The following Exercise requires a journal. For Each of the following words take 15 minutes to do the exercise for each one. Take the list of words below one at a time... Take the Word and put it on top of your piece of paper.. for the next 15 minutes very rapidly write down any and all things you feel , sense etc... about the Word..don't think just spill it lol... After your 15 minutes are up review your page(s). This should give you plenty to think about and to address. When you are ready in a few days, weeks, whatever it takes move onto the next word. I recommend at least 2 days between words.

Death
Evil
Light
Darkness
Spirit
I AM
Divinity
Grief
Truth
Love

Exercise #3 True Colors

This exercise is just another neat little way to see your thoughts on things.. If you happen to have one handy take a crayola box of colors.. pull a color out of the box and then write down the first word or emotion that pops into your head...

ex: Red = 'Anger' If you don't have a box of crayons ;). Make a list of every color you can think of...get a bunch at least 10. Later on come back to it and as you go through your list of colors quickly write down the first word that pops into your head for each one. The key here is to not think just do. If you repeat words etc for different colors that's OK...

When you get done going through all your colors look at the results... see where some of your emotions or words are similar, see where they are opposites..

this one is fun and it will teach you more about yourself than you think ;).

That's cool but what does all of this have to do with learning to connect with my Spirit Guides you ask? More than you might think... Do it and see what happens for you. The more secure you are in your True self the easier it is to make contact with your guides and accept their lessons.

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Lesson V: Guided Visualization to Meet Your Spirit Guide

This is the final part of the "beginning" segment of the book, what will help you to fully connect with your Guardian Angel or Spirit Guide. It incorporates the other methods discussed in previous lessons up to this point. You may want to record this meditation or you can [download an MP3](#) of it on my website.

The following is a guided meditation that leads you on a journey in which you will "warm up" your senses... and then leads you within your inner sanctuary to meet your Spirit guide.

The first thing you want to do is to sit straight up in a comfortable chair, feet flat on the floor. You may wish to say a prayer or state your intentions now. In whatever way feels comfortable to you, express gratitude, a sincere intent to work with your teacher, a prayer to God, and a request for safety in your travels.

When you are ready, Take a deep cleansing breath and begin your protection exercise. envision a golden white light (or whatever color makes you feel safe) coming down upon your crown. Watch as the light moves through you slowly going down through the head, the throat, into the torso, down the arms and out your fingertips. As the light comes out of your finger tips it surrounds your body encircling the outer parameters of your body with the light. The light proceeds down through your legs and into the floor/ground. Imagine this beautiful light pushing out all negative energy from your body. You're cleansed, refreshed, and safe.

Take a couple of deep breaths to relax...pushing away any tension or anxiety on the exhale. You are now in front of the house. Walk up onto the stoop or porch but don't enter yet. You are about to meet your Guardian Spirit. Your guide who is your highest teacher, who has been with you from the beginning. He/She is ready to meet you and to start learning how to communicate with you. You are very loved and accepted in this place. Take another deep breath and on the exhale release any built up anxiety. making sure you feel as relaxed as possible.

When you are ready step up to the door of the house. Put your hand on the door. Notice what it feels like, the temperature, Take a deep breath and open the door. There is a table and two chairs... Focus only on the empty chair and take yourself to it. Sit down in the chair and look up: The person sitting before you is your Guardian Spirit. What do you see? If you are to overwhelmed at first that is OK, they know your intentions and will wait for you. When you are ready you may speak to him/her or simply sit and be in

their presence. When you are ready, express your gratitude and gently rise and push your chair in. Turn to the door and walk out of the house. Make your way back slowly. Know the first time that you do this, it may be very overwhelming emotionally. Don't let that deter you.

The house you have just visited is your inner sanctuary away from all the concerns and troubles of the physical realm. This is the place you can always return to at any time when you need comfort, guidance, and / or to move forward on your personal path to growth.

The more you do this exercise in combination with the exercises of the other lessons, the clearer your other senses will become, and you will be better able to perceive your guides/ messages. Just be patient and keep at it... it will come stronger in time and there is so much you can learn here at your inner sanctuary.

Now the first part of your course is complete, and you have begun a wonderful journey in self discovery, exploration and learning. The only steps left now are to review all exercises and assignments insuring that you have completed them all. You also need to document your experience with this meditation. Take note of all you experienced, your thoughts on it, any disappointments etc. You want to do this! And keep it in your journal.

See you in Part II :)

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Introduction to Advanced Skills Development

By now you should be familiar with the basics of psychic skills and spirit communication with your guides and how to recognize these from taking the first part of the course. If you have not taken it, please go through that section first - it is very important.

Through your participation in the last part of the course you learned the very basics about all of the other senses and should have an idea of where your strengths may lie. This course will help you to expand on these strengths as well as show you some other areas for potential development. Although I refer to this as the "advanced" section, remember that advancement is always possible. As we go forward and grow often our experiences and beliefs change. Take what resonates with you from this course, and use it as you continue to pursue your path. There are no "set in stone" rules or beliefs that have to be followed. It is only ego that requires us to feel that there is only one "right" path or belief system. Here I invite you to glean knowledge from my experience, then take it and make it your own.

Many of you may find that you only ever develop in one or two areas, that's fine. Don't feel you have to "master" everything. This can cause you to sabotage yourself with the little disappointments that often come on this path. Use your strengths to their fullest potential, and most of all keep your learning experience fun. Remember that if you are feeling challenged, that is very normal. When we work on developing our other senses it goes against our perceptions of "reality". Stick with your practice, and be patient and diligent. In this book I touch on a little of everything, more to spark a desire to explore than to "preach" or instill my beliefs or path on others.

Some of the areas we will be exploring through this part of the course are:

*Animal Totems and working with our animal guides *Mediumship & Channeling
*Divination Methods *Dream Interpretation & Journaling *Chakras & Energy Healing Basics *Meditation & Visualization Techniques

Some things to know before reading on:

You have probably done this already, but if not this is the part of the book where we really get into journaling A LOT, so if you haven't set up your journals yet you may want to start there first.

Also, go back and review what you experienced with the very first part of the course.
Look over notes and add anything you may remember etc.

Enjoy the rest of the course!

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Animal Totems: Learning to Recognize and Work with Your Animal Helpers

In Native American cultures and in various shamanic teachings we learn the importance of the animals and the Spiritual lessons they have to teach us. Every animal has unique characteristics which embody lessons for all of us. These lessons are known as the animals medicine. By learning to use the medicine of our animal teachers with respect and compassion, we become stronger people, more connected to our inner spirit and to the Universe.

Totem animals can be anything from birds, to insects, wild animals, to the more domesticated species. All of us can work with and learn from animal spirit. Many of us are born with animal helpers, our Power animal is our primary totem animal and is typically with us for life. Some may have two or more power animals. Mine are Owl & Wolf. We also have shadow totems, which are great teachers who help us to confront our fears and face personal challenges. Like the power totems, most have at least one shadow totem.

Throughout our lives other animals may also appear to us briefly to teach us their lessons before moving on. Also it's important to note that an animal doesn't necessarily have to be our totem animal for us to learn the lessons that it has to teach. You can research any animal and learn from him/her.

Recognizing Totems

There are different methods for recognizing our totem animals. If you feel you don't have one, ask. The animals will work with you if your heart, your spirit is pure in its intention to grow and learn. To try to identify your totem animal ask yourself the following questions:

~What animal have I always been particularly drawn to? ~What animal(s) am I frightened of? ~What, if any, animals seem to pop up around me a lot? ~What animals have I noticed in an uncommon place? ~What animal do I have a particularly healthy respect for?

These questions should help you to identify some possibilities. Remember that ALL animals are powerful and have great lessons. Whether your totem is mouse or lion, neither is "better" they are both equally valuable with different lessons to teach. Don't

seek out an animal as your totem just because it seems more powerful to you, etc..

Exercises to help you meet your totem animals: For the first exercise you want to go to a dark room, or cover your eyes. Sit quietly and pay attention. Often times our animals will show us an outline of themselves, or "peek" at us through the darkness. Pay attention and see if anything comes through, if not be patient. Try leaving an offering or talking to your totems. Express your desire to learn from them. They communicate through spirit and will judge your sincerity and readiness to work with them.

You may also like to meditate on this at bedtime. Ask that your animal teacher come to you in a dream state, particularly if you are already working on the dream journaling exercises, this may be an effective method for you to discover your new friend. For those of you who are more empathic, during meditation ask to take on the feelings of your animal guide. pay attention to the feelings that come over you. Are you flying? crawling? What characteristics of the animals personality do you seem to be connecting with?

Discovering your shadow totem:

To discover your shadow totem, first refer to the questions answered previously. Are there one or more animals you find you are afraid of? Particularly if you have a phobia of a particular animal. Your Shadow Totem is here to teach you about your life challenges and conquering fears. If your Shadow Totem is not obvious to you right away, relax and close your eyes. Envision a door in front of you, when you are relaxed and ready , open the door. Behind a glass case your animal will be in front of you. Because it is encased you can relax and feel safe to look at it.

