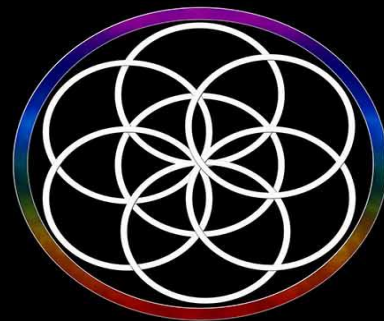


Our Psychic Art

We seek our own enlightenment for the sake of all beings

www.ourpsychicart.com

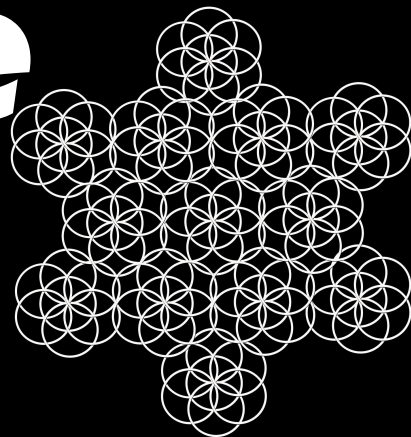
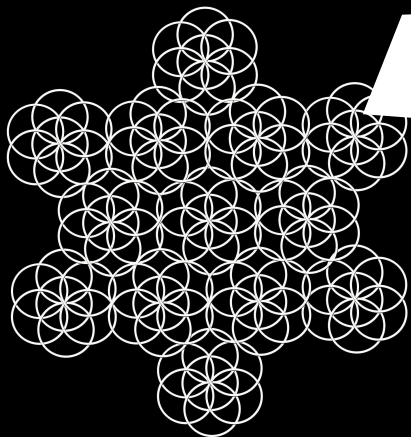


online PSYCHIC

ART COURSE

By Frankey Craig

Lesson 14



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.

Hand made Oracle cards are very powerful because you are adding your own energies, thoughts and dreams to them. Your "essence" is literally inside the cards. Even if you don't consider yourself "creative" or a "good artist" You are wrong! Everyone is creative in their own magickal way and you can craft your own powerful deck with all kinds of materials.

They don't necessarily have to be Tarot cards...I made all kinds of different decks...I usually pick a sacred number like 7, 11, 22, 33 or 42 cards and give each one general meanings such as Love, Prosperity, Faith, New Beginnings and so on.

If you are partial to Dragons, you could make your own personal DRAGON DECK....If you love Faeries, you can make a FAERIE deck....The magick is within you! The cards are just a tool so they should be crafted to fit your own unique personality.

A great and inexpensive material that I found was plain index cards....They have the larger size, standard size and you can also cut them in half to make mini cards....Whatever you like and whatever feels best to you. If you are a computer whiz you may want to try making a deck with photoshop or similar software.

When decorating them you can use bits of construction paper, magic markers, ink, pictures from magazines, stickers, stamps, glitter.....there are LOTS of fun things to use in the Scrap booking sections of craft stores.

You can also use natural things such as pressed leaves, flowers or herbs. Bits of silk or thin lace would be beautiful too.

For the backs of the decks you could metallic paper, construction paper, wrapping paper, wall paper or even another plain white card.

You could laminate them or use clear tape.

****NOTE**** When gluing the cards to your backing I would highly recommend using a glue stick.....Wet bottle glue will "crinkle" your cards and backing. I learnt this the hard way! lol

You could make your own box, bag or pouch if you like to sew or you can decorate an old cigar box or cookie tin.....You could make boxes origami style out of cereal boxes and decorate them with pieces of fabric.....Cut fabric into small pieces and "paint" them on the box with a mix of water and Elmer's glue....When that dries add a coat of non toxic glaze. You can add lace, stickers, jewels...anything to make it magicka!

Have fun with this and please feel free to share with me as I would love to see your creations!

Lesson 14 ORACLE CARDS

What you will need: Art materials of your choice. A pen and paper.

