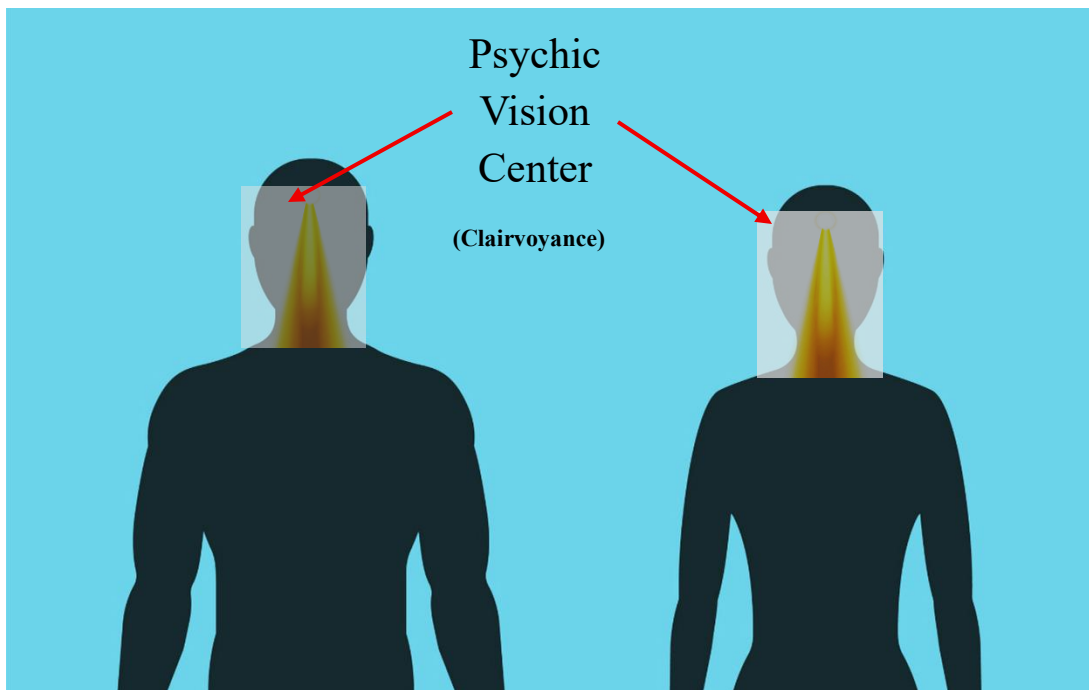


Psychic Vision Guide



On the following pages are a quick-and-dirty guide to identifying the psychic vision center of your own body, the four main types of clairvoyant ability, how to develop and strengthen your own clairvoyant ability, the strengths and weaknesses of psychic vision ability, and how to identify a likely clairvoyant. The last page is a template for printing-out and recording your own psychic images. You may find you're more clairvoyant than you think!

Locating Your Psychic Vision Receptor (Third Eye Area)

The center of your physical vision and the center of your psychic vision are close but are two distinctly different locations in your head. The following exercise is designed to familiarize yourself with this difference, because it's the important first step to effectively understand and use your clairvoyant ability.

- **Finding the center-point of your physical vision field.** Relax and look straight ahead. While looking at the entire view in front of you, feel where the center of your visual field is in relation to your face. If a straight line were drawn from the center of your visual field back to your face, where would line terminate at your face? Most people find the center of their physical field of vision lies between their eyes at the bridge of the nose.
- **If you're having difficulty identifying the center of your visual field, experiment with this using your finger.** Extend your arm straight out in front of you, point your index finger at yourself and gradually bring your finger closer and closer to your face while keeping it in the center of your field of vision, until it touches your face. Don't stare at your finger while you're doing this, just keep staring straight ahead, keeping your finger in the center of all you see until it's touching your face. Where your finger lands is the center of your physical vision field.
- **Finding the center of your psychic vision field.** Be fully aware of the center of your physical vision field and focus your attention on it for a moment. Now close your eyes see if you observe any shift in the center of your vision field. If you could point to one area of your head where your closed eyes appeared to be 'looking' where would it be? For most people, they feel a slight but distinct shift upward to the region between and just above the eyebrows. This is because when your eyes close, they automatically switch from your physical vision focus to your psychic vision focus.
- **Alternate between open and closed eyes.** Do this for several minutes, slowly. See if you can feel the shift in where your eyes are looking when they're open and where your eyes are 'looking' when they're closed. If you could point to the center of your vision field when your eyes are closed, where would it be? Developing your awareness of this vision-field and center-point shift is key to understanding and using your psychic vision reception area.
- **With your eyes open, gently shift your focus of visual attention up to your psychic reception area.** Do you feel a greater awareness of this area of your visual field? Notice the difference in feeling and impressions when you look with your physical vision and when your focus shifts to your psychic receptor area. Once you master this shift, you will have an on-command ability to experience clairvoyant images and aura vision.