After you have discovered your Totem(s) When you have identified them write a brief summary for each one in your journal. Include the following items:

*What are my animals living conditions, habitat, where it lives, what it eats.. general info. *What lessons does this animal teach? *What draws me to or repels me from this animal? *At least one new thing you learned about this animal that you didn't know previously.

You can look in the resources section of this book for some links on Animal Totems, or try doing a search on search engines like [Google](#) or [DMOZ](#) .

Chakras and Energy Healing Basics

******Before taking this part of the course you agree that you understand that this is for information purposes only, and is not an attempt to diagnose or cure any illness. Conditions requiring medical treatment should be treated by a healthcare practitioner. ******

All matter is comprised of energy. We all have energy that flows through us and around us, in different cultures this energy is called "prana" or "chi". The subtle energy field that surrounds the bodies of all living things is called the Aura. The aura typically has several layers to it, like an onion. Within the Aura of a person lies the Chakra points, each of which correspond to an area on the physical body, and also tie into various emotional issues, physical ailments, and spiritual blockages.

In this lesson we will learn more about the 7 Major chakra points, where they are located, what they are associated with and various methods for clearing, cleansing, and balancing the chakra system.

The following is a list of the 7 major chakras, their location in relation to the physical body, the color associated with them, and what issues they are typically associated with.

Crown Chakra Location: Directly on top of the head at the crown.
Colors: Violet, Gold, White Associations: Point where Universal energy flows in. Enlightenment, Connection to the source. The energy point where we "download" universal energy and wisdom.

Brow Chakra (Third Eye) Location: Between the eyes at the center of the forehead about an inch above the bridge of the nose. Colors: Indigo Blue, Purple
Associations: Clairvoyance, Second Sight, This chakra is the center for psychic senses and regulates psychic perception.

Throat Chakra Location: The center of the throat Colors: Blue Associations: All levels of communication, ability to express your truth, ability to perceive the whole truth and not merely what one "wants to hear".

Heart Chakra

Location: The center of the chest between the breasts. Colors: Pink, Green Associations: Love in all forms, Self, Universal, Unconditional love, as well as compassion, and forgiveness

Solar Plexus

Location: a few inches above the navel, where the rib cage starts to spread out. Colors: Yellow Associations: Intellect, ambition, personal power

Sacral Chakra

Location: above the genitals, 3-5 below the belly button Colors: Orange Associations: Repressed emotions, Where emotional traumas are stored, sexuality, Creative desire

Root/Base Chakra

Location: base of the spine Colors: Red & Black Associations: Physical Vitality, Energy, Source of Kundalini energy, Survival Instincts, Grounding

There are also other chakra points located in the palms of the hands and soles of the feet. For those of you being called to be healers you may notice tingly or warm sensations in the palms of your hands. The hand chakras are where the energy flows through to heal others, as well as through the breath. The energy is drawn in through the crown.

The chakras in the feet are used for grounding, and for "draining" negative energy. When we talk about grounding after psychic work, we visualize the light moving through us, cleansing, and pushing any excess and/or negative energy through the chakras at the soles of the feet. This is pushed into the earth to be recycled. This process of cleansing and balancing is necessary to keep us from taking on too much energy, or for carrying around the "stuff" of others.

Knowledge of the chakra points and the areas they correspond to can be very helpful in self-healing as well. If you notice you are very anxious or frightened, focus on cleansing the root chakra, if you find your emotions are out of whack, focus on the heart chakra or solar plexus.

This lesson will have showed you the very basics about the chakras. There is a Lot of information online and many books available on the subject as well. If you decide to study healing arts such as Reiki, these courses delve much deeper in chakras and their functions.

Reiki: Reiki - pronounced "REY KEY" is a type of healing that directs the flow of Chi, the universal life force energy, in a patient. The practitioner is able to detect blockages in the energy field of the patient and can use this direction of energy through the placement of his/her hands in different positions, to help aid in healing physical ailments as well as emotional traumas. Reiki has three levels of training, and can often be found for free. Avoid training anyplace that charges hundreds of dollars, as that is unethical. Anyone can study and learn to practice Reiki. It is not a magical art or only for the gifted etc. We all have this ability.

Most Reiki practitioners who teach do so for a modest fee or under the premise of energy exchange. The practice isn't "supernatural", it requires only dedication and the desire to help others. If you refer to the links section I have links to several sites on Reiki, Chios(another practice similar to reiki) and other chakra/aura learning sites.

Exercises: Cleansing the Chakras:

The first cleansing exercise is a very basic exercise for those who are not familiar with or who have not actively worked with the chakra system. If you already have a cleansing ritual that works for you, please continue to use it.

In my first class, Beginning Psychic Development, we learned how to surround ourselves within a protective circle of light. This exercise works much the same way. Sit in your chair and ask that your Spirit guide help you to cleanse and balance your chakras. Starting at the crown envision a Golden White cleansing light that comes down on the crown. Focus the light on this chakra for a few minutes, and envision it cleansing the energy in this area, and then proceeding down to the next chakra repeat the process. As you move down, push any negative energy out through the feet into the ground.

Grounding:

Another important aspect to Spirit work is grounding and closing of the chakras. Many

people don't choose to completely close the chakras, this is an individual choice, but it is necessary to be able to ground and find balance. As you go along you will get a feel for what works best for you. Failure to ground properly may cause you to feel ill, get headaches, or become overemotional.

The process of closing down and re-centering or grounding ensures that you are able to stay firmly planted here in the physical realm and not take on more than you should. Just like you learn to find balance when you learn to ride a bike, you learn to find balance between the physical realm and the realms of spirit. Some effective methods for grounding are walking outside, gardening/getting your hands in the soil. Any activity that directly connects you to the Earth can be an effective grounding tool.

I have found that standing with my back against a tree and visualizing cleansing and balancing the chakras is a very effective practice for me. Trees absorb a lot of energy and can help stabilize you if you have taken on too much energy.

If you need assistance or just some time away, you can always request that your spirit guides help you to close down and prevent anything from coming through for a period of time. Sometimes we have to turn the ringer off and they understand that.

Learning to distinguish your energy pattern:

Sit quietly at a time when you are not under a lot of stress and are feeling relaxed, preferably after cleansing the chakras. Another good time is after you first wake up in the morning, when you are still relaxed. As you start to breathe pay attention to the subtle energy that flows around you. With a bit of practice you should be able to perceive this energy flow. To help you get the feel for it, start by placing your hands together palm to palm. Move them apart slowly, and as you do you should feel the energy flowing between them. Once you are comfortable with this put your hands back down to your sides in a relaxed position and feel the energy that flows through you and around you again. Do you notice any places this seems to slow down? Do you feel any blocks? Observe all the feelings and record your observations in your journal. Do this each day for a week and note any differences. If there are differences, make note of any physical changes or emotional upsets etc that could have contributed. Doing this exercise can help start to get you more in tune to your own body and its subtle cues.

Focusing on the individual chakras:

For the next exercise we will be focusing on one chakra per day. You can do this all in one week, or space it out at your leisure. Starting with the crown chakra, review the

chart above. Take 10 - 15 minutes or so in meditation to concentrate on deeply cleansing and gently opening this chakra. Don't force the process, just relax and focus energy on this chakra point. You can envision the white light cleansing and balancing as we did in the first class, or you can use the color associated with each chakra. Pay attention to any thoughts that come forward as you do this. What feelings you may have. After the time is up, gently re-close the chakra point. In your journal record the following: another method is to focus on the chakra and use the mantra "cleanse and balance".

~ What thoughts or feelings stood out during this exercise? ~What issues associated with this chakra do I need to address?

Continue this exercise with each chakra. If you feel stuck on a particular one, or it brings forward a lot of stuff to deal with, you may wish to focus more sessions on that chakra, and to wait awhile before moving forward. Once you reach the lower chakras in particular, you may find that a lot of stuff comes up to be cleared up. It's not uncommon to feel old feelings resurface, fears, anger or sadness. This is progressive and you will find yourself feeling lighter after you have moved through these parts of the exercise.

*****If at any time the emotions get too intense stop and back away from the exercise, you don't want to be overwhelmed. Move onto another lesson if need be, and come back in a few weeks.*****

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Clairvoyance: Continued Development Information and exercises for continued development.

Clairvoyance is the ability of "clear sight" in which the psychic experiences messages in the form of pictures, colors, symbols etc. seen through the third eye or minds eye. This phenomenon is experienced differently within each individual, so I will cover some different ways that this may occur.

auras: Often strong clairvoyants can see the colors of the aura of individuals. The aura is comprised of 7 layers of electromagnetic energy that flows through and around every living thing. By viewing the auras of another the psychic can interpret the emotions, blockages, illnesses etc. within the person.

Symbols: Often the psychic is shown a symbol that corresponds to a feeling or event. For example when I am doing readings and they show me balloons, it means talk about a birthday. We can each develop our own symbol language, and later on in this lesson we will learn how to do this.

