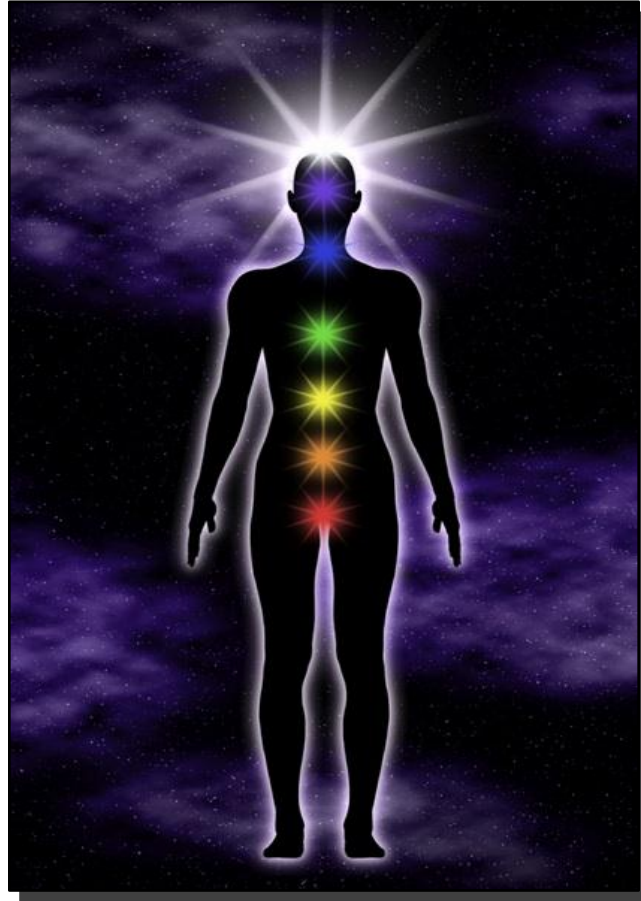


The Psychic Toolkit

Learning Your Psychic Energy Anatomy



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What is Energy?

“And what is a man without energy? Nothing – nothing at all” ~~~ Mark Twain

Everything in existence is energy. Your body, house, car, thoughts and emotions are all composed of energy vibrating at different speeds conforming to shapes and patterns that we recognize as the world we live in. Energy does not go away, it cannot be destroyed; it just changes shape. Its construction and vibratory rate determine our perception of its form. For example, water is energy vibrating at a low frequency with the molecular pattern of water. When thermal energy or heat is added the patterning changes, the vibrations increase, and the water alters its shape to become steam. Though the molecules are farther apart it still has the same molecular structure as water and contains the same information. Similarly, a piece of furniture made up of molecules vibrating at a slow frequency make it appear solid, whereas gas composed of molecules vibrating at a higher rate produce a transparent effect.

Intuitive-psychic energy works on different levels and is so fast that it can easily be missed. Becoming attuned to changes in energy patterns, aware of how your body feels, and conscious of yourself will help you to decipher subtle energy. In his book, “*Supernature*,” Lyall Watson relates a story about the Aborigines and their ability to catch fish. On a trip with them he thought their practice of dunking their heads into the ocean was to look for the fish. Instead he learned they were “...listening for the breaks in the silence.” In relation to intuitive-psychic awareness and how it communicates information, the “breaks in the silence” are the spaces between your thoughts. This space contains energy and this energy is what you will learn to pick up.

In fact, energy is a *field*. There is a field of consciousness and energy to which you belong - of which you and all that is - are a part. Here is a brief visual exercise you can do to understand this concept of the Field of Energy:

Picture yourself for a moment standing in a vast meadow, limitless, stretching in all directions to the horizon and beyond. You are somewhere on the periphery gazing inward towards a center from which millions of blossoms bloom outward further than the eye can see. Now delve into the center of this huge creation with your mind to see a single seed from which all this diversity of life has come.

As you stand in your place in the meadow, feel your legs rooted into the very ground, connected always to the core and to every other expression of that core's existence. Allow yourself to now expand your experience of this meadow to that of a multi-dimensional field, which, from the center flows outward 360 degrees - a sphere of throbbing energy; a sphere with no boundaries perceptible from your place in the Field.

Regardless of where you are in the Field, you remain connected to the source; to the oneness that is the sphere of energy. Yet your experience of the sphere is colored by your specific placement in the Field, a perspective limited by the range of your own position. If you look around your small sphere of motion in the Field, you might see your ancestors, your descendants, your family, friends, co-workers, acquaintances, enemies, pets, material possessions and events that compose the life you came into physical form to experience and perhaps lives already experienced and lives still to come.

As you look at the Field in its totality from outside it, using the power of the mind, the Field appears as endless vibrations of energy, intricate in pattern, complex in interaction, a symphony orchestrated by an unseen hand. You, in your essence, are the same as all matter and energy - you share the same source - in actuality, you and the source are ONE. And once you throw off the constraints of your perception of this Field of Energy, you open to the experience of the entire Field.

EXPERIENCING ENERGY

You store experiences within your intuitive-psychic memory. For instance, supposing someone gives you a surprise gift. The resultant feeling could be one of disbelief, shock, excitement, or even anticipation. When you have the identical feeling a few weeks later your intuitive-psychic memory recalls the event associated with it and sends you the message that a surprise gift is on its way. You have just experienced a precognitive flash of something to come - the gift!

All psychic information you receive filters through your personal experience of energy. Hence, every time you have a feeling it provokes similar thoughts and reactions, reminiscent of a smell reminding you of certain foods. You will know exactly what a feeling means if you are sensitive to its repetition and rely on your own interpretive language. Using the surprise gift for example, if there is no surprise, then you can deduce one of three things; the surprise is yet to come, it is or was for someone else - maybe someone you were with when you had the initial feeling - or you misinterpreted the energy. No one can tell you what your feelings mean so, whatever the outcome, learn from your experiences.

EVERYONE IS PSYCHIC

The word “energy” comes from the Greek, “energeia,” meaning activity, or “Divine action” in Epic Greek. Everyone senses, deciphers and interprets energy, but a psychic can translate its activity beyond the normal range of perception, identifying what most people are unable to recognize. The psychic picks up mental, emotional, physical and spiritual energies, translates them into thoughts, feelings, health issues, beliefs and divine communication and then uses this information, depending upon his or her individual gifts, to tell what you are thinking or feeling, which event has most affected your life, or what your future plans might be.

You may not realize it, but you pick up and decipher energy every day. For example, on meeting someone for the first time you may experience an immediate attraction, repulsion, or indifference. You might sense a positive or negative atmosphere when you enter a room full of people. There could be instances when you feel completely at home in one restaurant, and yet in an identical restaurant, feel totally out of place. You may have experienced people, including friends and family that leave you feeling drained of energy. All of these examples demonstrate your capacity to absorb energy.

Most people would not describe themselves as psychic though on some level everyone has this skill. The following exercise demonstrates your ability to go outside the confines of your own consciousness by extending your psychic self beyond the boundaries of your being and linking it with that of an inanimate subject.

Take a moment now and do the [Exercise](#) in the sidebar. This is an exercise in *Projecting Energy*. As your perception of energy increases you will enhance your sensitivity and be more affected by the world around you. Developing your intuitive-psychic awareness means that you can literally understand what it feels like to “walk in someone else’s moccasins.” The challenge is to first understand your own consciousness so you can fully comprehend that of another.

Projecting Energy Exercise

Look around your immediate vicinity and select an object to focus on such as a chair, table or a lamp. Close your eyes and take a few deep breaths bringing your conscious awareness into the center of your being. That’s right! Find your center and breathe into it. Now picture the object and begin to imagine that you and your chosen object are one.

Visualize yourself as the identical shape, configuration, and color of this object. Imagine being in the same space. What is in your field of vision from this location? What is in front of you, behind and at the sides? Really try to become this object. Get a sense of its energy. How does it feel to be this item? Does it feel appreciated? Is it cared for? What is its purpose? Allow the answers to come to you as you become more acquainted with its consciousness.

