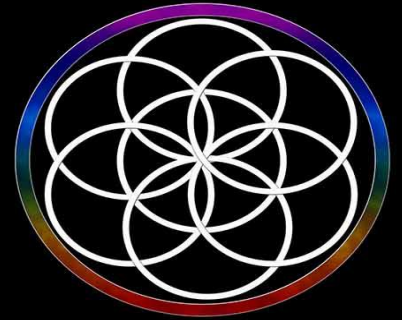


# Our Psychic Art

We seek our own enlightenment for the sake of all beings

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

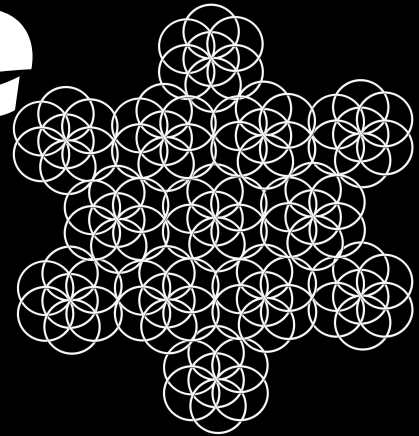
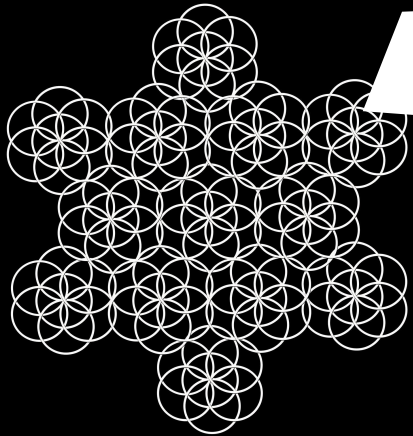


## online PSYCHIC

## ART COURSE

By Frankey Craig

## Lesson 10



# 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.

# Lesson 10 AURA READING

**What you will need:** Art materials of your choice. 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** Have your friend or volunteer sit in front of you (preferably with white wall behind them) and begin to imagine what kind of colours are around them. Call upon their guides and angels and produce some form of artwork. 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 will be extremely valuable and may inspire the person it is for. You may want to put pictures in your aura artwork, please do what you feel drawn to do. There is no set way.
- Step 3** Now look at the slides after this one to find out the meanings of the colours you have used.

# COLOUR CHARACTER TRAITS

**Infra-Red ~ Dynamic volcano, intensity, powerful emotions, perhaps stress or illness.**

**Red ~ Challenge, action, power, demanding, fast paced, psychical, healthy, extremist.**

**Light-Red ~ Joy, eroticism, sexuality, sensitivity, femininity.**

**Red-Orange ~ Desire to be centre of attention, charisma.**

**Orange-Red ~ Confidence, creative expression, activity, dynamic, original.**

**Orange ~ Creativity, enthusiasm, originality, joy, happiness, energetic, sociable, outgoing.**

**Golden-Orange ~ Fun, joy, self-confident, hard working, enthusiastic.**

**Gold ~ Forgiving, goodwill, abundance, prosperity, shining light.**

**Yellow ~ Happy, excited, open, playful, intelligence, co-ordinated, sociable, warm, achiever, domineering.**

**Green ~ Healer, teacher, growth, hard worker, ambitious, gentle strength, understanding, reserved, cautious, contented, harmonious.**



**Turquoise ~ Compassionate, sensitive, practical, teacher, healer, guide, dreamy, childish, communicative, optimistic.**

**Aqua-Marine ~ Spiritual seeker, peaceful, sensitivity.**

**Light Blue ~ Tranquility, peace, idealistic, spiritual light, religion, inner quiet.**

**Blue ~ Communication, intuition, rest, truth, wisdom, devotion, relaxing, withdrawn, sluggish, sensitive.**

**Indigo ~ Clairvoyance, spiritual truth, abundance, imagination, neutrality, individualistic, inner balance, self-respecting, disorganised.**

**Violet ~ Knowing, faith, magic, imagination.**

**Lavender ~ Elfin-like amusement, fun, light hearted, spontaneity.**

**Magenta ~ Tenderness, love, caring, longing, affectionate, wise.**

**Blue-White ~ Communication of spiritual ideals, healing, meditation, spirit guides.**

**White ~ Spirituality, divine healing energy, angels/guides, channelling.**



# AURA ART EXAMPLES