Colors: Rather than being just literal, often we will perceive color around certain emotions. For example: Red may mean anger to you, so when you are picking up on someone's anger you may see red. For illness you may associate with another color, and may see this color around the affected area, this ties into aura reading, but doesn't have to be the same. I tend to experience this more as "feeling" and a color will appear to validate the empathic message I am receiving.

Pictures: sometimes pictures of a place appear like a snapshot, where we see almost a still photo of a place or an event. This usually comes as a brief flash. For others who are more strongly clairvoyant you may get a longer lasting snapshot, or you may see rapid series of images. Usually the more important aspects of these pictures stand out , they are bolder in appearance, or a strong feeling may accompany the image. There may be other ways that you will see things clairvoyantly, including dreams, visions, and more. The main thing to remember is that clairvoyant ability pertains to anything seen by the third eye.

Now we will explore some ways to further exercise the clairvoyant ability.

Stimulating the Brow Chakra: *(important to note is that we should never just work with only the psychic sense chakra, but should make cleansing and balancing of ALL the chakras an important part of our daily rituals to retain balance and not harm ourselves)*

The Brow chakra is connected to clairvoyant ability. You can meditate and center the meditation around gently opening up and clearing this chakra. Don't try to force things. Close your eyes, Relax and picture this chakra, envision the white light coming into this chakra. State the mantra "cleanse and balance". When you do this you avoid trying to "force open" that chakra before you are ready. During this meditation pay attention to anything you see. It may be swirling color, it may be symbols, it may be nothing at all the first few times, and that's OK too. When you are ready it will happen, don't try to force things.

Establishing your own symbol language

You will want to come up with your own Symbol language to use with your readings. Communicate with your guides and let them know that you would like to establish this system. Start off simple and then add a few at a time. Record these in your journal. To start off with, you may want to come up with symbols for emotions, or a symbol for common things such as birthdays or symbols that would help you distinguish between the name of a person vs. the name of a place. For example, when I do readings and Spirit gives me a name of a person there is no symbol accompanying, but if they are telling me to name a place, they show me a green rectangle, which to me looks like a street sign, thus indicating to me "place" Another good thing to come up with may be colors or symbols that represent the emotions. For example, a message of caution to me comes up with the color of orange or yellow depending on the seriousness of the warning. This comes in handy trust me ;).

Below are some examples from my symbol language, yours will be different based on what feels right for you. Because I am most strongly clairaudient and empathic, my symbols are really just backups for me, and I really don't see as much as I hear. For others of you, your sense of second sight may develop more strongly, and you may use much more developed or in depth symbols.. again it's back to what feels right for you. Here are my examples:

anger/jealousy: Reddish orange color for negative emotions
Warning or Caution: Yellow
caution, orange is more of a warning.
B-days, anniversaries, celebrations: Balloons
Weddings/Anniversaries: Doves
Births or pregnancies: Pink/Blue (if you establish

something like this never express gender unless they ask, and even then I still probably wouldn't ;).

You will also find that a lot of this will just occur spontaneously as you begin to read others. To reinforce them sit somewhere quiet. Think of what your symbol expresses. For example in mine, reddish orange indicates an angry or negative feeling, so I would sit and focus briefly on the feeling. Notice what you feel when you pick up on anger from others (Note empath's I said pick up not take on ;))... envisioning the color or symbol while focusing on the accompanying feeling helps reinforce the new "language" for you and allows you to develop it more rapidly.

Other exercises:

Review the visualization from lesson five of the first course, this is a good one to use in developing all the senses, but in particular the ability of second sight.

Meditate or relax with your eyes closed. Cover your eyes so that no physical light comes through to obstruct the following exercise. Relax, take the attention off of your physical eyes, and just sort of drift. You will start to notice swirly colors perhaps, or little dots of white light, just let this flow and as you do you may start to notice shapes or images in these swirls and patterns. Don't focus on the expectation of it, or you may miss something. The key to success with these exercises is to just let things come to you in their own time. This is a lot like the first exercise of stimulating the brow chakra. This is a good one to use after you have been developing for awhile and now how to open/close the chakras at will. As you become comfortable doing this, you may ask that your totem animal or spirit guide appear to you. Wait patiently and see if they appear, if not know that they will when the time is right, and don't become impatient.

Finally, continue developing your symbol language as we discussed, record this progress in your journal and every couple of weeks make a brief report of anything significant as far as blocks or breakthroughs.

Remember time and patience have to prevail. It will come to you. Some "see" things faster than others, and many others don't use second sight really at all, that's fine as well. Most people feel that the best psychics are most strongly clairvoyant. I personally believe that is a misconception, and that all psychic abilities are equally special and important. Don't fixate on developing one ability over another because of preconceived notions or expectations. You may just end up slowing the whole process down. Start in the area most natural to you, where you are strongest, and you will find the rest tend to follow.

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Clairaudience: Further Exploration & Development

Clairaudience is more uncommon than the other psychic senses, probably because it can be one of the hardest to deal with. It's easier to turn one's attention away from images or feelings, but when you hear someone without a body say words sometimes that's enough to put people off of the idea. That's completely natural to feel that way.

I started off with strong Clairaudience. At first, this was rather unsettling to me also, more than the other abilities. I had to really deal with fears to be able to continue down that path. With this type of communication in my experience, it was very energized and a lot less subtle than seeing a symbol or feeling a feeling. It was more "in your face" kind of contact LoL, and although it was never an unpleasant experience, it was also still unsettling until I got used to the idea.

Another challenge is that we tend to associate that sense with our physical ears, hence we strain to hear and miss the communication. In the first part of the book when I first discussed Clairaudience I went into this a bit, but when we "hear" messages come through we are perceiving this from a point in our brain, not in our physical ear. This communication comes through on energy vibrations, much the same way as physical sound, but the frequency, depending on whom you are communicating with is at a pitch not within the range of the human ear.

Everyone has likely seen a dog whistle. We blow on them as hard as we can but don't hear a thing, however the dog goes nuts :). Just because others don't hear what you hear doesn't make you "crazy" it means you have activated the part of your brain that allows you to pick up on these frequencies.

Often those developing clairaudience will feel tingles in one ear, or one side of their face. They may also hear a tone, or a static sound or like someone talking through a tin can. Sometimes it sounds like the radio is just out of tune and you can't quite pick up the signal. This is very natural and happens when the psychic center that houses this ability is opening.

If you are clairaudient and want to fine tune the skill the first rule is extreme patience. Next is to only open up to this at a time you specify. Surround yourself in your protective light and then relax deeply. Don't struggle to listen with your ears... there is a natural response to want to tilt the head, or strain trying to hear... relax and try not to

do that. Ask to communicate with your guide, and then ask that he/ she help you learn to "adjust the frequency". You may only hear a tone for awhile, or feel that tingly sensation.

Sometimes people developing clairaudience will pick up on foul language or hear some "not so nice" things. If you are properly protected, this is usually just your fears playing with you... or you may be accidentally picking up on a telephone wire or literal conversation happening somewhere in your vicinity... don't be alarmed. You can shut down, or ask your guides to step in. This sometimes happens when our energy level is low. My personal belief is the more spiritually developed we become the higher our own rate of vibration, hence the higher vibration energies tend to be all we receive at a certain point. As you develop further much of that "white noise" and extraneous stuff will drop away.

This is not saying that if you hear negative stuff you aren't spiritual or that you are doing something wrong. It means simply that your energy level may be low or that you haven't had the experience that helps us to block out certain stuff. It is very common especially when falling asleep or deeply relaxed that you may hear bits of conversations or the occasional word etc. If that troubles you, just meditate on the brow and throat chakras and shut them down. You can ask for protection from the Holy Spirit / Divine Energy during this time, and talk to your guides a lot. You have plenty of help.

Exercises:

Surround yourself in the light with your protective ritual. Sit comfortably in a chair with your notebook or recorder close by. Relax and just try to be in the moment. State your intention to your guide and ask that he/she communicate with you. If you don't know your guides name as him/her what they would like to be called. Don't try to "listen", but try to relax.. If you already know your guides name, start with another simple question and then relax. After a couple of minutes bring yourself back and record anything you perceived. It may be a thought that "pops" into your head, or a sound, or whisper... record everything you experienced. Continue to do this exercise until you receive your guides name, or the answer to the question you presented.

Another exercise is to surround yourself with your protective ritual as above. Again sit and relax, stating your intention to communicate with your guide. This time focus on an image in your mind, in your mind "say" what it is once, and then listen.. Ask your guide to communicate with you about the image. You could also focus on a physical object in the room where you are. Pay attention while doing your best to relax. Make notes of

anything you receive.

Often clairaudience is best developed in a group setting. You may wish to join a development circle either physically in your area, or via the Internet in group chats etc.

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Clairsentience: Continued Development

Clairsentience is the ability to feel and interpret the feelings of others. This can be used to help aid people with emotional and spiritual blockages and issues, and in some instances can be used for helping to heal physical ailments. Reiki and other forms of energy healing rely on being able to feel the flow of energy in and around a patient. I personally have found Reiki attunements to be very therapeutic and healing, however as with all practices of this nature I recommend them to be used in conjunction with regular medical checkups/treatments.

Being an empath can be richly rewarding, but it can also have its downside. Some who are very sensitive may find that they inadvertently take on the emotions or symptoms of others. Being in large crowds, or around negative people etc. weighs very heavily on a strong empath. If this describes you, it is important to ask yourself where your feelings are coming from, particularly if you feel a particular emotion or physical symptom come on suddenly. If you are around a very anxious person, you may start to feel a lot of tension, or if you are around a very angry or depressed person, you may feel inexplicably low on energy, irritable, or sad.

It is important for empaths especially, to clear and balance the chakra system, and to guard themselves against the potential to have their energy drained. Some people are just energy zappers, and they don't realize they are doing it. This doesn't mean to remove yourself from your family or society of course ;), merely to take certain precautions to ensure you don't lose your vitality.

With clairsentience/empathy, it can be difficult to find that balance. On one hand, you have to be able to take on feelings/symptoms from others to a certain extent, to be of help, but if you become so involved that you become affected negatively, that balance is lost and the end result is both parties end up suffering. Objectivity is difficult for empaths at times, but is absolutely essential. There is a place where you come to where you can remain empathetic but detached, and that is the goal to work for.

My advice to anyone who is strongly empathic is to take a course in Reiki. This can help you learn how to maintain that balance and use your abilities to heal both yourself and others.

Clairsentience Exercises:

Exercise One: Filtering emotions

Just like we have done our basic white light visualization meditation, there are a couple of other things you can do that will help you to avoid taking on the "stuff" of others. Envision a sort of bubble that is transparent that surrounds you. This bubble acts as a filter, allowing only that which you allow to flow through. Before doing psychic work, or before going around a group of people, sit quietly and state your intention. " I will only allow positive energy that is for my highest good to flow through me, and I will not take on other peoples emotions or illnesses" something of this nature. Word this to your liking. This bubble has a reflective surface, so anytime you feel negativity coming on, envision it bouncing off of this bubble. Many think these visualizations seem silly, and at first yes, they do, but silly or not they work, so give them a shot ;).

Affirmations can help a lot also. As you get ready to step out the door to do your shopping or go into other public places where you may pick up "stuff" from others, take a moment or two and use some positive affirmations, similar to what we used as a declaration of intent in the first exercise. I will let you come up with your own affirmations that you feel work for you. The key to a good affirmation is to keep them as positive statements.

Exercise Two:

For this exercise you will need a buddy. This can be someone from the psychic awareness group, or a group of your choice who don't mind you using this Ebook in their forum, or a family member or friend who is willing to work with you. If you need help finding a buddy to do these with feel free to e-mail me and I will see if I can find someone to work with you through one of the forums.

Before beginning the exercise, you may choose to do whatever protection ritual or shielding you usually do. You should have your partner remember and visualize something from the past. Have them really focus on this place in detail, seeing and feeling all that is there. They should do this for five minutes.

As they do this, close your eyes, (so that you aren't reading facial expressions or body language) and after the five minutes, tell the person what you sensed in regards to how they were feeling in this memory. If you get any visuals or anything else share that as well, but the primary goal should be to feel what the other person is experiencing.

Record the experiences in your journal, (keep the identity of your buddy private if you share your journal with anyone) noting any hits and misses etc, and what you learned.

Try to do this exercise at least three times, you can use the same partner, or a different one.

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Divination Methods

A Look into Divination Methods, what they can do and what they can't. Clearing up some myths and providing background on some of the more popular methods such as Runes, Tarot, I-Ching

In this lesson I want to cover several things. First of all, I feel it most important to cover what divination can and cannot do as well as cover some general ethics rules before discussing the various methods and tools.

What is Divination?

Divination is the process of using a tool such as Tarot, Runes, even Tea Leaves, to look into the life of the querent. This can be used to review past incidents, and to provide options for the future. Divination can NOT tell you what is going to happen. We all have free will and therefor our paths change continually. The best divination can do is map out a likely scenario based on past and present actions and reactions to events. If anyone tells you they are a fortune teller and can tell you absolutely what is going to happen etc.. hold onto your money and run the opposite direction.

What can I achieve through the use of divination tools?

Divination tools can be used for many things. They can help you look at yourself and situation a little differently, they can aid in meditation, self reflection, and more. Many people use Tarot as a tool for personal growth and meditation more than divination or predictions. This is a great use. I warn away from using the Tarot or any other form of divination to try to provide you with all answers. Using Tarot as a crutch can be dangerous to the psyche. The answers to your life lie within, and these tools should be used for reflection and viewing your options only, not as a way to try to get power by knowing answers in advance etc.. Those who have "abused" divination in the past can tell you that this doesn't work, and it's best to always look within for answers.

Another good use for divination methods can be to give you something to focus on. For instance if you do a one card or one rune reading in the morning, the meaning of the card/rune that you choose gives you something to focus on. So if you wake up and draw a death card, it doesn't mean you expect to get hit by a bus or a lightning bolt or something, it means you focus your day on renewal, ie starting a new project, or

ridding yourself of something that no longer serves your highest good.

Ethics:

When using methods of divination it can be easy to be tempted to try things we shouldn't. When using a divination method you should never: Tell someone what they should do, tell them their options and let them make up their own mind. Never peer into the life of a third party without their permission. You wouldn't go peek in someones window and invade their privacy, nor should you with divination tools. There is a law in the universe that what we do comes back, so remember do unto others. You wouldn't want someone invading your privacy, don't do it to others. There is a fine line here, if someone wants to know if someone is OK, and you get a look and see that they are fine, you can tell them that. If someone asks you is so and so having an affair with his secretary.. don't go there.. what if you were wrong? and it could cause the breakup of a relationship or a violent confrontation? Just explain to people, I'm sorry, but it's really not right for me to go beyond a certain point and maintain my standard of ethics. The line is a thin one, and everyone has their own codes of ethics, but as a general rule I say keep it focused on your querrent only.

Don't answer silly questions about things like death or health diagnosis issues. If you see someone needs to go the doctor, tell them, but if someone asks you hey in twenty years will I die of cancer or in my sleep? don't answer, first of all you most likely wont' get an accurate answer, and in my opinion if we were meant to know we would already.. you get the idea.

Final point, make sure that your querrent knows that the power to change their path lies within. Readings should always leave a person feeling empowered. Even if you have a lot of negatives, don't lie about them, but point out the silver linings in the clouds.. ie. Jane, I know this isn't what you were wanting to hear, but I really believe that sometimes things that seem bad on the surface are really blessings in disguise and this is giving you the opportunity to try X instead of Y, and you may find out as you go along your path that X is going to work out much better for you than what you had established previously.. you get the idea, point out the positives as well as the negatives, there are always two sides to the coin. Always tell the truth, don't "sugarcoat" but don't be harsh or judgmental either.. wear the other persons shoes for a moment, even if you don't agree with what they are doing on a personal level, leave that out of it. We've all done things we've regretted, and remember you probably don't know the whole story.. so reserve judgments and point out all options. I cover ethics more thoroughly in my Tarot course,

but these are the biggies that apply to any type of divination/psychic reading etc..

Do you have to be psychic to use Tarot, Runes, etc.?

No, you don't. Anyone can use these tools. Many find that they start out using the tools as they develop their intuition, and that is great. You may get to a point where you find Divination tools restrictive, or you may decide you love them and always use them as a "backup" to your intuitive processes. I don't use Tarot near as much as I used to, but I do still enjoy collecting them for the artwork, and I use them for personal reflection all the time. They also come in handy for doing an 'on the spot' reading for me. This is really an individualized thing to.. one thing I can say though is that they can be distracting for the student who is working on developing the psychic senses if you become dependent on them for validation. Use them with balance, and work without them as well as you develop your skills so that you learn to trust yourself more without a crutch.

Some common Divination Tools There are many, and I do mean MANY means of Divination. You can research these further, but I will provide a very brief summary of a few of the more popular. I can't include all of them here as they are too numerous.. everything from tea leaves to flour.. yes flour.. to Rune stones, sticks, and Tarot.

Tarot: Probably one of the most popular. There are many decks, with beautiful artwork, themes, and more. Some are based on religions like Wicca and yes there is even a Christian deck with the Saints etc.. Others are based on countries, cultures, mythology, healing arts, and more. The best bet is to look around and find the one or ones that call to you. For the beginner reader, i recommend starting with a common deck such as the Rider-Waite simply because there are more resources for that deck than any other online and in books etc..

Runes: There are several different types of these stones as well, with different symbols. Again find some made out of a material that speaks to you. Some are made of stone, clay, and even wood. Look around, see what you enjoy the most.