- 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** Now, decide how many cards you are going to create and write down a word for each card. For example number one might be 'love', number 2 'balance' etc. Ask your guides for a word. Keep it simple for now.
- Step 3** When you have your number of cards and their meanings, you can get to work making them. Use whatever materials you want! This is your own personal deck of oracle cards so make them as unique as you are. This may take some time depending on how many cards you do. Be patient and it will come together wonderfully.
- Step 4** After you have made all of your cards sit down and begin to write a message from each one. For example: Number 1 'love' may have a message like "you have a new love coming into your life". Again, keep it simple for your first deck. You may want to keep the card meanings in a little book or get the message onto the card. It's up to you!

ORACLE CARD ART EXAMPLES



TURTLE
Gaia

www.ownpsychicart.com © 2012

Citrine



The Fairy with the Gift of Letting Go

www.angeldivinity.com ©

Maja Larson ©2011

The Constructive Self. IX



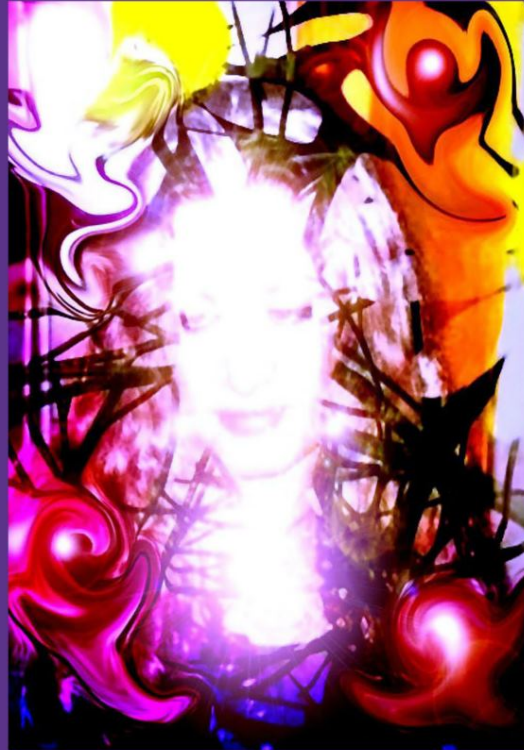
Mercy
Leadership
Equality
Nobility
Plenty
Building Energies
Richness

ORACLE CARD ART EXAMPLES

GROWTH



BERKANA



The Breath




www.marymagickart.com

I AM BEAUTIFUL



I AM
HAPPY



I AM CLEVER



I AM A BIG SISTER

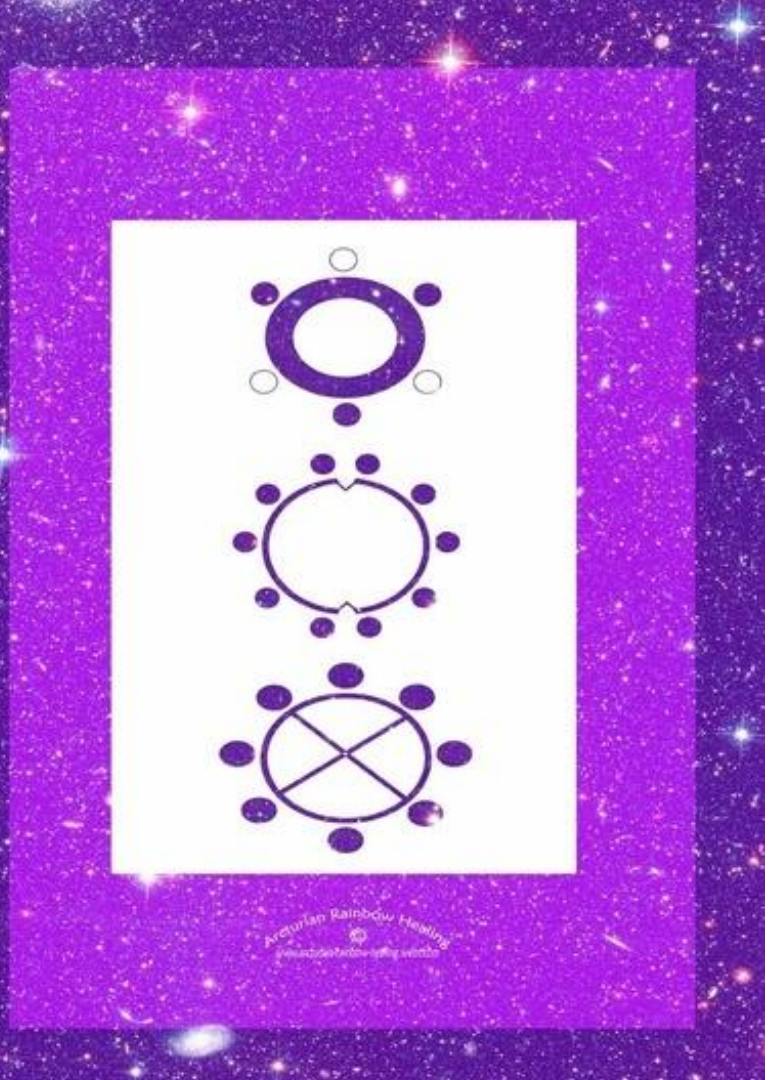


Oracle
Affirmation
Cards for
my 5 year
old niece



Inspiration

www.ourpsychicart.com





Archangel Michael

I am here to protect you in these great time's of change... Feel my dark blue cloak of protection surround you & those you love...

I honour the journey you have taken and I am here to guide you when you ask... Ask & you shall receive...

There is no one any more important than the other for you are all equally loved & valued... I am here to help you cut the cords that hold you back from seeing your divine truth and true light...

Ask me to be with you and help you find your true path and I will... For I see the true joy this will bring you

Affirmation

"I allow the help of the Angels to guide me forward"



PANDA

Yin & Yang

www.ourpsychicart.com © 2012

Panda comes to you today and asks you to go within and seek there areas that require balance.

Yin is often symbolized by water or earth, while yang is symbolized by fire, or wind. Yin (receptive, feminine, dark, passive force) and yang (creative, masculine, bright, active force) are complementary opposites rather than absolutes. One is not better than the other. Instead they are both necessary and a balance of both is highly desirable. This thinking is different from the duality of most religions where one state overcomes the other e.g. good over evil. In the concept of Yin Yang, too much of either one is bad. The ideal is a balance of both.

A way to balance your feminine and masculine aspects is to embody the qualities you notice are missing, and tone down the ones that are overdone. For example, if you tend to be over active, always on the go, doing, doing, doing, you most likely have a lot of masculine yang energy. To balance this, practice slowing down. Take time to meditate each day. Go for slow walks out in nature or do a relaxing form of yoga. Get out of your head and experience the benefits of simply being without any agenda or need to accomplish. Practice giving.

If you tend to be nurturing, agreeable and playing the 'nice' role meeting everyone else's needs but your own, you may have an adequate amount of female yin energy but could use a dose of male, yang energy. Initiate a project just for yourself. Try warrior yoga poses. Set healthy boundaries by saying "No" at least once a week. Practice receiving.



7

ARCHANGEL ZADKIEL

VIOLET RAY

FREEDOM, FORGIVENESS & BENEVOLENCE

SATURDAY

USE FOR

Forgiveness of self and others, emotional healing, compassion, freedom, finding lost objects, and memory.

GEMSTONE

Amethyst or purple agate

INVOCATION

I invoke the energy of Archangel Zadkiel. I ask you to surround me in your light of freedom, forgiveness and mercy. Please help me soften my heart so that I may forgive myself and help support me in releasing my pain, bitterness, and negativity. Help me remove any and all obstacles that stand in the way of my connection to the deeper love I know I have within me... and so it is!

VISUALIZATION

To invoke Archangel Zadkiel, visualize a violet flame just above your head. Imagine this flame absorbing all of the negative thoughts, feelings and emotions that hold you back from forgiving yourself and others. Allow all of the lower vibrational energies to be absorbed by Zadkiel's loving violet energy.



2

The High Priestess/The Breath

~ PSYCHIC ABILITIES ~

The Breath asks you "Are you being present? Are you breathing properly?"

The number 2 is associated with The Breath. Number 2 brings with it Compassion, Balance, Diplomacy and Duality.

The Breath holds deep mystery. It strengthens our inner perceptions, unleashes our creative abilities, increases our thirst for knowing and opens our Third eye.

Take time to be still and present with The Breath. Feel it as it moves from the bottom of your stomach up into your chest, into your neck and out of your mouth. Be still and feel this life giving cycle working effortlessly through you.

The Breath is also associated with the Moon which brings into fruition all that is hidden. Be ready to harness your power. Listen to The Breath and it will guide you to your next step.