When you have finished thank the object with your mind for allowing you to share its space and then disconnect from its consciousness. Bring yourself back to your own awareness, back to your center. Remain with your eyes closed and take a few deep, cleansing breaths. When you feel completely centered and in your body take one more deep breath and as you breathe out open your eyes.

Developing self-awareness and knowledge of your inner world allows greater access to your inner guidance, higher self, and to realms beyond this level of existence. The more aware of who you are the more you can become an observer of energy rather than a reactor to it. This can create a greater sense of meaning in your life and can become a tool for growth, enlightenment, and change.

There are no mistakes in learning to work with energy; just the experience. As you continue to open to the experience, you will become better able to interpret your energy information. And you move into the flow of your experience.



The Chakras

"There is deep wisdom within our very flesh, if we can only come to our senses and feel it"
 ~~~ Elizabeth A. Behnke

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**Y**ou live on a planet of experiences and emotions. You are energy in three-dimensional form and for all intuitive or psychic work, you need to open your energy centers (chakras) but first you need to have a basic knowledge of what they are and the purpose of each.

The word 'chakra' comes from the ancient Sanskrit language and means 'wheel' or 'spinning wheel.' Each chakra is a circle of energy that balances, transforms, interprets and stores life experiences (energies) and communicates between the physical and non-physical, or subtle, bodies. There are seven main chakras associated with certain physical, mental, emotional and spiritual energies:



1. **Root Chakra** - Spine (base of spine) - general vitality; blood circulation; reproductive system; instinctual part; adrenals; self-preservation; animal nature - **color is red**
2. **Sacral Chakra** - Gonads (glands), Intestines in front, spleen as well; elimination systems, processing; digestion; sexual reproduction; corresponds to nervous disorders; difficulties with elimination or digestion - **color is orange**
3. **Solar Plexus Chakra** - Adrenals; stomach, liver, upper intestines, pancreas, kidneys, maybe spleen; Fear in negative aspect; youthful energy in positive aspect. **Color is yellow.**
4. **Heart Chakra** - Lower lungs, Thymus Gland; ability for unconditional love (nature); negative aspect is jealousy/envy - overall color for balance - **color is green**
5. **Throat Chakra** - Thyroid; creativity; self-expression; bronchial tubes; upper lungs; voice box; metabolism in general. **Color is blue.**
6. **Third Eye Chakra**- Third eye; pituitary gland; eyes; ears; most of throat; intelligence and intuition; where we combine thoughts and emotions. **Color is indigo.**
7. **Crown Chakra** - Pineal Gland; upper brain; spiritual evolution of consciousness. **Color is violet.**

The chakras vary in movement and might appear as a spiral staircase if seen clairvoyantly. When your intention is to look at the health of the chakras, clockwise spinning would indicate the chakra is bringing energy in. Counterclockwise would indicate the chakra is releasing or moving energy out. The direction the chakra is spinning doesn't necessary indicate whether a chakra is open or closed. When a chakra is still (or static) it can just be processing energy.

Anodea Judith says the chakras vary and intertwine with one moving clockwise and the next counterclockwise. For healing, you want to bring all the chakras into a place where they are bringing energy in. In that way you are helping them let go of excess energy while speeding the processing along and bringing them to a place of being energized.

You can program and work with a pendulum for healing to see if your chakras are open and flowing. To do that, program your pendulum that clockwise means healing energy is being brought in to the chakra. Hold a pendulum over the chakra. If it goes counter-clockwise, then you can put your hand over it (about 2 inches off the body) and spin your hand the way it should go and then test again.

If it is not moving at all, again you can put your hand over it and spin your hand to get it going again. You can try this with water going down a drain - put your fingers in the flow and see how you can make it go the other way. This will give you a physical visual to use when you work with your chakras.

The chakras are spinning all over the place. By programming your pendulum to react to energy in this way it reveals energetically what is happening. Other interesting information about the chakras that you may or may not know is that a man's crown chakra is supposed to run counter clockwise, while a woman's runs clockwise, hence the pin over the pregnant belly to find the sex of the baby routine.

When you want to open your chakras to do intuitive/psychic work, you can simply bring your awareness to your heart center and then visualize a zipper going from the top of your head to the base of your spine. You can un-zip the zipper from top to bottom to open your energy centers. When you want to close, you can zip up from bottom to top. Now you are ready to work with your Sixth Sense (Third Eye Chakra).



# Your Sixth Sense

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*"The sixth sense is at the core of our experiences. It is what makes experiences out of events."*  
~~~ Henry Reed

Developing your intuitive-psychic awareness can expose you to all kinds of rogue energies. For this reason it is essential that you understand the importance of energy exchange. Distinguishing which energies are beneficial, supportive, and in alignment with your individual pattern will enable you to discern which to pick up, let go of, and block.

We constantly receive, transmit and translate energy from everyone and everything around us using our six senses. The five fundamental senses identify and interpret energy on a physical level giving an initial impression based upon sensory perception, previous experience, and prejudice. Imagine for a moment that you are walking into a room full of people, what is the first thing you do? You evaluate the scene using your five traditional senses picking up on the décor, furnishings, the kind of people present, and the collective aroma of the place. Simultaneously your sixth sense, going beyond ordinary perception, acts like a barometer and awakens an awareness of the subtle energy or atmosphere within the room. Apart from the obvious sensory input this barrage of energy, typically experienced as an intuitive feeling, fills in the missing pieces.

The energy you absorb from those around you can affect the way you feel. In public places the energy vibrates at the frequency of the strongest or most common thought. Now if most of the people in the room are feeling happy then as soon as you walk in you will absorb the happy energy and as a result feel good about the place. The same applies if the people are negative. It affects you in a comparable way. If you are feeling positive and you walk into a room full of people that collectively retain a negative vibration then it will not feel right to you. The group energy or dynamic could be described as "not being on your wavelength!"

POLAR OPPOSITES

If more than half the people in a room emit negative thoughts and feelings this can flip the balance of composite energy exposing you to an environment that directly influences your

wellbeing. The saying “you can cut the tension with a knife” conveys the energetic weight of the thoughts, feelings, beliefs, and physical condition of those present. Negative energy creates stress in the body and typifies all the same symptoms. Physically, you can feel weighed down similar to the way you feel after a heavy meal or when carrying weighty baggage. In addition, your body can portray flu-like symptoms - aches and pains, lethargy, stomach upset, and headache. On an emotional level you can become depressed, unhappy, angry, and upset about matters that normally would not distress you. People might tend to irritate you for no reason. You may begin to reflect on negative issues in your life, dwelling on your faults and fears. When subject to negative energy you can experience one or all of these classic signs. Furthermore, this state of tension is likely to attract more negativity making you feel worse.

Positive energy generates the opposite effect to negative inducing a relaxed, stress free state. Instead of feeling unhappy you feel happy and ready to enjoy life. Any heaviness is transformed into weightlessness making you feel as light as a feather. You feel at one with everything and everyone around you. Life flows with ease as you openly receive all the new and wonderful opportunities entering your life. And just as a negative frame of mind attracts negativity, so a positive frame of mind attracts positive energy. People are happier around you, more gracious and welcoming. They want to be in your company, because they feel good when they are with you.

Positive energy usually counteracts negative, but if you feel overwhelmed by negativity and are having difficulty finding your center try the following technique.

Exercise: Positive Image Technique

Close your eyes, take a few deep breaths relaxing a little more on each exhalation. Allow your breathing to be slow and rhythmic. Find your center of awareness and breathe into it. When you feel ready, picture a white light surrounding you like a protective bubble. At the center of the bubble is a blue flame flooding it with a sapphire radiance. When this image is firmly in place begin to think of a time when you felt happy. It might be recent or in the distant past, it doesn't matter when it was all that matters is the energy of happiness you felt at that time. If you are visual then you will be able to visualize this time in your life. If you are not visual just get a sense of the happiness you felt through your memory of that moment. Bring this memory into your body as if you are experiencing it right now. Move this feeling of happiness through your bubble of light like ripples on the surface of a lake, giving you a calm, warm, light feeling, permeating every level of your being. When you feel totally connected to this feeling of happiness take a deep breath and as you breathe out open your eyes. Happy feelings can remove “acute” negativity from your field of energy. However, on a practical level, and for a more lasting effect just leave the person or place that is making you feel negative. It's that simple.

