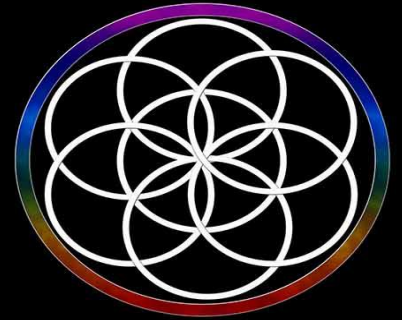


# Our Psychic Art

We seek our own enlightenment for the sake of all beings

[www.ourpsychicart.com](http://www.ourpsychicart.com)

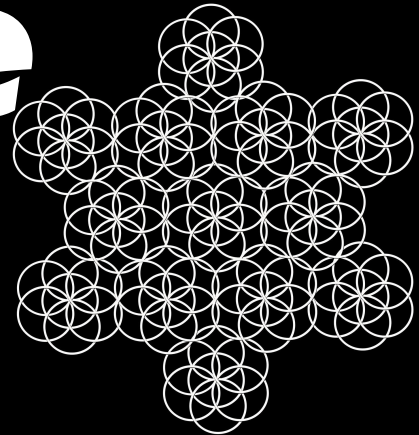
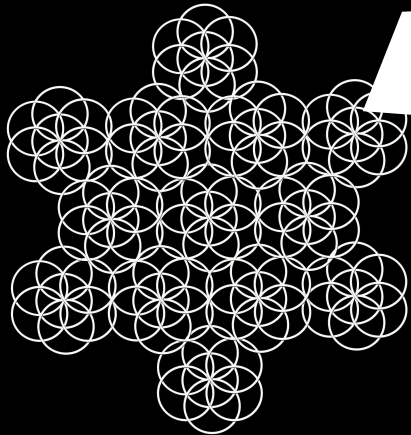


## online PSYCHIC

## ART COURSE

By Frankey Craig

## Lesson 5



# 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](http://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.

“Your Higher Self” is the spirit part of you that is said to “reside” in the Ether (the non-physical realm). It’s your Divine spark. This part of you helps you to keep on track with your Life’s purpose and in touch with your passion and joy.

Your higher Self wants you to be happy and to feel connected all the time, though it may not always seem like it. You have been conditioned to believe that suffering and hardship are normal and necessary on the Earth plane, but this is not Truth. You have also been conditioned to turn inconsequential events into fierce dramas to fill your days, weeks, months, and years. Believing that hardship and drama are necessary makes it so, and know that there are good reasons for your conditioning.

Your higher Self enjoys every experience that you have, but it also understands your earthly preferences and behavioral patterns that require more attention at the lower-frequency levels. Additionally, it is intimately aware of the lessons you incarnated to learn here and gently pushes you toward those goals. It holds all your secrets and strengths steadfastly, waiting for your claim, but it is in no hurry. It is always aware of your eternal and multidimensional nature, though you may not be aware of it.

The key to aligning with your higher Self is very simple but rarely stated, mainly because such awareness is not encouraged widely at present. You align with your higher Self by intimately getting to know how your body feels when you are in alignment. Then, when you know that feeling, you work toward maintaining it by controlling the direction of your thoughts. All positive or negative bodily feelings are rooted in your thoughts, and these are either in alignment with your higher Self or not. When your body feels as good as it can be, your thoughts are in alignment with your higher Self; when your body feels “off” in any way, your thoughts are misaligned. That said, it is time to master the alignment key to move forward in your life.

You have felt levels of joy, harmony, happiness, passion, peace, and exuberance in your life—no matter how fleeting—and it is at these times that you have been fully aligned with your higher Self. The difficulty is that people rarely think in terms of alignment when things are going their way. They are too busy enjoying life, which is, after all, the purpose of living. Usually people think in terms of alignment when they need it most, when it is most elusive.

Alignment with the higher Self feels different for each individual, but the result is the same. You know you are in alignment when your heart feels open and your body feels as good as it gets. Sometimes you may not feel your body at all, feeling light as air or like a gently floating balloon. There may be a sense of well-being and connectedness in your body plus a spark of creation. Or you may feel sudden passion or happiness with a gentle tingle up your spine. No feeling is wrong. The bottom line is that you are on top of the world when you are in alignment with your higher Self, and your body mirrors this. Everything feels on course and you feel on purpose.

Because conditioning along ancestral, cultural, familial, and systemic lines is often difficult to assess and transcend on a strictly mental level, your best, truest gift becomes how your body feels at any given time. Your body is the most sensitive instrument at your disposal for determining whether you are in alignment with your higher Self, and it will serve you in amazing ways to get to know it.

To learn to align, you first identify the comfort or discomfort level in the most sensitive part(s) of your body. Many people discern best in the stomach and other parts of the digestive tract; digestive problems are overwhelmingly caused by a mis-alignment with higher Self. Others feel a heaviness, constriction, or pain at their heart when out of alignment. Still others experience tenseness in bodily areas like their shoulders or back. Some get headaches. What it ultimately comes down to is that your greatest bodily challenges are actually your greatest spiritual teachers.

Once you sense discomfort in your body, you align with your higher Self through some form of relaxed meditation or time out. You need to take some quiet time to learn what your higher Self is trying to teach you through your body. During times of discomfort, lay back, relax, and surrender deeply so you can learn and grow. Bravely ask your higher Self what your body is trying to teach you and sense the answer. You may see, feel, hear, taste, or smell the answer, depending on your sensing proclivities. Your intuition may come forth boldly and you will suddenly just know. The answer may come right away or it may come later when you least expect it. It is imperative that you know that all questions are answered when you are ready, and no question put forth with honesty and benevolent intent is ignored.

