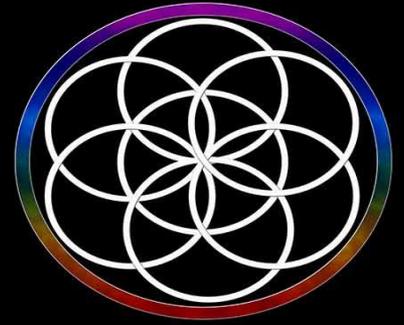


Our Psychic Art

We seek our own enlightenment for the sake of all beings

www.ourpsychicart.com

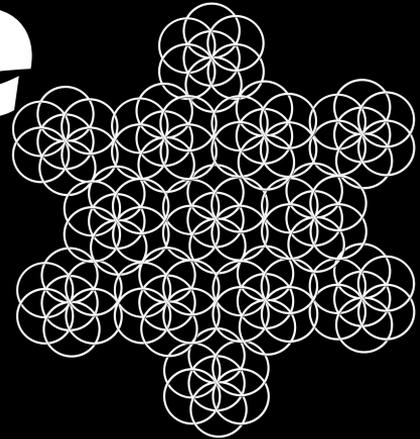
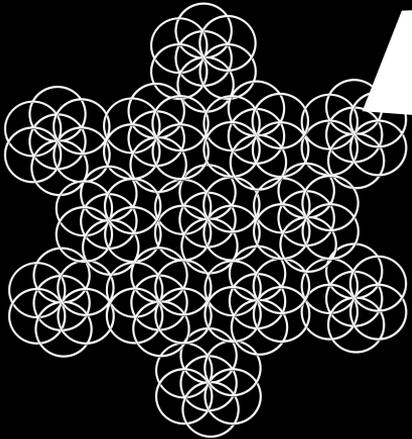


online PSYCHIC

ART COURSE

By Frankey Craig

LESSON 6



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 any where 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.

Spirit guides are incorporeal beings that are assigned to us before we are born that help nudge and guide us through life. They're responsible for helping us fulfill the spiritual contract we make with ourselves before we incarnate. Your higher self helps select these guides, who help us while we are living out our incarnation.

Everyone is a channel for spirit guidance. We innately have the capacity to connect with the spiritual energies that surround us all the time. Not only is this apparent in nature, but in our own intuitive faculties. Yet, many people assume that contacting and working with their spirit guides and angels requires an extra special talent. It does not. It simply is a matter of being open to receiving the guidance that is always available to us.

We also want to assure that the level of information received is not only accurate, but also of the highest quality. This means that we want to attract only the most reliable and enlightened spirit guides. Another important factor is to be receptive to the guidance. This openness is what allows you to feel the love and support your guides have to offer. A common mistake that many make in attempting to contact their guides, is to strain to communicate with them. They assume that spirit is far away and therefore, difficult to reach. One of the most important things that you can do to become a clear channel is to relax and trust. Never try to channel; this is over-striving. Allowing the energy to flow through you requires a receptive state of being.

Some guides will stay with you throughout your entire life, and others will pop in every now and again to help you with specific areas of your life or goals you are trying to achieve. These guides are at varying levels of consciousness themselves. Some may be highly ascended masters (such as Kwan Yin) and others might be your average spirit who just happens to be a master in a certain area. They may appear to have a male or female energy, though in reality they are just energy. They may be spirits who have had physical incarnations, or they might be spirits who have never taken corporeal form. You may be the only person they are guiding, or they may be on the "panel" for other people as well. They might be deceased relatives, but that is less likely. When it's time for your spirit guides to help you, they tune in to your energy and help direct you to fulfill your earthly mission.

Spirit guides can see what's going on in our lives, and when it's time for them to actually guide and/or intervene they have several ways they can accomplish this.

1. **Sending signs.** Guides can arrange synchronicities to help alert you to something you need to see or know about. Pay attention to those when they happen. Recently the same scene from the movie, *The Incredibles*, was shown to me 3 times in 3 different ways in a 24 hour period. I saw it at home, online, and someone else mentioned that particular scene to me in conversation. That's a sign, folks. I got the message.

2. Gut feelings. Guides can poke you in the gut when you're experiencing something they want you to pay attention to. Following your gut feelings is probably a good idea. Have you ever had this eerie feeling that something terrible was going to happen but you couldn't quite put your finger on it? That might be a guide poking you in your gut.

3. Intuitive insight. Guides can send you flashes of intuition which may sound like a voice in your head. "Slow down!" and then you realize you were almost in a car accident. Or "He's cheating on you." These are thoughts that appear to come out of nowhere but which contain important information you'll want to notice. Many people tune out their intuition, but it's a valuable source of information.

