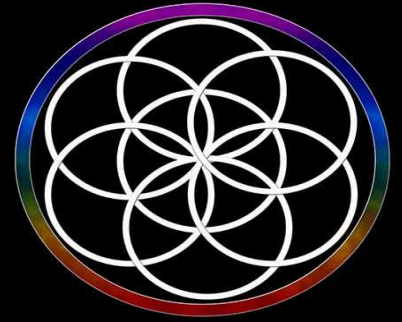


Our Psychic Art

We seek our own enlightenment for the sake of all beings

www.ourpsychicart.com

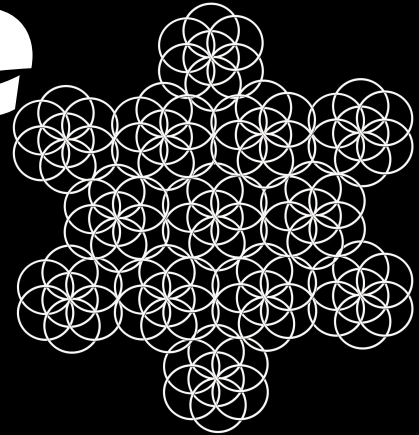
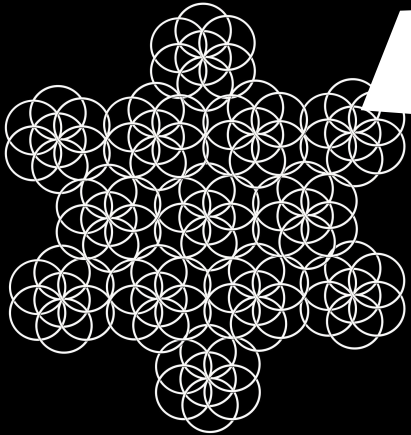


online PSYCHIC

ART COURSE

By Frankey Craig

LESSON 1



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. 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 to begin.

Using candles, incense and crystals is a wonderful setting to do your psychic art in as well. Adding anything that promotes love, peace and happiness to your environment helps to raise the energy.

Making it your special time really increases your experience and helps build a strong connection.

LESSON 1 ENERGY & COLOUR WORK PART 1

- Step 1** Do a meditation that you like. During this meditation focus on the energy and colours you feel and see when you close your eyes.
- Step 2** Now that you are relaxed and should have a much clearer mind go to your work area and make sure your art materials are ready. Think about your meditation and go with whatever feelings you have. There is no wrong or right.
- Step 3** Produce artwork (using whatever art materials you like) based on your meditation. Base the art on the energy you felt and the colours you saw during the meditation. You can be as simple or elaborate as you like.
- Step 4** When you have finished the art write as much or as little as you feel about the art and/or your experience. Writing about the art really is the other half to psychic art. Even if it is a word to begin with, it is a great start!
- Step 5** Please feel free to share your work to the Our Psychic Art Group on Facebook.

MEDITATION EXAMPLES

