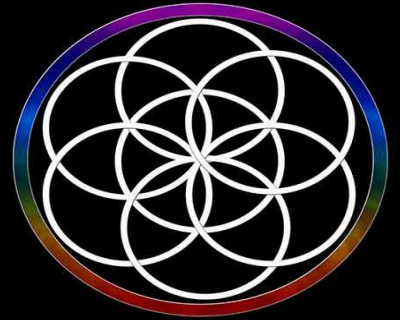


# Our Psychic Art

We seek our own enlightenment for the sake of all beings

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

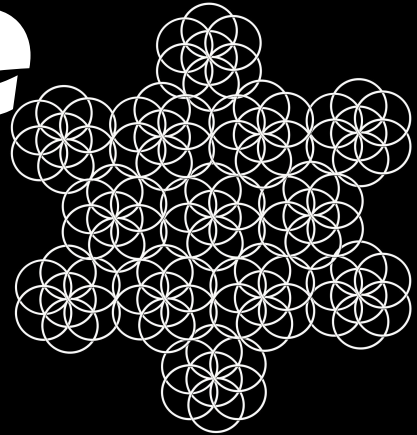
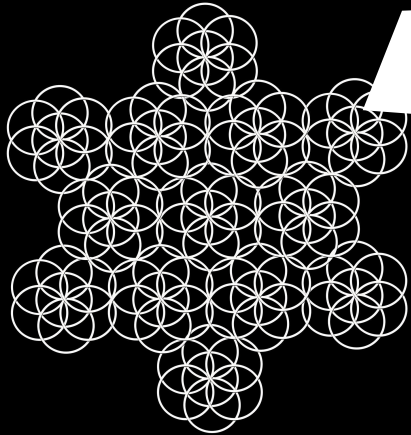


## online PSYCHIC

## ART COURSE

By Frankey Craig

## Lesson 4



# 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.

Did you know that the numbers in your date of birth play a very large part in forming your character? In fact these numbers will motivate and mould you, and their influence will be with you for the rest of your life.

Numbers are important because they have their own significance and power. I believe that all numbers have specific characteristics'.

Numerology is the given name to the ancient method of studying numbers that has been used for thousands of years. It gives insight into peoples personalities and their motivation in life. It is an ancient practise that has been used to analyse peoples characters.

Reality is a consciousness simulation, matrix, hologram, program, created by numeric codes that repeat in time, thus numbers are a universal language that help one determine the patterns and projections of what is occurring in the many levels of awareness in which we experience consciously.

Ellie Crystal

# BIRTH NUMBERS ARE ALWAYS A NUMBER BETWEEN 1 AND 10.

Please see examples of how to work out Birth Numbers below

## EXAMPLE 1:

10 / 09 / 1981 (10<sup>th</sup> September 1981)

Add

1+0 0+9 1+9 8+1

Add

1 + 9 + 10 + 9 = 29

Add

2+9 = 11 (because 11 is higher than 10 we add this again)

Add

1+1 = 2

This makes the date of birth 10/09/1981 a Birth Number 2. As you can see on your Birth Numbers & Colours handout Number 2 resonates with the Colour ORANGE and is attracted to the Colour Indigo.

## EXAMPLE 2:

09 / 06 / 1983 (9<sup>th</sup> June 1983)

Add

0+9 0+6 1+9 8+3

Add

9 + 6 + 10 + 11 = 36

Add

3+6 = 9

This makes date of birth 09/06/1983 a Birth Number 9. Number 9 resonates with the Colour GOLDEN YELLOW and is attracted to the Colour Magenta. To work out which vibration Golden Yellow is on you combine Yellow & Violet. So, it would be with The Spirit of Wisdom, Power & Knowledge.