I-ching: This is a method I don't honestly know much about. It is based on a set of sticks that form lines that are either broken or together, and they represent the yin/yang aspects of the Spirit and psyche. these are more of a reflective tool than a divination method.

Bibliomancy/Stichomancy

This is something you can do right now. This is the act of opening either a regular book or holy book to a random passage while focusing on an area of concern. I use Bibliomancy often for reflection, and have found it to be startlingly accurate. This method can be used by anyone.

There are several sites online (check the resource section) where you can learn more about different divination methods, get free readings, read reviews and more.

Dream Journaling & Interpretation

Another great way to get insights into the other realms and into your own life is through dream interpretation. We all dream, even those of us who claim not to. We must dream in order to maintain our sanity. Our minds do not rest, and some of the greatest mysteries lie waiting for us to discover them during our sleeping hours.

Dreaming isn't simply random meaningless images from our subconscious. Dreams can have the powers of prophecy, can help us communicate with our subconscious, can act as a doorway for visits from loved ones who have crossed over and more. I know of many people who have been visited from the other side while in a sleep state, and others who have had prophetic dreams that were a "heads up" to them upon waking.

Sometimes dreamers have OBE's (out of body experiences) in a dreamlike state where they travel, while being conscious that they are doing so. Others have lucid dreams which are very lifelike, in vivid color and detail. Perceptions are particularly sharp during these types of dreams, and with practice the individual can learn to distinguish when they are in this type of a dream state. Lucid dreams nearly always have an important message for the dreamer, so it is very important to record these types of dreams in particular.

Although dream interpretation can be time consuming and complex, there are methods that can be used to help you remember dreams, & learn to recognize the symbolism in your dreams. Dream work has helped many to change their lives through healing past issues and lending insight into areas for growth. The first thing you will want to do is get a notebook or dream journal, separate from your class journal. You will keep this at your bedside where it can be easily accessed upon waking. It is important to get in the habit of writing in the journal immediately upon waking, before you have time to forget your dreams. As you are probably already aware, dreams can disappear within seconds of waking, so immediate recording is very important.

To start with, don't try to record the whole dream as a story; begin by keeping track of the important words, symbols, colors, and feelings associated with the dreams. Once you have all of these listed you can go back and write the story down. This will help you to remember more of a particular dream as you can lose a lot of it in the time it takes you to write it down.

Exercises:

Begin your dream journal. For the first week or two work on recording what you remember upon waking. Try to remember as much as possible. At the end of the period, review the notes you have made. Pay attention to any theme or symbol which seems to repeat. Make note of which dreams were the most vivid? Write down any interpretations that you feel certain of.

Once you are familiar with journaling and beginning to recall dreams you can start trying to direct the course of your dreams. For one week, concentrate on an area of concern in your life. Before going to bed, concentrate for a few minutes on this situation and state that you would like to gain insight on this condition through your dreams. Affirming this helps prepare your mind. Record your dreams upon waking as in the previous exercise. Each night review the dream lessons from the previous night and ask to expand on them. Repeat this process for one week then at the end of the week review all of the journal entries. What did you learn? Did any particular symbol or message seem to repeat? Do you feel you have gained more insight into this situation? Record all insights on the exercise in your class journal as your assignment for this section.

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Mediumship & Channeling

In this lesson we will begin to explore some of the basics of channeling and Mediumship. For those interested in developing in this area, you can feel free to join my free forum "Achieving Psychic Awareness", where we will be holding weekly chats on a variety of different topics, including development circles.

As those of you who know me are aware, I have done work as a Medium. Although I do love the practice, I have cut way back on the time I have devoted to readings in order to be able to both teach, as well as further my growth in other areas as well. Developing skills as a Medium/Channel takes a LOT of devotion, time, and a sincere desire to help others heal. It doesn't come easily for most people.

Before we get into the specifics of developing skills though, first lets discuss the differences between Mediumship and Channeling. Many use these terms interchangeable, but for my purposes I will state what they mean to me. Simply, Mediumship is the process of communicating with the spirits of the deceased loved ones who have crossed over. Channeling is the process of communicating with the Ascended Masters, our Higher Selves, the Angels.. and bringing forward messages for soul development and spiritual growth. One of the things I like to warn about with channeled material is that no matter how good the channel, channeled messages are always colored by human perceptions. This doesn't make channeled material "untrue" or "bad" or "wrong". People often ask why channeled materials sometimes conflict and that's why. Remember when we communicate with spirit it isn't like talking on the telephone to a friend, it's very different.

There was a game we used to play in school where all the children would sit in a circle. One person would start by whispering a brief story to the student next to him, and that student would whisper it to the next student, and so on and so forth. By the time you got to the end of the circles, the story had changed, and there were several different perceptions of the same original story. The same applies to channeling / Spirit work. It doesn't make any of it "wrong" but it is still imperative that with channeled material you make sure it resonates in your heart. "Does this feel true?" is the first question you should ask, leave the analytical mind and your inner skeptic out of it, and listen to your spirit ;). Remember each of us in on our own unique path, and along our path we will pick up many pieces of information, many experiences, all that we must interpret according to our own frame of reference. Do what feels right and

don't do what doesn't.

Mediumship:

Mediumship is a little different than channeling, yes it can be colored by the interpretation of the medium, but there is also someone sitting there who will validate for you "yes" or "no". Mediumship can be tricky for several reasons. First of all, those that are receiving readings typically come into the reading with ideas of who and what they want to hear. Sometimes these expectations get in the way of an otherwise good reading. Spirit has to communicate the way they know how, and again it isn't like we have a direct phone line. Spirit has to communicate to the medium in symbols, sounds, feelings etc.. and each medium interprets these differently. Some who are new to dealing with mediumship don't understand the differences, and that's OK. What is really essential is for the Medium to be patient and confident, and for the querant to be open minded and to write things down, not discounting anything outright. If these two things are established readings will be much more productive. This doesn't mean we should encourage a sitter to just believe everything they hear. There is a healthy level of skepticism where we are able to protect ourselves, but there is a fine line between that skepticism and the next degree which is "closed" or "cynical".

As a medium it can be difficult to gain confidence when you hear "no" No' No" all the time. I will tell you from experience that a great many of my most frustrating readings, later turned out to be some of the best ones. When people have time to reflect, a lot of those validations dawn on them all of the sudden. Some of the most beautiful letters I've received were from former skeptics, so don't despair if it feels like you are getting nowhere fast with someone. Trust in God, and trust in your connection to your source. Approach the reading with the highest degree of sincerity, respect, and gratitude and you won't be steered wrong. That's not to say you won't have an off day now and then, or that you won't run into the occasional extreme skeptic who just wouldn't believe you if you performed miracles. Faith in oneself is the most difficult aspect of Mediumship.

Another block to developing Mediumship skills are our common fears of death and the unknown. As you leap in and try your hand at Mediumship a lot of this will start to work itself out. Sometimes though it is difficult to even take the plunge into mediumship when these fears haven't been addressed at all.

Exercise 1:

Now is a good time for an exercise in dealing with fears. We have tackled quite a few

in other parts of this book/course. For now this will focus on fears when it comes to Mediumship.

List your top 3 fears. Explore these in depth one at a time. In college when we were doing papers we had a brainstorming exercise where we took our topic, in this case one of your top fears, and put it in the center of our page with a circle around it. Coming out from that circle were all the thoughts and ideas we had on our subject, questions that came forward etc. This process helps to bring out all of these things to be organized and sorted through. This is a great way to start to deal with misgivings/fear etc. "brainstorm" it. Spend 20-30 minutes on this exercise. Don't try to organize your thoughts during the "brainstorming" segment... that will come later as you review the branches. Do this exercise for each of your top 3, one per day or one per week...

Once you have done your first brainstorm, work on sorting through it. Answer any questions that came up, address any fears. Work through this for as long as it takes you to feel you have a good handle on what you've written. Then go to the next one. By the time you reach the end you should have a greater knowledge of yourself, your motivations, concerns, expectations, etc.

Channeling:

Channeling is usually a very personal thing. Some people choose to take that higher wisdom and use it to inspire others, but a great many people "channel" and don't realize they are doing it. Channeling is involved in healing, where we draw the healing energy into our crown, and move it through our bodies and into the person being healed. By being a channel it simply means you are receiving energy. Everything that is is composed of energy. Thoughts are energy.

Look at yourself as receiver, an instrument that allows communication to come through. Anytime you receive a communication from your guides, you are a channel, receiving that energy. Most times we associate "channeling" with those who transpose messages though, so for this course we will view channeling in that context.

Have you ever written or drawn something that seemed to come from someplace else? Have you ever been "Divinely inspired" to share a message with someone, or to write or create? Do you often perceive messages or suddenly have flashes of great wisdom? Any of these things can indicate a channeled message from your Higher Self, Guides or

God.

Yes, we can all communicate with our source directly. "In the stillness you shall know me"... Sometimes we come into this information in dreams and other methods. In this lesson we will do a little experimenting with direct communication.