Each time you ask yourself a question, your body reacts in one of two ways: 1) it reacts kindly in accordance with alignment (YES) or 2) it warns you that something is not right (NO or more questions are necessary for clarification). With practice, you can discern your Truth this way.

When you are comfortable that you can discern your body's Yes and No answers, it is time to address issues that are more complex. In your relaxed meditative state, put forth a troubling situation to your higher Self. Explain the situation at hand in detail; write it down if that feels better. Then ask Yes or No questions about the issue raised. If your body feels aligned after you ask a question, the answer is an emphatic YES. If your body feels misaligned, the answer may be NO or further questioning may be necessary. Those who are persistent and patient enough can do question and answer sessions like this until they facilitate an explosive emotional and energetic release. Once a lesson is learned, bodily discomfort and difficult feelings associated with it go away forever. Patience is required in this exercise.

Many are afraid to know their Truth—consciously or unconsciously—recognizing that the rug may be pulled out from under their lives if they learn it. The feeling is akin to the emotion in place prior to being fed into the jaws of some huge unknown creature with giant, knife-sharp fangs. Ask why you are afraid to know your Truth, and the answer will most likely surprise you. Please know that despite your misgivings, the unknown is a very powerful and necessary place; all creation comes forth from the unknown.

Some wonder whether there is danger in trusting the higher Self in all things, for they do not recognize what guides them and they do not trust themselves. Know that most have been taught that they are not trustworthy in one or more ways. Regardless of conditioning, however, your higher Self knows what needs accomplishing in your earthly realm, and it will not guide to that which is not possible within the confines of your current existence. If it feels right in your body, it is right for you, period, regardless of what anybody else thinks. Get to know your higher Self through your body. It will be the best investment you ever make”.

Read more at <https://www.annasayce.com/whos-my-higher-self/>

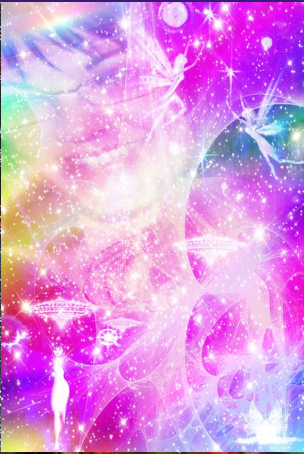
# Lesson 5 connecting with your HS

**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 higher self energy.
- Step 2** Produce artwork (using whatever art materials you like) with your higher self. Work with colours higher in the spectrum such as blue, indigo, violet and magenta as these colours will aid your connection to begin with. 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.



# HIGHER SELF ENERGY EXAMPLES



LOVE /EVOL\*VE



# RAISING YOUR ENERGETIC VIBRATIONAL FREQUENCY

The quantum physicists have proven it: We are not just this physical body. Our presence doesn't end at our skin line. We have an energy field around us.

This energetic aura connects us to other living beings and the universe around us. We are all interconnected. Each one of us has a unique aura, and we are part of the same divine brilliance that created the infinite cosmos.

When we are in touch with this feeling of being a part of the divine, our true essence being love, then our energy vibrates at a high frequency. Our positive thoughts and feelings and healthy practices support a bright energy field.

On the other hand, if we live in a state of fear, negativity, and separation, and fill our body with unhealthy substances (low-vibrational food, alcohol, and drugs), then our energy field becomes blocked, clouded, and dark.

Our energy is a magnet. It attracts experiences in the world to match our energetic field. Because we create our energy with how we treat ourselves inside and out, we are responsible for our energy and our life experiences. Life doesn't happen to us. Rather, our outer experience reflects our inner state.

# HERE ARE SOME OF THE WAYS YOU CAN TAKE RESPONSIBILITY FOR YOUR ENERGY

- 1. FOCUS ON YOUR BREATH.** This practice takes us right into our body, calms our nervous system, and shifts our energetic presence.
- 2. TAKE TIME TO SLOW DOWN.** Most of us are so busy filling our lives with unending tasks. Put SLOW DOWN on your to-do list and trust that's its a very important task.
- 3. PROCESS AND CONSCIOUSLY FEEL YOUR FEELINGS.** Many of us learned to stuff our feelings down, especially if they are negative or "un"spiritual. Actually, the spiritual practice is to feel all of our feelings. The sooner you feel and process the feeling, the sooner and easier it will release. Being human is the doorway to the divine.
- 4. REPEAT A MANTRA LIKE, "I AM DIVINE LOVE."** Mantras help to retrain your mind away from conditioned beliefs. They help us return to our true essence, as mantras carry a vibrational frequency that permeates throughout the body.
- 5. CULTIVATE COMPASSION.** Your energy is something you put out into the world. It either uplifts or drains others. When you notice this interconnection, how we affect one another, we start to take more responsibility for the energy we radiate. By engaging in daily practices like mindfulness, meditation, yoga, and healthy eating we shift our energy. We begin to operate at a high-vibrational frequency, the frequency of love, and that's when we are a magnet for more positive relationships and experiences. When our energetic aura shifts, our consciousness expands, our nervous system neutralizes, and we begin to fully realize and experience a spiritual awakening... the recognition of our divine essence. Things become possible that weren't before. A miraculous life unfolds in front of us.



To see and  
hear the  
presence of  
your Higher  
Self, you need  
to go inside  
yourself, not  
outside.