As you become more sensitive you will perceive to a greater degree the subtle differences between positive and negative energy. A good initial indicator is your breathing pattern. Slow, deep breathing often signifies positive energy while rapid, short breaths or breathing difficulties can be a sign of challenging energy. Another significant hint is the experience of heaviness and lightness. Begin to distinguish what kind of energy you are absorbing on a daily basis, how it is revealed to you, and how it affects you.

SENSING OBJECTS

According to the First Law of Thermodynamics “energy is always conserved; it is never created anew or destroyed.” This would mean that energy holds information in its conserved state from its current and/or previous manifestation.

The art of deciphering the energy of objects is called “psychometry” – psyche indicates soul and metry signifies measuring. The soul is the record keeper, so psychometry in essence means, “to measure the record.” A talented psychic can psycho-metrize or “tune-in” to an object and describe the life and thoughts of its owner. This skill has been utilized by at least one third of America’s police departments aiding the police in their pursuit and capture of criminals, and in particular murder suspects. Psychic detectives have been used for many years.

Businesses are fast becoming wise to this way of understanding energy. Some well-known companies have consulted psychics when they are having irresolvable difficulties with particular staff members. The psychic sits in each chair usually occupied by the problematic members of staff and deciphers the energy of the problem. The advantage to this method is that someone can communicate what the employees are not expressing and an appropriate solution found.

During the 1960’s Roza Kuleshova, a young Russian girl, proved to researchers that she could use her fingers as her eyes. While blindfolded she could read words by running her fingers over printed copy and could also correctly identify the color of any objects she held. This ability can be learned and it is based on experience of energy.

In the next exercise you are going to sense energy. Once you let go of any expectations it becomes much easier to work with and interpret energy. Sensing energy using your hands can help you on your energy-sensing journey. Your hands are very sensitive to subtle changes in the energy field so, the following exercise is designed to help you sense these energies. As you have probably already learned it is important to be relaxed. If you feel tense and unable to relax then use a relaxation technique before you start the exercise. This is not a test; just think of it as a game.

Exercise: Sensing Energy

Equipment: For this exercise you will need three identical objects differing in color and preferably red, yellow, and blue. Colored pencils are often the easiest to work with. As this is an exercise to decipher energy you may like to use new pencils rather than used ones. Take the three objects and place them in front of you.

Preparation: Now close your eyes and relax. Imagine a white light surrounds you forming a comfortable protective shield. When you feel at ease within the light visualize a cord descending from your feet or the base of your spine into the center of the earth like the root of a tree. When your roots reach the center say hello to Gaia and wait for a reply. When Gaia replies to your greeting, ask her to give you energy. Provided she agrees feel the energy of the earth ascending your roots, filling and energizing your body. Next, visualize golden light, like sunlight, above your head showering you with divine radiance. Feel this energy enter through the top of your head filling and energizing your body. Allow the light of the divine to embrace and blend with the energy of the earth within you, and when you are ready take a deep breath in and open your eyes as you exhale.

Technique: Now take each object in your hands one at a time and feel the energy. This is not a test so just have fun. Next place the objects at a distance apart from each other and run your hands over the top of them about an inch away. Close your eyes to block out external data. You are reading the energy of the pencils. If you do this too quickly you will miss the information, too slowly and your logical mind will interrupt your thoughts. Get a sense of how each pencil feels. Do they have different sensations? Do you experience a feeling in one part of your body when you are sensing one pencil that you do not sense with another? Do you see images that might relate to the color of the pencil? Just allow the flow of sensations to wash over you.

Next choose a pencil at random with your eyes closed. Go through the same procedure and see if you can decipher which color you have chosen. Repeat the exercise. You can try other colors but red, yellow and blue are primary colors, meaning they are pure and do not contain other colors. When you have mastered the primary colors move onto the secondary colors orange, green, and violet. Recognize how you receive and decipher the information you receive.

Deciphering Psychic Energy

"The only real valuable thing is intuition." ~~~ Albert Einstein

First, the awareness of the five senses is extended beyond that of normal perception. For example, the energy of an object or being can be seen using extended vision or high sense perception. People often see this energy as an "aura" which appears to surround the head and shoulders. The second way energy is decoded is by scanning the inner intelligence to produce a recognized framework. This framework links with external information and appears to be deciphering energy when in fact it is accessing memory. For example, if a client is having problems with a mother figure your memory may be jogged and the image of a previous client with a similar problem will appear. You would appear to be accurately reading the energy of your client when in essence you are reciting relevant information received beforehand. You can access the wisdom of this memory and this is usually called experience. The third form of energy decoding is when the barrage of energy bypasses sensory data and memory and relies upon the extended field for its information. The field is a natural extension of the body. Both the sensory data and memory play a part in deciphering the code of the field but this is pure energy translation. It presents itself as a feeling and at times with physical, mental and emotional involvement. The field is generally known as your "aura."



THERE IS MORE TO YOU THAN MEETS THE EYE!

The body appears to be a three-dimensional being and yet this physical body is just one of its many facets. We could be described as holographic beings simultaneously living on many planes of existence beyond our normal range of perception. Part of our identity embraces unseen sheaths of electromagnetic energy collectively known as an energy field or "aura." Religious images depict the aura as a golden white glow - the Latin word for gold is "aurum" - around the head and shoulders of saints. In ancient Hindu, matter is said to be composed of "anu" or atoms, and the aura is "paramanu" meaning beyond the atom. Since earliest times

clairvoyants and seers have agreed on the existence of an auric field. Many people such as doctors and nurses see auras, but do not say anything for fear of being ostracized. It was not until the last century that special machinery and scientific research proved its existence.

In 1911, Dr Walter J. Kilner of St Thomas's hospital in London published a book **The Human Atmosphere** in which he detailed his development of auric sight. He used a screen made of glass sheets containing a dark blue dye enabling him to see and eventually to become sensitive to the auric field. In 1939, Russian scientists Semyon and Valentine Kirlian, succeeded in taking photographs of the energy field surrounding the hands and fingertips. Interestingly Semyon photographed his fingertips one day and failed to produce an image. A few days later he came down with flu. His wife Valentine experienced the same effect shortly before she also succumbed to flu.

Probably the most convincing experiments to prove the existence of an energy field have been performed by physical therapist and professor of kinesiology at UCLA, Valerie Hunt. She discovered that an electromyography, a device used to measure the electrical activity of muscles, could also detect another more subtle energy emanating from the human body, but with apparently smaller amplitude.

She originally became interested in the aura when a student who had spent several years in Haiti where she was involved in indigenous dancing asked her to explain what happened to her during trance dancing. Before the student danced Hunt placed sensors on her body designed to measure muscle tissue and vibration, but what she discovered was energy originating from somewhere other than the physical body. As her equipment had a short frequency range she sought the help of NASA scientists to develop a machine capable of gathering higher frequency information. She has christened this device an *AuraMeter*.

Hunt found that certain abilities and talents related to specific frequencies within the auric field. She discovered that an individual whose consciousness was focused on material things was found to have a low frequency reading, very similar to the human body. Psychics and healers have a higher frequency and trance channels higher still. Interestingly some of the people she tested had frequencies so high that she labeled them "mystical personalities," explaining that they possessed a wisdom and awareness of the interconnectedness of humanity. Another fascinating experiment involved the effect of electromagnetically depleted air on individuals. People subject to this air would burst into tears and yet would exhibit clear thinking when the electromagnetic energy of the air was increased. The electromagnetic level had no impact on the oxygen content of the air.

Exercise 1: Sensing Personal Energy

Sit comfortably so that you are not focusing on your body. Being uncomfortable takes your attention to the discomfort and away from your work. Take a few deep, cleansing breaths, allowing your breath to naturally find your center. Good. Now place your hands at chest level in prayer position, palms facing each other. Separate your hands so they are about one-foot apart. Close your eyes to block out any external influences and put all of your attention into your hands. Once you have attuned yourself with your hands, slowly move them toward each other until they are about one inch apart.