As we did in the first segment when we did the guided meditation to meet our guide, we want to do a similar exercise. Bring a notepad and pen, or a small tape recorder, and place it near your chair. Do your exercise of protection, and state your intention to the Holy Spirit / Divine/ Your Guide, whoever you wish to receive communication from. Relax, releasing any expectations.. and just relax as deeply as possible. You may find you see symbols, or hear something, or have a thought... just relax for 5-10 minutes or so and when you come out of your altered state, immediately record everything you perceived: feelings, signs, thoughts, words ... Continue to do these exercises as you are able, and record all that you perceive. The more you do this the more you are apt to pick up on... and since you have a written record things that you don't understand now may be validated later on. Be sure to write things down!

If you like to do the visualization meditation from the first part of the course, you could use it as well... and then record the experience upon coming back. This too would be a form of channeling.

Relax and enjoy, and let things come and go. Soon you will find that you are understanding more and more of what is coming through to you.

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Meditation/Visualization FAQ's

This lesson will focus on some frequently asked questions on Meditation as well as cover some different methods to try.

What is Meditation? and is it really necessary?

Meditation is the process in which we slow down our minds and try to get beyond our random busy thoughts to a place of higher awareness, relaxation, and peace. There are many forms of meditation, and yes it is extremely beneficial to the developing psychic to learn to adapt this practice in one form or another. The reason being is that developing psychically requires us to be able to relax the conscious mind, and to go into a heightened sense of awareness. Meditation is the means that we use to achieve this, allowing psychic communications to occur.

Is there a particular time of day that works better?

Many people find that meditation occurs easiest first thing in the morning right upon waking. At this time the body is well rested, and we haven't had the daily stresses kick in yet. I have also found that many benefit from this also by doing so in the late evening after a nice hot bath or other relaxing ritual. For some of us that are moms sometimes the only sanctuary we get is the bathtub ;). The time however is really up to you, but it should be a time that you can be consistent with, and it should never be on a full stomach.

Is there anything I can do to make my meditations more successful?

Here are a few of the tips I suggest to people to make meditation more successful:

*Set aside a time to meditate on a daily basis, even if it's only for five minutes. This helps cultivate the habit and makes it easier for your body and mind to adjust to meditation. It's sort of like when you have an established bedtime, around that time your body will naturally start to prepare for sleep out of habit, so it is with developing a habit of meditation.

*Don't meditate lying down until after you are more experienced. The reason I say this is that lying down cues the body to sleep. You don't want to fall asleep during meditation or you lose the benefits of it.

* Do your meditations in a location as free from outside noise as possible. You want this to be free from outside noise, and what I refer to as white noise as well. For instance if you have a computer plugged in etc.. turn it off. The sound of it running , a faucet dripping etc can be very distracting. If total lack of noise bothers you, try turning on a soft melody or meditation/relaxation CD. You can purchase CD's with sounds on them as well such as Ocean Waves or Forest sounds etc.

*Sit up straight with your feet flat on the floor, this keeps you at attention, but still comfortable. Don't slouch or lean on your elbow etc.. sit up nice and straight.

I can't seem to get my mind to shut up? is there something wrong with me?

No there is nothing wrong with you ;). This is natural, particularly at first. The first thing to remember is patience. We don't develop new skills instantly, they take practice. Secondly, meditations work different for different people so if you can't get one method to work, try varying your routine a little.

Also, be sure that you work on addressing issues that come up. Often times we interrupt ourselves out of a sense of fear and may not realize we are doing it, particularly if you suffer from anxiety already, you may have difficulty getting started, but you will benefit ultimately by getting in touch with whatever may be bothering you and facing it up front.

Another point to be aware of, is that in silencing the mind, it is more of an exercise of controlling our thoughts rather than trying to stop thinking altogether. We can't stop all thoughts, but we can get to a point where we are very aware of our thought process and in doing so, we learn to gain more control over it.

What's the difference between self-hypnosis and meditation?

They are both similar in that you start off by relaxing and clearing the mind, however in hypnosis you tend to drift into a more trance like state, whereas in meditation you stay focused and fully conscious.

What types of meditation are there?

In the first class we covered a couple of visualization meditations as well as a very simple meditation where we just clear the mind. You can also do meditations with

mantras or chants, or with focal points. Some people choose to meditate with specialized meditation tapes or nature sounds as well. Another good way to clear the mind is to concentrate on focused breathing. There are probably as many different means of meditation as there are people who practice it. As we go along we tend to develop our own unique methods that work for us. That being said, there are no "wrong" ways and there are no set in stone rules.

Exercises:

Meditation Techniques:

The first thing you want to do is establish a time to do your 5 minute daily meditations. (longer if you wish). Try to arrange it so that you do this around the same time each day. Every two days try a different type of meditation. For example: Monday/Tuesday try focusing on a candle flame or picture on the wall, then on Wed/Thurs you would switch and try to focus on breathing. A good way to do this is to count as you inhale, and then count backwards as you exhale. Make sure that your inhales are less than ten per minute, that tells the body to relax. Then on Fri/Sat you could try doing a Mantra meditation. You can do meditation sounds such as the aum or om, or you can say a mantra mentally. One thing that worked well for me was to say "body relaxed, mind awake" or to say a single word over and over that is relaxing such as "repose". Another method you could try would be to redo the guided visualization meditation from the first course.

Do a different style meditation for a couple of days in a row, and then switch, at the end of the week you should have an idea of what feels good to you.

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Will Meeting & Working with my Spirit Guide make my life easier?

No, not in itself. A lot of people think that if they have contact with their spirit guides that answers and choices become 'easy', and I want to explore this a bit. You have come here for a reason, and life is a learning process which means sometimes difficult experiences, sometimes tough decisions, sometimes challenging emotions.. but these are your lessons, your life, your path. I know it can be easier to want simple answers, but the Angels remind us also, this is your path and you must walk it. It isn't fair nor is it possible to expect the Angels, God, your guides, to make your decisions for you. They can lend insight yes, they will always listen, they may give hints and little signs, but your personal power of free will is yours, and you must learn to respect and appreciate it fully. What a blessing to be able to make your own decisions. I am thankful that God is not a God of control and manipulation, but a Parent like God of respect who wants us to grow and take steps. My guides explained it to me really well when I was having one of my inner cynic moments ;). I was told when a child grows up, the parent protects them, nurtures them, provides to them what they need, but the parent can't take all the responsibility away from the child or the child wont grow and reach their fullest potential.

You can't keep a child from taking his first steps because you are afraid he will fall down, you eventually take the training wheels off the bike, and watch anxiously as your child takes off.. and are there waiting for him if he falls and needs comfort, but you cheer him on and encourage him to keep getting back on the bike.

God wants us to grow, take our steps and our tumbles that allow us to continue to blossom. Just because things aren't going the way you want them too doesn't mean your guides or God doesn't care. It means we stumble when we learn to walk..every one of us does, get up and keep at it, let your guides, the angels, God encourage you, but don't refuse to grow just because you get some bumps and bruises along the way. So can guides make your life easier? yes in much the same way a parent can soothe and comfort a child, but they can't and they won't take away your personal power, limiting your growth potential. They will encourage, advise, comfort, but never control. The other side is like a loving big extended family, and they respect you enough to not invade your personal territory. Sometimes love is tough ;), but just remember that if you didn't have

personal power life wouldn't be the glorious experience it can be.

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Do you find that eating certain foods heightens your sensitivity to Psychic ability?

First of all I will start off by saying there are many varying opinions on this subject, as there are with all areas of psychic development. I am sharing my personal experience here as well as the experiences of others with whom I have discussed this issue.

Yes. I find for me personally, and for many others, that the need to drink a lot of pure clean water increases. Avoid drinking distilled water as it dries your system. Items like teas, colas, etc should also be limited as they are also very drying to the body. About 75% of us walk around in a chronically dehydrated state, and have been that way so long we don't recognize the symptoms. I still enjoy my cup of coffee, but I increased water radically and couldn't believe the changes in all aspects of my being, my mind became sharper, my skin clear, and everything seemed to improve. Particularly on days you do work with spirit it is VERY important to stay hydrated. Water is good for you, it establishes a firmer connection, and cleanses away negative energies etc..I read once and adopted the following formula for myself and it has helped me immensely. Take your body weight, divide by 2, the number you come up with should be the amount of water you consume in ounces each day. ie 200lb person, 100 oz of water per day. This may seem like a lot at first, but gradually build up to it, you will find it will benefit you on many levels.

As far as food, well different things bother different people. I found that I naturally started moving away from red meat and heavy meat dishes. The energy seemed to make me lag a lot and it brought me down. We truly are what we eat, and the more sensitive you become, the more aware you become of the effects your foods/drinks have on you. I also love to bake, but found bleached flour and a lot of processed sugar makes me really drag also. These days (2011) I eat a completely gluten free diet, without sugar and no meat or processed foods. This is the diet that works best for me after a lot of tweaking and listening to my body over the years. I however will not tell anyone “how” they should eat – other than to remind them that whatever we take into our bodies will either help or harm us and to plan accordingly.

