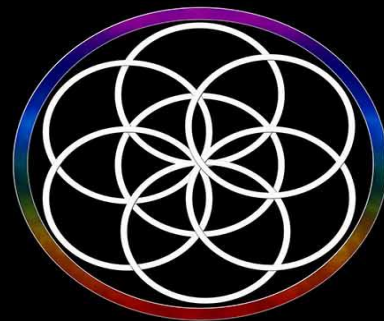


Our Psychic Art

We seek our own enlightenment for the sake of all beings

www.ourpsychicart.com

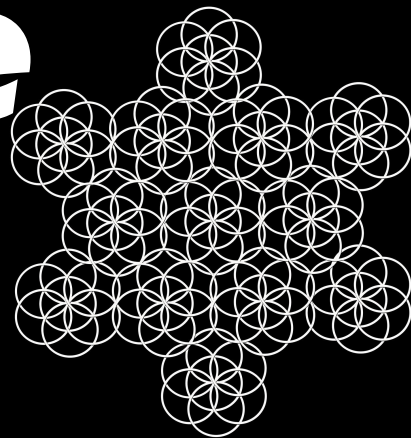
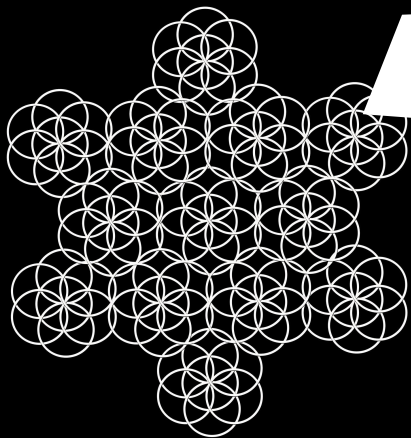


online PSYCHIC

ART COURSE

By Frankey Craig

Lesson 7



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.

Our Spirit Guides are like counsellors or spiritual directors who are always present to give us direction and clarity on our spiritual growth, soul lessons and human struggles. They can also inspire our creativity, visionary thinking and the ability to co-create. Many unique concepts and new paradigm thinking are downloaded to us from them. They let us see a bigger, more objective picture, helping us to understand meaning and purpose in our life. They offer us insight into what our higher purpose is and are agents for transformation.

Your right brain, the seat of your creative energies and your easiest access point into the unseen worlds, is so full of energy and action that it takes a minute to sort through what's being suggested by the spirit guides - to see what's your own inspiration, and which characters are spirit guides. Sometimes the boundaries between each kind of inspiration are so blurred that they're indistinguishable. I'm not surprised that some people have trouble figuring out what's what.

Here's the good news. The details don't matter! You may not have been formally introduced, but you already have an amazingly congenial and stimulating relationship with your creative committee of spirit guides. There are also several other guides who are, more or less, standing around waiting for you to assign jobs.

While your rational, linear left brain would feel much better being able to assign names and categories to your multiplicity of inspirational inputs, it's not really necessary. The process is already working magnificently.

If you want some concrete parameters to work with, just ask your guides to provide the information. You could ask about names and exact information about things. Trust your inspirations, intuition, and guides.

When a spiritual seeker enters into the field of art, he does not criticise his art. He does not play the role of a critic; he plays the role only of a conscious, constant, awakened and unconditional instrument of his Inner Pilot, the supreme Artist. He is not the doer; he is only the conscious instrument of the doer within him. He feels that the supreme Artist within him is the supreme inspirer, the supreme Revealer, the supreme Liberator and the supreme Fulfiller of the Consciousness divine that is going to be manifested through his art.

Here we are all seekers; we are all spiritual artists. Let us dive deep within and discover the supreme Artist within us, who is constantly supplying us with infinite inspiration and aspiration to reveal the supreme Light, Delight and Perfection through our spiritual art. Our spiritual art is Self discovery.

Lesson 7 INSPIRED ART

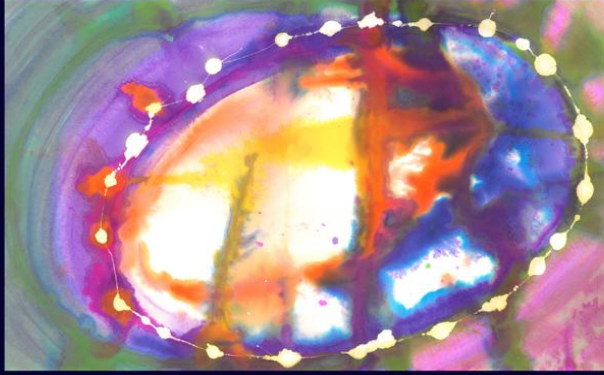
What you will need: Art materials of your choice, use candles and incense to create a relaxing and sacred setting.

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.

Step 2 Call upon your guides and produce some inspired artwork (using whatever art materials you like). Inspiration may come quickly during your meditation or just as you sit down, you may have had an idea in mind way before you even started this lesson OR may take a minute or two but it will come not long after you have put the thought out. 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.

INSPIRED ART EXAMPLES



YOUR INTUITION

We all have the gift of intuition and its close relative - inspiration. It's no coincidence that inspiration contains the words in spirit - because true intuition and inspiration flows to us from the spiritual, Quantum realm or universal wisdom - whatever we choose to call it. It is devoid of our ego and free of attachment to outcomes - it is totally pure and limitless wisdom - so - what's the secret to recognising it?