Notice how your palms and fingers feel as your hands gradually draw close to one another. Then slowly pull your hands apart and notice any sensations in your palms and on the backs of your hands and arms. If you move your hands too fast your sensitivity will miss the sensations, move too slowly and your logical mind might tend to analyze what you are doing. Keep making this accordion-like movement until you can feel the weight of energy between and on the backs of your hands. You can also try the same exercise with cupped hands, either flat with the hands opposite each other or with the fingers at right angles similar to when you clap. Experiment and see if you can feel any difference.

What you are sensing in this exercise is your personal energy field. It might feel hot or cold, light or heavy, magnetic or repulsive, sometimes drawing the hands together and at other times pushing the hands apart. There is no right way to experience this energy it is whatever the feeling is for you. When your hands are cupped this can sometimes capture the energy and make it a little more intense. Again, everyone senses energy in a different way not everyone is going to have the same sensations.

Exercise 2: Sensing Personal Energy

Now try a modified version of this exercise. Remain with your hands at chest level, but and bend your hands so that the fingertips of each hand are facing those of the other. Move your hands back and forth like an accordion and see if you can sense the energy. Remember to close your eyes. Practice this exercise for a couple of minutes.

One last adjustment, keep the same position hands bent and fingertips facing, but this time move one hand up and the other down like passing elevators, up and down. Can you feel the energy stretching between your fingertips? When you have finished this exercise shake the energy from your hands, relax, close your eyes and take a few deep breaths. Find your center again, take a deep breath in and as you breathe out open your eyes. This is a simple exercise to demonstrate the presence of energy surrounding your body.

Exercise 3: Sensing Auric Energy

Work with your own energy. Close your eyes and relax. Imagine a white light surrounds you forming a comfortable protective shield. When you feel at ease within the light visualize a cord descending from your feet or the base of your spine into the center of the earth like the root of a tree. Feel the energy of the earth ascending your roots, filling and energizing your body. Next, visualize golden light, like your own personal sunlight, above your head showering you with divine radiance. Feel this energy enter through the top of your head filling and energizing your whole body. Allow the light of the divine to embrace and blend with the energy of the earth within you. Allow your mind to be silent. If you catch yourself thinking, notice the thought and then let it go. A good way to do this is to either picture a blank white wall or to focus on the light.

Technique 2: Relax your hands into your lap and visualize either someone you love or a situation that makes you feel very happy. Allow yourself enough time to experience the radiant energy of love and happiness within your body and then repeat technique 1.

Technique 3: Place the fingertips of each hand about one half inch apart with palms facing the ground and move your hands vertically up and down in opposite directions, within a range of a few inches. You can also look at the energy between your fingers either against a white or black background.

Technique 4: Sensitize your hands to the subtle energies of your body. Allow them to explore the contours of your energy body keeping your hands about one inch away from the skin's surface. Get a sense of your personal field. If you move too quickly you will miss the sensations, too slowly and your logical mind will interrupt the flow. You may detect different sensations: heat, cold, magnetic attraction, repulsion, or tingling. You might sense variations in the field. Take notice of where and what kind of changes you perceive.

As you become more adept you will begin to understand the meaning of repeated energy patterns. Keep a note of your interpretation of the energy in a journal. This way you will be able to look back on your personal dictionary of symbolism. Since your eyes are closed during this exercise you might also have the opportunity to see energies, mists, lights, colors, symbols, etc. Do not dismiss anything you see, feel or hear.