I try to eat a lot of raw veggies and fruits and make sure I drink plenty of water. For some reason, apples seem to be loaded with good energy.. I love them now and I didn't eat them before, go figure.. This may be different for each individual, but it is fairly

universal that red meats drag you down as well as heavy starches like large amounts of refined sugars, bleached flours, and that water is essential.

Anything fresh and in season is always good when it comes to produce. Whole grain breads and rices etc are also a wise choice for most people.

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If we can't foretell the future with Tarot what is the point of using it?

First of all, don't give your power away by thinking that the future is predestined. We all have free will, it is the greatest gift our Creator has given us. We always have the power of choice, so nothing is ever carved in stone, if we don't like where we are heading we have the power to change that. Telling people we know what is going to happen is wrong, it can effect their sense of personal empowerment.

The main purpose of Tarot is to look at the past and present situation in depth, to give us ideas of what is likely to happen based on these conditions. From that point on it becomes the questioners responsibility to take that information and incorporate or act on it as they will.

Tarot and other Divination tools are an awesome tool for looking at things in a more well rounded context. They allow us to view things from different perspectives, to focus on the actions we may be taking that are holding us back. They can point out our strengths so that we can build on them and our weaknesses so that we might take steps to correct them.

They are not magic, they don't hold all the answers, only we as individuals hold the answers to our destiny. It is very important to know this when using divination, don't give your power away to a pack of cards ;), use the information, incorporate it ,and do what you feel is the right thing to do.

My approach to Tarot is very spiritual. It was my first love so to speak, and when I began my spiritual awakening it became a great inspirational tool for me. The images on the cards can be used for meditation and reflection. They can help us bring forward hidden aspects of our natures, and show us other methods of looking at ourselves more objectively. They can be used as a wonderful tool of self-discovery so long as they are used properly and not abused. The same can be said for other divination tools as well, however Tarot is where my familiarity lies so I refer mostly to it.

When is the best time to practice meditation?

The best time for meditation will vary from person to person. Sometimes those of us who are moms just have to take a few minutes when we can get it lol.

For those of you who tend to find you get distracted or have a lot on your mind, you may want to try doing a five/ten minute meditation just upon waking in the morning, when the mind is fresh and rested. This doesn't mean lie in bed and hit the snooze button ;), the routine is still the same, get up, sit in a chair and do it the correct way for best results.

Another great way to get some meditation time in, is to take a nice salt bath, or relaxing bath with whatever aromatherapy type stuff helps you to relax.. turn on some relaxing sounds, lighting a candle and making a sanctuary bath, this will help you to relax deeply and make for a productive meditation.

For those of you who need a little guidance, you can try buying guided meditations on cassette or CD, or recording your own.

The best time of day for meditation is the time of day where you can be most relaxed, and can be uninterrupted.

For many more answers to questions on Meditation see the Chapter on it in the advanced section of the course.

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What is Astral Travel and OBE (Out of Body Experience)?

Each of us has different bodies. We associate primarily with our physical bodies, but we also have other subtle energy bodies that surround us. In Astral Travel we transfer our consciousness to one of these other energy bodies and travel through the Astral realm. We all Astral Travel, whether we do it consciously or not. Anytime we dream at night, it is a form of Astral Travel. We create and form our reality in the Astral Realm through our thought processes. While the body lies sleeping, our minds are active and about the other realms exploring and helping us to find answers, have new experiences, etc. while on the Astral Plains. Others choose to go to the Astral Plains consciously, and access these realms through meditation, visualization etc.

Out of Body Experience (OBE) is the process in which we actually fully leave our physical bodies and wander about the other realms. Many people can do this at will, others will sometimes spontaneously do this during sleep time. It is widely believed that the consciousness/soul of the person remains attached to the physical body via a Silver cord. This allows the soul to travel in the realms of spirit for a time before returning full consciousness back to the body.

In Astral travel, visions, etc. there is still a connection to the physical body in most cases. Many people are able to "split" their consciousness between the Astral realms and the physical body, thereby going into a deep trance but easily able to return to full body consciousness. Those who are completely OOB may not be returned so easily to the physical body as they become so detached from it that they don't "wake up" when prompted. On the other hand those who split off are usually easily pulled back to physical awareness.

NDE (Near Death Experience) is a form of OBE where many report looking down upon their physical bodies, and seeing others in the room with them etc. They often travel and visit with others who have crossed before them before returning back to the physical realm to finish their incarnation.

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When I touch Objects sometimes I sense things - what is this?

This is called psychometry, and is another effective psychic tool. Every living thing has energy and we leave behind a type of energy signature on everything we touch. Contained within this "energy signature" can be traces of our thoughts/experiences/emotions. people who use the ability of psychometry can tell things about a place or an object by picking up on these energy signatures as they touch items. Sometimes when we walk into a place that is "haunted" we can touch the walls or railings etc. and feel different feelings, or maybe witness pieces of events that happened there.

It is my personal belief from some of the haunted places I have visited that usually what I am picking up on is the feelings of the people who have also been there, and the feelings that were strongest and held within the place. For example there is a ruin near me of an old Civil War prison. Terrible atrocities happened in this place and it is believed that this small shell of a building is haunted by uneasy spirits. When I went to this location I felt a lot of energy around it, and I began to touch various points on this wall. In some parts I felt deep sadness, particularly in the window area when I sat in it, and in other areas, I felt fear, anger the whole gamut. I believe the stone absorbed the energy of a couple of hundred years worth of emotions/activities centered around that location, but I don't believe there were any actual lost souls or beings trapped there. I think many times people pick up on things like this and mistake that experience for being a haunting from a "ghost" or a lost soul. Of course in many cases hauntings do happen, but in some instances I firmly believe we are haunted by the energy of the actual location. Particularly in places where people tend to witness the same thing happening over and over again...it's almost like a psychic tape recording.

Psychometry also works for giving psychic impressions for others. You can hold someones piece of jewelry or a belonging and pick up things about that person, who they are/were, or thoughts/feelings they had that are connected to the item. You can try experiments with psychometry with friends, or even in your own home.

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What are orbs and why do I see lights and blobs ?

These orbs are common, many people see them. There are different causes for them, but the one thing that is common about them is that they are all energy. Everything is comprised of energy: all forms of Spirit, all emotions, thoughts etc. are made up of various vibrations of electromagnetic energy.

Sometimes these "blobs" of energy, particularly the ones we see closest to us, are manifestations of our own energy. Particularly when one is experiencing a strong emotion (joy, anger, laughter) that person may emit a ball of energy - a thought form. Other times we will witness "paranormal" activity or spirit energy in the form of an orb or ball of light. Sometimes the light has color to it, and reflects the type of thoughts/emotion etc most prevalent in that energy. Mediums will often see or feel the energy of one who has crossed. Many times we experience these visitations ourselves and can pick up on the energy pattern of the soul who is contacting us.

Sometimes we can also witness balls of energy around various shifts in atmospheric energy. Some people may see strange lights or wisps or orbs before a thunder storm, or when there are solar flares etc. Again it is the witnessing of energy patterns.

All things emit energy, our thoughts are powerful, and many people don't realize just how so, because we are not taught how our thoughts/emotions effect "reality" in our physical realm. One "scientific" study was done on the power of prayer for instance. A group of patients was divided in half, half were prayed for by strangers, and the other half were not. None of the subjects knew that they were having prayers sent to them etc. It was proven in this study that those who were prayed for, even though they were not conscious of it, showed marked improvement over the group who was not prayed for. The act of prayer releases healing energy and that energy is then directed to the person(s) you are praying for... it is a way of manifesting through the power of thought and directing ones energy in unison with Divine will.

Energy is everything, it is in everything we encounter, in every thought we have etc. Therefor there are many ways that we witness energy, and many ways that energy effects us. As we become more sensitive psychically and spiritually we tend to become more sensitive to all types of energy and may witness these energy patterns in a variety of different forms.

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What is Kundalini or a Kundalini Awakening?

Many people experience this and don't realize what is happening. First of all let me explain what it is basically. Kundalini is an energy that lies dormant in the base/root chakra of every individual. It is symbolized as a serpent, when this energy is awakened it ascends the spine, working its way through each of the chakras and eventually coming through the crown. It is considered to be Divine Life Force energy.

Sometimes, for unknown reasons, this energy is spontaneously awakened in individuals. Some of the side effects are sudden intense psychic phenomenon, aches and pains, strong emotional swings etc. Many people are afraid when this happens because they don't know what is happening. I was one of those people who experienced this and was led by Spirit to explore "Kundalini".