4. Sending people into your life. Your guides sometimes get together with other people's guides and together they try to create a meeting between their charges. Perhaps you are thinking about someone from college and whammo blammo see them in the bookstore later that day. Chance encounter? Probably not. Perhaps you were thinking about moving and you run into your old realtor friend in the supermarket. If it feels like a coincidence, consider that it might be more of a set up.

5. Arranging and nudging. Guides can also nudge you in the direction they want you to go, or arrange for something to happen to you. For example, perhaps you're running late and can't find your keys. You're frustrated because you need to get somewhere on time. Suddenly, your phone rings and it's a really important call you would have missed if you had found your keys earlier. Who do you think actually misplaced your keys? This is hard for them because you have free will. They can only arrange so much or nudge so hard. The more you can pick up on their clues, the better. Sometimes you just need to surrender to a situation that seems frustrating.



LESSON 6 CONNECTING WITH YOUR SPIRIT GUIDE

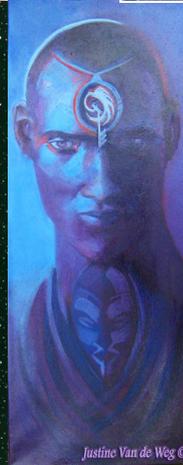
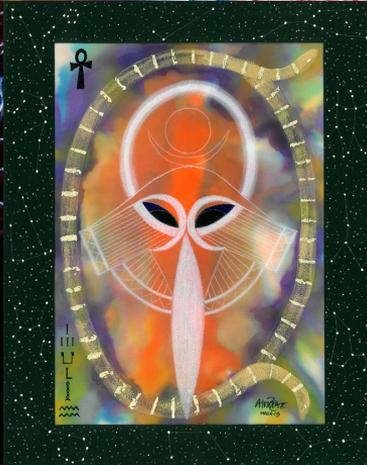
What you will need: Art materials of your choice, use candles and incense to create a relaxing and sacred setting.

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 connecting with your spirit guide/s.

Step 2 Produce artwork (using whatever art materials you like) with your spirit guide/s. 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 artwork and/or your experience. Keep a log of each lesson as it will be wonderful to look back on the insights and messages.

SPIRIT GUIDE ENERGY EXAMPLES



By Maja Larson 2011 ©

HOW TO CONNECT WITH SPIRIT GUIDES

How do you connect with your guides directly?

It just takes INTENTION, time and practice to be able to hear, see, or feel your guides. Here are some ways you can work on increasing your connection directly.

Listen to your intuition. That little voice that tells you to “slow down” or “buy bread” or “take notice of the pretty woman in line in front of you” is a direct communication from your guides or higher self. Try listening to your intuition and see what results you get. Many people dismiss their intuition. See what happened to me when I ignored mine. It’s not always pleasant. Do not mistake your ego for your intuition, however. If you’re hearing thoughts like, “Don’t bother asking her out, she’ll never go out with someone like you” then that’s your ego. Flick him off your shoulder.

Go with your gut. Following your gut instinct is also a manner in which guides try to direct you. For example, let's say you're in a business meeting and logic and reason tell you that the people sitting in front of you will fulfill their end of the deal, but your gut feeling says these people are going to fail to deliver and you'll be stuck holding the bag. Listen to that gut feeling. If something doesn't feel right, it probably isn't. At the very least, use your gut feelings to protect and keep yourself safe.