Energy Dimensions - The Aura

"The aura given out by a person or object is as much a part of them as their flesh."

~~~ Lucien Freud

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The auric shell or energy field is your first point of contact. The auric field provides energy for the physical body to function normally; it is the framework of the body, mind and spirit connection. As a multi-dimensional movable field it works as both receiver and expeller of energy. When it is receiving it acts like a radio tuning in and picking up the wavelengths of thoughts, feelings and foreign objects. These wavelengths are translated on the physical, mental, emotional and spiritual dimensions. To make this easier to comprehend imagine a group of people - a physical fitness instructor, scientist, artist and a monk. Each person is asked to describe a specific vegetable. The fitness instructor explains its nutritional value, the scientist identifies the molecular construction, the artist describes the way the vegetable is formed, and the monk illustrates its consciousness. Each person describes the vegetable based upon individual experience.

Essentially the various layers of your being absorb and decipher energy in much the same diverse way. Both the sensory data and memory play a part in deciphering the code of the field by scanning the inner intelligence and linking with memory to produce a known framework. In other words, the feeling is named only when it is recognized by your memory, provided you have experienced this feeling before. But this is only from the perspective of the intuitive pathway. The psychic channel is an extended awareness with the ability to communicate more information. It deciphers energy in different dimensions of time, bypassing sensory data and memory and offering information from a place of knowledge as opposed to human experience much of which is gleaned through the energy field. In other words, the psychic channel picks up information that may not have been experienced by the receiver. It gives a broader picture because it is able to function on more dimensions.

The bible quotes Jesus as saying, "*In my father's house there are many mansions.*" This is just another way of saying, "*In my father's house there are many dimensions.*" We already live on many dimensions, we are just not always aware of it.

### *Exercise: Sensing Your Auric Layers*

In the previous exercise you sensed the energy of your hands. In this exercise you are going to sense the energy of your auric field using your hands. You might experience some of the same sensations as you navigate the different levels of your subtle body.

It's best to do this exercise in a space with no outward distractions preferably in natural light away from computers, televisions, and mobile phones. Find a comfortable position. Take a few deep, cleansing breaths following the breath into your center. Now to sensitize your hands to energy do the previous exercise again. It's a little like warming your muscles up for yoga, but in this case you are stretching your sensitivity muscles. Once you have done this start to run your hands over your body about an inch from your skin. Begin by running your hands over your hands and arms, head and face, chest and abdomen, and finally your legs and feet. See if you can sense any variations in the energy. Take your time. Remember if you go too quickly you will miss it. Give yourself permission to be receptive to energy.

Now, bring your hands to your heart, palms facing your body, and slowly move your hands away from your heart and see if you can feel the layers of the auric field on the backs of your hands. At this stage it might be an advantage to close your eyes. This energy is very subtle so the slightest shift in your perception will doubtless be the edge of one of the auric layers. Once you are aware of one layer keep moving outward and see how many layers you can sense. You will probably discover that each layer has a different quality. You might feel sensations in your body other than in your hands as you do this. If you do, see if you can tune into the sensation and decipher its meaning. If this doesn't work for you then in your mind say, "If I knew, what would this mean?" This will stimulate the "all-knowing" part of yourself and help you to uncover the reason behind the sensations.

When you have finished this exercise shake off your hands, close your eyes, and take a few deep, cleansing breaths. Bring yourself back into your center, take one last deep breath in and as you breathe out open your eyes.

There are traditionally seven layers of the auric field. The Etheric, meaning the state between ether and matter, is the first. It is tight to the body and basically contains the blueprint for the physical form. You might feel lines of energy on your palms as you move hands through this field.

The next two layers, the Emotional body and the Mental body, are self-explanatory. The Emotional layer can feel heavy or light depending upon your mood. The Mental level is usually lighter although no less complex.



All the layers superimpose each other there is no defined line, so finding the edge can be a task. As they can expand outward for a few feet or a few miles it can also be challenging if you discover your own energy field is larger than your arm span. You can ask your energy field to shrink; it is after all part of your consciousness, enabling you to sense each layer.

The fourth layer, the Astral or Star body is the second emotional body. It is connected with the heart and is essentially the fulcrum between the physical and spiritual levels. This layer is light with a mature density.

The following three layers are repeats of the first three only they reflect the spiritual rather than the physical being. Starting with the Spiritual Etheric, then the Spiritual Emotional body or Celestial body, and finally the Spiritual Mental body, Causal, or Ketheric Template. The outer layers are of a higher vibrational material. When your intention is set to sense them you will discover that your whole being is taken to that frequency. By the way, the name and number of layers are by no means definitive. There are more layers and a multitude of names, but seven is a good start.

Each layer will have a distinctly different feel from one moment to the next depending upon your thoughts and feelings in that moment. Try visualizing something that makes you happy or sad then sense the layers and see if you can perceive a change. It may be a little more challenging to do this exercise when you are feeling sad, on the other hand this might give you a greater capacity to sense the emotional layers.

It can take time to sensitize yourself to energy, so if you do not feel it, try the exercise again another day. You may notice that you are more sensitive at certain times of the month. Women might be generally more receptive just before and during their menstrual cycles. Men also have this shifting hormonal phase, so be aware of the tidal energy in your life. This awareness will better serve you in your intuitive-psychic development.

## INCREASING SENSITIVITY



Your energy field responds to your thoughts and feelings. When you are happy it expands to attract and embrace the energies of everything around you. When you are sad it contracts, keeping your boundaries intact and discouraging any unwanted energy from bombarding your field. In order to increase the vital energy of your field either do something that makes you happy, which automatically brightens and revitalizes the auric field, or move the energy already present. Shifting energy within the field is like spring-cleaning a room.

Listening to music or watching a comedy is an excellent way to clear stagnant energy from the field. There are however a number of methods to work on specific areas of the being. On a physical level moving the physical body during a workout, martial arts practice, dancing, running, or a massage not only realigns available energy but also encourages the absorption of fresh energy. Emotionally, increasing the energy links with the flow of positive feelings, especially love, creates shifts. Ideally the emotional body will be free of blockages allowing energy to flow freely.

An example of an emotional blockage is depression. In this instance energy is being withheld requiring additional energy to hold the imbalance in position. Tears can often release this and other blockages permitting the energy to flow without restraint. If there are emotional blockages that cannot be removed alone then counseling in some form can often facilitate movement and release resulting in the positive feeling you seek to achieve.

Mentally the field is enhanced when the intellect is utilized, but it can also be increased through relaxation and meditation. This is because both of these techniques require a stress-free concentrated focus allowing the mental aspect of the field freedom to maneuver. In yogi philosophy the breath calms the mind and emotions through expansion and realignment of the auric field. In all these examples the realignment of energy occurs on all levels of being in addition to the initiating point.

## PEOPLE ENERGY

The aura can span great distances, depending upon the individual's stage of personal development and enlightenment, extending beyond the physical form from a few feet, and in the

case of spiritual gurus, to many miles. In other words the size of the energy field can have a bearing on the enlightenment of its owner. This is why gurus can have such a profound impact on the consciousness of others, not necessarily through their words, but as a result of the increased awareness within his or her energy field. You are drawn to certain people because you have an affinity with them or a sense that this person has something to impact on your life. Intuitively you know that you are on the same energetic wavelength or can be moved by this person to another level of being. When you are attracted to someone your energy fields interact long before the physical bodies connect.

When two people meet an exchange of energy occurs similar to a conversation, but this dialogue takes place on an inter-dimensional level influencing the mind without either person saying a word. Initially you assess them physically using your five senses. As you draw closer your personal energy fields touch and blend giving each of your permission to evaluate the other by utilizing the sixth sense. You don't necessarily have to be in close proximity. When two people are captivated by each other across a crowded room there is a preview of "coming attractions" played out by each of their energy fields at an equidistant meeting point. The resulting exchange reveals how they will react to each other on the mental, emotional and spiritual levels. It is a cosmic "trying on for size" routine provided both parties are willing to engage in the floor dance. If one or more levels are not in synchronization then the pair may not unite on a physical level. It would be like trying to mix oil and water. Nonetheless, you may choose this energy foreplay only to step into a relationship that you intuitively know will not work. You received the psychic memo stating that this did not work on an energy level and yet you can continue to ignore the signs.

If a relationship is to succeed it needs to be in harmony. So, the next time you see someone you are attracted to be aware that energetically you have already been through the motions, and if something does not feel right with the connection, it is probably because it is not the perfect relationship for you at this moment. This is not to say the relationship between you will not occur. The good thing about energy is that it has the potential to change.

## SEXUAL RELATIONS

When two people are intimate it is more than just physical juices that are exchanged. If a relationship progresses to the sexual level a whole new arena opens up. Energy cords, not unlike umbilical cords, develop at specific points between each body. The area of attachment largely depends upon the focus of the relationship. If it is based upon love then cording will occur at the heart level, while a sexual liaison may bypass the heart and only create cords between the sexual centers.

Having sexual relations with someone allows their energy to move into your auric field. Even if you were intimate just the once you will continue to be connected to this person via the cords you have both created remaining there for approximately six weeks. Although you may not be on speaking terms you can continue contact on an energy level, similar to having an open telephone line. This means that if you are sensitive you can pick-up on the energy of anyone your partner has slept with in the previous six weeks. Some people know when their partners are being unfaithful, because they are able to decipher the energy being fed to them through these cosmic cords. In some cases the partner will know the exact moment intercourse is taking place. This demonstrates the importance of integrity within relationships and can make you think twice about the kind of people you become intimate with.

## HARMONIZING IN TUNE

As your sensitivity to energy amplifies it becomes progressively more challenging to spend time with people whose energy fields and experiences are not in harmony with your own. This starts with differences of opinion, conflicting interests, and finally a realization that each of you is treading a path that is headed in unconnected directions. Each relationship serves a purpose by helping you develop consciousness through the reflection of a part of yourself that you desire, on a soul level, to face. Once this aspect has been confronted and healed it changes your energy on both a cellular and cosmic level. Unless those around you shift and change along with you it can become difficult, but not impossible, to be exposed to their energy on a regular basis. It is like spending time with someone from fifth grade when you have graduated to sixth grade.

You may find you are very sensitive to negative energy. When someone is judgmental for instance it might jar your energy and constricts your field. Those who are not in their integrity may make you feel drained and depleted. If someone who has a lot of unresolved emotional issues comes into your life, you will feel it in your auric field. It is important to become aware of how you feel around friends, family, work colleagues and acquaintances. Notice who makes you feel good and who gives you the creeps. Connect with like-minded people and interact with those who make you feel good.

## MAGNETIC PERSONALITIES



People you are in-tune with have frequencies within their auric field that vibrate harmoniously with the energy within your field. In other words their experiences are in synchronization with your experiences. This configuration of energies makes you want to be with them, they give you a happy feeling and the energy between you is luminous. When your energy is not in alignment with another's it is as if the atmosphere between you is rigid. It jars your field and



creates a repulsion demanding that you leave that person's space immediately. When this happens it can often make you feel drained and washed-out.

If there is a quality you wish to embrace put yourself in a position to be around people who radiate it. These people have within their energy field the blueprint to the quality you seek to contain. Being close to them allows you to draw on their resources and magnetize this quality within your own field. Motivational mogul Tony Robbins effectively put a prime example of this law into practice. He had struggled to make a living until he realized that in order to be successful not only did he have to make positive changes in his life but he also had to be around those who had achieved the kind of success he aspired to. He recognized and proved that their energy fields literally rubbed off on him!

Healers will often sit next to people who are in need of healing, but instead of consciously extending healing energy they are shifting the paradigms of the other's energy field through the framework of their own aura. The auric field contains all the experiences of a person's life. These experiences are like blueprints or maps that have already been navigated. When a person needs to heal something specific he or she will often be guided to the person who has successfully healed this aspect on a personal level. This individual holds the correct healing map within the energy field and emits the correct healed note for this issue. For this reason healers need to work on their own "stuff," that way they can shift certain energies within their field, which in turn will help others to do the same. This is one of the simplest forms of healing, but not all healing works in this way.



In contrast, someone with positive energy can uplift and inspire you. When you meet someone who has grown through the challenges life has to offer, you will experience that energy of compassion and non-judgment that exudes from them. People are attracted to them like moths to a flame, even though in some cases they have no idea why they are attracted to them. You become more loving in the presence of loving energy. It is like energy transference, and it so affects you that your life can change as a result of making their acquaintance.

Conversely, the almost palpable vibrant energy emitted by people in love and from those who love life is addictive. When someone is doing something they do not love, like a job for instance, their energy field decreases in size making it hard for that person to rally enthusiasm for anything in life. And that is true even for the seemingly most enlightened guru or person. The saying, "we teach what we most need to learn" is not only a profound statement but is more often than not an insightful truth.

### Being of Like Mind and Body

Imagine two people who use similar cars. They drive to work at the same time each day, on an identical route, yet each has a completely different experience. One gets stuck in traffic and complains about the number of maniacs there are on the road, while the other encounters kind drivers and no hold-ups. How can two people performing the same task at the same time of day experience different outcomes? Energetically you attract what you believe on a deep level.

Experience reflects belief. The people around you reflect what you believe about yourself. They respond to the energetic message within your energy field. For example, if you consider yourself to be unworthy of love then you attract a scenario to mirror this belief. If you think you do not deserve to have money, then guess what? You will not have any. If you believe you will get stuck in traffic and be at the mercy of bad drivers every time you take a particular route, then that is exactly what your reality will design for you. For more information on patterns and ways to attract what you desire in your life, read Elizabeth's book **Wishing: How to Fulfill Your Heart's Desires**.



The same goes for when you are happy with yourself; people pick up on this energy and react to it too. You can test this concept. The next time you walk down a crowded street or enter a room full of people, let your predominant thought be a positive affirmation about yourself, such as *“I am full of light; I shine from within and I am beautiful.”*

Really bring the energy of these words into your being and imagine your field filling up with sparkling, vibrant light. Notice how people react to you. On a similar note being in love can attract dozens of suitors, and yet when you are

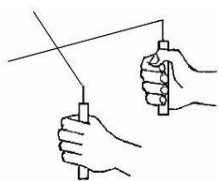
looking for love your energy fields express a different note or scent.

What about those days when everything goes wrong? It has nothing to do with good or bad luck. It is energy and energy can be changed. Become more conscious of the power of your thoughts and beliefs. The first rule to successfully work with intuitive-psychic energy is, believing that you can. Affirm now, *“I am psychic.”* Whatever it is you want to gain from this book affirm now that it is already a part of your life.

## ENERGY GEOGRAPHY

As you develop your sensitivity you will become more aware of where you are geographically and where you need to be. Sometimes you will need city energy, at other times the energy of nature will energize you. You will also discover that certain areas of the country or a different country draw your energy. Be aware of how certain cities or towns make you feel. Notice the common energy of the people who frequent that town or place. Be aware also of the places you regularly visit and how they make you feel. Where you live is an important factor in your growth and development. Not only does the village, town, or city have a particular energy, but the country you live in also has its own energy vibration, one that has built up through the ages.

The earth has energy grids and what are called ley lines similar to the meridians of the physical body. The term ley lines was coined by amateur archeologist Arthur Watkins who on a trek in the English countryside stopped to gaze “at the scene around him and consulting the map, he saw, in the words of his son, “like a chain of fairy lights” a series of straight alignments of various ancient features, such as standing stones, wayside crosses, causeways, hill forts, and ancient churches on mounds.”\* In 1969, writer John Michell associated the concept with Feng Shui and spiritual concepts and awareness of energy vortexes, ley lines and alignment of sacred sites spread beyond Britain.



The easiest way to experience energy geography is with dowsing rods. You can walk along the land with dowsing rods and the rods will cross (or open) when you hit a ley line. In this way you can use dowsing rods to follow the energetic grids of a place. You first tell your rods what means ‘yes’ and what means ‘no’ - let’s say that crossing means no and opening means yes. You can then use dowsing rods to check whether or not your energy is in alignment with a particular place. If the rods cross, it is a no but if they stay straight or open widely, it is a yes.

Probably the most famous use of dowsing rods is to find water on property. But you can dowse for anything. You can dowse for where you left your keys if you want. It is your question, your intention and your curiosity and belief in the method that make it effective. Dowsing rods are inexpensive and available on the internet. Get yourself a pair - they are another set of tools to connect you with your intuitive psychic ability and the universe in which you live.

\* Watkins, Alfred Watkins (1925). *The old straight track: its mounds, beacons, moats, sites, and mark stones*. Methuen & Co Ltd.

# Cleansing Pollution

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*"The difference between one man and another is not mere ability, it is energy."*

