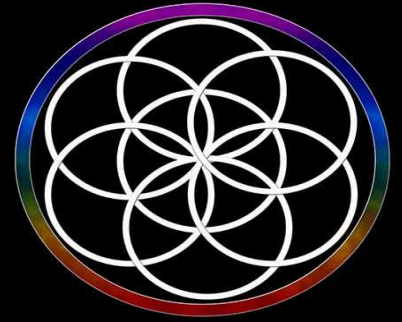


Our Psychic Art

We seek our own enlightenment for the sake of all beings

www.ourpsychicart.com

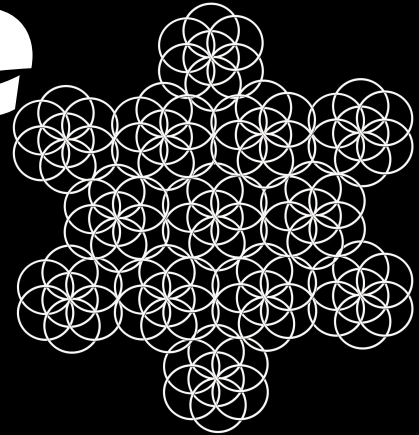
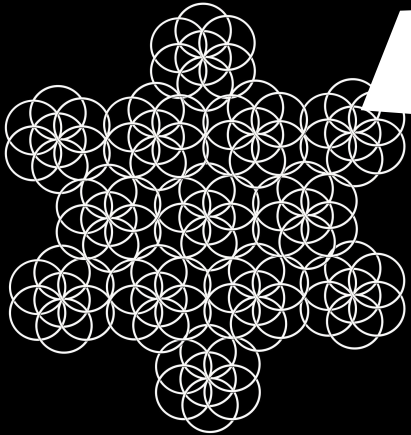


online PSYCHIC

ART COURSE

By Frankey Craig

Lesson 2



WELCOME

Greetings Divine Being of Light!

It is by no mistake that you have come across this course! You are reading these words because you are meant too! You are exactly where you need to be and you are perfectly divine.

My name is Frankey Craig and I am delighted to offer this FREE Online Psychic Art Course to you! There are 14 Free lessons to download and there is also the option for to pay for my personal tuition and guidance if you wish. These lessons have been designed to help you tap into your creative & psychic abilities.

You may prefer some lessons to others, these are simply tools and tips to help you find your own key.

I encourage you to persist with this course, as at first it may seem like you are not getting anywhere but if you can be patient with the flow, you will find that key that connects you to the higher realms via your chosen form of art. The energies will be subtle at first and get stronger over time.

Find out more about me and my journey by visiting my profile at www.ourpsychicart.com/frankeycraig.htm

Good luck on your Rainbow journey!

PREPARATION

There are many different ways that psychic art can be expressed so it is best not to compare or have any set ideas. Sometimes the drawing or painting can have symbols, animals or be a likeness to a loved one now in the spirit world. Sometimes spirit guides, angels and other beautiful 'beings' are shown through this type of work. Messages too can be portrayed through psychic art, with images and creations that tell a story. You will feel compelled to work in a particular way and you may feel that you are inspired to create 'something'. This will be spirit inspirers working with you. You may feel totally distanced from the outside world during this creative time, and at one with yourself, in complete harmony and peace. Enjoy it and have fun!

As with automatic writing, psychic art works on the same principal. Allow your hands to be guided. Don't think about what you are going to be doing, feel what you are doing. Go with the flow, and you will be surprised by the outcome. Never think that you are not good enough to do this type of creative work. It's not about who is the best artist, it is about the message that the artwork brings. You will find colours bring meaning to the art, as do textures, smudges and smears! Your guides and inspirers will find a way to speak to you via your art, it's up to you to interpret those messages.

PREPARE ART MATERIALS OF YOUR CHOICE AND A QUIET PLACE TO MEDITATE

MEDITATION

Meditation is tuning into your higher self and reaching a deep relaxed state of being. Our energies can become blocked and will leave us feeling un-well, un-balanced and out of touch with our true self.

A simple 10-15 minute meditation can bring clarity in your life and also bring insights into your artwork.

Meditation is a wonderful way to ease yourself into your psychic art. To relax and quieten your mind is the best way I have found to begin.

Using candles, incense and crystals is a wonderful setting to do your psychic art in as well. Making it your special time really increases your experience.

LESSON 2 ENERGY & COLOUR WORK PART 2

What you will need: Art materials of your choice and a friend or volunteer to focus on.

Step 1 Now that you are relaxed after your meditation and should have a much clearer mind. Go to your work area and make sure your art materials are ready. Then, think about your friend/volunteer and connect with their energy.

Step 2 Produce artwork (using whatever art materials you like) based on your friend/volunteers energy as a tree! How would your friend look if they were a tree? Think about the roots of the tree... how far down do they go? What are the branches like? Does it bear fruit? What is the scenery around the tree like? Be as elaborate or as simple as you feel.

Step 3 When you have finished the artwork write as much or as little as you feel about the tree/person and/or your experience. Write about why you picked certain colours or added thicker branches.... There is a reason for everything.

TREE EXAMPLES



GROUNDING & PROTECTION

OPEN & CLOSE

We are all energetic beings, we take in, change and create, and give off energy in various forms. We are surrounded by electro-magnetic fields and through these we can act like a radio transmitter and receiver to pass on and receive information on a subtle (or psychic) level. Learning about these energies and understanding how they work, and how we can utilise them will really change the way you see the world, and the way in which you think about your interactions with others. The essential skills are learning how to open & close, ground and protect your energies.

GROUNDING & PROTECTION

GROUNDING

Take a few deep breaths, in through your nose, and out through your mouth. Imagine a beautiful beam of brilliant bright white light coming down through your crown chakra, travelling all the way down to your spine, down each leg, through each foot into the ground beneath you. Imagine that light going deep into the crystalline core of the mother earth, anchoring you into the planet, transmuting all negative energy into positive. Affirmation: I am Deeply Grounded. I am Safe & Secure.

PROTECTION

Imagine a bubble or brilliant white light surrounding your whole body, extending out into the area you are in. Call upon your guides and Angels to surround you with their love and protection. Affirmation: I Live within the Light. I Love within the Light. I Laugh within the Light. I joyously serve the Light. For I AM the Light. I Am the Light. I AM. I AM. I AM.

INCENSE FOR GROUNDING & PROTECTION: Sandalwood, Sage, Frankincense.

CRYSTALS FOR GROUNDING & PROTECTION: Black Onyx, Hematite, Obsidian

OPEN & CLOSE

I like to keep this simple so I find it useful to visualise my “third eye” opening up when I am ready to communicate. You can open your mind to spirit communication in a variety of ways such as a third beautiful eye on the centre of your brow, any colour you like or a rose or any flower you love blooming petal by petal. Your visualisation of opening up is your own, so you may visualise anything positive that helps you, or any combination of things.

Keep your breathing deep and even, feel clean and pure energy rushing in and protection and love all around you.

When you are ready to close, thank your guides for their protection and imagine your third eye closing or the flower closing down. Whatever visualization you have chosen to open yourself up with I would do the reverse of it to close.

INCENSE & CRYSTALS FOR OPENING: Rose, Jasmine, Apple – Clear Quartz, Amethyst, Moldavite

INCENSE & CRYSTALS FOR CLOSING: Sandalwood, Sage, Frankincense – Black Onyx, Hematite, Obsidian