# NUMBER & COLOUR CHARACTER TRAITS

**1 - RED**

**2 - ORANGE**

**3 - YELLOW**

**4 - GREEN**

**5 - BLUE**

**6 - INDIGO**

**7 - VIOLET**

**8 - SILVER**

**9 - GOLDEN YELLOW**

**10 - MAGENTA**

**Red**      Action, Power, Grounded, Fast paced, Psychological, Healthy, Extremist

**Orange**      Creativity, Enthusiasm, Originality, Joy, Happiness, Energetic

**Yellow**      Happy, Excited, Open, Playful curiosity, Intelligence, Sociable

**Green**      Healer/Teacher, Growth, Harmonious, Ambitious, Gentle

**Blue**      Communication, Intuition, Sensitive, Truthful, Wise, Devoted.

**Indigo**      Clairvoyance, Spiritual, Abundant, Individual, Inner balance

**Violet**      Knowing, Faith, Magic, Imagination

**Silver**      Feminine, Moon Energies, Balancing, Calming

**Gold**      Forgiving, Goodwill, Abundance, Prosperity, Shining light

**Magenta**      Tenderness, Love, Caring, Hyper Sensitive, Affectionate, Wise

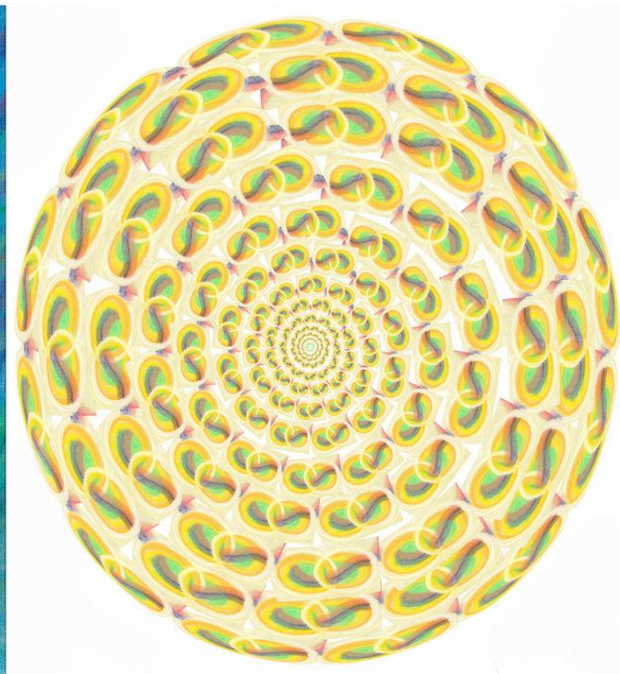
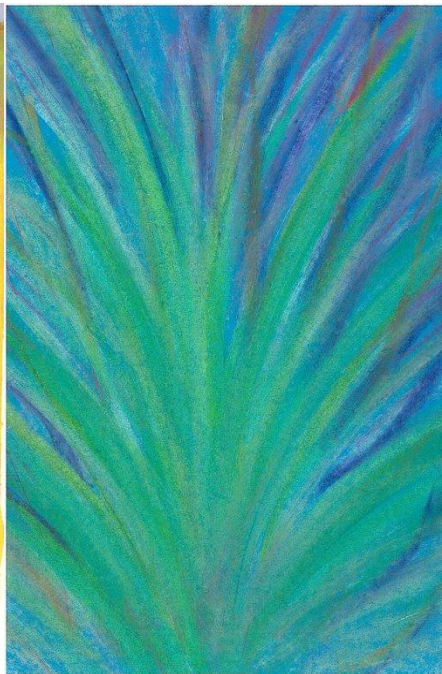
# LESSON 4 BIRTH NUMBERS & COLOURS

**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** Work out your friends birth number and colour, then produce artwork (using whatever art materials you like) based on their birth colour and number. You can use other colours to create the art. 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, the colours and/or your experience of working with your friends energy. Keep a log of each lesson as it will be wonderful to look back on the insights and messages.