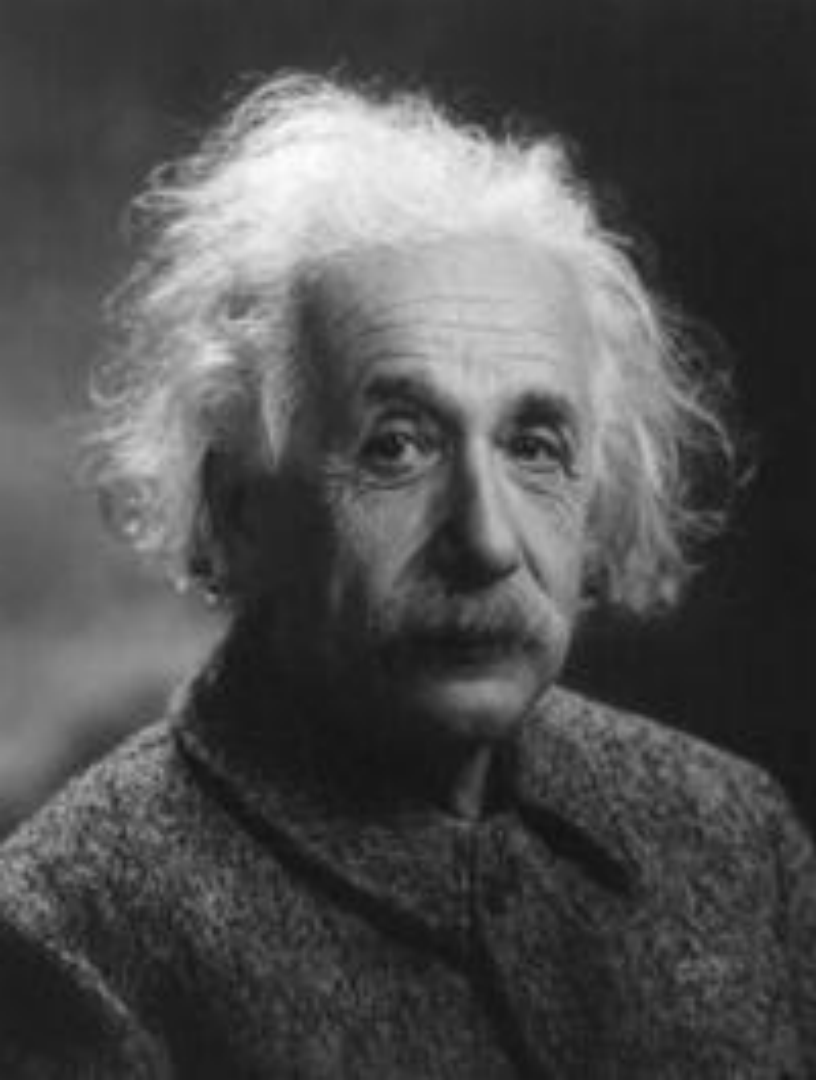
Intuition does not shout - it whispers. Intuition has no time limit attached - it nudges us down a path - it doesn't say we have to race down it or change direction suddenly except in very rare cases where we get an intense 'feeling' we shouldn't walk down that dark alley! Very often we are trying to access our intuition to gain answers to issues we are facing. This can range from something immediate and specific such as what we should do about say a relationship or career issue to seeking inspiration for a creative or business project - in both these instances we are seeking information from our intuition.

First of all, you need to openly state what information you require such as: 'Tell me what I need to know/do about my psychic art - what is the next step for me to achieve this?' Write down the questions you need your intuition to answer in a journal. This is a really important step so please don't skip it as writing your questions down opens up the creative and problem-solving areas of your brain and starts to link you to your source of wisdom which comes direct from the universe! If by doing this you start to spark off some ideas write them down as they come in. Some of you who work with the Tarot or oracle cards can even do a spread and see if you get any ideas from your cards. Again, write down anything that comes through.

Now - whether you have already received some answers or not I am going to ask you to stop and do nothing. Yes, that's right. Do nothing. If you are sitting there and nothing came through guess what? That's fine too. In fact, this makes it easy for you to do nothing as you don't as yet have any answers! Close up your journal no matter where you are at and forget about your questions and any information you have received because remember what I said - true intuition has no time limit attached to it.

True intuition and inspiration returns again and again and more frequently. So – say your question was about what to do with a relationship and you got an answer. Sit with this and actually put it out of your mind. Does this answer keep coming back more and more frequently over the next few days? Then it is real intuition. Say you asked your intuition for ideas for a creative or business project or how to go about reaching any kind of goal either professional or personal. Does one particular answer keep returning again and again? Do you feel a sense of resonance around it? Does it excite you, stretch you a little? Congratulations! That is your real answer and real intuitive wisdom.

If we feel a sense of desperation, panic or a feeling that unless we act 'right now' on the information – chances are this is our ego getting in the way and not the voice of true intuition at all. The lesson here is to remember our gifts in life have our name on them and there is no 'use-by' date on them. Take your time to allow the real voice of your intuition to make itself heard – you won't regret it if you do.



“I believe in intuitions and
inspirations...I sometimes
FEEL that I am right. I do not
KNOW that I am.”

— Albert Einstein