When I had my awakening I experienced a whole new level of awareness. I was suddenly having many very spontaneous psychic visions, dreams, and even healing. I also would experience shivers, without being cold, and I could feel the chakras buzzing and opening. At the time this all started I had never heard of Kundalini, and I was quite perplexed by what was happening to me. I think Kundalini is something that is programmed into each of us to awaken at particular stages of evolution. Sometimes we do something inadvertently that jump starts the process. That being said, I would not go seeking a Kundalini awakening without a great deal of preparation and honest self-dialogue. Trust in your Divine plan to lead you to that when you are ready. Should you be one of those who like me was kind of hit with it when you were not fully prepared, know that you are not "crazy" nor are you alone.

I have included in the resources some links to learn more about Kundalini, what it does etc. because it is really too broad and deep of a subject to cover here. I could do a whole book on just that (hmmm maybe someday lol).

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*** I was brought up in a faith system that taught using psychic abilities is "wrong" or "evil", how do I know that this is acceptable? How do I reconcile these conflicts?**

First of all, before I share my perspectives and experience on this matter, let me start off by saying, that this is a very common concern among those leaving a more "fear based" faith system and branching out into the spiritual realm of self-discovery and identity. Ultimately, the decision as to whether this path resonates with you or not is up to you. I will not condemn anyone's belief system, and if one is at a point of there development where they feel wrong about this, or they feel torn, I advise that they set this aside for now and explore their belief patterns, their faith or lack thereof in a benevolent creative power of God, and facing fears. All of these steps are necessary for personal evolution. None of us are on a "wrong" or "bad" spiritual path, we are on the path that we need to be on during this stage of our personal evolution.

Although I do still walk a Spiritual Christian path to some extent, I also walk the other paths that are a part of who/what I am. I made the personal choice to leave the dogmatic religion system I was raised in because I didn't feel it brought me closer to "God" or my source, which is where I truly wanted to be. I spent many years feeling that my churches teachings were not resonating with me, yet still loving very much the lessons of Jesus. In my opinion, my church did not uphold many of the most vital of those teachings. I found that my religion taught us to fear God, to "love him or else". Fear of going to hell and being inherently more to be pitied than uplifted did not seem to me to match the lessons of the Christ. When I looked at the lessons and parables of the beloved, I saw a peaceful man, who rebelled against the judgmental ways of his society. He sought to let the crippled and diseased into the temples where the priests would not allow them... he said God was for everyone, not just the ones that look and think like you. He stood up for society's outcast, preventing the stoning of women, and pointing out that none of us is perfect.

My church had a way of looking down on everyone who wasn't a member of "our church". That we were "right" and other belief systems were "wrong". It was very black and white, very judgmental, and very not like what I saw in the life of Jesus. I left my church, but in doing so I found myself on a wonderful new journey, one where I felt more connected to God. I began to realize that it is ok for us to grow and experience in our own ways.

As I began to move away from the teachings of my upbringing, I sought to understand more about humanity and how religions developed as they did. All I can share with you is my perception. In ancient times, there was no separation between church and state, the church was the state, and you agreed or else. This being the case, how better for those in power to gain control of the masses than by instilling fear. To allow, or even worse, to promote free thought could have many implications and would likely have led to revolt. It was far better for the powers to instill in people a fear of God.

By portraying God as a punishing force, the ruling powers were able to accomplish dominion over the people by both instilling fear and disempowering them. The dogmas and fears taught in many religions are very contrary to what the Masters all taught us. I believe spirituality and religion to be two entirely separate bodies, one not dependant on the other. That is not saying religion can't enhance one's spiritual path. I have loved the teachings of many religions, and find that all hold at least some truths for me. I believe though, as with anything else, too much of anything can be toxic. If we look to religion to dictate our path, we lose our identities. If we look to religion to enhance our path, it can help us to find our true identity.

The Human condition does not always respond readily to change. There are many old-school believers who fear very much the rise in popularity of "new thought" and the "new age" movement. To people in this state of development, anything new constitutes a threat to their belief system. That being said, I don't believe that they are "wrong" for believing as they do either. They are simply at a different stage of development, and are doing the best they can according to the circumstances they find themselves in. We don't look at a 3rd grader as being "worse" than a 5th grader, just at a different level of understanding and growth. I feel those on a personal spiritual quest are not "better" than those who stick to more rigid teachings, just different. Humanity has to come to a place where we realize that different doesn't mean less than or wrong. We are all on an individual journey to discover the Truth, and many paths lead to the same ultimate destination.

For me, I don't believe that the creative force that has manifested everything so perfectly, from the tiniest portion of an atom to the vast expanses of the Universe would create anything/anyone that was "wrong". Having to declare someone wrong is a human condition, not a Divine one. As a parent, could you give birth to five children, and only give unconditional love to the one who grew up to believe and act exactly as you wanted him to? Would you condemn the other 4 to an eternity of punishment and abandon them for being individual and becoming what they desired to be? Of course not, so why should we in our infancy, believe that an all knowing omnipresent/potent "God" would

do so? This is the logic behind my faith anyway ;).

As for the answer is this wrong? well, no one can answer that for you. Life's biggest blessing is that of free will. If you feel this path is wrong for you, that is something only you can decide. If you are compelled to explore further, then that is wonderful as well. Ultimately, only the individual can decide what is "right" or "wrong" for his/her own path.

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*** Are protection rituals necessary, and how do I do them properly?**

In a word, yes I believe they are. I do want to clarify what I mean by that though. Does this mean that everytime we open up psychically there are evil forces or bad things just waiting to pounce on us or lead us astray? No. Every time I leave my home or my car, I feel a strong sense of safety and security. I am aware that it is extremely unlikely that I will be harmed when I leave my home, vehicle etc. I also still lock the doors when I leave, and I am aware of my surroundings when I am out. Even when I am at home, I do things that ensure my physical safety. If I see a bare wire I don't plug it in. I turn the appliances off when I am done. There is a necessity to being aware and safe. This doesn't mean that we should pine away in fear, worrying about all that could go wrong, or feel like a victim waiting for the bad thing to happen. At the same time, if we become so secure that we become mindless, we leave ourselves more vulnerable.

Some people who teach psychic development teach that so long as we have positive intentions etc, nothing negative can be attracted to us. That is really one of my biggest pet peeves. Although I see the truth in that statement, I do feel the need to still advise caution. Yes, it is true, that when our vibrations are high, and we are coming from a place of love and positive intention that most negative energies don't want to be bothered. Loving people filled with the light of the Holy Spirit and pursuing spiritual growth are boring to those who want to inflict harm, but that doesn't mean they are completely invincible from negative energy.

Negative energies will likely be encountered from time to time on your journeys. There is not a need to be afraid of this, as you have the power to stop them from harming you. The stronger a person's faith in God, themselves, and most importantly the connection he/she has to Creator, the easier these situations are to handle. We all have free will. Just as a negative energy has free will to contact you, you have free will to send it away. That being said, don't fear that evil spirits will come in and harm you, but don't leave the door open for them by becoming lax, or arrogant believing that it "can't" happen. Chances are it won't, but don't leave things totally up to chance. Also important to note, most not so nice energies out there love your fear. If you are afraid you give off that fear based vibration that these "baddies" like to feed on. They may confront you to try to make you give in to a fear based response, in that case, send them away with love and let them know you have no fear for them to feed on today thank you very much. In other words, don't give your power away through unnecessary fear. Work on dealing with fears before fully opening up to your abilities and the path will be much smoother.

Something else to consider: a protection ritual serves other benefits. The very act of surrounding yourself in prayer and light draws you closer to your connection to the Divine. There is security and comfort offered in this activity. Now the second part of the question: How do you do this? The answer is the way that feels best to you. There are no right or wrong ways to do a protection ritual. The only requirements are sincerity, positive intent, and gratitude to the Divine, your helpers/guides and respect for those whom you encounter. You can do a visualization exercise like this book suggests in the first part of the course, and add prayers that you like, or scripture passages that you are drawn to. You can also just sit and talk to your guides and God and state your intention and ask that your journeys be blessed. This process is a unique one, as individual as you are. Do what makes you feel safe, as long as you have the required elements, whatever you choose will work just fine.

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Resources & Contact Information

Below are a list of resources I recommend for additional knowledge and experience.

[Psychic Wonders: Mediumship & Psychic Gifts Explained](#) This is a wonderful site full of valuable information, composed as a labor of love to help dispel myths about the psychic world.

[Kundalini Resources: Signs & Symptoms of Kundalini Awakening](#)

This is a great article on signs of Kundalini Awakening by Ed Collie. This site also features many other resources for learning about Kundalini, including FAQ's and discussion groups.

[Kundalini Resource Center](#)

Another wonderful Kundalini resource site with many articles, FAQ's, reader experiences, publications, and much more.

[International Center for Reiki Training](#) Great site featuring numerous articles and various other resources on Reiki.

[Chios Energy Healing](#)

This site discusses in great detail the art of Chios energy healing – another form of energy work that resonated with me.

[Metagifted](#)

This site is a wonderful resource for those working with psychically awakened/developed children also known as "Indigo Children".

[Chakra Model](#)

An excellent website/flash presentation that illustrates the chakras and explains them in 3D.