# BIRTH NUMBER & COLOUR EXAMPLES

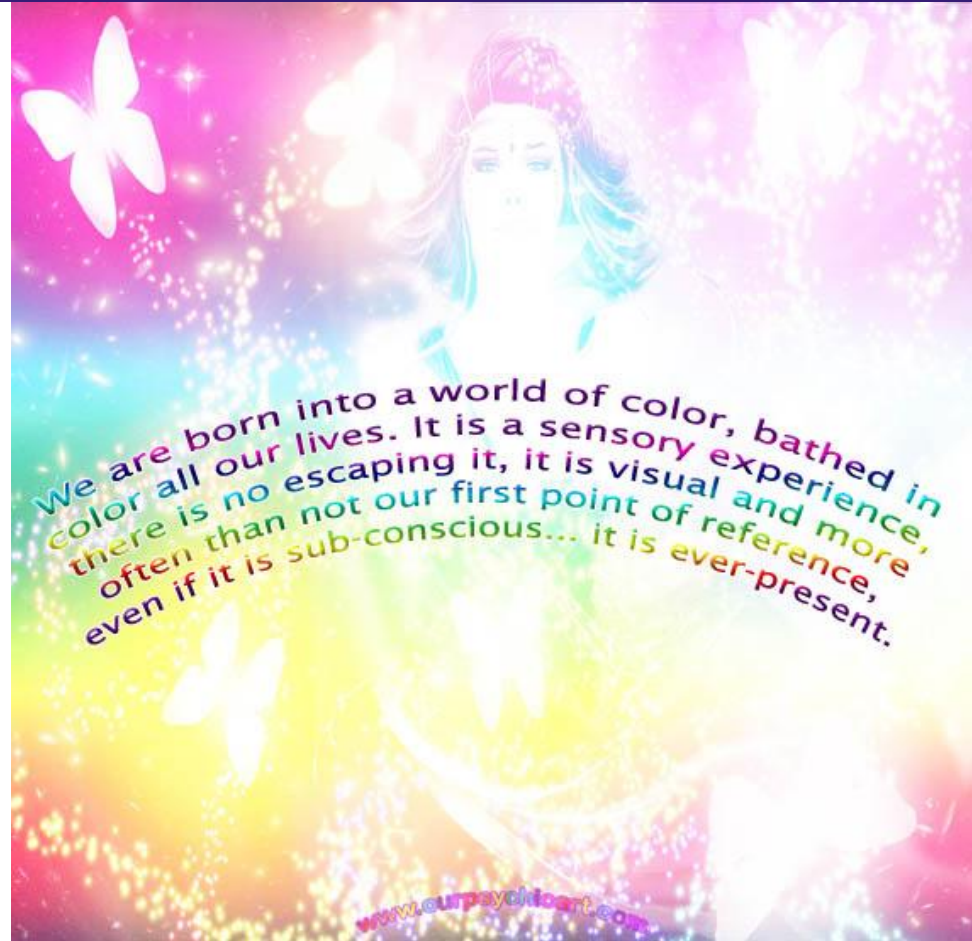


# EXPLORING COLOUR

In the following slides we will explore some basic colours and their meanings.

Please do continue to do your own research in your own time.

The more you can expand your knowledge the easier it is to interpret your creations.



# White

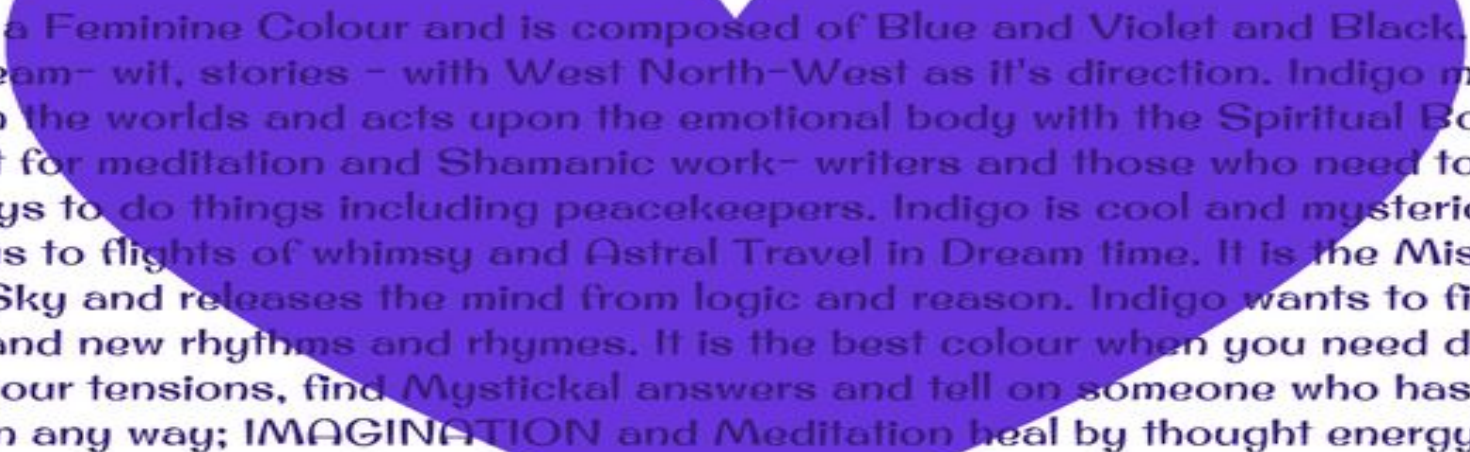
White is a Masculine Colour and is the reflection of all other Colours. White is Divine Spirit- your destiny and the divine connection- with true Centre as it's direction. White moves in the Ethereal body, the human spirit connected to the Divine spirit and the Individual spirit. It is excellent for seeking wisdom and your place in the Universe. White magnifies Spirit and Spirit answers you directly. It is the Spirit that tells us that all things are possible that all things affect all other things. and we are all united by the one Spirit. It is the best colour when you need to feel like you belong ...somewhere.

# Pink

Pink is a Feminine/Masculine Colour and is one of the Spiritual Colours of office. It is composed of Red and White and sometimes Blue or Violet. Pink is your individual Spirit- sovereignty, dignity and self-reliance- with Central-West as it's direction. Pink moves in the Spirit, the Life Force and the awakening. It is the colour of finding the true self and freeing it from the assumed self. Pink is freeing and empowering. It is the Essence of the Self, the essential self and helps us to find and accomplish our Divine Purpose. Pink wants to take charge- of our own life and sometimes the lives of others- there is the rub. We all have Pink Dignity and allowing another their sovereignty is the highest calling of PINK colour energy. It is the best colour when you need to take responsibility for All of your own actions, reactions faults and failings, successes and accomplishments.



# Indigo



Indigo is a Feminine Colour and is composed of Blue and Violet and Black. Indigo is a Dream- wit, stories - with West North-West as it's direction. Indigo moves between the worlds and acts upon the emotional body with the Spiritual Body. It is excellent for meditation and Shamanic work- writers and those who need to imagine new ways to do things including peacekeepers. Indigo is cool and mysterious and takes us to flights of whimsy and Astral Travel in Dream time. It is the Mist in the Night Sky and releases the mind from logic and reason. Indigo wants to find new words and new rhythms and rhymes. It is the best colour when you need dream to release your tensions, find Mystickal answers and tell on someone who has hurt you in any way; IMAGINATION and Meditation heal by thought energy.

# Violet

Violet is a Feminine colour pushing to a Masculine Colour and is composed of Red and Blue. Violet is a Mist on the waters- re-assessment and re-alignment- with West South-West as it's direction. Violet moves in the Emotional body and connects to the Astral realms and Physical senses. It is located at the third eye which is a configuration of the All Things are One in the two intersecting circles of the Vesica Pisces. It is excellent for those who have been struggling for a long time either with Physical or emotional issues and those journeying to learn the Spiritual lessons. Violet is cool and calm, peaceful and recollected, it shows us our Spiritual Progress and helps us to see just how far we have come. It is the mist of the illusion of personal accomplishment- we have gained all and yet we have gained nothing for ourself. It is the best colour when you need feel humble and exalted, connected and isolated.... it is the colour energy of the Mist of knowing - when two seemingly opposites are seen to be the whole.

# Blue

Blue is a Feminine Colour and is one of the three Primary Colours. It stands alone and pure Blue is not composed of other colours. Blue is an Earth Crystal energy-timing, self-worth and Synchronicity- with true North as it's direction. Blue moves in the Astral Body and creates the link to the Cosmic clockwork. It is excellent for family issues and understanding who you are genetically and as a link in the family chain, Ancestor connections. Blue is cool and collected, peaceful. It is the Ice Crystal of cosmic timing structure and vibrates order and reflection, as above so below. Blue wants to be accepted for who it is and rejoice at finding it's own place. It is the best colour when you need to feel you can finally take your turn, and know what you are worth to yourself- that you are worthy of the air you breath and the space you take up. Blue tells you that it is your turn now to take up the Journey of your Ancestors and shows how we are all the same and all unique at the same time.

# Aqua

Aqua is a Feminine Colour and is composed of Blue and Green. It can range from pale Turquoise to dark Teal. Aqua is an Earth colour- rejuvenation, releasing, play and receiving- with true North North-East as it's direction. Aqua moves in the mental body especially the will and thoughts, the reasoning of why we do what we do. It is excellent for work-o-holics who feel guilty no matter what they do. Aqua releases guilt and frees the ability to receive without pretense. Aqua is refreshing and comforting. It is the will of reasoning- why we choose. Aqua wants to have a balance of giving and receiving, work and play, mine and yours. It is the best colour when you need to find some play time and stop beating yourself up for not getting everything done.



# Lime

Lime is a Feminine colour moving into a Masculine Colour and is composed of Blue, Yellow and more yellow. Lime is a wish- things you have wanted, worked for and striven after- with East North-East as it's direction. Lime moves in the soul and Mental body, the actualization of accomplishing things. It is excellent for the relief of striving and finally getting the reward that you deserve. Lime is invigorating yet refreshing. It is the reunion of energies which had previously been pulled apart and then striving to be reunited. In this way Lime is excellent for bringing back lost items or lost people and the reunion of old friends. Lime wants to get what it is due and can sometimes be a bit anxious and desperate. It is the best colour when you need to end stress and strife.

# Green

Green is a Feminine Colour and is composed of Blue and Yellow. Green is an Earth colour- abundance, growth and life- with North-East as it's direction. Green moves in the Soul, with powers of decision making, structuring and spanning the bridge of the Physical Body with the Spiritual Body. It is excellent for lovers and for families and mostly for the whole of society. Green wants abundance for all and tolerance, acceptance and a fair balance of giving and receiving. Green is comforting, soothing and builds a thriving structure. It is the Growth of the earth the abundance of life and it wants to be all inclusive. It is the best colour when you need to increase acceptance, tolerance and forgiveness; the actions of Love.

# Yellow

Yellow is a Masculine Colour and is one of the three Primary Colours. It stands alone and pure yellow is not composed of other colours. Yellow is Light- new dawn and new thoughts- with true East as it's direction. Yellow moves in the mental body, it is the the "Light" of Enlightenment and causes understanding and discernment of things. It is excellent for matching the interior beliefs to the outside actions moving us forward on our Journey and Spiritual Path of Awakening. Yellow is warming and invigorating, and is the hottest colour- white hot, as it were. It is the Light Energy and of openness and illuminates the mind, thoughts, body, soul and spirit with the highest thoughts and expansive changes. It is the best colour when you need make thoughtful changes and draw like minded souls to you- soul mates.

# Peach

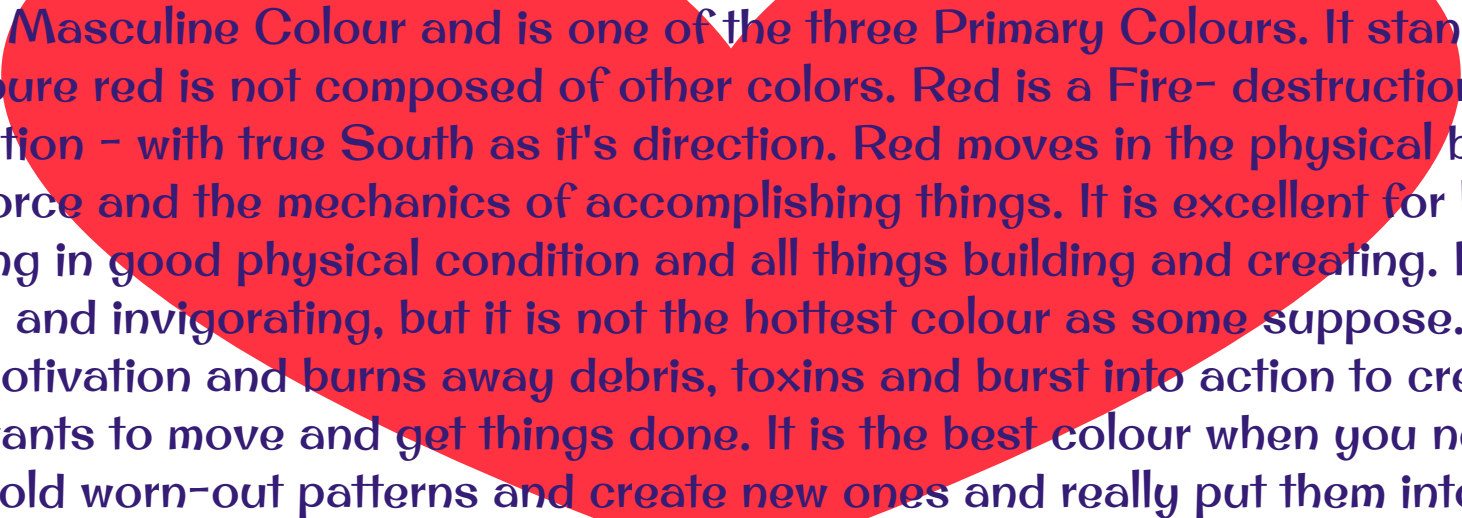
Peach, believe it or not, is a Masculine Colour and has aggressive properties, softened or hidden. It contains elements of red, orange, yellow and white. Peach is a warmth- coziness and comfort- with South East as it's direction. Peach moves from the physical body into the thoughts, the fears and self-preservation energies and is fueled by survival. It is excellent when entering new situations or enduring long term discomfort. Peach is charming and disarming in order to get around others anger and to get the needs met. It is warmth and generosity and acceptance of others with grace and wide-eyed elegance or at least the pretense of it. Peach wants to keep peace, softly and gently manipulate others into kind and proper behaviors. It is the best colour when you need to charm another into your way of thinking or keep them from being aggressive and violent.

# Orange

Orange is a Masculine Colour and contains Red and Yellow. It is warming, enveloping, and has no time to waste. Orange is hungry, decisive and ready. Orange is the intensity of directed Fire- focused creation- with South/East as it's direction.

Orange moves in the physical body, the directed, focused Life Force with the specific intention of supplying wants, needs and desires. It is excellent for those who have assignment deadlines, or who need to create a demand for their product or service as it stimulates desires. Orange is warming, invigorating, and enticing. Orange wants to achieve. It is the best colour when you bring happy attention to your project. Others will be very interested in responding.

# Red



Red is a Masculine Colour and is one of the three Primary Colours. It stands alone and pure red is not composed of other colors. Red is a Fire- destruction and regeneration - with true South as it's direction. Red moves in the physical body, the Life Force and the mechanics of accomplishing things. It is excellent for lovers, keeping in good physical condition and all things building and creating. Red is warming and invigorating, but it is not the hottest colour as some suppose. It is the Fire of motivation and burns away debris, toxins and burst into action to create new. Red wants to move and get things done. It is the best colour when you need to destroy old worn-out patterns and create new ones and really put them into action.



# EXPLORING NUMBERS

In the following slides we will explore some basic meanings for numbers 1 to 10.

Please do continue to do your own research in your own time. The more you can expand your knowledge the easier it is to interpret your creations.



**ONE** - Creation, independence, new beginnings, striving forward, motivation, positivity and positiveness, originality, courage, ambition, progress, will power, pioneering, activity, raw energy, force, masculine attributes, assertive, successful, self, leadership, initiative, organizer, instinct, love, intuition, courageous achiever, strength, creativity, self-reliance, tenacious, forceful, authoritative, inspirational, leniency, attainment, happiness, glory, fame, unique, omniscience, fulfilment.

**TWO** - Service, balance, love, harmony, adaptability, diplomacy, charm, friendliness, musical rhythm, receptivity, consideration for others, co-operation, personal will, understanding, diplomat, friend, artist, enduring peace maker, gentle, kind, insightful, sensitive, team-player, ambitious, spirituality, well-mannered, placid, just, unselfish, sociable, supportive, attention to detail, cooperative, decisive, poise, intuitive, adaptable, agreeable, cautious, considerate, emotional, flexible, loving, understanding, consideration, grace, devotion, the subconscious, meditation, Divine life purpose, faith and trust, partnership, encouragement, happiness.

**THREE** - Joy, artistic expression, optimism, inspiration, creativity, communication and communicative, good takes, talent, imagination, sociability, friendliness, conception, kindness, compassion, manifesting and manifestation, easy going, visionary, humorous, energetic, growth, expansion, principles of increase, spontaneous, broad minded thinking, kindness, encouragement, assistance, speech, 'faith, hope and charity', culture, wit, fun-loving, freedom-seeking, brave, adventurous, exuberant, brilliant, non-confrontational, open-channel, free-form, rhythm, love of pleasure, passion, surprise, intelligence, sensitivity, psychic ability, social, self-expression, affable, enthusiastic, youthful, enlivening, imagination. Number 3 resonates with the Ascended Masters.

**FOUR** - Practical and practicality, exactitude, organization, service, patience, application, devotion, conservatism, pragmatism, patriotism, dignity, trust, endurance, worthiness, economy, loyalty, mastery, production, solid foundations, hard work and hardworking, security-conscious, self-control, loyal, conscientious, high morals, traditional values, honesty, strong-willed, wisdom, imperturbable, determination, serious builder, progress, doer, manager, traditional, solid foundations, realistic values, stability, ability, justice, goal-orientated, system, order, management, responsibility, maintenance, constructive, determined, serious, discipline, dependability, conviction, passion and drive.



**FIVE** - Freedom, choice, change, understanding, life lessons learned through experience, versatility, variety, adaptability, curiosity, intelligence, progress, cleverness, life experiences, travel, adventure, non-attachment, sociability, companionability, release, surrender, freedom-loving, activity, influence, adventurer, sensualist, promoter, natural flair, vivacious, courageous, healthy, sympathetic, motivational, idealistic, unconventional, curiosity, intellectual, telepathic, experience, pleasure-loving, vitality, visionary, expansion, opportunity, storytelling, imagination, individualism, healing, choice, mercy, kindness, invention, resourceful, magnetic, competitive.

**SIX** - Love, harmony, family, home, responsibility, musical talent, sympathy, adjustment, domesticity, guardianship, parenthood, stability, poise, protection, firmness, healing, idealism, balance, justice, conscientiousness, burden-fearing, service, solutions, seeing, responsible, care, teacher, conventional, provider, protector, healer, idealistic, selfless, honest, charitable, faithful, nurturer, truth, order, economy, emotional depth, curiosity, humanitarian, unselfishness, balance, good provider, peaceful, self-sacrifice, empathy, sympathy, unconditional love, circulation, agriculture, balance, grace, simplicity, ability to compromise, reliable, provision and providing, material needs, honesty and integrity.

**SEVEN** - Technicality, peace, poise, introspection, mental analysis, scientific research, faith, spirituality and spiritual awakening, enlightenment and awareness, wisdom, refinement, stoicism, silence, feelings and emotions, inner-selves, intuition, inner-knowing, specialist, inventor, loner, eccentric, thoughtful, spiritual, psychic, natural healer, inner-strength, quick-witted, wise, discerning, understanding of others, philosophical, endurance, deep contemplation, solitary, independent, mystic, psychic, keen mind, determination, individualist, knowledge-seeking, intentions, non-conformist, persistence of purpose, perfection, the analyst, thinker, science, learning, education, study, the written word, logic, alchemy, secrets, myth, religion, ritual, understanding, knowledge, isolation, chastity, dignity, the 'Collective Consciousness', genius, the thinker, discernment and discerning, the philosopher, writer, ascetic, rigorous, long-sighted, ahead of his/her time (therefore is often in conflict with the present), deep-thinking, able to bear hardships, deep-seeing, manifestation in time and space, stability, ability to set limits, good fortune, completion, evolution.

**EIGHT** - Authority, power, Karma - the Spiritual Law of Cause and Effect, material freedom, success, judgement, executive ability, wealth, discrimination and discernment, management, thoroughness, dependability, self-reliance, repose, practicality, consideration, retreat, wisdom, manifesting and manifestation, money, finances, power, riches, status, pragmatism, the Ego, provision, aggregation, strength, compassion, dictatorship, delegation, multiples, business, investment, employment, appearance, customs, skills, exchange, reality, world transformation, executive, professional, strength, truth, responsibility, true justice, problem-solver, organiser, achiever, business-like, decisive, controlling, constant, confident, ambitious, authoritarian, self-confident, integrity, challenge, efficiency, dependability, trustworthy, insight, planner, good judgement, sociable, giving and receiving, organisation, stability, works independently, learning through experience, patience, caution, self-discipline, self-sufficient, free-will, self-discipline, insight, spiritual consciousness, a desire for peace and love for humanity, responsibility, true justice, manifesting wealth and abundance.

**NINE** - Universal love, service to humanity, compassion, the humanitarian and humanitarianism, charity, Universal Spiritual Laws, magnetism, understanding, forgiveness, sympathy and compassion, leading by example, destiny, Lightworkers and lightworking, soul purpose, romance, generosity, higher perspective, inner-strength, Universal protection, public relations, responsible, 'Universal Brotherhood/sisterhood', highly intuitive, strength of character, selfishness (learning to say No), creative abilities, sensitive, loyal, forgiving, generalist, multi-talented, teacher, healer, artists, old soul, actor, intelligent, understanding, discreet, brilliance, compassionate, problem-solver, inner wisdom, self-love, freedom, popular, eternity, generous, non-conformist, artistic genius, breadth of vision and a wide viewpoint, eccentricity, communicative, influential, philanthropic, duty, calling, soul mission, obligation, mysticism, faith, optimism, Divine wisdom, self-sacrifice, karma, spiritual enlightenment, service, communication, selflessness, high idealism, sympathy, psychic, tolerance, humility, altruism, benevolence, empathy, power, charity, perfection.

**TEN** - Leadership, confidence, optimism, energy, independence, creative power and every, success, original, adaptable, individualisation, determination. The number 10 reduces to the single digit of 1. The 0 appearing with the number 1 magnifies and amplifies the energies, attributes and vibrations of the number it appears with.