~~~ *Thomas Arnold, Historian*

As you develop your intuitive-psychic skills you will begin to notice that everything is much more intrusive than it was, especially loud noises and crowds. This is because you have become consciously aware of energy through sensitizing your psychic instrument. It is on a par with having the x-ray vision and sonic hearing of superman (maybe not quite as extreme but similar). As you develop, your psychic instruments have a tendency to open up whenever you focus on or talk about psychic work. For example, your psychic instruments are comparable to a balloon. At first it is difficult to pump up but when the balloon is re-inflated it is a much easier task.

The same conditions occur with the psychic mechanism. This is because during the early stages of development more focus is directed on opening up the energy rather than closing it down. A strong mental focus is required to prevent the mechanism from working without supervision. Even reading this book will open up your energy. If the psychic instruments awaken, expanding the auric field and opening you to intrusive energy the resulting effect can expose you to psychic attack and energy vampirism. Exhaustion, depression, irritability, anger, fear, and anxiety are some of the sensations that can be experienced. As always, cleansing with white light will rid the intrusion. It is also a useful practice to imagine your auric field is a balloon. Once you have cleansed it visualize your field reducing in size, the excess energy going back into the earth, and then protect yourself.

THE POWER OF THOUGHT

As thought is a powerful and potent tool probably the most effective means of defense is "knowing" that you are protected. However, sometimes even this "knowing" needs a little extra boost. When the auric field is damaged in some way or you are open psychically and someone projects negative thoughts in your direction this can result in what is known as psychic invasion or psychic attack. Psychic attack often occurs when someone close to us sends jealous or negative energy, or deliberately wishes us harm.

That is why it is important to create a safe, protected space when you open up your ability to receive and perceive intuitive-psychic impressions. Always protect yourself with light and, if you do healing work of any kind, cleanse your energy field with light between clients. You can visualize your treatment room surrounded by mirrors, which guards against any negative energy that might be sent your way. It just bounces off the mirrors and returns to the sender.

Some people can tap your energy. Just as a vampire draws blood these individuals siphon energy from those with the right kind of fuel, causing a person to feel drained, exhausted, sick and depressed. The clue is usually that they feel great after spending time with you whereas you feel sapped. Consequently, they are often referred to as “energy vampires.” Energy vampires do not have enough energy because they are unable to create it for themselves so they take it from others.

To prevent your energy from being drained it is important to establish your boundaries and maintain an environment free from negative energy. Negative energy creates weakness in the defense mechanism of your auric field causing you to be vulnerable to energy leakage - the perfect target for a vampire.

You do not have to be in close proximity to a vampire to be drained of energy, it can occur on a cosmic level too. Just thinking of someone who has these qualities connects you both on an energetic level. To counteract this shield yourself - visualize white light surrounding you blocking negativity but allowing positive energy in. Then wrap yourself from head to toe in a cloak of protection in whatever color feels right for you.

The field of energy surrounding you is your personal space. When you lean forward to talk to someone you are in essence stepping into his or her space. When you lean back you avoid his or her energy and keep your own space clear. When someone moves too close to you and it feels uncomfortable it is because your energy fields are not in harmony. The simplest way to prevent contamination is to keep negative people out of your personal space.

If someone’s energy makes you feel uneasy just ask the other person to honor your space and keep his or her distance. This way you maintain a clean space and prevent pollution from outside forces. Alternatively, be true to yourself and walk away - if you feel better when you have left them then they are the problem.

Do not stay with someone just to be nice. Another easy method is to cross your arms and ankles. This technique is well known in body language and indicates that someone is protecting himself or herself. Or just visualize white light and cloak yourself in a protective color.

VACUUM CLEANING

When the subtle bodies of a human being are healthy the auric field is a charged, dynamic source of power displaying an array of color like a medley of beautiful rainbows. You feel alive, energetic, and carefree. In contrast, if any of the bodies are unhealthy the resultant domino effect disturbs the balance within the whole of the auric field diminishing its power considerably and making you feel “off color.” Hence, your auric field becomes less vibrant, polluted, and subject to a weakened state. The outcome is a physical feeling of energy depletion, fatigue, and depression with a related or proportionate sensation of weight and heaviness.

The aura protects you by means of being an extended self. Its primary role is to filter energy before it enters the delicate vortexes of the subtle bodies. Unfortunately, it does not discern the kind of energy it absorbs. Illness is not necessarily due to a personal imbalance of energy; it can also be the result of increased sensitivity to external factors such as negative energy. For example, sometimes, when you are tired it is not because you are physically exhausted, but because you have absorbed the dross from other people or your environment. In this instance the aura works like a vacuum cleaner dredging energy as you move through a building or a room, or when you come into contact with people. Healers are expert “vacuum cleaners” targeting and clearing energy junk wherever they go, so they need to be particularly aware of absorbing the energy of others. It is essential for the healer and the aspiring psychic to protect themselves from negativity. Regular practice of the cleansing, grounding, and protection techniques will alleviate the symptoms of increased negative energy as well as promote psychic safety.

As a psychic you become the mirror for all those around you. Sometimes it is difficult to know who you really are because you have taken on so much of everyone else’s energy. For instance, let’s say you are with a friend and out of the blue you start to worry about finances, relationships, or work. If these are not your concerns at the time of the meeting then chances are they belong to the individual you are with. If you are unsure of your ability to decipher energy in this way simply ask your companion if these issues have been a problem lately. A confirmatory answer would indicate that you are indeed picking up another’s energy. If however your companion is not going through any of these problems then you may either be absorbing residual energy left behind in the room by someone else, or picking up on potential energy from the future.

The same applies if someone is exhibiting signs of depression the effect is echoed within your being as tiredness and indifference. This is because their energy is depleted affecting your circuits in a similar way. Likewise if you are with people who are drinking alcohol or taking drugs their experience can become yours. A relationship, friendship, job or home can make you feel any

of the above sensations, but if you feel mostly negative energy then it is probably an indication that it is time to move on, leave the situation or change the energy.

Take notice of how you are with people. Any behavior that is out of character for you could be your “energy receptors” picking up another’s feelings. There are a variety of ways you can absorb the energy of another person without even thinking about it. Here are some examples:

- When you and someone else say the same thing at the same time you are absorbing their energy and translating it into words. The words then become your own, and vice versa. Distinguishing who had the initial thought is like trying to work out if the egg or the chicken came first.
- A similar result occurs when you empathize with someone who is suffering the loss of a loved one. Your sentiments can begin to resemble that of the grieving person. A pregnant woman’s partner can experience the identical feelings and exhibit physical change. This is equivalent to the telepathic link from the previous example only this time instead of interpreting it into words it is translated into feelings.
- On a related note there are many people who can pick up and sense the physical pain of a loved one who has fallen ill, even if that person is far away. In this instance the physical body becomes both the receiver and translator of energy.
- A classic example is sensing the presence of someone close to you and yet no one appears to be there. This often occurs when alone in a room. Recognizing that your sensory equipment remembers how it feels to have someone close to you alerts you to this. It is a natural part of your defense mechanism, but in this instance the person you are being alerted to may not be physically present or in a physical body. Being stared at has the same effect.
- When women live together for long periods of time they eventually begin to menstruate together. Their cycles change because the individual energy patterns intermingle and the resulting vibration causes them to menstruate at approximately the same time.

These are all normal reactions unsurprisingly linked with intuitive-psychic awareness. This is a lesson in mixing with like-minded people. If you begin to make comments or act in a way that does not embody who you are then look to see where it originated. Could it have come from a friend, relative, television show, magazine, or book? Learn to distinguish what belongs to you and what belongs to someone else. This will be particularly helpful when you work with others psychically and you will understand this more as you progress in your intuitive development.

PROTECTION AND CLEANSING

You are already working with energy so it is important to begin the practice of protection and cleansing now. You can cleanse your energy field by using light. Imagine a waterfall or spotlight of light flooding every level of your being, removing any areas of darkness, anything you may have picked up that does not belong to you, taking it back into the earth where it is made formless and harmless. You can affirm “No darkness can live in the light.” Imagine you are a house. If all your lights are off then someone or something could sneak into your house and go unnoticed. But, with all your floodlights on it’s going to be more difficult for them to approach you, unless of course they embrace the light meaning they are willing to be seen in your light. Darkness does not like to be seen. Just remember that!

Exercise: Psychic Opening & Closing Routine

Keep a psychic routine. Make sure you do not have any distractions. Sit in Egyptian pose. Close your eyes and take a few deep cleansing breathes.

Cleanse the room:

Visualize a beautiful ball of sparkling white light in the center of the room. As you focus your attention on this light see it become larger and brighter, larger and brighter still, until it completely surrounds and embraces you. Feel the light cleansing your mind, body, spirit and emotions, filling each of your bodies with light. Give anything you have been holding onto, any negativity, into the light. See it being transmuted and absorbed by the light. If there is excess energy see this as formless and harmless and taken back into the earth. Expand the light into every corner of the room cleansing the room of any negativity. If you find an area of darkness fill it with light - no darkness can live in the light. Expand the light until it becomes an enormous bubble embracing the building within. See the light cleansing the building above, below and the sides. (When you are satisfied that your space is clean, say a prayer).

Prayer:

Great Spirit, surround me with your light, love, peace, and power. Help me to be at one with you. (Say your part of the prayer - whatever you are working with). Bless you.

Ground:

Ground yourself by imagining roots going from your feet and the base of your spine down, down, down, into the center of the earth. Ask Gaia to share her energy with you and bring this energy up through your roots into your root chakra opening your root chakra wide. Bring this energy up to each chakra in turn opening them wide both front and back. Open the crown chakra

wide and see earth energy streaming out and flowing through your auric field like a fountain returning the energy to earth completing the circuit.

Visualize a ball of golden light above your head. This is the light of the divine, Great Spirit, God. Feel this energy flood your crown chakra intensifying each chakra with wonderful golden light, expanding your auric field with energy. Get a sense of the optimum balance of earth and divine energy within your psychic body and adapt your energy. Invite your guides, especially your main guide to work with you. You are now ready to work.

If at any time you feel light headed you probably need more earth energy. If you feel heavy you probably need more spiritual energy.

Closing Down the Chakras:

Before you close down say a prayer to thank spirit for working with you. To close down, visualize a spotlight of light above your head showering and cleansing your subtle bodies. Any dross you have picked up is transformed by the light into formless and harmless energy and taken back into the earth. Contract your auric field bringing it closer to your body. Reduce the size of each of your chakras taking any excess energy back into the earth. Shower again with white light then re-earth yourself. Bring earth energy up through your root chakra and re-energize your body. Do the same with the spirit light so that you are heaven and earth. Bring divine light into your crown chakra filling your body with the light of spirit, wrap yourself in a cloak of protection - whatever color feels right for you. Now put yourself into a bubble of light that only allows positive energy to enter. If you need extra protection visualize mirrors on the outside of your field facing outward.

Now, like a balloon releasing air, contract your auric field and bring it closer to your body. Reduce in size each of your chakras and take the excess energy back into the earth. Shrink your crown, third eye, throat, heart, solar plexus, sacral center, and root chakras, and shower again with white light. Good. Wrap yourself in a cloak of protection - whatever color feels right for you in this moment - make sure that it covers your head and touches the floor protecting you completely. Now put yourself into a bubble of light that will only allow positive energy to penetrate it. If you feel that you need extra protection visualize mirrors on the outside of your light bubble facing outward. When you are ready take a deep breath in and as you breathe out, open your eyes and stretch your body. If you do not feel grounded cleanse and close your chakras again until you do.