The Four Types of Clairvoyant Images

Not everyone will 'see' clairvoyant images in quite the same way. The varieties of psychic vision break down into four main types:

1. **The Literal Visual Image.** This form of clairvoyance is actual visual perception in the psychic vision receptor area of the brain. This is where your brain 'sees' a clear visual image, as if you were seeing it with your normal vision. This is the most advanced form of clairvoyant image-reception and requires either extensive practice or a natural gift for psychic visual ability.
2. **The Premonitional Vision.** This form of clairvoyance can manifest like literal visual imaging clairvoyance, but it is future-focused and can arrive as either a dream or as an actual psychic vision. This type often arrives suddenly and spontaneously.
3. **The Abstract Picture or Symbol.** This type of clairvoyance arrives in the form of colors, color patterns, numbers, figures, symbols, clip art, trademarks, etc. Because they're so abstract and symbolic, these images are in danger of being dismissed as being daydreams, mental static or just the sort of random junk your mind throws into your conscious thought in order to keep itself busy.
4. **The Visual Mental Memory.** This form of clairvoyance occurs when your brain translates incoming psychic signals into an image from your past that you can understand. This can be pictures you've seen, people you've known, or events you've experienced. The feelings, circumstances or associations you connect to that particular memory are the keys which unlock the psychic message your brain is attempting to convey to you. The challenge with this form of clairvoyance is realizing you're receiving an incoming psychic message when it arrives, instead of thinking it's just a random memory cropping-up out of nowhere.

The first two forms of clairvoyance listed above are what we usually think of when we think of clairvoyance. The latter two are the forms of clairvoyance that can be harder to identify as such and may seem to the experiencer like the normal thought processes of the mind. It will take the experiencer doing an internal check to determine if it was truly a random thought, or a message of more importance.

Strengthening Your Clairvoyance ~ Exercises

Exercise One

1. Sit comfortably, relax, and close your eyes. Feel your center of vision shift from your normal line of sight up to your psychic vision receptor area. Feel the heightened sense of awareness you experience when you tune into this area. Rest for a moment in this state and see what images and impressions you receive spontaneously.
2. Write down the names of five people you know. Close your eyes and one by one, think of each name on the list. As you focus on a name, shift your awareness to your psychic vision area and see what images or impressions you receive about that person. What environment are they in right now? What are they doing or feeling? Write down any and all images, feelings, 'knowings' and understandings you receive in response.
3. Be open to receiving any of the four types of clairvoyant images as you carry out steps one and two. If you get a color or symbol, note it. If a visual memory comes to mind, note what you feel and what the circumstances were in connection with that memory. If you get an actual scene happening, try to sense whether you're seeing a current event, or something that's going to happen in the future.
4. Don't try to analyze your impressions while you're receiving them. Simply record them and move on to the next name on the list. This will help you stay in the psychic flow you've established.
5. When you've finished all five names, review your notes and analyze the images you received. What do your images and impressions tell you about that person, or how to deal with them going forward?

Note: If you have the time and want to practice this technique further, you can write the names of five other people on separate slips of paper, then turn the papers over and mix them around so you don't know which is which, then one by one, hold each slip of paper and record any images you receive.

Exercise Two

At the beginning of the day, sit and get comfortable somewhere, close your eyes, then mentally ask 'show me an image or symbol for my day.' See if you can get a key image or sense a visual impression that will serve as a guide for your behavior in order to make that day a success. Keep a record of what you get and revisit it at the end of the day. Did it make more sense in retrospect? You can also try this exercise for tomorrow, next week, next month, or next year. Just receive an image first and try to analyze it afterward. This exercise can aid you in your daily life and strengthen your clairvoyant ability at the same time.

Advantages & Disadvantage of Clairvoyance

Below are the good and not-so-good traits of the sort of person who is naturally gifted in clairvoyance. The more of these traits to which you can honestly say yes that's me, the more likely it is you have a latent gift for clairvoyance, or psychic vision. Of course, not everyone with these traits will be clairvoyant, but you will know the potential is there, and you will know better how to deal with them.

Advantages:

- It's the best for integrating the input from all four psychic senses into a coherent plan of action
- It's the best for sensing all aspects of a person's aura
- It's the best psychic sense for spotting problems or potential problems
- It's the best psychic sense for proving the reality psychic ability to yourself, because seeing is believing
- It is the most detailed of the psychic senses

Disadvantages:

- It's the most symbolic of the four psychic senses, so some analysis of the impressions you receive may be necessary
- It can be hard to distinguish clairvoyance from imagination or ordinary daydreaming
- It is one of the slower psychic senses. You may have to sit with a topic for a while before you get any visual images or impressions

Strengths & Weaknesses of the Clairvoyant Personality

Strengths:

- Excellent at see how to integrate all factors into a master plan
- Very good at visual spatial problems (packing, furniture arrangement, graphic design, etc.)
- Naturally good at seeing when something isn't right, and know what's wrong with it
- Can picture situations, problems and solutions in their mind
- Have an excellent sense of time and plan well when given a calendar to work with
- Outstanding color coordinators; they keep the world visually interesting

Weaknesses:

- They can be rigid and inflexible, because they don't want their picture changed
- They often won't act until they have the *whole* picture
- They are the world's best worriers, because they can picture *everything* that can go wrong
- They tend toward perfectionism, because it's not right until they have it picture-perfect
- They can be highly self-critical, because they clearly see their faults, and tend to emphasize them more than their strengths

Clairvoyance Record Sheet

Date: _____ **Subject:** _____

Image:

Follow-Up Notes:

Date: _____ **Subject:** _____

Image:

Follow-Up Notes:

Date: _____ **Subject:** _____

Image:

Follow-Up Notes:
