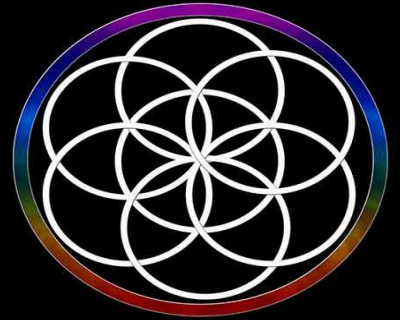


Our Psychic Art

We seek our own enlightenment for the sake of all beings

www.ourpsychicart.com

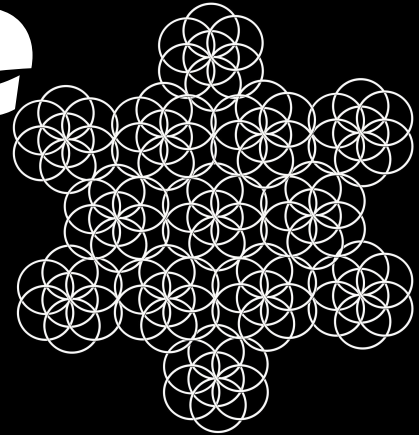
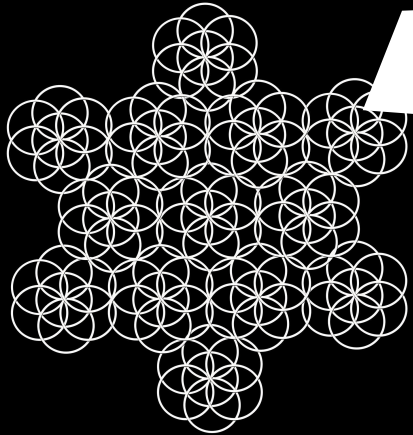


online PSYCHIC

ART COURSE

By Frankey Craig

Lesson 8



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.

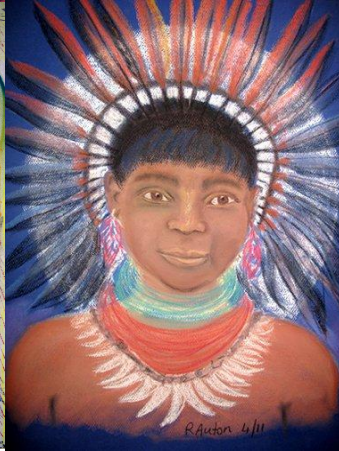
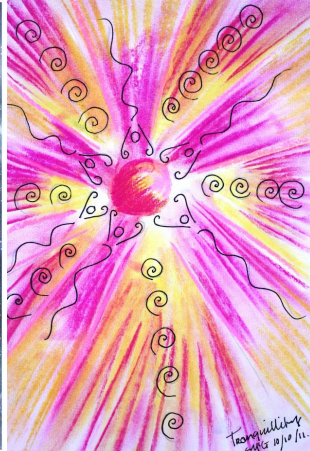
Using candles, incense and crystals is a wonderful setting to do your psychic art in as well. Making it your special time really increases your experience.