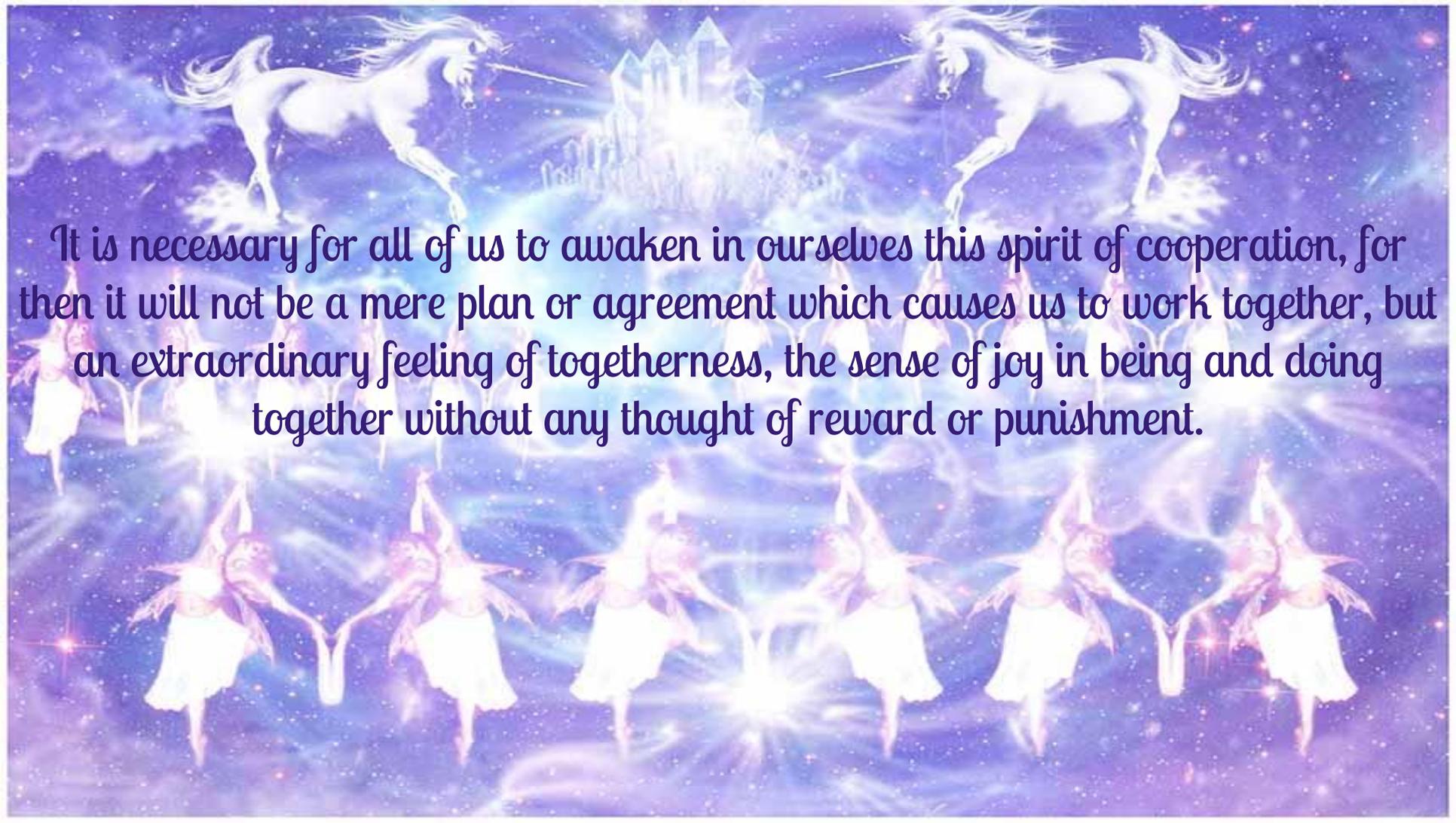
Watch for signs. Ask your guides for what you want and then watch for signs that you've been heard. My guides like to show me interesting license plates. For example, at my mastermind meeting recently I put out the intention to become fit, trim, and slim. When I left the meeting I found myself driving behind a vehicle with the license plate, "Fitness." But signs can come in so many ways. Maybe you're wondering if you should take up tennis and you go out to your car and see a flyer offering tennis classes in your area, and then you get home and your spouse has coincidentally brought home a tennis racket that a co-worker just didn't need anymore, and you see a news story about tennis later that night on television. Those are all positive signs.

Journal. A method I recommend to a lot of people during my readings is to open a journal program or just a Word document and write down some questions you'd like to ask your guides. Be quiet and meditative and type up the answers you hear. Keep going as if you're having a conversation with them. It may seem like you're just typing answers from your imagination, but keep going. When you get to a point where the answers you're getting don't feel like your own voice, take notice of what they say. A benefit of this approach is being able to refer back to it later.

Meditate. Do a meditation where you imagine yourself going to a room or a garden and ask your guides to appear before you, sit with you, and chat. Like the journaling method, just see what they say. In time your connection will become stronger, and the information you get will be more accurate and applicable to your life.

Dream. One of the best ways to meet and connect with your guides is to meet them halfway. Open your dream up to them. You can put out the intention every night to see and connect with your guides in your dreams. It may take a while, but it will probably eventually work. If you can master lucid dreaming you'll have success much faster since once you become lucid you can simply ask your guides to appear and talk to you.

Intention. Just intention is enough, infact, it is everything! Just wanting to connect and putting that thought 'out there' is enough.



It is necessary for all of us to awaken in ourselves this spirit of cooperation, for then it will not be a mere plan or agreement which causes us to work together, but an extraordinary feeling of togetherness, the sense of joy in being and doing together without any thought of reward or punishment.