Energy Rules

"Love is infectious and the greatest healing energy." ~~~ Sai Baba

Everything is energy, so when you eat and drink you are taking energy into your system in a very personal way. Be mindful of anything you ingest. Connect with your body's intelligence, ask it what it wants and be prepared to go with whatever your body needs. Here are a few energy rules:

Bless Your Food

Food is energy so it is ideal to charge any food you are about to eat with your energy first; and that goes for fluids too. Anything taken into the body can be energetically charged and it is easy to do. Kirlian photography, a process that captures the energy field of any living thing onto a negative slide, has shown the energy field of food before and after blessing. It shows an increase in the amount of energy surrounding the food after the blessing. If this is the case then surely it is better to take in an optimum amount of energy rather than settling for less.

This is also a good way to energize water if you do not have a water purifier or filter. Dr. Masaru Emoto proved that the molecules in water change based on intention and words of love and he detailed that research in his book, *Messages in Water*. Our bodies are 90 percent water so just think of the messages you send to that large body of water - are they loving or critical? Your body feels and responds with wellbeing or disharmony.

Here is one suggestion to use to bless your food. If you are a Reiki practitioner then you can reiki your food before eating. Whatever feels right will be right for you. This is just one method. Hold your hands palms down over the top of your food, about three inches away. Close your eyes and thank your food for giving you its energy and ask that it be easily digested. Send it love and light and visualize your aura expanding with wonderful energy with every mouthful. You can even ask that the food be metabolized in a way that will prevent weight gain. You can bless your food with your eyes open or closed, but if you can, just close your eyes and allow your heart to speak to the food via your thoughts. It is much more powerful in your own words.

No Smoking!

Anything you ingest can affect your energy field and this includes smoking. Smoking puts holes into your auric field. And you already know what smoking eventually does to the physical body. All illness begins out in the energy fields so keeping your aura healthy is just another way to ensure your physical body stays healthy as well.

Alcohol

Anything in excess is probably a bad thing. Alcohol can for some enhance their ability to work with energy, but for most people that is not true. If you are about to drink alcohol you can change the energy. It might not prevent you from having a hangover in the morning but it may help you to recover a little faster.

Bless each glass or the bottle if you can, and ask that the contents be energetically suited to you, harmless and purified. You could try asking for the alcohol content to be decreased. When doing this hold the bottle or glass in your hands and visualize energy going through the top of your head and into your hands and feet. See it flowing through the webbed part of your hands between the thumb and index finger on your hands and between the big and first toes of your feet. When the energy feels like it is clean and light then the process is finished.

Power Dress

Even the clothes we wear can affect our well-being. Cotton, silk, and natural fabrics have a different energy from and is much clearer than man-made fibers. Second-hand clothes retain the energy of the previous owner. Jewelry is often pawned because of difficult financial circumstances. Therefore it is wise to sense the energy of the piece of jewelry or clothing you wish to purchase and make sure that it is compatible with your energy. Some fabrics amplify energy. Silk is one of those and also feels so wonderful against the skin. Just as with food, you can bless and send loving thoughts to your clothing and use your intuition to see what colors you need each day.

Nature - Find Your Element

You have a place, or places, on the planet that you resonate with. It might be a sacred space where energies can be replenished, and often this is a site in nature. The element of your astrological birth sign can indicate a place in nature that you have an affinity with. If your birth sign is Pisces with the element of water as its ruler, you may find yourself drawn to the sea. Even if you

are not a water sign, you may be drawn to the sea because the rhythm of the sea is the rhythm of the human heart and is almost always soothing and hypnotic to you. It is why the ocean or water often feels so rejuvenating and why it is an almost universal attraction regardless of where you were born or grew up.

An air sign, like Aquarius may prefer the mountain air. A fire sign may prefer the heat of the tropics or the desert. The earth signs, Taurus, Virgo, and Capricorn may need a comfort zone and may feel happiest in forests or wooded areas.

However these are just possibilities. Your astrological chart is a complex mechanism of energetic influences and is so much more than your sun sign. A wonderful gift to the self is to get your natal chart done by an expert astrologer. The more you understand about yourself, the better you will be able to develop your intuitive and psychic abilities.

Understand Your Energy Needs

Do you feel uncomfortable in crowds? Are easily over-stimulated by people? Do you prefer to be alone? Notice which activities make you feel alive and which drain you of energy. Extroverts get their energy back by being with people whereas introverts need alone time. And you may be a combination of these – feeling energized by speaking to a large crowd and then needing time alone to replenish. Figure out what your core tendency is and then you can make sure to give yourself the energizing experiences you need.

Begin at Home

A residence, especially an old one, contains the energy of the previous tenants, and so it is wise to find out as much as you can about the occupants of a location you wish to live in. Generally there will be a feeling about the place. A home is an object like any other; it absorbs energy like a sponge. If you feel good in a place then chances are the energy is positive. Notice what you think of when you walk into somewhere for the first time. Your first impression is usually the best. How does your home feel to you? Does the energy need to change? Do you need to move the furniture around?



Keys to Excellent Health

(in order of importance)

- Deep Breathing - most, most important
- Drinking lots of water
- Adequate sleep - good for us because development is happening for intuition
- State of Mind - clear emotions
- Meditation - can help clear unidentified emotions - express ALL of your emotions
- Your Food - What you put in your body - Healthy, organic food
- Daily Exercise
- Your Environment
- Touch

All things are made of energy - little particles in perpetual motion - these are the building blocks of the universe. As you become more aware of the mechanics of the universe, you have a responsibility to act according to natural laws. Becoming intimately aware of your own consciousness will help you recognize the same or similar essence within others.

Energy is a vast subject, too vast to cover in one digital book! However, we hope **The Psychic ToolKit** helps you to understand a little more of who you are as a psychic and intuitive being.

With Blessings of Love,

Elizabeth and *Cathleen*



“The more willing you are to surrender to the energy within you,
the more power can flow through you.” ~~~ Shakti Gawain

Elizabeth Harper is an internationally acclaimed teacher, color seer, psychic artist, and healer. She has been featured in popular national magazines including *Woman's World*, *Redbook*, and *Health*, is a magazine columnist and regular contributor to radio and television in the US and Australia, and is the award-winning author of *Wishing: How to Fulfill Your Heart's Desires*. Originally from England, she trained as a psychic medium and healer at the College of Psychic Studies, the Spiritualists Association of Great Britain, and Arthur Findlay College.



Her pioneering work with color inspired her uniquely revealing ColorScope featured globally in print and online magazines and weekly webcasts. Elizabeth shares her gift of healing through her jewelry designs, Silk Energy Wraps, meditations and oracles. She regularly facilitates workshops at some of the nation's most renowned organizations including the Omega Institute for Holistic studies, Open Center, Lily Dale Assembly, and the Learning Annex. She is the founder of Sealed With Love LLC, co-founder of Spiritual Living LLC, and co-creator of the World Visionary Summits. You can find out more about Elizabeth's work at <http://www.SealedWithLove.com>

*Vibrating memories of spiraling light,
Mirror the essence of your heart's design.
From my spirit guide Alim*

Cathleen O'Connor, PhD Author, speaker and spiritual mentor, Cathleen O'Connor has a PhD in Metaphysical Counseling, is a Reiki Master, Hypnotist and life/business coach. Co-host of CBS Sky Radio's weekly program "A Moment of Change," Cathleen has been quoted in the Huffington Post and featured as an expert on dreams and work-life balance in various media, including print and online magazines as well as weekly radio spots.



Cathleen is the co-founder of the online spiritual community, SpiritualLiving.com and co-creator of the World Visionary Summit. All her writing is channeled through her connection to spirit including her books: *The Everything Law of Attraction Dream Dictionary* (Adams Media, 2010), *Harriet Takes the Wheel: A Fable that goes from Frenzy to Freedom* and her chapter as co-author of the 2011 best-seller *Embracing Your Authentic Self*.

Cathleen's CD entitled *From Stress to Serenity* features guided imagery meditations designed to take you through the work day, including a 3-minute "De-stress at the desk" that can be done anytime workplace stress threatens to overwhelm. Cathleen works with clients to release old energetic patterns and create healthy boundaries as individuals and as business professionals. Visit Cathleen at www.cathleenconnor.com or www.thebalancewhisperer.com and sign up to receive her Weekly Balance Tips and free audio downloads from her CD! You can email Cathleen at cathleen@cathleenconnor.com.