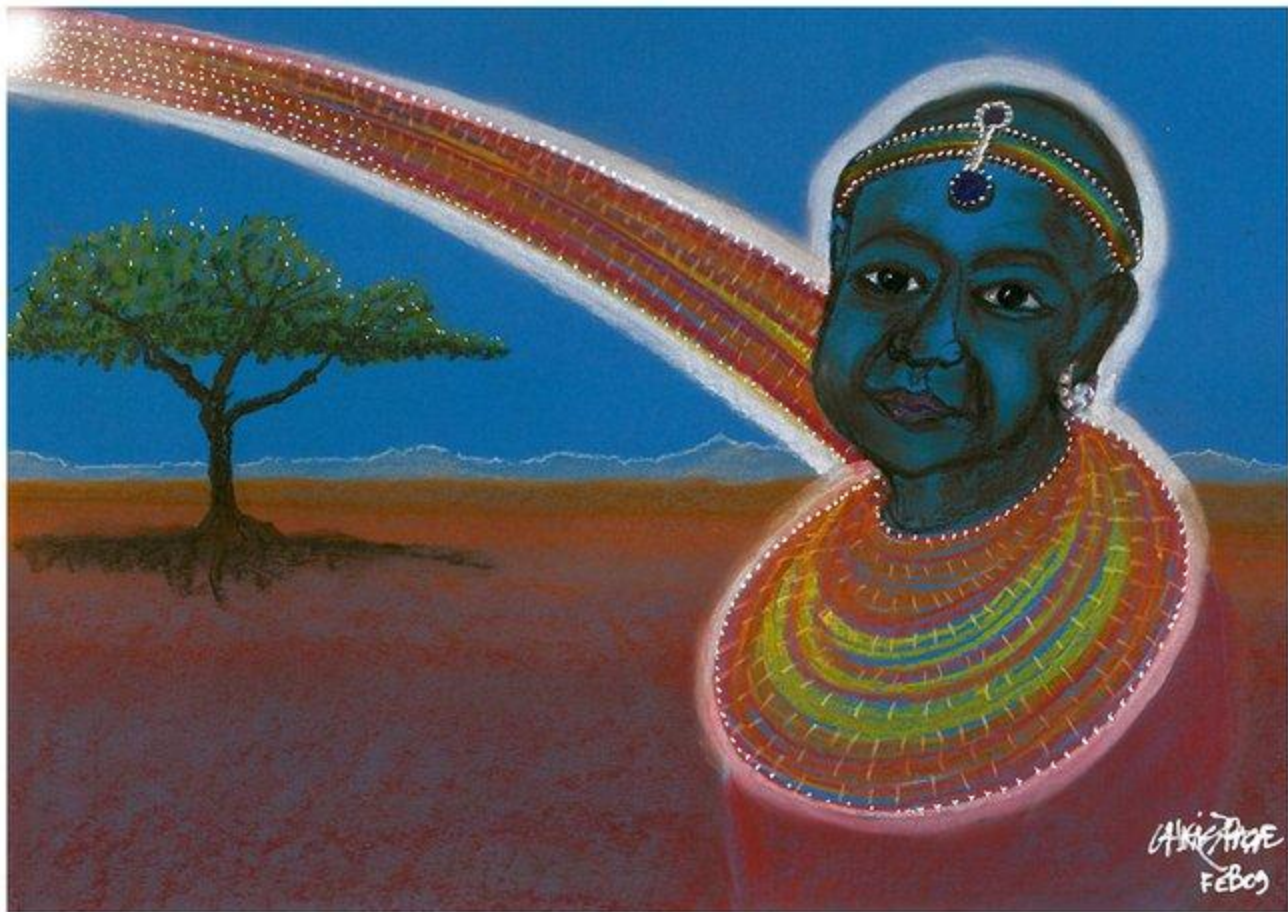
Lesson 8 PSYCHIC ART READING

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

- 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.
- Step 2** Think about your friend and begin to tune into their energy. Call upon your guides and theirs and produce artwork for them. Be as elaborate or as simple as you feel – go with your intuition and inspirations. Ask the guides for a word or words to go with this artwork. The words and your experience are extremely valuable to share with your friend after you have created the artwork.
- Step 3** When you have finished the artwork share this with your friend. Keep a log of each lesson as it will be wonderful to look back on the insights and messages.

PSYCHIC ART READING EXAMPLES





Psychic Art Reading for Susie By Chris Page - Reading on next slide

From the Red coloured earth of the open plains of Africa a Masai Woman emerges and stands before you, she is noble, wise and full of compassion. She is an overseer and a guide for you. She points to a path, a route to help you in your ongoing spiritual development. It is simplicity itself full of colour, love and joy, but if viewed with the wrong perspective it may seem to be extremely complex and arduous. Strip away the detail, strip away the clutter and the pureness of the message will shine through bright and clear. It shows a great amount of adventurous spirit with an inner need to explore, to have questions that need to be answered, which may make you restless; deep down you are on some kind of a quest but at times you feel you are just going around in circles. It is now time to take a deep breath, look around and review where you are! Apply your vibrant energy in the direction that will satisfy both your inner spirit and the physical you, there really is no rush! Paradoxically the slower you take these steps the quicker things will emerge. It's about quality not quantity. Our Masai Mother wears beads of coloured energy; 1) Red, 2) Orange, 3) Yellow, with a hint of Green and Blue coming through. You firstly need to find and go to the still space to work on these three energy centres within you. Once you know these and can work with them the Green and Blue centres will become stronger. The Indigo and Violet Chakra centres of the head will only emerge once the foundations have been established - take your time and make your connection solid, as solid as the RED earth. You have the ability and the enthusiasm; you now have to apply the discipline (yes that word discipline!). This is not in your nature, you don't like to be tied down or like routine that much, but be reassured there is endless freedom to be found in the discipline of meditation. The lone tree signifies the place in your practice. The ring of beads around her neck and head are all part of a universal spiral energy and you in time will connect to this oneness and your mediumistic abilities will flourish, but not after a great deal of dedicated work. It shows me you working with many spirits and them communicating directly with you, what form this will take it is too early to tell, but it is there - the little white lights and white glowing outlines! And communication is signified strongly by the Blue of the Sky - not a cloud in sight! Beautiful. There is much more I could talk about in your reading, but this must come to a close, but before I do so I give you the number 5, this is your birth number and is represented not surprisingly by the colour Red. You may also be interested to know that there is a complementary colour of attraction for Red, this is Blue. The picture represents this very well with one half red and the other half blue - there is balance! Finally your Masai Mother looks directly at you with a soft loving smile, she has contentment on her face not frustration, so keep this deep within you forever! My Love, Light and Enthusiasm also goes with you. Chris