

Psychometry Guidelines

PREPARING FOR PSYCHOMETRY

Before attempting to psychically 'read' an object, it's important to get the two hemispheres of the brain into balance with each other. There are three ways to do this:

1. Meditation
2. Breathing exercises
3. Optical Illusions-several minutes gazing at optical illusions help shift consciousness to the right mindset for reading.

IMPRESSIONS YOU WILL RECEIVE

The information you receive from psychically 'scanning' an item will likely fall into one of four categories:

1. Physical sensations (including smell)
2. Emotional sensations
3. Auditory impressions-certain words or sentences perceived in connection with it.
4. Visual impressions-mental pictures seen in the head

GUIDELINES FOR PRACTICING PSYCHOMETRY

- **Relax.** The experience is perfectly safe. See it as a game or an adventure. If you don't enjoy the unfolding of information, then don't do it.
- **Keep an open mind.** The greatest blocks to developing psychic ability is our own fear and doubt. Remember that even a 20 percent accuracy rate is better than the law of chance.
- **Keep it simple.** You don't need to turn off the lights, light candles or incense, or anything like that.
- **Make preparations beforehand.** You want to be able to focus, so turn off your phone or leave it in another room. Do a relaxation exercise, so you're in a receptive state of mind. If you're psychometrizing more than one object, have them assembled before you begin. Keep a wet washcloth on-hand in order to wipe off your hands between each object. This will also help wipe away the psychic imprint from the previous object so you can approach the next object fresh.
- **If practicing in a group, work in a compatible one.** Discordant or skeptical energies can interfere with clear reception of messages.

- **If new to psychometry, don't practice it on antiques.** Antiques will have been handled by many, and the resultant impressions can be many, and confusing. Try to practice with something which has had just one owner.
- **Keep a record of your impressions.** Write down the date, object, and any impressions you picked up about the object. Remember to leave room for confirmation or follow up information about your impressions of the object.

PSYCHOMETRY PROCEDURE

- **Attune to the object.** Start by resolving to get impressions from the object. You can hold it in one hand, both hands, or against your cheek, forehead or solar plexus. Touch or handle it in whatever manner you feel comfortable with, and pay attention to how you handle it. If you usually handle objects one way, then feel compelled to handle an object you're reading another way, that can be of some significance.
- **Start by describing the object.** This is essential, as it sends a message to the subconscious mind that you are ready to start receiving impressions from the object.
- **Pay attention to physical and emotional sensations.** Do you feel good holding the object, or uncomfortable? As you handle it, are you feeling a physical sensation or pain anywhere? What seems to be the dominant emotion?
- **Start with stating your general impressions.** You can flesh out the details a little later. Sometimes the impressions will flow rapidly. Other times they'll come slowly.
- **Give your impressions as they occur to you, no matter how trivial or nonsensical they may seem.** Don't try to figure out your impressions as you're receiving them, just state them. Trying to figure out what you're getting as you receive it can shut down the flow of information.
- **Future events.** As you get better at psychometry, you may also pick up on events or happenings in the owner's life, not just personal qualities. This can potentially include possible future happenings in the person's life, with the object providing information about events and circumstances on the horizon. Be careful with this. The future is not always locked-in, and things can change. Learn how to convey it in such a way that gives the person options.
- **Check your impressions with the owner, if possible.** Identify the owner, then ask how you did. If you only got two out of ten right your first time, that's good, that's twenty percent.
- **It is important to trust what first comes through, and to hold to it.** When it comes to receiving psychic information, it should either fit or it should not. The owner may not be able to verify something you've received and holds forth instead another possible scenario as satisfying the impression you received, but do not accept this if it does accord with your impressions. If you're trying to 'make things fit' to justify your impressions, then you're not honing your abilities appropriately.

Psychometry Observations Sheet

Date & Time: _____ Object: _____

First Thought/Predominant Emotion: _____

Physical Sensation, if any:

Other Details:

Follow-up Notes:

Date & Time: _____ Object: _____

First Thought/Predominant Emotion: _____

Physical Sensation, if any:

Other Details:

Follow-up Notes:

